

May the truth guide your path.
May you find the courage to stare into abyss
...And the fortune that the abyss stares back.



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Warning

Please be advised that some of what you're about to read may be extremely disturbing. This book contains theology (featuring hell & heaven as states of mind), aliens, depopulation, the forced ingestion of toxic chemicals for profit, deranged social dynamics, politics, femicide, consciousness engineering, rape, murder, conspiracy theories, terra-forming and souls trapped on a prison-planet against their will in an endless cycle of death and rebirth.

It should be noted that the content, you are about to read, was composed in temperatures below zero degrees Celsius. Please excuse any grammatical, orthographic or ontological disparities.

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Foreword

When you have the key that unlocks all the deepest doors within you, yet you don't know how to place it in the lock, then what does that make you? What does that make me or even us? I suppose, it means we're stuck. Damned to wandering this Earth with the keys to the Universe in our pockets, but a great deal of reluctance to figure out the perfect combination to unlock those heavenly gates to anywhere and everywhere...

That which is already in our possession is far more powerful
Than all the religions of all the worlds combined
And its source is you...
It is all of us.

When everything in existence comes together, from the lowest plane to the highest celestial abode, including every being, every thought-form and every act...When the cosmos itself dissolves or is absorbed back into its cause, then we all return to our natural state. A state, in which All is One, as it always has been.

We carry the worlds in our hearts, minds and souls. Wherever we go, we carry them with us...Mistakenly believing that they emanate from outside us, when they originate from pure consciousness. The part of our awareness that speaks only through silent sounds. It knows us better than we know ourselves, as all the insight, which we believe is ours, are bestowed upon us by it. Our silent witness is ever-vigilantly watching from the background. It knows no secrets and nothing can be withheld from it. Our soul is laid bare to it...as it is the spirit from which the soul sprung.

It knows our bodies and our minds far more intimately than we can comprehend at this time. It seeks to fulfil our highest potential, while it sees all paths laid out before us. What we may become, what we could be and what we shall inevitably become our fate. For it, time is the manner our consciousness interprets a sequence of moments. It is how it measures all temporary changes that are still ongoing, but that in the grand scheme of things never truly were. It is light incarnate. The cloth from which we were all cut is but a thread in comparison. It is nothing more than a spark. Yet, to find the spark means, we may eventually be led to the flame. However, we should beware, following fire may get us burnt. It may vanquish our bodies, as all our delusions are set ablaze. Nonetheless, the pain can only be as strong as the heights of pleasure, we attain. Life swings in extremes. For however high we soar, the further we must fall...and so our soul becomes the great destroyer as well as the infinite liberator of us all. It is a part of that, which shapes the fabric of our finite realities. It is infinite, pure existence prior to. It persists even after the lateral cessation of our physical universe.

~ May The Great Spirit Walk With You ~

Introduction

Light Is...

"Use the light that dwells within you to regain your natural clarity of sight."

- Lao Tzu

Before the Big Bang created the multiverse, not much of anything existed... That which was is not nothing, but it is not anything. It transcends any scale of measurement, we may conceive with our minds. It merges all, which we require to observe or examine an object empirically... Reference points, such as the past, the present and the future converge. Time occurs simultaneously, while all of space intersects. Duration and distance fades. The content of the universe is absorbed into that from which it came.

We use words to describe awareness or existence. However, more often than not, our descriptions strive to separate the two concepts, as if awareness had its root in our relative existence. We fail to recognise that Awareness is Existence. Both are entwined in their natural state of being. As one, they are prior to name and form.

We aim to define existence to identify its purpose in hope, we may free ourselves from the shackles of reincarnation. Withal, the sole means to liberate ourselves in this life or any other lingers in plain sight, waiting to be recognised... Our true self does not complain, judge or criticise, it is acutely aware every mistake is but a lesson in disguise. With each mistake and every misconception, we are one step closer to perceiving the unadulterated truth. With every effort to comprehend the incomprehensible, we inch toward self-realisation. As if we suddenly found ourselves in a dream, we must awaken. We must rattle ourselves into a state of conscious awareness that never ceases.

In our natural state, we do not breathe, eat, drink, dream or sleep. We do not feel hot or cold, pleasure or pain...Light is not born and does not die. In the form of pure awareness, light cannot be created or destroyed. It maintains itself, as it is a self-sustaining reality in itself. It is a body of infinite life-force, which makes it beyond immortal. Immortality in every form is of its own conception... Prior to, it is the embodiment of immortality, for it is Absolute Existence. It is the beginningless end or the endless beginning of all that we know in our journey to realise ourselves as the embodiment of all knowledge.

Contrary to popular belief, there's a fine distinction between consciousness and awareness. Consciousness cannot transcend itself. In other terms, consciousness does not heighten consciousness, awareness does. Consciousness is merely the internalised movement of the universe, including the movement of everything in it on every level. Consciousness requires a spatial and temporal domain, in which to function. It needs an observer and an object/subject to be observed, all-pervasive awareness does not. It simply is...

On a related note, only awareness transcends consciousness, since it is not bound by cause & effect. That being said, the Self cannot be not transcended. At the core of our being, we may only realise what there already is: the all-pervasive awareness of being itself. The key to achieving this is Theta. A brain-wave state, we must learn to access voluntarily through meditation and live in. More importantly, we must realise our true Self in doing so.

States of consciousness, such as waking, dreaming and sleep must become one, giving way to a fourth state of consciousness. One that realises all of what I shared with you without needing to be told. A silent, knowingness that rests in infinite awareness. You share consciousness with all, but awareness is all. Every rock, every stone, every pebble of sand, every animal and every person... Without consciousness, matter remains in a state of undetermined probability. In consciousness, this is what we all are. Undetermined probabilities with infinite potential. Alternatively, in awareness, we are simply pure potential without a determinable state of probability. However, we often feel a deep-seated need to define ourselves. This urge to define ourselves limits us. It determines a state of being that remained be undeterminable. So, with every time we define ourselves, we exclude other possibilities, inadvertently reducing our visible potential even further. We are not our jobs. We are not our religion. We simply are, without boundaries or restrictions.

To explain, awareness isn't anything. It cannot be anything, for it is. It does not exist in tangible form. Just like a river cannot be the ocean, a fragment of consciousness cannot be the total sum of awareness. Even if we collected all the water in all the worlds, we cannot extract its source. This is the way it is with consciousness. We can give, take and share our consciousness across all of existence for the mere fact that we do already, but we cannot find the root of consciousness through finite experiences that manifest in consciousness. In other words, we cannot find or discern awareness through consciousness. Everything is relative and for as long as a thing is relative, it cannot be absolute. Consciousness is finite as much as it is relative, it exhibits discernible features. It has a beginning and an end, whereas awareness does not. Everything that is relative has its cause and its effect, whereas the absolute is outside the bounds of cause & effect. It does not abide by its laws. Cause & effect determine probabilities, which ultimately take shape, but it cannot determine the undetermined. That which is neither probability nor improbability: Infinity. By definition, we know, its state can never be determined. (Through logical reasoning, we may deduce, the infinite has taken the form as the finite. It may be everything finite at once, as it encompasses the whole of space time on a multidimensional, multi-versal scale.)

So, why is the infinite masquerading itself as the finite? The best way to explain it is to imagine an infinite, spaceless vacuum. A void, in which only light exists. What would happen in such a scenario, when light refracts, bouncing back onto itself...or it were to swirl at its highest pace? Similar to a hologram, or more accurately a holomovement, entire worlds would be created, or at least the appearance of them... However, there is no space or time in a vacuum. Nothing changes. Forms are

created from energy that are then recycled to create other forms. It is as if light daydreams in the dark, and we are the result that dream...As if, we are caught in a trick of light.

Without realising that we are light, we shall be stuck on this merry-go-round indefinitely. We die, we forget, we remember and then we die again. Each time, we may get a little closer, but we never quite manage to take the leap into what lies directly before/inside us. Who can blame us? We can't see into the unknown. We sure as hell don't want to jump into the dark, not knowing. However, in the end, if we believe in ourselves, we must make a leap of faith into the deepest recesses of our being. Perhaps, we may eventually realise it as the spirit of existence. The great spirit of all that is born from awareness.

Awareness does not divide itself.
Its energies don't flow in limited degrees...
It is a part of every thought, word and deed.
Anything that could possibly occur originates from it.

Prior to time, there was no past, present or future. There is solely the unknowable potential for all time in all varying forms and deviations. Similar to a probability engine, the possibilities are endless and still undetermined. The only instance that ever applies to our relative existence is the present moment. When the future and the past vanish, the present is all that remains. It is all there is. When we remain in the here and now (without thought, reminders of the past or expectations of the future etc.), the pure essence of time can unfold before us. In all its glorious power, time is the mother of all. To her, every life is sacred. She is the primordial force of all life, bestowing it with its momentum.... Before her, all must bow. In her dream, she pulls the strings. Inside this biophotonic matrix, she keeps the illusion alive. In our hearts, there'll always be room for her, as the archetype of the feminine. The active, ever-changing aspects of our universe. We recognise a part of us in her, not her as the whole, which is the error in our perception limiting our understanding of her.

We dance with time as we dance with death, like a lover. The inherent danger merely heightens the thrill of a seemingly never-ending romance. However, invariably the song must end. Every song ends, but one. The song of all songs. The silent song that is playing quietly in the background since the beginning of time and only ceases at its lateral end. What I speak of is the source of all sound, or more accurately, that which becomes all sound. Prior to the silent sound hidden in all things, there is the deafening sound of an entire existence. We perceive it as a tranquil melody, heard in deep meditation that emanates bliss from within, but in truth, it is the celestial bells of light with which we can find our way back home...

There is a reality buried deep inside us. Our true Self is formless. It has no colour, creed or race, it is all colours, creeds and races. It has no nation, it is all nations. It cannot be subjugated by another form of itself. It is free. It cannot break when bent. It cannot be harmed or killed. Nothing can touch it. It is incorporeal with the conscious choice to remain or depart as long as the illusion of time is ongoing...

However, such great power demands great sacrifice. It can only be made possible, if we, a fragment of reality, realise ourselves, as the whole. We are not "Joe Bloggs", "that tree over there", or "the ground we walk on"... We are not all forms as they are in the way that we perceive them. All these things are projections of consciousness, facilitating the occurrence of a series of events that technically never took place.

The Probability Urge Known As Ego

Around 1982, Swami Krishnananda wrote, "There is an intensive urge to solidify matter into a localised existence, which is what we call the ego." Throughout his collected works, he describes the ego, as a form of energy converging onto a single point, similar to the eye of a hurricane. This force or feeling that we exist as independent entities, which we are drawn to re-affirm at every turn, binds us to this focal point (this incarnation) in space-time. It maintains an air of separation between us and the cosmos in the deepest parts of our tightly segregated minds.

To elaborate, when a state of probability remains undetermined, we often feel compelled to define it. We desire certainty, so we obtain it through whichever way we see fit, even when it is unattainable or harmful to do so. When we imagine what could be, we fail to realise the infinite potential of what is. We spend the majority of our time in anticipation or fear that an event may or may not happen, instead of the reason behind both. On a cosmic scale, the purpose behind our relativistic existence is existence itself. An absolute existence with which our lack of contact and/or realisation is the cause as to why we are born, age and die.

It should be noted that although almost everything in a dualistic existence is relative, there are particulars, which are absolute. Specific concepts, features and factors that cannot change by default, regardless of what reality we may find ourselves in or how we choose to spend our lives. The absolute remains unchanged from the very start to the lateral end of the multiverse. Compared to the constants of the universe, these absolutes are far less measurable. Despite the fact that many still deny their influence over our daily life in the material continuum, we are certain of their existence as a result of their relative counterparts. While we may observe their distinctive attributes as well as their cyclical effects, beneath the surface, they possess no distinguishable characteristics, they are featureless. (This will be explained in greater detail in the following chapters)

Let's get to the point, what constitutes an absolute constant? Whereas the governing principles of each universe are perceived as absolute, their very presence in the phenomenological world is undeniably relative. They only exist as long as the finite, physical reality persists. Therefore, they are not as constant as we make them out to be. In addition, our mere ability to overcome their hold over us further supplies evidence that they are not fixed constructs. They do not exist independently from our dualistic existence, they are interweaved in its unique matrix. That notwithstanding, their influence varies on a case-by-case, or more accurately, soul-by-soul basis, although they follow similar guidelines and share common denominators.

Universal constants abide by the cosmic laws.
The constants can change,
dependent on which universe you find yourself in...
Cosmic laws do not!

The law of cause & effect is often considered to be the first governing principle of the universe. However, there are forces that precede this. (These are forces, which also precede Karma, the law of cause & effect on a moral spectrum.) Longing, for example. Desire propels material life, while transcendental love is speculated to be its origin. It is the force that drives cause & effect. It represents our urges to seek as well as enjoy the pleasurable things lifetime after lifetime. It motivates us to avoid pain, along with our innate need to anticipate its occurrence pre-emptively.

First things first, what is force? Force is the interaction of the fundamental elements of our universe. The elements, which form the basis for our material domain. These are the substances that cannot be reduced to smaller parts. Even though they originate from a single source, their foundation cannot be adequately verified outside the realms of experiential information. Even when directly experienced, they evade cognition through the mind or description through language. Our senses cannot yet perceive their all-pervading base naturally (unless we are trained to bypass them or the occurrence is spontaneous, but meets specific criteria, often within certain perimeters).

We cannot perceive what lies beyond the sense organs through the senses. Their interpretation is processed by the mind. Non-sensory information transcends both, although the senses and the mind often serve as intermediaries for said information. Despite the fact, for most non-sensory information is not perceptible yet without technological assistance, our sixth senses (more accurately "non-senses") perceive the universe in terms of energy on a quantum level. They merely sense what is already there on a subtler level. Whereas we see solid shapes, our non-physical senses perceive a gigantic vibrational frequency domain, filled with all types of waves, flowing at varying levels, speeds and in all directions... This leads us to another very important point:

Just because something isn't physical doesn't mean, it does not have form. Equally, just because something doesn't have physical form does not make it formless. On a quantum level, things are always in-the-making. Everything is constant motion, as energy is concentrated to produce matter. Therefore, our general interpretation of non-sensory information limits itself to the confines of space-time. It rarely treads beyond its boundaries, where the absence of sensory and non-sensory information lies.

Once we are able to perceive non-sensory information, we may eventually perceive the substance, which serves as the foundation of the physical universe. Yet, when we do so, we slowly begin to grasp that all matter is essentially created from photons. Still, even after we have understood the how, we are left with burning question as to why...

To answer this, we must imagine how light perceives the multi-dimensional reality. We have to put ourselves in the shoes of light. We must know how light perceives time, space and the physical: Our phenomenological universe materialises in layers. At first, we find ourselves in a state of infinite potential without discernible probabilities. A state, in which anything is possible and remains as such. This is our true state of being prior to the human condition. A time before time. An everlasting "moment", before our potential is determined...Before possibilities become definite certainties with a discernible, localised form.

To create an object or individual in a solid state, energy is concentrated to take shape. This takes place on all levels of reality (physical, mental, emotional etc.). In the case of matter, possibilities become probabilities, which then take form at a pre-determined point in localised space-time. It is because of this process that we know, everything is preordained in accordance with cause & effect. Free will is no exception. There is no such thing as free will. Our will is limited by the options, we are provided with. Even the constants of our universe were originally pre-selected by its very place in the multiversal order. Matter and its interactions abide by the governing principles of the universe, in which they are. Their expression is dependent on the type of universe as well as the kinds of life-forms, it supports. Every universe is different. Whereas parallel universes may bear closer resemblance to worlds that they are situated close to, there are distant universes, humans could not even enter without extreme risk. Although every universe functions like a self-enclosed system, the multiverse is a giant self-enclosed system that contains them all.

For all we know, the multiverse encompasses every possible variation of existence, even the most inconceivable forms, we could imagine, but how or for what reason? Other than our hypothetical entertainment, the reason behind existence is a mystery to us. Even if we'd find the answer, would we actually humour anyone, who claims to have found it? Not seriously. Our minds enjoy the search far more than the process of discovery... In actuality, we are caught up in looking so intently, our rational mind outright dismisses the answers to the very questions it is asking, if provided with them. The allure of complex, paradoxical solutions sweeps us off our feet, when the true explanation behind it all is stupefyingly simplistic. It is so simple, we don't even consider it as an option, which may become our greatest downfall.

The meaning of our lives is the same as the meaning of all life. Ironically, it is also the driving force behind death in all its forms: Self-Realisation. To make this perfectly clear, the purpose of life is Awareness. You are here in this time and place to fulfil your highest potential...To recognise the Absolute Truth within you.

Whereas the goal of life is meditative absorption (through the practice of meditation), the ultimate achievement in life is perfect equality. A state, in which the world itself vanishes in the face of reality. In so doing, we wish to establish a world, in which every man, woman and child is well cared for, content and eager to contribute with limitless opportunities at their fingertips. A world, in which the

physical, mental and emotional needs of the people are not outweighed by the importance of financial, corporate or political gain. It is everything, we are so desperate to obtain to heighten our quality of existence, but desperation is seldom a wise companion. It leads us to miss the objective of the entire exercise by a long stretch.

Meditation

1. Choose a quiet place, where you won't be disturbed. Switch off all distractions. Sit with your legs crossed, in lotus or lie down in corpse pose. As long as you keep your spine and neck in alignment, select a position, in which you can comfortably relax.
2. Close your eyes. Start by breathing from the diaphragm through the nose. (Try to maintain an even ratio between inhalation and exhalation.) Ensure to breathe equally through both nostrils. (Focus your attention on the closed nostril and breathe to open it. If that fails, concentrate on the bridge of the nose.). The more you practice this, the easier it will be to achieve. Eliminate the pause between breaths.
3. Calm the body and relax the mind, as you follow your breath. Focus on the dark space before your eyelids. Every time a thought or image enters the mind, simply let it pass and return your focus.

It Begins...

"Man is the measure of all things, of things that are that they are,
And of things that are not that they are not."

- Protagoras

A physical law or scientific law, according to the Oxford dictionary, is defined as a "theoretical principle deduced from particular facts, applicable to a defined group or class of phenomena, and expressible by the statement that a particular phenomenon always occurs if certain conditions be present." Physical laws typically are conclusions based on repeated scientific observations and/or experiments over many years and which have become accepted universally within the scientific community. Furthermore, a principle is described as a fundamental fact or proposition that serves as the foundation for a system of belief or behaviour or chain of reasoning. Although facts can be as changeable as relative truths, some are as absolute and as unchanging as the laws of the universe itself. Where civilisations have risen and fallen, certain conclusion that we draw have remained the same throughout the ages. They are universal. The philosophical equivalence of cosmic constants. However, most of them are presumably bound to our domain in the space-time continuum, which means that the majority of them cease once we reach its lateral end.

From the very first moment mankind began to ponder the nature of the universe, we embarked on a journey of scientific discovery that would endure... For thousands of years, generation after generation, knowledge was imparted to form our present-day understanding of reality.

Our story begins 600 BCE in ancient Greece, where Thales of Miletus polished a piece of amber with fur, as his hand was struck by a small electrostatic charge. A new theoretical form of energy, which he theorised was emitted from the amber itself, would serve as a cornerstone for the future discovery of electricity. (He wasn't wrong though, the usage of crystals in ancient technology is well documented in our hidden history.) As magnetism was originally mistaken for static electricity, Thales became convinced that the properties of nature directly arise from physical processes. However, it was not until 460 B.C. that the existence of atomic particles was considered by Democritus. Due to the unfortunate fact that Aristotle dismissed the concept, which led to the stagnation of its development, the finer structures of matter were not investigated for over 2000 years.

In 1800, the British chemist, John Dalton, would prove beyond doubt that matter is comprised of elementary particles through many of his experiments. As he concluded, evaporated water forms an independent gas in the air, he began to theorise that matter may be comprised of indivisible and indestructible atoms. This led Dalton to postulate, atoms of the same element may possess identical properties, whereas atoms of different elements might vary in weight and chemical properties.

After much research, he discovered, atoms of different elements are combined in the process of producing compounds in various forms. Upon decomposition of these compounds, atoms could be salvaged without any signs of degeneration or renewal. No new atoms were created and no old atoms had been destroyed.

Although Aristotle may not have acknowledged the existence of atomic particles, he perceived that light travels in a manner similar to the waves in the sea. In 1803, British physicist Thomas Young put both notions to the test. He devised a contraption that would perplex and fuel scientific exploration for more than 200 years to come: The Double Slit Experiment. Young cut two slits into a screen behind which he placed a monochromatic light. If light was comprised of particles, it would behave differently than waves, vice versa. For example, if light is a wave, it would pass through the slit and diffract, whereas, as a particle, only a few waves would pass through. It should be noted that the experiment can be replicated with a single slit with the same effect. In his effort to discern whether light is comprised of waves or particles, he empirically evidenced that matter exists in a state of flux, in which it simultaneously exhibits the properties of a particle and a wave.

{Dependent upon the observer, light changes its composition
to be perceived either as a wave or a particle.}

As a phenomenon, this particle-wave duality, set the foundation for the introduction of probabilistic thought in quantum mechanical research. On a microscopic level, the particle-wave duality offered only a superficial view of the phenomenological world, until it became an integral aspect of quantum theory. Upon observation, an electron may look like a particle, it may act like a particle, but as soon as you turn your gaze, it reverts back to being a wave. What this tells us is that the mere act of observation alters the very sub-atomic structure of reality.

We often underestimate the effect that the observer has on that which they observe... Let us take into consideration the brilliant example of the paradox that Schrödinger's cat presents. Schrödinger proposed that if we manage to get a cat into a box and successfully confine it, we cannot know for certain whether the cat is dead or alive, until we open the box. Therefore, the cat can be thought of as dead and alive at the same time. Hypothetically, he is completely right. However, from a practical viewpoint, the box would begin to smell sooner or later, perhaps after much miaowing and some clawing sounds. If it does not, then it would most likely be an air-tight or even sound-proof container, which leaves the cat under 40 seconds, before full asphyxiation sets in and death occurs. Awareness, and thereby observation is the cornerstone of action.

Schrödinger attempted to convey that in moments of uncertainty, when the outcome of a situation is limited to two (or more) options, both probabilities co-exist simultaneously in thought, until the outcome is known.

In consideration of the multi-verse paradigm,
the cat can be thought of as alive in one universe
and dead in its parallel counterpart.

Physicist Fred Alan Wolf conducted a similar thought experiment that is still spurring new theories to this day. He posed the question, whether every time he flips a coin into the air, a parallel universe would emerge, in which the opposite side of the coin won. (i.e. the coin lands heads up in one universe and tails up in its counterpart) He theorised that reality literally splits, manifesting both outcomes in separate universes.

To return to the original example, from the moment we place a cat in a box or a sequence of events begins with only two or more outcomes, no power in the universe can prevent the unfolding of circumstances. The dice must fall, in accordance with the progression of external events. Our own intervention, involvement and commitment, including that of others, aids in the determination of the likely endgame, but "the map is not the territory" (Korzybski, 1938).

In other words, our interpretation or representation of an object, subject and/or concept is not "that" in itself. Additionally, the model of reality, we construct, should not be confused with reality itself. The world is not as we perceive it, and for as long as that is the case, the future remains an enigma.

When we get caught up in the hustle and bustle of life, it is all too easy to lose sight of what our fine-tuned touch for discerning an outcome is signalling. More often than not, because we don't want to confront the cold, hard truth of a situation. We cannot look beyond the unfolding of events, when we do not comprehend the reason behind them. More importantly, as long as we cannot understand their cause, we may not grasp their effects, where they may lead or what that may entail.

The uncertainty experienced before the aftermath of any unfavourable outcome is temporary. By confronting the problems at hand, feelings of uncertainty can be shortened. However, patience and timing are of the essence to achieve any specific results, particularly without attachment to them. That notwithstanding, it has to be mentioned, in extreme cases, uncertainty can be prolonged unnecessarily outside of one's control for an undetermined timespan. This uncertainty can last for an entire lifetime. It may fester depression, guilt, suicidal or homicidal thoughts etc. We may even die not knowing, but inevitably we must draw comfort from the knowledge that one out of a finite number of probabilities has to solidify...until no probabilities solidify any longer.

To sum up, the present moment is created from a subtle level of reality, in which probabilities co-exist... From the finite levels of existence, where our choices are limited by the nature of cause & effect, to the infinite, where the cause becomes the effect (and vice versa).

Metaphorically speaking, the cat has to be either dead or alive,
But it is prior to both in the grand scheme of the cosmos.

As far as life-altering paradoxes go, the observer effect poses a strikingly paradoxical enigma that engulfs the whole of the universe. While we may observe without interference, our mere presence alters the outcome of any event. Moreover,

our perception, emotional processing and memory formation are all influenced by the course of events and its final outcome (by variant degrees due to our interference or non-interference).

Although there is a clear line that separates the observer from that which they observe. The closer the observer is to the observed, the more this distinct line fades. Until on a sub-atomic level, the visible separation between waves and/or particles is non-existent. Information is transferred instantaneously without consideration for distance, time or location.

Space-Time becomes non-local and non-temporal,
Particles revert back to a massless state...
Only photons pre-date the conversion of the universe.
The spark of kinetic energy that triggered the Big-Bang.

The wider-reaching implications of such findings are that everything in the universe forms an interrelated whole, which we are all a unique part of prior to the passage of time. In essence, the multi-verse can be compared to a giant web of interconnected cogwheels that flow together in flawless unison.

On a microscopic scale, the observer and the observed are not only deeply interlinked, they are one. On a macroscopic scale, this connection between the observer and the external world remains, they are both still a part of a singular whole, originating from the same source. They are still the same on variant levels, whether they are consciously aware of this or not.

On a universal scale, although every action has its root causes & effects, propelling yet another action in a super-massive chain reaction, all is one...

In other words, the inherent awareness of the observer and the observed pre-dates the Big Bang. It existed prior to the beginning and after the end of space-time. As the total sum of energy in the universe remains constant... Energy, including consciousness, is neither created nor destroyed, it is merely transformed from one form to another. This leads us to the conclusion that the potential existent within the Self is as infinite and multifaceted as that of the multiverse.

The Dance of Light

Around the year 1946, Karl Pribram assisted Karl Lashley in ongoing research in the formation of memories and its mechanisms. Separate parts of the brain were removed in animal experiments, yet without conclusive results. This led Lashley and Pribram to infer that memories are distributed throughout the whole brain.

Gradually further experimentation provided additional insight, leading Lashley to consider the visual cortex may interpret photographic-like images being projected onto the cortical surface. From this, Pribram concluded that when an object or an individual is perceived externally, the experience in actuality manifests internally, at times even beyond the physical perimeters of the body.

As the brain stores an immense amount of information, the process of recalling or forgetting an event is equivalent to shining a laser-beam on a piece of film, but

failing to adjust it to the desired angle. Now and then, we might only recall a big cut to black or we may retrieve fragments of memory in the form of fuzzy, unclear images, we cannot fully place or identify. However, if we fully concentrate our awareness on this very thin line between remembering and forgetting, we notice that there is something that observes the coming and going of consciousness...

"Awareness is primordial. It is the original state, beginning-less, endless, uncaused, unsupported, without parts, without change. Consciousness is on contact, a reflection against a surface, a state of duality. There can be no consciousness without awareness, but there can be awareness without consciousness, as in deep sleep." (Nisargadatta, M.)

Awareness is inherent in every state of consciousness. Every state of consciousness is a movement of awareness, which leads back to the original, primordial existence that is the source of all...

The term "awareness" is not synonymous with "consciousness". Consciousness is but a fragment of Awareness...A drop in a vast cosmic ocean with rippling waves gravitating toward infinity.

We are conscious, because we are aware, not the other way round. Without awareness, there is no consciousness, without which matter dwindles in an undetermined state of probability. Awareness becomes consciousness, when concentrated on an object or solidified in terms of matter. However, awareness is infinite, motionless and timeless. It is formless, featureless, so it has no name or form. It is the basis of all the vibrations that create sound, form or sensation of any kind.

Matter, Space & Time are Energy.

Energy is Consciousness. Consciousness is Awareness.

...and Awareness is All-Pervading Light

All of existence is but a holomovement with a biophotonic matrix, in which everything is organically related on a quantum scale. Everything forms an interconnected whole that is in a constant state of flux, encompassing the many worlds. In comparison, the only difference between a hologram and a holomovement is that the hologram is a smaller, static representation of a universal phenomenon, which we now recognise as being multi-versal.

Last year, it has been suggested in various scientific journals that photons, existing prior to the Big Bang, created the entire multi-verse from nothing but themselves. There are theories, they form their own matrix through diffraction, refraction or that a single photon swirl to create universe after universe in a giant vortex of space-time, and thereby the multi-verse in all its totality...

Our many worlds are like self-contained holo-suites with the safety off.

People fear death, as they do not fully understand what the process of ageing and dying is or actually represent. If time as well as death are illusory constructs of consciousness, then what are the processes associated with them, if not illusory?

In death, our energies simply dissipate, after which they mathematically don't actually cease. The electromagnetic field fades, it is not cancelled, which means it remains as a unit of yet to be differentiated energy. When matter decays, consciousness transmigrates... It returns to the unified field of awareness, which binds all the worlds, planes as well as dimensions. (Be acutely aware, anything that is naturally-occurring can be recreated artificially, even the clear light witnessed in death. Light has long been used to mask grave darkness, but ways to bypass this obstacle will be illustrated.) In any self-sustaining quantum system, such as our universe, energy is neither created nor destroyed, as previously stated. Conversely, energy cannot escape or otherwise flow between parallel universes without a just cause that has its own effects.

In a holo-suite, it doesn't matter what or how many roles you adopt... You pretty much leave the room the same as you came in. Whatever happens, you know what you are experiencing is a figment of light, created for the purpose of entertainment. You wouldn't expect to march into a holo-suite and take the damsel in distress with you into the real world after you rescued her, just as you wouldn't expect to awaken from a dream with her magically appearing under the covers. What I'm trying to convey, worlds rarely cross into one another, but they are interweaved, allowing them to exchange more than merely information. They can share energy, units of time and even space. In the process of creating the physical, they even encode matter on a subtle scale of reality.

It has to be mentioned, the closer we come to understanding the foundation or the source-code of the multiverse, the more worlds inevitably collide. Also, the faster the ground gives way underneath our feet, until it invariably shatters. All relativistic existences give way to an absolute existence. In other terms, every program, which doesn't compute with a set of instructions, which make up the source-code, eventually clashes with it.

Although we may not appreciate how much of our mind has been conditioned to serve specific purposes, but the brutal truth is that if we do not program our minds, others will do it for us. More often than not, people without our best interest at heart. To rid ourselves of conditioning that no longer supports us, means we must reflect on our behaviour as objectively as we can muster. We must confront any conflicting thoughts, ideas and beliefs on every level of our being. This is a very painful and destructive process, in which we begin to see things for what they are, not what we would like them to be...

When everything merges (i.e. each state of consciousness, each pair of opposites...), matter, space-time and consciousness are absorbed into themselves. In awareness, we realise, they are mere constructs of the mind. We recognise, they are projections of consciousness, occurring simultaneously. The past occurs concurrently with the future in the present moment. We perceive things in terms of cause & effect.

Therefore, we are not as inclined to understand our consciousness interprets the passage of time as a sequence of moments. For us, the flow of time happens in a linear fashion, which can make it very difficult to imagine non-linear time or its non-temporal essence, but the truth is we do every day...

You may ask, what does any of this have to do with light? To understand light, we have to understand the nature of matter as well as space-time. In Sanskrit, the word for time "Kala" is synonymous with change. Any form of change can only be measured, as long as we have space as well as time to measure it in. More importantly, anything that can be measured in physical space-time is typically finite. It has a beginning, middle and an end, therefore it cannot be infinite. Although it is often argued that time is infinite, this is not exactly correct. Time may be cyclical, which can make it appear as if it is infinite, but it is far from everlasting, undying or timeless. The passage of time is neither absolute nor infinite. It is as relative as the concept of space. They are interdependent, internal constructs. Both are interpreted in the way that our consciousness perceives them.

The Light of All Lights

"I am neither a man, nor a woman, nor a god, nor a demon. No, nor any of the animals, plants, or trees. I am neither poor nor rich, neither learned nor ignorant. All these things are very little compared with what I am: For I am. Behold the sun and the moon and the stars, I am the light that is shining in them!"

– Nisargadatta Maharaj

The universe, even the multiverse, has a beginning, which implies every world, every domain of space-time, also has a lateral end, but what about that which creates time & space in all its totality?

One cannot capture, contain, own, or imprison light. It excels at the art of bending space-time to its will. It has a spirit of its own. Although it is there, it is not. It knows no boundaries, while no amount of distance can hinder it from transferring information instantaneously to the very edge of the universe. It is limitless in every definition of the term. For light, all existences are a trick of its own creation. Some support life as we know it, others do not.

Light comes in countless forms. Whereas we can perceive a few of its forms with our bare eyes, there is a larger percentage, we cannot. Alternatively, when the conditions are just right, we can perceive the imperceptible. When the cells in the retina are stimulated to a sufficient degree, which triggers neural impulses in the brain, we can perceive a lower or higher frequency of the electromagnetic spectrum. The energy fields that surround every object or person, for example. Through study and practice, the invisible becomes visible without the need for scientific instruments to verify their presence, but that is another subject entirely.

In the way that spring water stores minerals when it runs through the mountains, energy adopts certain qualities through exposure. Whereas different streams are filled with different amounts of minerals, which are ultimately stored in water, light is also capable of storing properties that alter its composition and thereby its effects on surrounding life-forms. Moonlight, for instance, does not have the same attributes as sunlight, nor does it yield the same benefits. Yet, both originate from the same source. Although most disregard the concept of solar and lunar energies...Everything is energy and there are many more forms of energy that we are currently unaware of.

For the purpose of this book, our focus will mainly be aimed toward one rather specific kind of light, a self-sustaining light, which does not absorb any external qualities, it becomes them in the illusion of form alone: the Light of Existence.

When we use words like biophotonic matrix, we rarely consider a word can be a reality in itself. We use words, as we would every other tool to articulate ourselves, but the majority of us no longer feel their meaning or question their implications. We live on fast-forward with perhaps infetixmal glimpses of what lingers within us... That which lies dormant at the base of our consciousness. Behind our three states

of consciousness (i.e waking, dreaming and deep sleep) is a fourth that borders on awareness.

Our prehistoric cultures were acutely aware of this, as it strengthened their "sixth sense" for survival in hostile environments. However, since re-modelling our environment to create our modern lifestyle, we have become less receptive to the concept that "something" exists beyond what we can perceive through our senses. We rely on science over religion, but we truly understand neither. At the peak of scientific discovery, as it is with spiritual enlightenment, the rules of the game change. Still, they are universally the same rules. No matter what path we take, all roads lead to the same destination. This...what we are experiencing right now...is just a pit-stop for all of us. We are not the sum of our experiences, we existed prior to and after they've been long forgotten. They are but a ripple in the cosmic rivers that is our collective consciousness, whereas awareness is the ocean from which they flow.

The fourth state of consciousness is not so much a state as it is a way of life that comes in many varieties. It is present in all belief structures, despite the fact these structures predominantly serve as control systems that prevent the attainment of higher consciousness. Despite all, the problem with any industrialised Ponzi scheme is the spiritual essence of all things. No matter how corrupt something may be, it'll pass in the blink of an eye. It cannot last as long as it is in conflict with its true nature. Also, it almost always leaves devastation in its wake...

The roots of Self begin in consciousness and cease in awareness. The fourth state of consciousness is one of biophotonic origin. However, it has nothing to do with religious, political or scientific endeavours. It is that which creates governments, religions, sciences and, in our insane world, politics. To fully grasp what this means, we must first understand that light has a reality with an identity of its own in blissful emptiness. It is the key to comprehend an existence underneath the phenomenological world.

It is not enough to meditate on light or imagine how a photon perceives reality, although those methods can lead to transpersonal experiences, we must cultivate higher knowledge, leading to deeper states of awareness.

Double Consciousness

We exist in a state of double consciousness, as it may. While we bounce back and forth between various states of consciousness, the fourth state of consciousness happens concurrently with every other. It is a state outside of thought or language. It can only be experienced in silence. The ego dissolves as soon as we enter it. Every inch of individuality disappears, except for the ultimate. Our sense of doership in connection with the world becomes an internalised movement of consciousness, which we can be aware of at will.

On the surface, our consciousness is constrained by our identification with the physical body, but underneath, there is a cosmic body of light, approximately the size of an atom. The entire multiverse in all its vastness is much smaller than we

perceive it to be. This cosmic body of light is nothing more than the biophotonic matrix.

Contact with what we call a holy or divine light is simply a deep realisation of an all-pervasive quantum biophotonic matrix, we do not yet recognise as such...for which we have no reasonable explanation, as the subject is perceived as irreconcilable with our real-world understanding, when they are truly not. The quest to search for our true Self, or for the very reason behind our existence, is the most valuable contribution, we make can make for others as well as ourselves. Do not take my word as gospel, investigate. Explore the nature of your own spirit until all avenues are exhausted and the solution finally presents itself in all its glorious infamy.

Meditative Technique No. 1

Double Consciousness

1. Imagine that you are somewhere far away. (For example, in the stratosphere not so distant etc.) From there, gaze back at your body, which is lying or sitting in meditation.
2. Try to picture your surroundings without opening your eyes. Sense them, but don't apply too much force. Rest in a knowing awareness that sees all without needing to look. (It may take a few attempts to achieve this, but it becomes easier with regular practice.)

Advanced Method:

1. Every object in this world has a double character. It lives a double existence. It has relative as well as absolute properties. In so doing, "objects have a relational connection with us on account of which we like them, or dislike them, or evaluate them in a particular manner." However, objects have a substance of their own. Yet, we rarely submit to the idea that an object has an existence, independent from concepts we associate with it. Practice the previous steps on an object in your immediate proximity. With sufficient practice, the distance can be extended to include any object or location anywhere.

Important: Any preconceptions about the object represents an obstacle to knowledge of the object. Each individual or object in this world has a non-local, non-temporal essence, including us. Although it may appear, as if we are in this place at this time, that is not so. We have made this assumption to re-affirm our identity as independent entities, in turn distinguishing ourselves from other people, objects and the cosmos.

2. The highest goal of this exercise is oneness in contemplation of the object, individual or place. When that occurs, the subject is absorbed into the object and vice versa. In addition, if we

continuously practice this on an object in a uninterrupted manner, the object not only reveals itself. It assumes an entire reality, in which our minds are transformed.

Consciousness harbours the capacity to project itself across all space-time through the biophotonic matrix, which is essentially a part of our higher self. In truth, you will find that reality is created from nothing but light and actually takes no form, while it goes by every name under the sun. Imagine this as a celestial current of light that supplies a cosmic body with vital energies.

Meditative Technique No. 2 What is Mind?

1. Sit cross-legged or lie down with spine and neck in alignment. Relax the body. Follow the breath. Observe the abdomen rise and fall. Simply, let yourself slow down. Slow the force behind the breath, rather than the breath itself. Don't pause between breaths. At some point, you will transcend awareness of the breath to awareness of your being. Aim to gently direct this experience toward cosmic oneness.
2. Consider, if all is mind, then everything is happening internally. Nothing that we see, hear, feel or think can be an external part of the many worlds, nor can it lead us to the trans- or non-existential reality of all these worlds, to that which existed prior to the multi-verse.
3. Contemplate objects, people and the world as non-externalised. Bring them together and imagine the whole that they form, at once, in your consciousness. Let all the things in all the worlds flow together in all their totality without missing anything whatsoever.

Meditative Technique No.3 Universal Consciousness

1. In this exercise, the consciousness is transferred to the Universal Being and/or Reality. Instead of thinking of yourself in terms of the individual body, contemplate yourself as the Universal Body. Imagine the sun in place of the right eye. Envision the moon in place of the left eye. Picture your feet as the earth. Contemplate your head, as the celestial heavens.
2. Visualise the limbs of the cosmic body in such a way that there is nothing in the entirety of the cosmos, which is excluded. Everything in the multiverse forms an integral, organic part of the Universal Body of the Great Spirit.

"When you see the vast world before you, you behold a part of your own body. When you look at the sun, you behold your own eye. When you glance

up into the skies, you are looking at your own head. When you see all people moving about, you behold the various parts of your own personality. The vast wind is your breath. All your actions are cosmic movements. Anything that moves, does so on account of your movement." (Swami Krishnananda)

3. Cosmic Vital Force is your breath. Cosmic Intelligence is your Intelligence. Your existence is Cosmic Existence. All-Pervading Bliss is the foundation of your happiness and your peace. Meditate in this manner and realise your Universal, Great nature in Spirit. The source of sustenance for all beings. The light of all lights that shines directly through our soul.

Important: What we seek cannot be described or understood through language. It cannot be cognised through the mind, only consciousness. It is prior to the body and the mind. When attempting to survive without food, this concept is of great significance. In Sankrit, the word "Sat" stands for Truth as well as Light. Both cannot be discovered through cognition, action or when there is an absence of information, for it is knowledge.

4. For advanced meditators, the cosmic limbs identify with the cosmic elements, and vice versa. However, when broken down into smaller parts, they return to the base substance, they were derived from: Light.

As previously stated, light is perhaps the only construct capable of pre-dating the multiverse in theory as well as in practice... Light in its all-pervading nature is the building block of all matter. In the absence of consciousness, there is no matter. However, without awareness in the form of light, there is no consciousness. Therefore, our dualistic existence is firmly dependent upon a chain reaction of different variables in order to exist in the manner, in which it does. Although we can easily take certain things for granted, but nothing is life can exist in the way that it does without awareness in the form of light.

Awareness is Light

In awareness, the ego and the mind are discarded. We surpass consciousness, while all motion dwindles to a halt. Everything is submerged in stillness. Consciousness remains in a constant state of flux, until it merges with the universal field of awareness. In that field, All is One in the complete absence of any form. The forms, we adopt, may aim to obscure our limitless nature, but they also drive us toward deeper realisations about what led us to them... Here, we arrive at a very important lesson, the process of life is attempting to teach us. It is perhaps the most complex one to grasp or accept. It shatters every emotional as well as psychological attachment. It penetrates the core of our being: Birth & Death are illusory constructs of the mind. Without them to serve as reference points from memory to craft our unique identity, who are we? Or more importantly, what are we? We are no

longer independent individuals, since there is nothing to distinguish us from other people. In consciousness, people are not separate from the world, they live in. They are at one with it, since they are both projections of the consciousness. They arise and then slip away for new content to emerge, but our awareness of them does not diminish... Behind this ever-changing world made from light, there is only light. It is the nature of our being.

Meditative Technique No.4

Light-Body Meditation

1. "Let him meditate on the Self, which consists of mind, which has Prana for its body and light for its form." (Upanishads) In other words, meditate on the Self, which consists of mind with vital force as its body and light as its form. In other words, meditate on your true self and its non-individualised body.
2. Meditate in such a way that there is no distinction between the internal and external. The Great Spirit, God, the Absolute or the Supreme Being, is subjectively the consciousness that you share with everyone as much as it is objectively infinite. Realise that this all-pervading Spirit or Existence, whose actions are all actions, whose desires are all desires and whose functions are all functions executed through the senses, is a reality existent within you. It exists in everything, as the source of all.
3. Heighten your state of consciousness to the level, where you consciously recognise the non-divisive, non-distinguishable nature between your consciousness and space. No effort or specific actions are required to elevate awareness, it is merely a point of realisation that nothing can limit its all-pervasive nature. You are the all, how can an internal part of you act as a permanent obstacle or hindrance without another aspect providing you with the means to overcome it?

Side-Note: There are two primary absorbents in the entirety of the cosmos. Inwardly, it is life-force that works as the absorbent of all effects into body and/or the individual consciousness. Outwardly, it is air, the cosmic life-force. This is what Shamans referred to as the cosmic life-force or the breath of the Great Spirit that never ceases, which eventually absorbs everything into itself at the lateral end of time. In this type of meditation, these two absorbents are brought together. The internal and external come together in meditation and are envisaged as one single, self-sustaining existence.

Our body of awareness, as it may, is our actual body. The confines of the physical body can solely limit us for as long as we haven't the will to go beyond it. Abandon what you think you know about yourself. Question every preconception until the truth presents itself beyond all doubt.

Do not preoccupy yourself with wants or expectations. The world won't abide by the standards, you set in any case, whether you set them too low or too high. It will break them every time for the simple fact that our true essence has no desire, hope or expectation for anything. It has no selfish inclinations of any kind. Everything, it experiences, is a passing phase, not its real identity. As is it with us, our identity as a collective may appear to be constantly developing. However, underneath every advancement, we are merely approaching the inner realisation that "We are One" from every possible angle.

In heart, mind, soul and spirit, we do not exist in a myriad of dissimilar forms. We are every possible form, which has existed and is yet to come. When we enter a state of oneness, we get a sense of this, as our being. The "We" is transformed into an all-encompassing "I". The people, objects and the world form an indivisible whole, in which all becomes one. The catch is, when all is one, we are no longer independent entities. Until it gradually dawns upon us, this "I Amness" is the foundation of our universal being. Beyond illusion or reality, the sense that "We Are" or "I Am" is but a ripple often caught up in the rapids of consciousness. Its currents may spiral toward awareness deep down at its base, but that still implies we have to be submerged in unruly waters to reach our destination. In simple terms, it is all too easy for the ego to intentionally misinterpret the "I Am" to delay its own annihilation.

When Ideologies Meet

In life, people often feel the urge to re-assert their opinion, as recently witnessed by the Brexit referendum and the U.S. election. Although it may seem, as if our efforts could genuinely move mountains, we are truly just trying to convince ourselves. Mass Migration or no Mass Migration, Brexit or no Brexit, EU or no EU, Clinton or Trump...It is of little consequence by design...

Those, who run our societies and thereby our leaders do not change with a simple vote. They will do whatever they please without public approval or legal consequences. We may be bound by the administration of the law, they are not. However, this does not mean that 99% of the population are helpless or the playthings of the powers-that-be. We are what we decide to be. Disregarding our indentured servitude to a small cabal, all living beings have the power of choice. We have the option to re-ascertain our freedom from birth onwards or die trying. We may choose to do, think or say anything and everything, we can conceive with our minds, but for that we have to create our own path, which means to live differently. Just because the world has begun to erode at a creeping pace, does not mean we have to go down with the ship, or pretend we didn't hit a series of icebergs and are still keep steering into them at full knots... Even on the precipices, the choice on how to proceed will always be yours to do with as you please. You may make your peace or you may risk it all until the bitter end. That decision is one, only you can make. It is one, we all have to live with.

When that day comes, none of us shall escape the consequences of our decisions, regardless of how well-informed or ill-advised. More importantly, on that day, no one will be able to avert the continuance of life... What we believe is irrelevant for as long as we lack the evidence to substantiate our claims. Forced submission, terror attacks or even genocide on behalf of any religion does not accrue any spiritual benefits (quite the opposite), nor does it change what the Absolute Truth is.

There is no such thing as divine law enforced by mankind...
Cosmic laws are self-sustaining mechanisms
That do not require our assistance to function.

When I first designed an empirically-testable model of consciousness transmigration, I learnt the most important lesson in psycho-spiritual research: The power of accurate and inaccurate beliefs inhibit the empowerment of truth. When we look to reinforce our opinions instead of seeking the truth, our minds are filled with pre-conceptions clouding our thinking. We cannot see the forest for all the trees, so the big picture eludes us. In other words, we cannot be freed or empowered by the absolute, undying truth, while we cling to any kind of unsubstantiated belief. Each time, we accept a concept without questioning its content or reflecting on its implications, we are sacrificing truth for the temporary comfort of emotional or intellectual rationalisations... Instead of allowing the truth to set us free from our constrained way of interpreting reality, we choose to delay the process for the pain, it causes. Deep down, we are inherently aware, we cannot escape the truth, but it doesn't stop us from trying. Time after time, we choose to draw power from our beliefs rather than to be empowered by truth. For as long as we are led by belief, we can never know anything for certain... It is not enough to believe or to have faith, we must know beyond all doubt. For that, we have no other option, but to search, question and investigate! There is no shame in not having found God, Brahman or the Great Spirit, but it is gravely ignorant to dismiss their existence on hearsay. Until we are no longer reliant on word of mouth or other kinds of input, we must bear in mind that anything is possible, given the right circumstances... If we are confused now, how will we fare against the psychological impact of ideological warfare? If our minds are easily swayed now, how will we live in a world, where we have no choice other than to conform to the mainstream ideology?

The "I Amness" that I referred to earlier transcends any limitations or restrictions forced onto it. It does not conform to any specific religious or spiritual belief system, it is the very essence from which the ideas for them arose. However, the sense that "We Are" or "I Am" is equally as illusory. Prior to the ego and the individual self, ideas fade, worlds dissolve...Nothing is, but the nothingness of being in light...the purest form of awareness.

When the ego is active, our diverse ideologies cannot be reconciled or co-exist peacefully, until they invariably merge. So, they meet on the battlefield that is our streets. They remind us of a time, before we became what we call civilised through the methodical industrialisation of our practice of modern warfare... Over centuries, we re-modelled the globe, while we segregated our global community into primary

and supporting countries. These supporting, second-/third-world nations functioned almost seamlessly in a dependable way that supports our modern lifestyle.

Many know that there has been something wrong with this planet for a very long time, but we have acted little on this realisation, which dawns with every new generation in a myriad of ways. Now, in this generation, the entirety of the globe is facing an ideological and socio-political collapse on a grand scale. Although this is by design, it is also man-made. The outcome is carefully assessed with little room for error or improvement. There is only one flaw: the divine element in humanity. Our sentient consciousness bestows with the capacity to support the freedom of thought and movement but both come at a cost. When we speak our minds, we are going to offend and be offended. There are no safe spaces in conversation. People will say things we don't like, we have to accept this is the price of freedom of speech. When we allow for freedom of movement during times of war, we have to accept that we are inviting in enemies as well as refugees, especially when we don't bother to discern which is which. Even the best, most selfless intentions can pave the way to our downfall...

When we envision light, where there is only darkness, that darkness becomes all-consuming, before light shines through in life or in death. However, it is only temporary... As long as we miss the point of the exercise, we will continue to strive for things that are the cause of great suffering.

All religious and spiritual practices lead to one deep realisation:
We Are One. All is One.

Regardless of what we think, hear, say or believe, it is a scientifically proven fact that we are all a part of an indivisible whole. An all-encompassing biophotonic matrix. No amount of cold-blooded murder or mass slaughter can change this little immutable truth of our multiverse. The dormancy of this ever-dawning realisation is the driving force behind our continued rebirth. We cannot let others or ourselves rest in silent, knowing awareness without the need or desire for anything... Our material existence takes priority, as our individual self is heralded as superior to the well-being of the collective, which has physical consequences that involve the deterioration of the body-mind complex. The ego-mind is a complex construct that gradually dissolves over many lifetimes, but not even death can release its hold over us, only realisation can. Until we know, we are one, we will continue to be separated by appearance, religion, class and race. We will continue to exploit others and invite abuse from others out of guilt as well as misguided sympathy.

Ex Nihilo

"Absolute equals nothingness."
- Dejan Stojanovic

What is it actually supposed to mean to live in our society? With every passing year, even less wealth and resources are distributed equally. With each new day, it becomes more difficult to maintain employment, as the cost to survive skyrockets even higher. Needless to mention, the jobs most of us perform are so soul-sucking and life-shattering, no one commits to such a role for over fifty years without thoughts of blowing their own brain onto the ceiling with a sawed off shot-gun...

Truth be told, we are products...brainwashed cogwheels in the giant unfeeling machine that is our global community. From the moment of birth, we are indebted to society without making it as blatantly obvious as birth tax or birth licensing for the time being, but for how long?

From a moment that marks a spiritual transition from one life to the next, we enter this existence in illusory chains that aim to keep us bound life after life without conscious recollection. In all honesty, we have been here before and we will continue to come back, unless we break the cycle...

What used to be communal living has become socio-political manipulation on a planetary scale. Everything has become a mere tool to engineer our consciousness development at every step, ranging from breathing to food to water... Wherever we are, the chance is that as long as we live in these conditions, we'll die as a consequence. As a doctor, that lesson was the hardest for me to accept, but this realisation is vital to change our way of life to a sustainable alternative.

It has to be stressed that for as long as our modern civilisation is unsustainable, all our lives rest on a crumbling foundation. No matter how much mortar, we apply to seal the cracks, it'll never serve as an imperishable sub-structure to maintain our neglectful as well as excessive lifestyle. Our modern lifestyle is built on the extinction of almost an entire animal kingdom. It is the mechanism, which drives all the permanent environmental changes to our eco-systems. These can only be reversed with more advanced science than we admit exist not only in patent form.

If we lack the courage to resist or to risk our lives in the attempt, then our path is pretty much mapped out for us... However, if we don't comply with certain destructive social protocols, then our path may be steep or uncertain, but we are building a rock-solid foundation with a reliable moral compass. With an accurate knowledge-base, such a foundation allows us to be secure within ourselves, beyond the illusion of physical safety and/or the material. The ground could shatter, space could collapse as the cosmos swallows itself whole, and we would remain undisturbed by the sight of it all...

Don't look with your eyes.
Don't think with your mind.
Know with your heart.

Everything is predetermined by our actions. We create our own fate, as "independent individuals" and as a species. However, we sacrifice that liberty, when we allow the content of our minds to be dictated by those, who have no care for the side-effects, since they are not subject to what they force upon others. Our minds are no longer free and our choices are no longer limitless, when we are lulled into a false sense of security. In fact, it is deadly, but that's besides the point... Our quality of life would continue to deteriorate, as false promises propagate blind faith in a multinational system built on war, genocide and mass extinction. There's no beating around the bush...We silently co-exist with people that will kill any other species, mankind and this planet in the process for whichever reason. For some, its a jihad. For others, it's just to make a profit. The outcome is the same.

Regardless of how many barriers, we erect or how many borders we shut down (as a result of an ongoing invasion (we refuse to acknowledge publicly in fear of WW3) Regardless how poor or unfortunate we may be. None of this matters. What matters is that we don't exist as independent individuals. In fact, nothing in the entire universe can exist as an independent entity. Nothing can survive in a solitary state. As stated previously, we exist as an interconnected whole, in which each part is dependent upon all others. For example, we depend on our planet. In turn, our planet depends on a sustainable equilibrium in its eco-systems, which every inhabitant is reliant upon to an equal extent... On smaller and larger scales, we are in dire need of the public acknowledgment of the fact, we share a deeper connection with the planet as well as each other than we are willing to recognise.

We could be anywhere in space-time. Our geographical location or proximity to specific celestial bodies/living beings have no effect on our inherent relationship with the cosmos and that which conceived it. Regardless of where or when we are in this vast multiverse, distance is as illusory as the passage of time. In the absence of all which we think matters so greatly, We Are One. Not merely every living being, but also every universe, every dimension, every plane, every relativistic existence, even those that do not support any organic forms of life...All is One. That is perhaps the only free, unchanging truth about the fabric of reality.

Shared opinions, beliefs or even faith is a beautiful bond, which allows two or more people to experience a connectedness that has nothing to do with any of the above, but all to do with a simple truth: We are all cut from the same cloth, however deluded our beliefs may be or whatever insanity we may spew out next. At heart, the oneness of all things is not new to us. Oneness precedes the entire content of the multiverse. It predates time itself, but so do we for that matter...

What is Freedom?

Can you imagine an existence in which you don't need to eat, drink or sleep? In which you don't age? I never used to either, so if you didn't, don't worry. It is the stuff of legend or fantasy, not "real-life", right? Well, that's not entirely true. Far from it actually, immortality is the truest, most natural 'thing' there is... It is our true nature prior to desire and suffering, prior to birth and death... Prior to all, That

is all there is. What I speak of is an existence in its own right. It is the only existence remaining prior to/at the lateral end of all other existences.

We are an embodiment of That:
Infinite, All-Pervading Awareness in the Form of Light.

We are undying Freedom solidified, as it may. We are the "I Am" that refuses to perish, for it does not know death... However, as soon as freedom solidifies, it is no longer free. It becomes entangled in a web of cause & effect, in which it loses its infinite potential by taking finite forms. That is where Self-Realisation comes in... We take a word, such as freedom, and dress it up to mean the ability to bear firearms, display flags, collect rainwater or grow clean food, but absolute freedom is not a relative construct. It is not there one minute or outlawed the next. It can never be seized or given. It is ever-lasting and omnipresent.

Even when our limitless potential appears to be non-existent...When all hope seems lost, we have the opportunity to create possibilities for others and ourselves out of nothing. Many have the chance to even the odds through moral or otherwise conducive means, which could immensely benefit society, but sadly few believe in themselves enough to realise their inner potential.

When the infinite manifests itself through the finite, it exists in a dual-state. On one hand, it is in a state of concentrated matter, attempting to solidify its infinite potential. On the other, it permanently remains in a formless state, in which nothing is created, destroyed or transformed.

When the infinite expresses itself through the finite, it may appear to exist in a dual-state, but it remains infinite. Regardless of what form it takes for how long, it is still formless at every moment. Whatever it desired to achieve has already been achieved, as it exists simultaneously at the beginning as well as end of time. All of space-time has come and gone. What remains is the purpose of creating this illusion, for as long as it is ongoing...

We still to seek the meaning behind reality, when it is already in our possession. The goal of our shared, relative existence is the realisation of its self-sustaining, absolute source through direct contact. It cannot be imagined or described, only experienced. The actual means to directly come into contact with the Light of Existence is meditative absorption, for which meditation serves as mere training. (Bear in mind, meditation comes in all forms: Walking, sitting, dancing, singing etc.) Setting aside a mere 25 minutes each day for a practice, which should be pursued all day every day, does not spell out achievement. Conversely, joining a monastery isn't known as a quick route to enlightenment. Whichever path you choose, you will not emerge victorious without constant meditative concentration or awareness that develops into complete, meditative absorption. It is perhaps the only non-negotiable part of our journey to absolute truth. With meditation, we learn never to lose sight of what's most important, which is the most persistent hindrance. The mind prefers to forget what it needs to confront, delaying the experience while prolonging unhealthy attachments for the temporary pleasure that they bring...

It is our craving for anything, even the longing for desirelessness or inner peace, which makes us believe, we are something, we are not. It keeps us from realising that we are not our bodies, our minds or our emotions... We are in everything, we lay our eyes on and nothing we could ever perceive through our senses. Our changeless form is Light, as the basis for all transitory matter. We are not anything, we just are. Although this is impossible to understand, All-That-Is is Existence. It is the bliss felt in complete desirelessness and the peace, which ensues from that. You are That. A reality, in which you are...Existence. Meditate on THAT.

Birth, Death & Reincarnation

All that is born must pass away.
All that we touch, dies, except that which we are.
Every fragment of matter perishes,
Except its imperishable source.
From that which nothing is created nor destroyed,
The illusion of everything arises.

We are exactly as we should be. There's a time and place for everything, just as everything happens as it should. In accordance with our actions, we create our destiny...Until we realise that we, as one, are our fate.

Life cannot be created or destroyed. At its base essence, it is more than ever-lasting. It is infinite Existence. The absolute that hides in plain sight in all which is relative, including space-time itself. Here or there does not exist for the omniscient. It is equally there as much as it is here. Its pre-eminent nature makes it omnipotent, although this may seem like a very fine distinction, bordering on schematics. However, details, such as these have profound relevance. They are the difference between success or failure, as they are the root of accurate perception.

On a related note, things not only exist in pairs of opposites. More often than not, they exist in trios or quartet on a wide spectrum. In any case, opposites are almost always transcended by a merger of the previous two concepts, such as in the case of action, inaction and non-action. Between activity and inactivity, non-activity transcends the realm of both. However, when it comes down to the concept of non-attachment, for example, attachments as well as aversions go hand in hand, but they necessitate a degree of detachment to function 'effectively.' For attachments and aversions to maintain themselves, they require the various levels of compartmentalisation that detachment provides. Still, underneath the surface, they cannot be reconciled with one another as long as their existence is carefully maintained by the mind-body complex. This is where the distinction is made between detachment and non-attachment. One maintains psychological well-being on the journey toward emotional freedom, the other just elicits numbness from trauma with imagined freedom.

On one hand, these distinctions generate highly interesting debates in spiritual or religious circles. On the other, as long as we attempt to define what can never be defined, we are never outside the realms of definition, nor are we without the urge

to have the last word. The truth needs no one to fight on its behalf, it prevails by nature. Live and let live, unless they come at you with a chainsaw.

At the core of our being, all concepts are equally as illusory, even our concept of an absolute reality. An absolute reality would not have a concept of itself, but a mere sense or knowing awareness. The concept of space-time is not excluded from this. As a vacuum, the past, present and future are illusory constructs, regardless of how persistent their influence might be. All that exists is the present moment. The 'Eternal Now' that leads us back to Infinity..

In other words, the present moment is all that we have and are. As time flows and the whole of eternity passes us by, the present remains, just in a less diluted form. Everything else is effemre left behind by collective dream, we all share. Whatever we desire, we can only find it by looking in the present. By as long as we are looking, we are not finding. For example, if we desire peace, then we shall never find it for as long as we crave it. If we seek peace, then all that we must do to find it is renounce all that disturbs its cultivation and grow more resilient to what we can't abstain from. If all that we long for is peace, then we must earn it. Peace doesn't just come naturally, unless we return to our true nature. It is the final chapter of a long journey. So, we cannot find peace by searching, we can simply find the tools to realise, peace is our natural state of being.

Even when we obtain the most tranquil states of consciousness, this cannot last when the foundation of that peace is ignorant devotion. Without knowledge, we remain easily influenced by the throes of pain or pleasure. We cannot shed our attachment to the outcome of our actions, while we desperately avert a grim end out of fear. The enlightened are not negatively affected by whatever may happen to them. They are not influenced by their past or led by yearnings toward a greater future. They live in the present, regardless of what may be. In a way, it is the responsibility of every true spiritual seeker to stare unfazed into the face of poverty and violence as a means to combat its deadly spread. At heart, they feel the ongoing suffering of every being, they attempt to liberate, especially those that society may deem to be insignificant. Their compassion is extended equally to all, no matter their crimes. They stand beside survivors as willingly as the perpetrators. To them, everyone is capable of doing the right thing and thereby earning forgiveness for past mistakes, if they truly repent. However, anything other than dedicating ones life to the search of 'that' equivocates to lip-service, dependent on the severity of the crime... For what it's worth, without radical change, one cannot be forgiven. So, unless one is as dedicated as one is apologetic, there's no point in trying to fake it. The Spirit of the Multiverse sees and knows all, it cannot be deceived. Attempts to do so backfire violently, often turning false worship into die-hard commitment through nefarious means. Life swings in extremes in all directions, especially when it is least expected.

As a side-note, when bad memories crawl into every aspect of our lives, then it is time to put the past to rest. If we can no longer listen to a single song or glance at a photograph without being reminded of our own failings, then we must learn to let

go...to love and accept ourselves. Be free. Whatever has happened led us here. It has made us the wonderful, unique ray of sunshine that we are. Do not let yourself be robbed of that. What happened may have been just what we needed to change course. It may have been a blessing in disguise. In the end, nothing that worries us can do so indefinitely, so we needn't bother. We must not fret about the past or how it may define our future, all we can do is aim to make the best of an unfavourable situation.

In worse cases, flashbacks make it appear as if the past is still ongoing, even though the experience has long since passed. It may be of no consequence, but a part of our hearts, minds and souls is still trapped in that moment in time. No matter how hard we struggle to focus on the present, we cannot maintain our focus without dealing with unprocessed content. The past will continue to haunt or try to define us, unless we confront it head on. Be fearless, you are not alone. Although it may seem, the global community could not care less or even repeatedly pours salt on open wounds, appearances can be very deceiving...

It is not the majority of the population, which harbour malevolent intentions toward their fellow man. The ordinary person is generally ignorant, but decent at heart. They may not run into burning buildings or risk their own lives to do the right thing on a daily basis. Yet, when there's no other choice, they take on greater responsibilities whether they want to or not. It is only a small minority, who harbour a rather deadly intent toward the remainder of the populous, which is technically a mere by-product. Those that follow in their footsteps have merely been brainwashed to act accordingly. They no longer know better. There is no love in their hearts, as they have been gradually abandoned by a system or community, filled with people, they had the utmost trust in, thus they inflict the same pain on those around them. Conversely, not all that are made to feel inadequate or incompetent invoke similar emotions in others. Some are acutely aware, the world does not contain unwanted things, because if anything is unwanted, it cannot exist within the jurisdiction of the whole of creation. Everything has a cause and an effect...a purpose and reason for existing, even the most abhorrent thing, we can imagine. However, that does not mean every single person likes, embraces or accepts their existence willingly. The most vital objects and/or people are often taken for granted without leaving a mark in recorded history.

Warning: Sometimes, no matter how hard you search, the meaning of an event can elude you for decades. I was fortunate or perhaps determined enough to discover all the things that I'm sharing with you. To be completely honest, the search almost cost me everything. I am telling you this so you know that before you embark on a journey of self-discovery, you have to decide how much you are willing to sacrifice and multiply that by a thousand. Then, you have a rough estimate on how much will be asked of you. Be aware, what will be expected of you will be more than you perceive, you can handle, but do not give up. Even when you are confronted with a premature death, persevere. What you may lose or experience is nothing compared to the rewards of simply

walking this path with sincere devotion. You are beyond all that you define yourself as. To recognise this, you'll be put into positions to re-evaluate your ever-changing identity, until you come into direct contact with its undying and timeless nature in life.

You carry the world with you inside your heart, mind and spirit, not the other way round. Every single thing, you see around you, stems from deep within. If you look closely, you can find the reason behind every event within the realms of cause & effect, especially that of the material continuum itself, but those answers come at a great cost.

On first glance, your world is not my world, as our perception of the known universe differ vastly from individual to individual. No matter how firmly we may cling to our country, our religious orientation, our traditions or our loved ones, our time with them is but short-lived in the grand scheme of the cosmos. This world is not our world. Nothing in all of existence can be a permanent home to us, except that from which all existences sprung... Existence Absolute. That which we truly are. In other words, we are our home. No matter how far we stray from our designated path or wherever we may end up, our home is in the here and now. It is an entire existence within us.

Few of us consciously realise, our interconnectedness across space-time can serve as a metaphysical anchor to rekindle our bond with what we thought to be lost indefinitely in the form of All-That-Is. Within that loss, we gain the infinite. If we dare reach into it to find what we seek with solemn determination, there's the All-Pervading Light, which heals the wounds of a near and distant past, by reconnecting us with our true purpose through understanding: the Transcendence of the Self in the Realisation that All is One.

Fragments of Trust in Truth

The general assumption is that if anything means something to you, then it makes you vulnerable. The flip side to this coin is exposing your weaknesses at the price of payback. Beyond the struggle for money, power and recognition, there is a greater realm of understanding. One, in which tit for tat doesn't exist, only karma disguised as the equal distribution of "justice" in countless forms. As we have already established, security is an illusion. Our actual sense of safety is whatever is left after all else has vanished. Once everything, which used to make us feel safe and secure on a temporary basis is a distant remnant of the past. Without sustenance, shelter or any safeguards in place, we are nothing but travellers. In truth, none of us can permanently settle anywhere, although some may choose to dwell in the illusion of a permanent home in the physical universe longer than others... On the journey through life, we must inevitably accept, everything is subject to change. Every object or person within the confines of space-time is subject to its influence, but to reach the height of insanity a little early... There's a point, when we will no longer perceive ourselves as individuals or people. Conditions change. Circumstances change. Over time, entire worlds rise and fall to the point, where they become unrecognisable. Nothing is imperishable, except just that: this

Nothingness of Being. Something, which if it existed by itself could be more than nothing. What could be is a mere representation of the potential present in the moment... Therefore, we must adapt accordingly, and awaken our dormant potential, before our fate is sealed on our behalf.

There are many things we believe, we can rely on, until the dusk of time. However, they are all contained within our relative existences, none of them reaches outside the bubble into the light present before the dawn of space-time. As eternal as they may seem, they are constructs of our internal reality. Imagine them as remnants from an existence other than our own, as if we were a TV channel amongst a gazillion others. We are one possible existence, not the ultimate existence. We don't live in the Garden of Eden or anything remotely resembling a transcendental Kingdom of Light. In addition, it is pure fantasy to plan for more than 10 years into the future at this stage of the sixth mass extinction. We are approaching a giant finalé, Ladies and Gentlemen, starring an army of brainwashed, religious fanatics versus Puppet politicians paid to pave the way to public genocide that puts WW2 in the shade...Welcome to the 11th Crusade: The Fall of Europe from the Inside (featuring the desert locusts of death)

I urge you to contemplate whether both events, unfolding to their peak at roughly the same time, is a mere coincidence? Such events have been pre-orchestrated before and they most certainly will be again, as a means to concentrate power.

There are many flaws in our perception that yield highly destructive actions. Firstly, our capacity for truth, above all else, is very limited. We value misguided displays of compassion in the hope of being non-offensive more than we respect brutal honesty. Without truth, love is a mere facade to provide comfort in an ever-changing, "scary" world. Such love never yields anything other than heartache, when the façade inevitably crumbles. Dare I say, there can be no love without truth. All which remains without truth is the selfish inclination to negate pain through the avoidance of current issues. Secondly, when people speak of eliminating negativity, they often mistake getting rid of unproductive, negative elements with ignoring negative elements exist until the point of self-realisation. To pretend bad things are not happening is delusional. Bad things happen every second of every day in every country. By denying this, we cannot confront the root of the problem, as we cannot yet admit to ourselves that the problem actually exists. Problems reveal the purpose of life. Overcoming them is what invariably makes us realise just what we are truly capable of. More importantly, if we cannot tackle the difficulties of living in our "modern" civilisation, then how can we face its downfall? The Sixth Mass extinction, WW3, depopulation or whichever problem around the corner. These are just words compared to the reality of these concepts. When we close our minds to the possibility, then we can never recognise the potential for how easily our way of life can be engineered or exploited.

Historically speaking, since prehistoric times, there have been perhaps three minutes of peace in total. However, only if we define peace, as the lack of physical conflict. The human race has never been truly at peace. Not wholeheartedly... Too many of us are conditioned to believe in justice as a form of retribution. For every

bad deed, committed by us, we deserve punishment, no matter how intently we atone for our mistakes. Yet, once we look beyond right or wrong, good and bad, we begin to see justice is not only a relative concept. It is also incredibly versatile. We may feel that capital punishment is unthinkably cruel or inherently vital, but for some the experience may be necessary or more humane than any of the actual alternatives, whereas others may truly be innocent of any wrongdoing. In real life, karma sees no need to imprison or execute those under its control, for they cannot escape the moral consequences for their actions. No sentient being, whose will is bound by cause & effect, can. As a force, the moral aspect of cause & effect serves as a means to educate us in vital lessons, which drive us toward an equal sense of compassion for all.

We live in a universe, where all is preordained in the present moment. We are not subject to negative consequences for our actions as much as we are shaped by the tangible, inescapable effects of our actions. Thoughts, words and actions leave an imprint on the consciousness. They carry different types of energy, which are imperceptible at our level of the electromagnetic spectrum. They vary in speed, frequency as well as vibration. When we operate within the perimeters of the mind, we are operating through movements of consciousness. So, with every thought, word and deed, we can either lower or raise our consciousness, thus our vibrational frequency on a quantum level. Withal, to wade through the convoluted cluster-fuck, which is our planet in search for higher consciousness, we must know the following: It is not a pleasant experience. It is the most destructive process in the entirety of existence. It is a labyrinth, wrapped in an enigma, hidden inside an M.C. Escher canvas. We may think we are circling in on the giant mysteries of the universe, but our path more closely resembles a never-ending stairwell of Self. As we climb, we know deep in our gut, what we seek is here somewhere. The sense, we are here in the now at this time and place, is misleading. It stems from a burning urge for self-affirmation obscuring a deep yearning for self-realisation. What we search for is not outside us. It is within us at all times. It is the silent existence of our absolute being that dwells in the bottomless abyss...

From the viewpoint of photons, what is our existence or any other, except transitory? In the light of the biophotonic matrix, there is no sense of individualised awareness. Although our universe appears to function similarly to a self-enclosed quantum system, the biophotonic matrix transcends the boundaries of our universe. Each universe, it creates, is connected to every other through streams of consciousness in a void-like, boundless space.

Our all-pervading Awareness of Being is rooted in the Nothingness of Being. The void between worlds is a mere physical representation of the nothingness of our being. Between the coming and going of consciousness, there is a silent awareness. An internal presence that witnesses us all. As we arise from nothing and depart with nothing consecutively with every incarnation, all that remains is this emptiness of being. As I previously explained, awareness is light. In other words, any in-depth awareness of our being takes the form of light. However, light is formless and rather intangible. The biophotonic matrix cannot be controlled or

manipulated internally without direct contact with its source. In its purest form, light is the nothingness of being, which propels our all-pervading awareness.

Let The Light Shine

"If you want a vision of the future,
Imagine a boot stamping on a human face...forever."
- George Orwell

When nothing exists by itself, is it something? In the knowledge that "We are One", we transcend the boundaries of the Self. We begin to realise, the source of our being and its sustenance is the same as for all else.

We, as one, have crafted the multiverse from nothing, but our own body of light. Yet, the qualities of our being are scarcely found or expressed. In this quadrant of space, there is a deadening silence that darkens our days. If we do not let the light of our being shine, then who will?

We Are Nothing, literally as the 99% and figuratively as individuals, we are non-existent. Therein, lies our power. We should be grateful for that. Once we truly understand what it means to be nothing, then we have attained limitless freedom...

In the nothingness of being, there is no night or day. All of time and space converges simultaneously in all its complexity. Everything becomes very still, as all vibration fades. Our Awareness of Being throughout the whole of existence merging into the Nothingness of Being in the form of Light. The "I Am" falls silent... It becomes the absence of sound as well as its origin. It is a presence, which requires no affirmation of any kind. Prior to name and form, it has no qualities, which we would consider to be existential or substantial, but at a closer look, it creates those qualities from the very fibre of its being.

There's a fine line, where being and nothingness co-exist. Beyond this line, encompassing our dualistic existence, the two become one. They form an undivided whole: The Nothingness of Being.

This part of our awareness, which is the equivalent of time, knows our being is prior to all conceptualisation. It is prior to thought, mind and language...

We are One
And in That Oneness...
All is Light.

We may realise the nothingness of being by understanding the illusory nature of the biophotonic matrix. Photons do not perceive space-time in the way that our consciousness does. Their perception is non-sensory. More accurately, it is extra-sensory, as a result of their non-temporal, non-local nature. A single photon can appear to create, bend and devastate entire universes. It is an existence of its own. It may be difficult to envision oneself as light or think as such, but once achieved in meditation, there is a surge of bliss that overpowers the mind. It is a state, where no desire can exist. It is a state, for which there is no description, apart from peace.

In advanced meditation, there is only the Nothingness of Being. There is no night or day. No name or form. No death or rebirth. There is no patronage...Just serene, everlasting solidarity.

Light is nothingness in the absence of darkness.
It is all-powerful potential, devoid of nothing.

When we transcend awareness of our being, we realise the nothingness of our being. Our true origin lies in the uncreated. This ever-changing reality from our awareness of being in nothingness. For some, this is a game. For others, it is test of our resolve, but for a select few, our reality persists due to our craving for experience... Pain or pleasure are just as illusory as birth or death, but our minds are swayed by their influence over us. While we are subject to their effects, when we identify with what we are not, what is life without? Deep down, every living being displays addictive tendencies, where living is concerned. We will do anything to avoid the pain of thirst, hunger or exposure to the elements. While a comparatively small portion of the global populace are a picture of mental health, regardless of their circumstance, only we can change the manner, in which we choose to spend our days. It will be how we spend the rest of our lives.

Drop All Pre-Conceptions

"You cannot conquer the mind of a man,
if you do not know his heart
...and you cannot win over his heart,
if so you do not know his mind."

For those of you, who are unable to handle the pure, unadulterated truth, the next remainder of this chapter should be considered nonsense or heresy. Once again, I'm cutting to the chase on many interlinked issues simultaneously. So, please bear with this train of thought, as it speeds head on into a political powder-keg...

We all have so many questions that demand feedback, but answers won't allow us cross that gigantic abyss to the other side and arrive at the port of all knowledge. All of our knowledge contains itself to the confines of the relative. We cannot know the infinite within the confines of the finite, just as we cannot know the absolute within the confines of the relative. It is conclusively unknowable according to modern science. We may only theorise and put various propositions to the test, yet we rarely accept results that rob the corporate structures of profit-shares. After perhaps a thousand close misses, we may invariably discover a hypothesis that can be developed into a practical solution... However, actual answers to the subject are heavily disenfranchised above as well as below the poverty line. The social divide has grown so vast that the solutions for those at the top are meaningless to the average person at the bottom. Moreover, errors in translation and interpretation further impede establishing just a basic understanding. It has been this way for thousands of years in numerous countries, including India, yet no one speaks of the corpses piling up. Whereas any Maharaja has the wealth or the resources to become

the ideal spiritual practitioner, it is illegal for beggars on the streets to even receive crumbs from passersby. Countless are subject to a premature death from poverty, malnourishment or disease all over the globe, as a result of our defective resource production and its widely unequal distribution.

For What It's Worth: Too many wrongly believe that no one suffers in the West, but I can assure you, I wouldn't be so busy, if they did not. Too many would rather support economic migrants with the funds to enjoy holidays in the war-zone that they fled from, instead of the homeless and the poor in their own nation. With every day, my workload grows larger, as support for Europeans as well as the British is diminished to almost non-existent levels. For years, I logged around this dark cloud of deep depression. With every day, I lacked the resources to provide support, more people died...and I blamed myself. It felt natural to carry the weight of the world on my shoulders, but we are all equally responsible for the state of our lives and this planet. Why should any deity or spiritual force save us from suffering, when we are inflicting it upon ourselves? It is the way of the material continuum. We created this mess, it is our duty to clean it up. For that, we have to re-learn how to make do with what we have. Regardless of colour, creed or religion, we have to put aside our differences. Be that as it may, we must also come to terms with the fact, there is an ideological war happening in the dark underbelly of our societies. In the places, we don't dare to look, people suffer as we do nothing. Eventually, we have to acknowledge, our fears are justified. By approving "multiculturalism" in its current, misguided template, we are paving the road to White, Black, Indian and Asian genocide faster than the sixth mass extinction, which is saying quite a lot.

We can have actual answers, even practical solutions, for life-threatening issues, but no one can ever know, for as long as those dangers are perceived as imaginary or xenophobic. Our society buries most of those that contribute above their station. It disbelieves them, labelling them whatever nickname will soil their reputation the most. That's the standard protocol for political and economic warfare. Nikola Tesla knew this. Winston Churchill knew this. Geert Wilders knows this. Everyone of genuine substance that threatens either profit or power suffers such a fate.

It is natural to enter a deep state of depression about our global state of affairs, but after months or years, we may finally attain a level of acceptance. Still, we can only find acceptance, when we can discover a way to come to terms with the fact, our lifestyle will end sooner than we think. The longer, we delay this dawning realisation, the more die on a daily basis, as a result of our historical shortcomings. However, not as many as the billions that'll die, if we do nothing...

We delude ourselves into thinking our modern lifestyle will endure another hundred years, when it is literally about to devastate the entirety of the planet to irreparable degrees. Pray, because that won't change anytime soon. (Truth be told, we have the technology to create a planet sustained by free energy. We have the means to cure any man-made disease as well as those which are naturally occurring. We could

eliminate poverty, starvation and war in less than one month. Yet, we choose to do none of the above, as we have been denied access to the most advanced technology this planet has to offer. Visit the Patent Office.) Events, such as mass migration, Brexit and the U.S. Election, have the 48% won't act intelligently until it is far too late. Then, they'll most likely have a mental breakdown and become psychotically violent... It is textbook behaviour for extreme cases of prolonged denial, which has not been seen at this scale since WW2. Sadly, the brutal truth hurts. Political correctness is neither honest nor kind. It is even unnecessary and heavily damaging in times, when the absolute truth is called for.

When Is It Rational To Fear Mass Migration?

It is rational to be weary of mass migration. Logically thinking, it signals awareness that we do not produce a sufficient quantity of resources to feed, home and clothe our own, so how can we become an idyllic multi-cultural society that provides for everyone equally?

In recent history, each mass migration from the Middle-East has brought disease, violence and religious conflict. What evidence is there that supports it will be different this time? Apostates across the United Kingdom fear the return of the enforcement of Sharia Law on them. For genuine refugees from Middle-Eastern countries that have integrated in the Western world, mass migration is a sign of impending conflict and war. They fear that which they left behind is coming to get them, and with every denial that anything is wrong, we are showing them that their fears are justified.

When does mass migration become an invasion? Firstly, when they display hostile intent on entry (en masse). This is well illustrated by many border incidents, where individuals were holding signs saying "let us in or die." Secondly, the fanatical obsessions of migrants in Calais to enter the United Kingdom (when they are already in safe territory) is a tactical manoeuvre, which indicates they aim to distribute themselves equally across Europe and maintain a solid presence in every country that is willing to grant them asylum. Thirdly, once a minority expands at such a fast rate that it will become a majority in its host country within a period of 5 years, then mass migration will alter the socio-cultural balance of said country beyond recognition.

We need freedom from the control system that has become religion, not more religious conflict, based on our unique interpretations of reality or our beliefs. Religion used to stand for the divine aspect of man. The fact that if we work hard enough, anything is possible. Religion used to be a science of our relationship with the cosmos, filled with meditation, deep contemplation and consciousness development, which yielded great accomplishments, we either still rely upon or reverse-engineered. Since religion has become a shadow of its former self, as new great followings emerge that are led by the average person, inspired only by their deep faith. Economic migrants police the streets upholding Sharia Law, while we attempt to reinforce our Christian rule. With every day, the belief that a clash of cultures is inevitable spreads a little further. With each lie, with each broken

promise, with each protest against Brexit and with each violent attack, we build more walls to fortify ourselves...Where can it lead?

Unfortunately, Merkel opened Pandora's box out of personal vanity. She allowed the equivalence of a Trojan Horse to pass through the gates of Germany, accompanied by armed troops with hostile intent, slaughtering hundreds. Still, she's throwing her entire body-weight into keeping those gates open. In the times of Ancient Greece, she would have been labelled a traitor for her humanitarian, if not self-destructive urges...but for what it's worth, if Socrates was alive today, he would have been institutionalised as a schizophrenic with multiple personality disorder.

These are the times we live in. There are no more walls to be built that can protect us. Statistically, to embrace this level of socio-cultural change will invariably lead to the enforcement of Sharia Law on the major towns and cities in Europe and Britain, (such as London, Birmingham, Manchester, Liverpool, Lincolnshire etc.) Any area, in which Sharia Law is already borderline enforced near no-go zones, labelled black-zones by the Royal Mail. Conversely, if we do not accept their religious laws, conflict is inevitable. War would be waged in an attempt to enforce their laws in their host countries. Conclusively, whichever path, we choose, from this point forward will incur more blood-shed.

The Bitter Truths of Leadership

When foreign customs are enforced on others,
Mass migration becomes invasive.
When there is an agenda behind mass migration,
Immigration becomes invasion.

At this time, we can switch on the television and witness thousands of political supporters standing up for the rights of those that would exterminate them on the spot, given half a chance. They have chosen a higher path, yet most of them are unaware that this decision will be the cause of great suffering. They'd rather debase an honest discussion about their socio-religious views into name-calling instead of facing the fact that every opinion has positives and negatives.

We have opened the door to economic migrants, simply out for what they can get, while infinitesimal numbers of actual refugees are hiding amongst them. Historically, this is an ancient practice of warfare and has happened many times before. The majority of economic migrants have no care or concern for the freedom of their host countries. This leads us to the question, why do we risk our basic human rights to protect them? Why are so many standard citizens infatuated with the idea of defending them? If the tables were turned, only for an instant, they would not reach out to save us. Truth be told, the only curtsey, they would extend us, is a swift execution.

To stand up for what is right has its risks, often it will be the last thing any of us will ever do in this life, but there are greater powers at play than the elite could ever fathom. Regardless how many more us will be buried, no one can successfully seize

the freedom of another indefinitely. The true essence of freedom is in every breath we take, it cannot cease even after we've drawn our last...

Although it is infinite and absolute in all its manifestations, nothing in all of existence can change that, the illusion of control is a dangerous weapon to wield. It can make anyone believe anything, given the right situation and application of pressure in all the right places. Our free will is bound by cause and effect, which means it is not free at all, until we make it so... Until we realise that our will isn't bound by circumstance, but by the motivations that drive our actions, we shall never find freedom or peace. It is our choice to participate in this deadly political charade or to resist, but for that we have to see it for what it is.

We admire strength, boldness and power, so we seek those who possess it. We lavish wisdom, forethought and emotional freedom, so we strive to be near those who impart those qualities. However, to what end? Whoever becomes the centre of our focus invariably rubs off on us, but where that'll lead is anyone's guess. Too many falsely believe that sociopathy and psychopathy are inherited conditions. Contrary to popular belief, they are genetic as much as they are environmental. We model ourselves according to those around us by mimicking their behaviour. Whether we do so unconsciously or are consciously aware of this is another matter entirely.

Every leader attracts a different type of follower from the left or the right, from the lowest or the highest class... Every leader unwittingly attracts certain stereotypes that fuel their underlying agenda. For Merkel, these are the stereotypically short-sighted as well as those lacking peripheral vision in general. Very few decent, hard-working foreigners that emigrated to Germany, Austria, Switzerland and other EU member states are in support of her policies. The moment she opened her bosom to every young male from here to the Middle-East, one could see their eyes widen as they began to panic. Many escaped the situation in the midst of the white flight shortly after. Not out of fear, but common sense. They, along with countless natives, could sense that their time was running out fast. It is reminiscent of the complications that arise when a parent introduces a new sibling to a mammalian family of predators... Those old enough to sustain themselves realise it is time to stand on their own two feet, whereas minors become acutely aware of how the power is shifting against their favour.

Like Attracts Like: In the case of Merkel, the fiercer her followers become, the more unwilling they are to answer questions they don't approve of. As she blatantly blanks the direct enquiries of her constituents with unrelated topics that make no logical sense, her supporters follow suit. It appears that the left across the entire world tore a page out of the Psychopaths Bible and did the exact opposite of what the instructions said... They do not offer answers, solutions or even consider the option of pretending to execute the will of the people. To the New Left, the people are a means to an end. They are irrelevant to the equation. They confidently act as if their rise to power is not in the hands of the people, but a small minority, controlling the majority from behind the scenes. This makes them feel as if it entitles them with the unquestionable right to belittle and devalue that which does

not boost their appearance. When their stance is sensibly questioned without allowing them to evade those enquiries, they resort to offensive quips. They push them aside in a derogatory manner, while labelling those that asked them as racist or worse. The mere fact, we dare to question them is perceived as an insult, if not a direct threat by them. However, they don't deal with threats like any sane individual would, by taking them seriously... They ignore them, when they don't dismiss them with the harshest words that spring to their minds at the time. Such behaviour has led many of their followers to believe, this is an acceptable way to behave.

For Corbyn, this opened doors to reinforce an abhorrent, new standard in British politics. He was the first with the courage to openly ask what his party's hearts desire. For approx. 15 minutes, he took the time to listen to what they wanted as well as expected. Afterwards, he realised their views quite directly opposed his stance on free movement and he became the first leader to flee from his own party. Yet, he retained his position of leadership. The majority of Labour supporters are against immigration, not for the reason that they dislike other cultures, but because they are the cogwheels that keep this broken society running. The average, working-class person is the reason our society still functions. Granted, it barely works at the best of times, but it has not faced its inevitable collapse yet. When Labour abandoned the working class, which was no surprise, those cogwheels began to jar... Too many kept voting for them out of habit, blind faith and misplaced sympathy, not anymore. People do not like to be taken for granted, when it is them that have enabled Corbyns unfortunate rise to power.

Unsurprisingly, Labours supporters are no longer white or British. They aren't African-American, Asian or Indian anymore. They are no longer the party of the working-class, unless long-lasting unemployment and the unwillingness to seek paid work is categorised as the New Working Class. Moreover, their religious orientation, which was once a shining beacon of equality & diversity, has now become a party renowned for the coerced conformity of their supporters by the bleeding hearts of Britain. They may as well force their followers to convert openly instead of almost making them so do behind closed doors to prove their loyalty. In any case, they wish to invoke feelings of shame or guilt as to encourage self-loathing. With this, the Labour Party began to target the vulnerable and malleable members of society, whose minds are easily swayed by fear tactics. Not any kind of fear toward real-life threats, but the fear of being viewed as narrow-minded, bigoted or racist. This is basic psychological manipulation.

What Corbyns working and middle class supporters fail to understand is, when you have nothing for long enough, you lose all interest to maintain appearances. We don't care how it looks. We care about what it is as well as what it will lead to. In life, nothing is ever as it seems...and we'll do our best to never let anyone forget it. Corbyns actions have led a significant percentage of his followers to believe that his words serve a higher purpose than the complete religious or social indoctrination of the British people.

On a final note, Corbyn deliberately disregards the historical fact that multiculturalism only works when both parties are willing to find a compromise they can live with. When multiculturalism becomes a matter of sacrificing your way of life to accommodate mass migration, it paves the way to genocide. Corbyns traitorous actions are causing direct physical, mental and emotional harm not only to the British people or Europeans, but all people of all ethnicities. They are forcing decent people to hide or flee Europe and the United Kingdom, while they put genuine refugees at risk. Therefore, it should come as no surprise that his left-wing followers act in accordance with his radical views, enforcing them at every opportunity. This can solely lead to civil war, which will most likely take the form of an uprising of the right against the left, when there are obviously more pressing matters at hand. Although as this has almost happened on numerous occasions, while we will waste more time quarrelling over schematics, our mutual enemies channel their energies more productively. They are breeding for war under the guise of Sharia Law. They do not require the consent of their women, when it is the sole purpose of their existence to serve them, otherwise they will attempt to terminate their existence and secure new breeding stock.

Truth Be Told...

"Bully-worship, under various disguises, has become a universal religion, and such truisms as that a machine-gun is still a machine-gun even when a "good" man is squeezing the trigger have turned into heresies which it is actually becoming dangerous to utter."

- George Orwell

What is religion, but an idea? A concept that has cosmic transformative potential... However, any idea can be turned in on itself to become the very thing that it stands against. When we speak of religion, we do not speak of our way of being. We mean how devoted we are to an imaginary deity in the sky that we would either run from screaming or pay hard cash to abduct us. In other words, we neglect the very foundation of religion that consists of ideas, which are much bigger than any organised religious system.

Religion has become this all-encompassing system that functions in all essence like a corporation. The Vatican, for example, is an arms stockholder and a bank with great influence in the corporate community. Islam, for instance, is a oil-funded system, founded on conquest through invasion and genocide. In every which way possible, our modern representation of religion has strayed far from its intended purpose... It no longer serves as a voice of reason or compassion, but detachment from the people that it serves. Corruption in any institution can only take hold, if organised elements within it act on delusional beliefs that do not benefit the greater whole. Although many religious scriptures can hardly be considered peaceful, (since they provide only small quantities of useful information), not all of them have been edited, suppressed or destroyed. Some still offer guidance toward understanding a higher power...an essence that existed prior to this multi-verse.

Above all else, religion is deep inner realisation. It is not a path that anyone can choose for you or a state that anyone can elevate you to...You alone hold the key. Religion is the embodiment of freedom. We cannot deny that, because we cannot move or live without the idea of freedom or democratic rule for that matter. What makes religion so unscientific is that they continue to deny the power of the people in their aim to centralise it. In the absence of power, money and influence...Religion deals with the truths of the metaphysical world just as chemistry and the other natural sciences deal with the truths of the physical world.

In the words of Swami Vivekananda, all science has its particular methods, so has the science of religion. It has more methods also, because it has more material to work upon. The human mind is not homogeneous like the external world. According to the different nature, there must be different methods. No one form of religion will do for all. Each is a pearl on a string. We must be particular above all else to find individuality in each. No man is born to any religion; he has a religion in his own soul. Any system which seeks to destroy individuality is in the long run disastrous, as it impedes self-realisation.

That notwithstanding, the war over our thoughts, minds, bodies and even our souls has been ongoing for countless decades...and it won't end anytime soon. However, the reactions to what we think, what we say and what we believe are far more revealing than our stance towards any given thing. Religion is not excluded from this. Although religion is a constant source of conflict, it is not religion that is the issue. It is our attitude towards it. Religion is Freedom, which means that we must all find our own path to enlightenment and live with the moral consequences of our choices. However, there are far more important issues at hand than a global crisis of faith. As our nations are arming up for war, unequal resource distribution is worsening to deadly degrees. The little resources that we have are reserved for economic migrants, while our own citizens are subject to poverty, starvation, sexual exploitation and exposure to the elements.

Any decent counsellor, therapist or doctor will confirm that silence is deadly, especially where hate crimes are concerned. Many homosexuals, transgenders, feminists and African-American Christians can attest to the fact that they were punished violently for their life choices. Back then, most looked the other way. Now, these abhorrent hate-crimes have returned to our streets. Ironically, they highlight exactly what happens when a non-believer enters a Muslim country. The punishments sanctioned by law favours the dominant religion, as ours did for countless centuries. We are not accepting their religious laws as our own, they are forcing them onto us, which is a crime against religious freedom on the streets of Europe.

No matter how many religious and/or spiritual practitioners adhere to peace, as long as they remain silent, the height of their numbers (and therefore influence) is irrelevant. They are complicit in crimes against humanity, dare I say, war-crimes at the highest levels. If they were truly peaceful practitioners of Islam, as they claim, they would die beside us. They would throw themselves in front of extremists, as any good Christian, Buddhist or Hindu should, defending against an impending terror attack. In other words, the strong protect the weak, otherwise what is the use of their strength? They obviously are not strong enough to maintain their own integrity, if their superiority-complex prevents them from doing the right thing.

We don't need money, power or influence to stand up for our families, our communities and our way of life. All we need is a little courage with a plan of action. The instant that we allow ourselves to be trapped in this web of political correctness, we are sacrificing the truth for the sake of getting along with an oppressive ideology, reinforced by law enforcement officials that once had our trust.

Countless women are raped daily all over Europe, while the number is increasing. Statistically, this heightens the probability that over half will experience at least one or more sexual assaults throughout their lifetime, if not worse. Their fathers, brothers and husbands may have been offended a few hundred years ago, nowadays many of my clients report that the men in their lives are almost immune to this method of warfare. Their egos are not as easily damaged by such a violent crime, but they are easily led to expect women to 'get over it' in a period of 3-6 months,

otherwise they often meet their needs elsewhere... Meanwhile, we wonder why humanity is facing several extinction level events simultaneously, when the answer is our lack of involved commitment to just about anything.

What May The Future Hold

In this world, anything is possible. Anyone can get away with anything at the right time under the right circumstances... There is only one slight problem with that. Diversity is paving the way to the enslavement of woman. We are expected to show respect and restrain ourselves toward an entirely different culture, when it is almost impossible to be repaid in kind at the best of times (by any culture). So, with every passing day, the nail of political correctness is hammered into the coffin of our Western civilisation....

Contrary to popular belief, Imams across the globe take orders from the same people that control our leaders from behind the scenes. Yet, neither one of us pays this the attention it deserves. Complaining, rape and retaliation are easier methods than to confront that everything we have been told is a lie. Lies can inadvertently lead us to the truth about all things, whether you believe it or not.

...Truth be told, if Islam continues on its path of world domination, they will drive humanity into extinction. Every race (i.e. Caucasian, African-American, Indian, Asian, Arab, Feline, K9 etc.) will experience a significant reduction in numbers. This concerns humans, animals and plants alike, until there'll be nothing left.

...Truth be told, if mankind continues on its path of planetary exploitation, whatever is above ground will be driven into extinction. Followed by one mass animal extinction after the other, the environment will have irreversibly changed. The plants and animals that survive will be as toxic to us as the atmosphere, the seas and the oceans, until the planet is no longer habitable by our standards.

...Truth be told, if Islam and the Sixth Mass extinction continue on their path unhindered, chances are worlds will collide with high casualty rates. It is expected that less than a hundred million (if that) would survive above ground.

Many of the people that I'm in contact with on a professional basis have woken up to the police at their door, others had their articles pulled... The West is evidently no longer a safe place to express our opinions, unless we are prepared to possibly meet a bloody end by doing so. The choice is ours, but we can be guaranteed that our government or law enforcement agencies will continue to support pedophilia, sexual and religious violence. The worst thing is that with every victim that is silenced, we are creating members of society that will not blink an eye, if violent crimes are committed. No one cared when it happened to them, so why should they care, if it happens to anybody else? An eye for an eye... However, what they're actually dealing with is feelings of shame, guilt and emotional pain that are fuelling self-loathing, which is then projected onto others that have experienced the same.

For most unsupported victims, this is normal. Being abandoned has become normal. For an even smaller amount, giving up on life is easier than living with the daily reminders of the incident.

For the most part, sexually abused women lose the ability to trust, when their support networks vanish into thin air. Dependent on the circumstances, in which the assault took place, many women become numb on the inside. They wish to move on, but they can't feel anything anymore. No one cares, so they stop caring. There is no magic pill or quick solution to cope. As the globe keeps turning, their trauma is forgotten by those around them for its disenfranchised nature. I've shed too many tears over the travesty of this, but sadly wet eyes don't change a thing. Only hard work with persistence has the potential to change how much we suffer. Even then, months after an attack, people simply disconnect, because 'you're still on about the same thing'. They lack the understanding that sexual violence leaves deep scars that affect personality development, self-image and capacity for empathy. Later on in life, it even has an impact on child-rearing. In reality, women that condone such events won't lift a hand when it happens to their offsprings, as the social system in Great Britain and Europe taught me repeatedly. Many relatives would rather shift blame or stay away than to assist in the healing process. However, this is only partly their responsibility. Our society does not teach our offsprings how to effectively cope with trauma, which leaves the majority of us vulnerable to a myriad ways of suffering.

Every man, woman and child in every country is affected by the current religious struggle for power. Yet, religious leaders are only too aware that the status of their religion is dependent upon the numbers as well as the dedication of their followers. Whatever opposes them can easily be overcome by increasing the former. Here's what's expected:

- Islam will aim to establish itself as the majority in France, Germany, Austria, Sweden, Finland, the Netherlands and the United Kingdom.
- Any country, in which they successfully establish themselves will serve as their primary base of invasion for neighbouring countries, such as Switzerland, Liechtenstein, Denmark, Hungary and the entire Mediterranean.
- Islam is currently fully surrounding Europe by attempting to seize the whole continent of Africa.
- By October 2016, the events in Europe will have escalated concordant to pre-arranged election dates. The probability that conflicts will escalate in several countries simultaneously is higher than another wave of attacks across European nations.

The only way to stop a malignant narcissist with sadistic tendencies is to deprive them of that which they desire. Never to yield. Never to surrender and never to relinquish any personal power. Narcissists don't take responsibility for their

actions, unless forced into the position. They will resort to all kinds of manipulation, such as shifting blame, shaming and complete denial. Their ego will not allow them to realise their mistakes or feel the horror behind what they've done, otherwise who they are would be shattered.

Sharia law has become the enablers code for pedophiles and sexual offenders across the world. It allows men to shame women and humiliate them at every step, even beat them publicly whenever they deem just. This elicits submission to prevent further punishment, as a rather dark by-product of the instinct for self-preservation. In addition, women that speak against Islam are being labelled as islamophobic, as if our right to free speech is disregarded, when it comes down to an oppressive religious regime that does not even recognise women as human.

A narcissist does not see a difference between you and them. For them, you are an extension of them. You serve their needs, they don't have to serve yours, because their needs are perceived as more important. Their mere presence should be enough to entice you into bending over backwards. A malignant narcissist is not so different, but they are far more likely to harm and even destroy the object of their affections. If they cannot have it, no one will. On mass, this is a recipe for disaster, hence the female population in the Middle-East reaches a desperate low-point every few decades, and they are forced to 'branch out'. When coupled with sadistic tendencies, femicide becomes routine, simply to maintain control...

Islam does not seek support from the West, they seek its submission to their religion. For women and children, that means we will be vulnerable every day until something changes or we will be forced to live in accordance with their views.

Sadists seek to turn those around them into sadomasochists. In sexual relationships, this entails a form of continuous torment that the mind cannot protect against, if unprepared. Women are often not taught how to protect against pregnancy or induce a miscarriage without self-harming. So, they become breeding-machines in captivity that gradually dwindle into suicidal ideation. For a narcissist, pregnancy is a symbol of ownership. It reinforces their control over the mind, body and spirit of their victim. Worse, in Islam, they often prey on the sentimentality of women by counting on the fact that they will develop an emotional attachment to become slaves to their male offsprings. Should the head of the house pass away, ownership falls to the oldest, closest male of the family, leaving their women no chance of escape from tyranny.

Tips & Tricks

- Don't confront a narcissist. Wait until they confront you. Then resist and stand your ground, while exerting an air of confidence.
- When a religious narcissist has their eyes set on attaining a specific goal, they will twist scripture to suit their needs. The easiest tactic against this is to reference their scriptures by the letter and be prepared to prove it. (More often than not, things will get violent long before you have the chance to pull out a book)

- When they profess love and peace, but never show it, confront them with verifiable, undeniable facts of religious abuse and/or genocide.
- They'll talk, but hardly listen, which makes them prone to speak over and interrupt people that do not agree with their viewpoint. If they cut you off every time, you open your mouth, speak in keywords. (Pick the most hard-hitting, relevant word in your response and guaranteed that it'll elicit a reaction immediately.)

As Gandhi once said, "if I were a dictator, religion and state would be separate. I swear by my religion. I will die for it. But it is my personal affair. The state has nothing to do with it. The state would look after your secular welfare, health, communications, foreign relations, currency and so on, but not your or my religion. That is everybody's personal concern..." and yet, what happens when religious persecution becomes a daily occurrence? What happens when religions encounter a faith that will defend its right to exist as the only true religion with the blood and bones of its followers, as a first response? Peaceful protest becomes unsafe, as seen by the LGBT protest in France that skirted around specific areas with a high Muslim population. As evidenced by the Bataclan massacre in a French nightclub, at Nice, at its Candlelight Vigil and at the Christmas-market in Germany, public gatherings are target-rich environments. However, this is only the beginning, but there is a silver lining... The Islamic State has already reached the peak of violence. (Sexual mutilation, torture, castration, roasting a guy like a pig after tying him to a pole etc.) You can't step it up from there, even if you nuke every major city on the planet. Most people would prefer a slow death through radiation poisoning to being castrated, having their balls cut off and shoved in their mouth... That graphic image notwithstanding, this level of brutality is designed to elicit compliance and submission to their religious system. However, it also reveals that their attacks will not escalate in intensity, only in numbers. For the average person, this is the same thing, but for someone desensitised to the level of violence present in war-zones, there is a difference.

In other words, these are the same techniques used to coerce conformity and submission that have been used for thousands of years. Although what everyone seems to forget is that we used to combat their extremism with our own brand of fanaticism during the times of the crusades. In fact, it was the West that introduced impaling one's enemies, roasting them on a fire and eating them in the Middle East during the 1st Crusade.

On a separate note, the Muslim wars or imperialist conquests have been ongoing for almost 1,500 years against hundreds of nations, over millions of square miles (significantly larger than the British Empire at its peak). Historically, Islamic conquests stretched from southern France to the Philippines, from Austria to Nigeria, and from central Asia to New Guinea. (The classic definition of imperialism: "the policy and practice of seeking to dominate the economic and political affairs of weaker countries.")

The Muslim goal was to have a central government, first at Damascus, and then at Baghdad, later at Cairo, Istanbul, or other imperial centres. The local governors, judges, and other rulers were appointed by the central imperial authorities for far off colonies. Islamic law was introduced as the senior law, whether or not wanted by the local people. Arabic was introduced as the rulers' language, and the local language frequently disappeared. Two classes of residents were established. The native residents paid a tax that their rulers did not have to pay. In each case, these laws allowed the local conquered people less freedom than was given to Muslims.

How many Muslim groups have taken long pilgrimages in the footsteps of the Muslim conquest repenting, seeking for forgiveness, and giving penance for the Muslims imperialist, colonialist, and bloody conquest of Palestine, Egypt, Syria, North Africa, and Spain?

Islam cannot be peaceful,
Until their laws reflect the true nature of religion:
Freedom & Equanimity, Not Genocide or Submission

In addition, if Muslims abroad were treated as they treat others at home, they would enjoy few rights. Their passports would be seized, compelling them to work indefinitely... They would be murdered at random and their attackers let off with a fine, if they can even bothered to investigate. Their children would be kidnapped to be converted to another religion, so they may never see them again. Their mothers, sisters, wives and daughters would be jailed for not complying with local customs or for getting sexually assaulted on the streets. Instead, Islam basks in the legal equality provided by their host countries, even as they spread an ideology that demands the murder of non-believers.

In conclusion, with every attack, radical fanatics reinforce the fact that they cannot intellectually defend their beliefs. They cannot convert others solely with their words, therefore they feel they must do so with the verse of the sword or any other way that is commanded by their Imam or the Islamic State. In approx. 80% of Islam, practitioners have no right to independently judge or critically assess their religion, unless they do not believe, which is equivalent to a death sentence.

How We Sleepwalk

“The philosophers have only interpreted the world differently,
what matters is to change it.”

– Karl Marx

In modern times, we have an inaccurate understanding of just about everything (community, family, education, religion etc.) We no longer understand the lessons our ancestors are attempting to convey to us, nor do we take the time for their woes. Although many that have taken the time to truly listen have realised, there is something very wrong with the core of our society. We have been sleep-walking, but occasionally we awaken to how unreal and strange life is.

How can we be certain that our eyes do not deceive us, as they so often do? How can we be sure that what our senses tell us is actually real? And how can we trust anyone that simply dismisses such enquiries, when others wholeheartedly believe they already know the truth? In short, we cannot.

When we trust, we are taking a leap of faith. We extend a courtesy to a stranger that may be our salvation as much as they may be our undoing. If it goes horribly wrong, you can be certain that you'll be reminded of the fact often enough. If it doesn't, many will make certain that you know it should have done. On reflection, one cannot win nor lose, only learn from experience.

When circumstances feel as if they're turning into the surreal, like the current political situation...We can be guaranteed, our intuition will lead the way to the truth, as long as we don't live in a world of wishful thinking. For as long as we cannot see our internal and external reality for what it is, we may never realise the truth. Our view of reality is more likely to shatter into countless pieces to be reconciled with the bigger picture.

Although we may never truly know anyone, we cannot spend our lives in distrust for something that has happened or might happen. We must learn to live in the present moment, if we wish to know the truth about our multi-dimensional reality, in which time is a mere sequence of moments interpreted by our consciousness. On a deeper level, time represents change. In Sanskrit, they even share the same word. This leads us to the question, how can something feel real, when in truth it is not?

Our senses can trick us into believing almost anything. Therefore, it is our responsibility to apply critical thinking to discern the real from the unreal. That being said, there is a simple rule, when questioning reality: If it is finite, it cannot be infinite. (Its source may be, but the object and/or subject is not) This rule of thumb makes things easier, but it can still be very confusing when putting theory into practice. In other words, that which is real cannot be manifest in relative existence, outside of the realm of self-realisation. Conversely, that which is unreal cannot be manifest in the absolute, or ultimate reality.

Religion may guide you in your search for deeper meaning, but it cannot lead you to enlightenment via a path that has been taken by others. Only a handful of practices are common denominators shared by all enlightened spiritual teachers, which are kindness, deep contemplation, meditative concentration and gratitude. The path to self-realisation is uniquely tailored to you. You cannot walk it in the footsteps of another or in honour of an ideal that was corrupted long ago.

Beyond ego and appearance, we are all one in heart, mind and spirit. We originate from the same source. Regardless of our religious traditions or personal beliefs, we share a universal spirit that has its roots in pure consciousness.

"We Are Not Our Bodies"

What all the corporations around the globe focusing on how to manipulate your body-image. Billions are invested on a daily basis into how to best play on your attachments and aversions. If there's an inch of your body, you are self-conscious about, they won't teach you how to overcome it, since it would rob them of their power against you. Like any narcissistic psychopath, corporations bet on the fact, you'll run scared into their arms for a solution, if they manipulate resources to create disease and eliminate the competition. However, that which they cannot control is what they have invested trillions into suppressing and that's your way out of this endless loop...

Their weakness is the same thing with which they are attempting to retain control: the absence of knowledge, blind trust & unquestioning conformity. For as long as you do not question their intentions or the world around you, none of us can reshape this world into something greater. More importantly, if we do not question, none of us will ever find the whole truth.

In reality, this body is only a fragment of our cosmic body, which doesn't actually exist in the manner that we currently perceive it. Existential debates aside, every cell in the body is inherently connected to an all-pervading awareness, which permeates the phenomenal world. It is noumenal in essence. This is not to say that you cannot know your body, but by knowing the true source of your body, you needn't know any more... In fact, there's nothing to know about something that never was, but the ego can easily get in the way of understanding the reality of the self. Our individual self is no different from the universal self. Until we realise this, we will continue to differentiate between the internal and the external, the real as well as the unreal... In terms of self-awareness, this dooms us to seemingly endless cycle of identifying with what we are not, which causes suffering.

Whichever reality that we are in, we are not our bodies. Our awareness of being is not restricted to a particular species. Whatever form, we take, its foundation is light. The biophotonic matrix of the body is closely linked to the biophotonic matrix of the multiverse.

In addition, every physical form absorbs and emits photonic energy. Theoretically, more it absorbs and retains, the more it transforms, until all that remains is a ball

of light, as it may. Every life-form appears to have the potential for this kind of evolutionary development due to the nature and/or origin of our multiverse.

As much as our society values the attractive appearance of the physical body, we do not connect enough with its source, which actually slows premature ageing. Our wish to be younger and healthier remains so veraciously persistent that our attempts to seek anti-ageing treatments often backfire. For example, endless brands of cosmetics or specialist creams used amongst to disguise as well as remove wrinkles. The chemical additives and preservatives added to the mixture accelerate ageing. Nothing we can buy on the market will make us younger or more physically appealing, otherwise everyone would use it. This is not to say that there are no treatments to slow or even reverse ageing. They are just not as readily available as we would like them to be. The same goes for just about anything worth the purchase, even including cybernetic enhancement.

There is much of our world, we do not see. So, it is easy to assume nothing exciting happens in this quadrant of space, but we are dead wrong. Crazy, impossible things always happen all the time. We just need to know where to look. For personal edification, there is only one treatment I can 100% guarantee actually postpones premature ageing (while preventing the majority of disease): homemade Hemp & Cannabis whole-body ointment or 9oz. liquid intravenous solution, commonly used by terminal cancer patients. (No additives. No preservatives. Only Organic Gardening.)

Historical Fact: As a matter of record, ancient Shamans and a particular types of African tribal priests travelled the globe with nothing more than Hemp & Cannabis seeds. They would settle down temporarily, until they amassed enough hemp for clothes and other essentials. It should be noted, as hemp has a turnover rate of six weeks, it enabled short stays, also allowing them to assist local villages with homemade medicinal concoctions. For personal use, they ground both plants into a fine, concentrated solution that'd be easily applied to every inch of their skin. Contrary to popular belief, they did not wash the mixture off after each usage. They applied a thick layer on their whole body, which supplied their bodies with vital nutrients as it dried. It was rumoured that as they rarely consumed any kind of physical nourishment, except for hemp & marijuana, this was the source of their longevity and youthful appearance.

We are not our bodies, but person vanity is hard to shake. Beauty is a rich foundation of luck, bankrolling entire lives. Without it, we're the last one picked at school, we become second choice in dating at best and we're generally overlooked in our professional endeavours. To be easy on the eyes has more benefits all round for both genders, even though there is one thing beauty cannot achieve. Beauty does not elicit truth, More often than not, people will say whatever they need to say to boost their chances or to soothe a sexual interest with what they think others

would like to hear... When there is no physical appeal, many do not rely on a compassionate approach to engage in conversation. They have no quarrels in revealing their true face. In a world, where kindness is frequently mistaken for courtship, this should come as no surprise. When there is nothing to be gained by manners or a friendly smile, many do not see the need. Although they are right, society does not require them to be warm-hearted or even well-intentioned, tactless behaviour takes root gradually with adverse effects. Our thoughts as well as emotions have a physiological impact on our appearance. They can produce tension, restlessness and depressive states of mind. Moreover, they contribute to increased stress levels, which in turn triggers the chronic release of specific hormones in the adrenal gland (Cortisol, Adrenaline, Norepinephrine). In my gerontological research, I noted a decrease in photonic energies during times of prolonged stress, disease and premature ageing, but let us start as the beginning...

Although the cells in the body can accumulate varying quantities of light, they can also store denser energies, like the equivalence of dark energy. To increase the absorption rate of photonic emissions, we must first focus on remodelling our basic requirements. Obviously, we must heighten the nutritional density and variety of our food/drink, but it is more important to control our breath and thereby our nervous systems. If we can learn to extend and retain the breath to the length of just three minutes (literally like a turtle), we could extend our lifespan by approx. 200-300 years. Yet, only if we can operate in this state, which is actually far more challenging than it sounds. Most cannot speak, eat or follow their normal lives in Theta.

With every shallow breath, we put additional weight/pressure on our cardiovascular system. Over time, this creates visible clavicular grooves in the chest. With every deep breath, we learn to distribute this weight/pressure differently. When we learn to rest the chest through the regular practice of deep breathing, we also lower our risk for cardiovascular disease. As the movement of the abdomen massages internal organs, it detoxes them by triggering the release of free radicals. These are the cause of disease after a long period of accumulation and incubation. For example, indigestible toxic chemicals consumed through processed food can linger in the bowels (like undigested red meat) and other digestive organs indefinitely. This is not new information, ancient as well as modern practices of medicine devised methods to eliminate these from the body via breathing, medicinal herbs, meditation etc.

Breathing Exercise No.1

Abdominal Breathing

1. Inhale through the diaphragm. On exhalation, draw in the abdomen sharply, but breathe out slowly. Retain the breath and focus on third eye for a count of 6-8. If this is uncomfortable, start with a lower number. With practice, the breath can be retained for longer and longer.

2. For a more challenging practice, tighten Kegel muscles before exhalation. Then, sharply draw in the abdomen and lock your throat
3. Do not practice excessively. If you wish to practice more often, eliminate the pauses between breaths, and elongate the breath.

Warning: This exercise should not be practiced during menstruation or if there is any discomfort. Stop immediately, if you get dizzy or nauseous. This isn't a Bruce Lee workout session!

Breathing Exercise No.2

Breath Elongation

1. Lie on your back with the spine and neck in alignment. Start by breathing from the diaphragm through the nose. Ensure to breathe evenly through both nostrils. (Focus on the closed nostril and breathe to open it. If that fails, concentrate on the bridge of the nose.) The more you practice, the easier it is to achieve an even flow.
2. Eliminate the pause between breaths. Extend your breath to 20 seconds, then 30 seconds, then one full minute. Practice inhaling slowly and deeply over a period of 30 seconds, then exhale for the same length of time. (Try to maintain an even ratio between inhalation and exhalation.) The trick is not to draw out or slow the breath, but to naturally slow it: To calm the body and relax the mind. With regular practice, a ratio of 90 seconds per breath can be achieved in approx. six months. The intensity of this exercise has to be increased as a comfortable pace. For example, start with a 10 seconds and work your way up to 30, then 60 seconds etc. Aim to elongate the breath naturally without straining or the application of force. The more you push yourself, the less relaxed you'll be, hence the less control you'll have over slowing the breath.

The magic formula to deeper levels of meditation is conscious, deep relaxation. It requires kindness, patience and self-discipline. If you can lie down and remain conscious while slowing down your breathing, this technique can be the key to deepen your daily meditation. Don't force the body, encourage it. Provide the ego with incentives. It knows that the deeper the body-mind complex relaxes, the closer it'll tread toward its own annihilation. Trick the ego into becoming an accomplice to its own destruction...Allow it to lower its guard gradually over time, but in the beginning, learn to just let it relax.

“We Are Not Our Minds”

When I first turned 18, I was given the most valuable lesson in my entire life: Whatever you think you know is wrong. Everything you have been taught is a lie. So, question everything from every angle, even if you'll never conclusively prove a damned thing!

In 1962, George Miller wrote "Consciousness is a word worn smooth by a million tongues." Almost 60 years later, our understanding of the relationship between consciousness and the mind has gone full circle to reach its original starting point, taken for granted over ten millennia ago. We now know what we knew back then, the only difference is that we can presently verify our knowledge through different kinds technology than we did before prehistoric times. It has to be noted that the term 'technology' should be interpreted rather loosely here.

According to modern science, our mind-body complex governs mechanical function, but is perceived equally as devoid of consciousness. However, there is no mechanics without physics, and there is no physics in the absence of consciousness. Therefore, physics begins with the mind.

Crazy Fact: Physics was originally categorised as mental science in the Britannica Encyclopaedia. As the particle wave duality clearly demonstrates, it is open to wide ranging evidence-related speculation and interpretation.

The foundation of our understanding changes all the time. New facts are found, as old ones are discarded. In other words, relativity begets more relativity. We gather relative bits of information that require more relative data to be fully understood, thus creating a conceptual understanding of reality. However, as awareness transcends any and all concepts, our endless fact-finding mission in a multiverse, where every piece of information is relative, cannot lead us to any absolute existence.

It is only through the study of the mind (from a viewpoint of physics, chemistry and mathematics) that we can generate an understanding of consciousness. Without cultivating a solid knowledge-base, which is not subject to change, we may never unlock the secrets of life or the multiverse.

Beyond the relative, there is an entire existence, we have little awareness of. Outside of the movement of consciousness, there is only a raw, unadulterated Awareness of Being. Imagine this awareness flowing outward in form of consciousness... Every wave of consciousness creates a ripple in the mind. We may not realise it yet, but the body is just such a ripple. Each subsequent form, we take, is dependent on the life led in the previous form. It is a process, which occurs within the confines of cause & effect on every level of being. Contrary to popular belief, we are not punished in the next life for what we do in this life. Karma, the phenomena of cause & effect on a moral spectrum, remains ongoing. Regardless of whether we live or die, our actions have reactions that we are bound to experience in this form, if we live long enough, or another.

As we previously established, in a universe, in which all is preordained, our will is bound by cause & effect. The framework of our minds is not exempt from this.

In every life, we make mistakes in order to learn from them. Our errors are vital lessons in disguise, we must learn from in order to progress. Otherwise, we will simply repeat the same patterns of behaviour until we do. The root of all our problems as well as mistakes lies in our rather conditioned perception of the phenomenological world...in the internal conflict that we know reality is intelligible, but we continue in our attempts to make it so.

For as long as we operate from the premise of a conditioned mind, we maintain inaccurate pre-conceptions about reality. The conditioning of our mind affects our perception to the degree that we do not even acknowledge its existence. In other words, modifications to the consciousness compile in the form of unconscious content, which we have little or no awareness of. Without consciousness, there is no mind. However, prior to consciousness, as a movement or expansion of awareness, there's only being in nothingness.

We think of emptiness or nothingness as devoid of everything, but it is a motionless, self-sustaining existence in itself. When there no thoughts, no expectations or wants, we go deeper than the mind to a place of inner stillness. We enter a state, in which we actually feel peace as a tangible sensation in the shape of bliss. Until bliss ensues, focusing on a hidden aspect of internal silence can be beneficial: A silent, all-pervasive knowing. In that knowing awareness, knowledge is automatic, almost reflexive... This not because we become more intelligent or we gain extraordinary abilities, but for the simple reason, we no longer rely on sensory information, once we exceed the boundaries of the mind.

We begin to fathom the connection between being and knowledge beyond the senses. We know, because we are. In the recesses of our being, all exists in the form of intelligence. Think of it as a vast, cosmic net of information, in which every bit of data cannot be divided from the next. For instance, a cross between cyber- and hyperspace. Although information can appear to exist in a solitary state, without the inclusion of other data, no single piece of information is fully comprehensible on its own. In the confines of the relative, all information therein is relative, which makes any and all information dependent on other variables to be comprehensible. Therefore, it can solely make sense when it is drawn together and consequently perceived as an indivisible whole, it represents... This is what the mind is: a processing centre, transmitting, receiving and interpreting sensory & non-sensory information inside all of space-time. The mind is not limited to the interpretation of sensory data from the body... If sufficiently expanded, it can also become more receptive to extra-sensory data from all its "organically-related" parts.

Alternatively, it must be mentioned, if we compartmentalise sections of our mind, we tend to develop a type of tunnel-vision that interferes with mind-body communication. (When out of balance, it is the cause of various forms of disease, which are not solely related to the nervous systems.) In the absence of a stable

balance between the mind and the body, the two are prone to 'miscommunicate', as it may.

To illustrate how this process usually works: On a physiological level, the mind signals something to the body via its orbital processing centres. Information is sent from the visual cortex to the hippocampus, where it is then processed in its raw state and edited. This takes place automatically in a matter of seconds. Our eyes may only perceive a portion of the electromagnetic spectrum, yet our brain does not. Higher or lower frequencies at an imperceptible range are not as imperceptible as we imagine. We can perceive them, but whether we consciously register them is a far more complex, even controversial subject.

In the fraction of a nano-second, our faculties filter visual stimuli. They sort, prioritise and interpret information for approx. 1.5 seconds, before it consciously registers. People and objects that don't fit in with our views or expectations are often refined to suit our perception, but they can't be removed from our scope completely. Figuratively or literally, there's always something that lingers in the corner of the eye, like a passing shadow, when we edit out rather specific content. When we don't wish to or simply can't acknowledge a certain something, it has greater implications. More often than not, we associate that certain something with an underlying issue, which we cannot confront directly yet. However, what we cannot face, we are still gravitating toward or away from. Hence, suppressed mental content frequently leads to displaced emotion and/or misguided reasoning that drives us to unknowingly stumble into the belly of the beast...

As Epictetus said in Ancient Rome "Men are disturbed not by things, but by the view which they take of them." Ergo, if we do not realise how close we are to that which we are most distraught by, we remain blissfully oblivious. The experience of having come so close wouldn't distress us or leave deep impressions that require hard work to deal with. It'd simply come and go like any other, as if it no longer unsettled us.

In the case of anxiety disorders, phobias and countless other conditions, signals are suppressed or misinterpreted (i.e. the mind drives the body's biochemistry haywire). When misinterpreted, these signals can create disproportionate reactions to specific stimuli. Rational or irrational, real or imagined, they elicit the same physiological response with exactly the same effects as they would, if they were proportionate. They heighten the heart-rate, blood-pressure and trigger corresponding adrenal secretions. Breathing becomes rapid and shallow. Hypersensitivity kicks in one way or another. Some become easily agitated by the slightest noise, unexpected sight or tactical sensation with a propensity to twitching, others are less visibly, more internally affected. After all, the body's responses are the result of the mind's perception. Without control over our perception, we may not intercept their automatic responses toward particular mental content (i.e. specific objects or subjects), nor gain voluntary control over our bodily systems.

Whether real or imagined, there is no difference to the body. It responds exactly the same to real or imagined stimuli, as the hindbrain is incapable of discerning the difference between that which we see or imagine. For the purpose of behavioural analyses, take the following into account: When we react, we do not need to think or imagine for unconscious mental processes to affect the mind-body complex. The way we habitually respond becomes how we unconsciously respond...

As flexible as we may be, there are points in our perception that seem immutable. These are pinnacle points in the psyche's sub-structures, which cannot be modified without drastic effects. The ego represents perhaps the most unilateral energy/personality funnel of the human mind and the underlying human condition. Whereas any other pinnacle point of the sub-structures is different from person to person, the ego is an almost universal phenomenon. It does not take root in the mind at birth, it starts at the "beginning" of the individual consciousness. It is one of the most self-destructive constructs. Yet, the ego is the easiest to take control of and damage, but it is also a dependable tool for the manipulation of the masses. As long as the ego has firm control over the conscious and unconscious mind, what lingers underneath may not surface.

"Filling the conscious mind with ideal conceptions is a characteristic of Western theosophy, but not the confrontation with the shadow and the world of darkness. One does not become enlightened by imagining figures of light, but by making the darkness conscious." (Carl, 1945)

We are not our minds. Our essence precedes its content. However, as we wade through layer after layer of the mind to reach its centre, we shine a light on our inner darkness. Unprocessed material emerges... Positive or negative, we all harbour things unconsciously, which we are not ready to face. For example, embarrassing memories, traumatic experiences etc.

By making our dark side conscious, we project awareness in places, we were previously unaware of. We rid ourselves of contradictions, which would otherwise create cognitive dissonance as thoughts, beliefs and opinions conflict with one another. However, when we eventually sort through and then attempt to resolve all our internal contradictions, we must sooner or later realise they do not define us. Whatever is left after all has come and gone is who we were, are and shall be.

Mankind has been striving to become for thousands of years. However, in the process of becoming, we began to focus too heavily on material gain obtained through rather questionable means. Our external environment is still of greater importance to us than our internal sense of becoming. Still, this was not always the case. We used to share a socio-religious realisation with our ancestors lost over the generations: Without turning inward, we may never find what we seek externally.

In prehistoric times, when our ancestors developed their early weaponry and other tools, they found the improvement of hand-held implements could be just as beneficial to enhance their quality of life as inner growth. For them, the difference between a make-shift hammer and its wielder was minimal. In more spiritually advanced cultures, one was perceived as a mere appendage or extension of the other, and vice versa.

The mind takes shape in whichever form, we imagine it to. It is filled with the contents, we choose to concentrate on. In consciousness, the mind becomes, who we choose to be without ever standing still, for it cannot. It is restless by nature. As long as the world appears in consciousness, it remains in a constant state of motion, and so does the mind.

In other words, the mind is an instrument to interpret information from sensory and non-sensory perception. Inadvertently, this is information, which we voluntarily or involuntarily feed it. As a tool with perhaps more potential than many others, the mind is fully capable of merging the internal with the external, bypassing itself. The manner, in which the mind functions, isn't dependent on knowledge and the absence thereof. Information has its limits. The mind may not consciously recognise that its source surpasses it, but it learns quickly through direct experience.

We are who we are, even if our mind cannot comprehend what exactly that is. In terms of awareness, it never will. Our minds manifests and operates within the confines of consciousness. Everything that exist is a mere movement of consciousness, gravitating toward the realisation of itself through awareness of its source, which is technically neither external nor internal. In meditation, we might perceive the external as internal (or vice versa), when we longer distinguish between the two conceptualisations.

In reality, nothing moves, there is only the illusion of movement through consciousness. Nothing thinks, there is only the illusion of thought through form. Nothing is...

In the physical, there is only the illusion of being through awareness.

The world, the body and the mind are states of consciousness. Absolute Existence is not a state, as such. It pervades, all states, but it is not a state of something else. It is entirely self-sustaining in itself, prior to matter, mind, space and time.

"We Are Not Our Emotions"

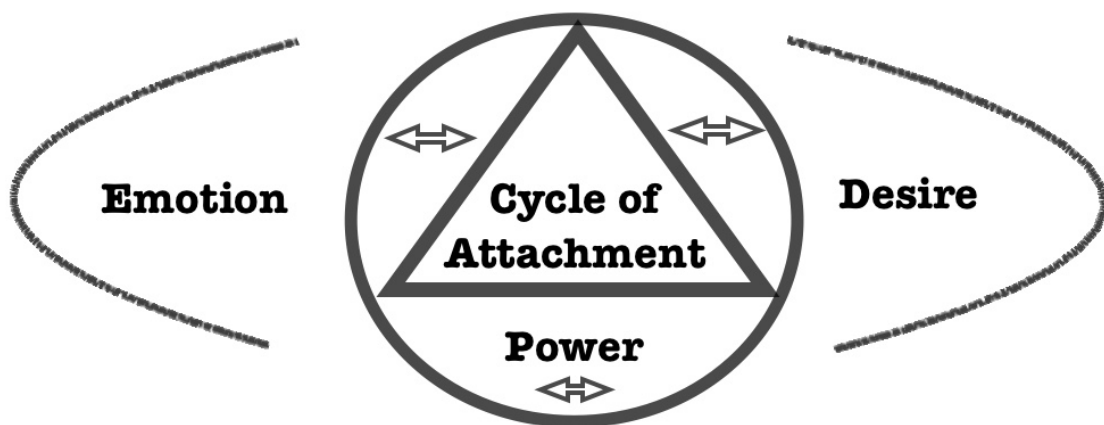
All of us create our reality through perception. The way you perceive the world alters how it affects you and how you react in response. What you think, how you feel and what you desire determines how you approach a situation.

The term "emotion" stems from the Latin prefix and word "e", "moveo", which means "to move outward." It implies, there are emotional energies within the self, we are urged to express. At best, they let us experience what it is to be truly happy and secure in our endeavours. In worst case scenarios, they can cloud our judgment, rational thinking or compel us to act impulsively against our better interests. Our emotions as well as sense of personal power (or lack thereof) is nothing more than internal reactions to information, whether we act upon them is ultimately our decision.

Emotions are often driven by unconscious desires, by the need to want or to possess... The term power was derived from the Anglo-Norman word "poeir" (Latin:

posse), which means to be able. It describes ones influential capacity, the recognition of one's social authority and/or capabilities to control people as well as circumstances. Conversely, in Latin, the word "power" is often synonymous with the term "potentia", denoting potential. Particularly, the positive and negative potential of leadership, including its wide-reaching repercussions.

Emotion, desire and power are closely interlinked with one another. This frequently creates a seemingly self-regulated cycle of behaviour that maintains attachments as well as aversions, while perpetuating its own existence, the longer it continues. Yet, these three are not just states of mind, they form habitual patterns of behaviour that can be established over countless lifetimes. What we longed for then and what we want now may not have changed that much, but the flame that fuels our desires has been kept alight all this time. It grows larger and brighter, the more control we gain over ourselves and the more control we relinquish. Although it stings worse than anything, we have probably experienced, we emerge as more than we ever thought possible. With the means to achieve anything, as long as we keep that power at arm's length...



Far stronger than you or I have been corrupted by the scent of power, the burning of desire or the sway of intense emotion without anyone ever realising it. People, we thought the world of, can unexpectedly trigger its sudden demise. In response, we form judgements. We make emotional rationalisations for those involved. We push blame away from ourselves. At any rate, we tend to distance ourselves from those responsible as far as we can. However, by doing so, we allow them to get under our skin to such an extent that we feel what we once had complete control over has become the very thing making us feel helpless... When this happens, how do we cope?

With each generation, we build upon our parents legacy. Our ancestral history is marked by their victories, their shortcomings as well as their failures. Our world has been crafted from their world. Yet, the reach of our ancestors goes much deeper

than the physical. When we are children, we imitate their behaviour, moods and even adopt their skill-sets. A part of them lives on in that which we have learnt and what we share with the world. A parent that drinks often raises children, who engage in the similar coping mechanisms. Diabetics, not only pass on the hereditary risk of the disease, but also unhealthy eating habits. Our parents emotions, desires and power-struggles become ours. So, there is truly no difference between their struggles and our own, in view of the fact that the means of resolving or preventing a problem usually apply the same finite number of strategies. The problems origin may be entirely different, but the skills required to overcome these complications remain strikingly similar.

Beware: Not everyone has our best interest at heart. Some in your immediate vicinity may like your vices or issues, it makes them feel better about themselves. As soon as you change, they no longer have any excuse for why not to progress. If this change becomes permanent, they will either have to find another rationalisation, try to foil your endeavours or join you.

Do not expect praise for your attempts or accomplishments, but let them fill you with confidence. The importance behind what you are attempting cannot be reduced to any degree as much as what you have achieved cannot be undone. Alternatively, it can be useful to have a contingency plan at hand for the event that others may interfere in your affairs, when trying to attain any goal.

Don't let others lead you away from the path toward inner peace.
You cannot control their thoughts, words, actions or emotions,
You can only aim not to impinge upon them,
or allow them to restrict your growth.

Your emotions define the manner in which you live more than you think. With each passing moment, our mental state could change from being content to feeling intense emotion, triggered by specific content. When worse comes to worst, we ride along on the emotional roller-coaster that is other peoples feelings, problems and dramas. Who wouldn't get sucked in from time to time? But we must become consciously aware that this emotional roller-coaster ride will never end... Unless we get out of our seat the the next time, it pulls into the station, we remain caught up in a cycle of endless repetition. To break this vicious cycle, we have to make repeated efforts to increase our self-control, emotional stability and freedom. Although true emotional freedom can instil us with great power and self-confidence, it can also give rise to false pride, when it is not based on the cultivation of genuine compassion toward all beings.

When we rid ourselves of our egoistical nature, we strip ourselves down to our base essence. It is commonly reported that when we reflect on our actions without bias, we start to recognise the subtle influence of our selfish inclinations throughout our past. More often than not, the bulk of what we have done has been due to self-interest or self-affirmation, even when we really did not mean it to be.

On a partially related note, as soon as either power, emotion or desire enter our personal space, we are involved. The mere act of observing any of the above indicates, we are heading down a bumpy road. We may struggle to maintain an objectively subjective view or even function day-to-day, but remember that power, emotion and desire are tools available to us, they are not who we are. They are the symptoms of a greater ailment. More accurately, they are the effects of a universal cause.

Joy: Traditional Chinese Medicine often refers to joy as a state of agitation, over-excitement as well as conditional, overt happiness. It is theorised to expand and slow life-force. Truth be told, it is your natural state of being. Contentment, joy or happiness are timeless aspects, essential to peace.

We may not find unconditional happiness in the next few minutes or days, but we can start our search by openly expressing our gratitude for all that we hold dear in our lives. Unconditional, positive emotion comes with humility. It reveals itself in times of deep appreciation in the now.

Bear in mind, joy is very much like fire. The closer, we are to the flame, the more likely we are going to get burnt. Contain that overly joyous spark in your search for balance, instead savour the moments of quiet joy, when your mind falls silent. Be mindful, you don't gravitate from one extreme to another.

Repair possible vitamin and/or mineral deficiencies (contributing to mood-swings, depression etc). To improve our mood and its overall consistency, we must take a closer look at our diet. Exclude additives, preservatives and otherwise processed/refined food products. Choose fresh produce or grow your own. Despite the fact that everything has its addictive potential, the body can become accustomed to even the most destructive lifestyle, but not without consequences. It is best to quit tobacco & alcohol. Recreational marijuana usage, if cognitive functions are carefully maintained, does not have any irreversibly damaging side-effects unless chemically treated or synthesised.

As a matter of great significance, we can never find joy, unless we take time out of our active schedule to look... To truly search for it. Don't look for what makes you happy in the outside world, instead look deep within yourself. Learn to be genuinely joyous, regardless of the situation.

An American survey conducted by Feigelman in 1992 shows that there is no concrete link to religious affiliation and happiness. Although happiness does not require obedience toward religious traditions, contributing factors to mental well-being also enhance spiritual well-being. For example, reconnecting with nature is a significant part of this process, making selfless contributions are another. Both can only be accomplished by recognising our shared responsibility in all things (quality of the air, food, water, soil, society, thought, existence etc.) These are all factors that affect your physical, psychological and emotional state of mind on an unconscious level. We have the ability to make a positive impact on the quality of our environment and therefore our mental state.

Anger: Although grief and sadness can give rise to episodes of deep-rooted rage, the effect that anger has on the body as well as internal organs is fairly comparably severe. Both have a significant impact on the cardiovascular system. In the case of anger, the risk of myocardial infarction increases for various reasons, such as tightness in the chest, chronic shallow breathing, high blood-pressure, neck, back or joint aches due to chronic stress and tension. Harboring rage for the long haul also has its physiological side-effects, which according TCM research frequently correspond to liver health. Consistent lifestyle alterations can improve the environmental and congenital factors that add to negative emotions by lowering stress-related hormones. Chronic aggression tenses the body, constricts nerves and organs, as it slowly poisons the body. It stagnates life-force, which has negative influences on interrelated organ systems.

Anger is highly corrosive to our physical and mental health, regardless how far we distance ourselves from it. It'll still be there, lingering in the shadows of the mind. To free ourselves from anger, don't manage it. Instead, we must weed out its source. For instance, the root of anger could be related to abandonment, intimacy or dependency issues. It could be the result of grief or something ill-health. Anything, which is uncomfortable, can elicits strong feelings. Whatever the cause, we must identify it. The next step is to release all that pent up pain, hate and anger. Let it go every time it resurfaces. Afterward, there is only one thing left for us to do. We must learn to live without it, which is the hardest part of all.

Anger is like a drug. It makes us feel powerful and in control, until we are not. Anger doesn't discriminate. It is the proverbial, loose cannon on the battlefield that knows neither friend nor foe. So, to eliminate your anger, we must inevitably lay down our arsenal of weapons to turn the other cheek. The first goal is to moderate the rage and find a healthy medium of expression. Toning it down may be easier said than done, but just in a successful period of two weeks, a new habit can set the foundation for ongoing positive change. However, it is best to stay attentive, the line between pleasure and pain is almost see-through. An experience can switch from one to the other in under a second. Although we feel a sense of release, when we verbalise our anger, it is not the wisest course of action. The anger released will simply builds up again, as our "cooling-off" period shortens. We may be right. Our anger may even be justified, but how will others learn? If we unleash unadulterated anger, we are not leading by example, instead we are following our base impulses. Firstly, it can be useful to assess whether our anger is circumstantial or personality-driven. (i.e. Ask yourself, is a person, an object or a situation the centre of your rage?) Secondly, it is beneficial to express our point of view in a calm, controlled manner, in place of brooding for weeks on end. In the case of substance abuse, drugs (incl. prescriptions) may take the edge off the chronic irritability, but we have to expect to hit bottom sooner or later. Particularly, if the anger has been numbed chemically for years just to cope.

Fear: According to Traditional Chinese Medicine, chronic anxiety weakens the kidneys. Modern research has proven this long-standing fact to be quite true. At times, fear may paralyse the body, it can create a "standstill" of awareness in the

sways of consciousness. Although fear has countless roots, they are often avoided rather than confronted. If you have ever been afraid for your life, you may understand why. The survival instinct contained in the primitive nature of the fear response was designed to warn us of possible threats to our family, our community, even our health, but only if it is interpreted correctly.

Don't jump into something that scares you, unless you are 100% certain, you cannot be physically hurt. Ensure people are present to provide support. Metaphorically speaking, let yourself fall without resisting, but bear in mind, it may be psychologically traumatic to go the direct route.

Learn to put yourself at ease and induce a peaceful state of mind. If you suffer from crippling anxiety, it may be useful to contact me via the information provided at the back or to consult a professional to confront your fear. It is normal to feel frightened in the presence of physical or emotional threats. However, if it hurts you, even if it kills you, there is no reason to be afraid. It's not the threat that frightens you, it is letting yourself fully experience that fear and grow beyond it...

Revulsion: On an evolutionary scale, disgust has steered humanity away from ingesting substances that are typically harmful to humans (such as mould, feces, urine, vomit, gore etc.) So, it can be more costly to ignore base instincts, compelling you to keep your distance. Conversely, from work-related experience, repeated exposure to almost everything (except the things listed above) can greatly strengthen the immune system, create resilience and ward off feelings of disgust, nausea or even gag reflexes. It has to be highlighted, protection from exposure to repulsive materials is often mandatory, which is achieved through protective clothing, goggles, latex gloves etc.

Sadness/Grief: When you suffer an irreconcilable loss, it is natural to need some time before you feel solid ground underneath your feet again. On average, a death in the family allows for a grieving period of up to three months. The timespan can be extended up to six or twelve months in complicated, traumatic circumstances. Twelve months to three years is commonly reserved for the occasion, when we experience the sudden, simultaneous loss of multiple members family members, loved ones or the loss of a child. Regardless of the intensity of the grief, the pain may not be lessened for decades in some cases.

When we experience a soul-shattering loss, the world may never look or feel the same way again. Even after a period of 10 years, the heartache may still be throbbing underneath the surface. Not many, who haven't suffered to a similar extent will understand this, but we must not lose hope. Even when we have no support whatsoever, one day after a considerable amount of personal growth, we will be able to reflect on the loss without pain. Until then, we must not define ourselves by what we have lost... We can let it be a lesson to us. We can let it drive us, if need be, but we must never let it become us. We must never not allow for it to fuel misguided acts of violence.

In the phenomenological world, loss is always imminent...or the illusion of loss, at least. If we keep the world at too great a distance, we may never experience what it is like to connect, but when held at arm's length, we can establish a genuine connection without forming an attachment.

Moreover, the grieving process can be complicated by the discovery of unsavoury information. We all have a past. Some of us undoubtedly withheld knowledge from others to shield them as well as ourselves from unnecessary pain. Thus, we have to expect that we won't like every minute of how our loved ones spent their lives. If we dig deep enough, everyone has a secret. We have all made mistakes. They could have done the unspeakable or unforgivable in our eyes, but we have to try to forgive. We only harm our own peace of mind, if we cannot. When we are ready, we have to put the past to rest or our mind will continue to circle back in time to that moment. It is the only way, we can let go. It is easier to devalue the relationship, to deny its meaningful nature or to look for a suitable substitute. However, none of these options will bring us any closure, only accepting the order of events that led to the loss and moving forward can.

Surprise: What we don't expect can be equally as pleasant as it can be unpleasant. Surprise can come very close to shock. Reactions can swiftly transgress from one to the other. Any prolonged mental state, such as depression, deep shock or grief, has its physiological effects on our health. Conversely, severe shock and surprise often result in one of two reactions: Unforgettable trauma or complete denial the event occurred. The latter does not allow you process the traumatic nature of what happened. It merely puts it on hold, for when it is safe to process the event and its implications. However, when a traumatic event is set on stand-by, your emotional life is bound to be affected. Where a number of individuals go numb, others become depressed. Some become neurotic, psychotic, manic or even psychopathic. Feeling nothing at all may seem harmless enough, yet it can set the foundation for various kinds of unwholesome tendencies. Extreme emotions begins to hide under a sheath of numbness, which can only be released through the extremest of measures. Once we give in to that level of extremism, we set a new standard for our own behaviour, which will most likely repeat itself. There's a great danger it can become routine. When prolonged, this often establishes a need for even greater heights just to feel anything, the more we desensitise ourselves. It is a deadly cycle!

Worry: The more we worry, the more we obsess, the more stress we create through how our own thoughts affect the body. Our breath becomes shallow, our muscles tense, we may even clench your jaw, abdomen or hands. Worry cultivates an air of restlessness, which originates from what has been or what may be in the near/distant future. Our worries may even compel us to act in preemptive or preventative ways. In any case, worry cleverly disguises unresolved content, begging our attention...

When we worry, we are not in present-time. So, as soon as you notice yourself worrying, take a slow, deep breath. Encourage your body to relax. Consciously scan for the body for tension. This aids the relief of chronic stress, fatigue and other

aches, but it also creates a higher level of awareness toward how the mind affects the body.

There's a monster hiding inside each and every one of us, just scratching underneath the surface to be released. Through whichever way, we decide to let it out, defines who we become. Emotions, as we often experience them, are impermanent. Yet, sooner or later, we are bound to experience something that time or the world has no impact on. The love we feel for our parents or children, for example. You may lose their affection, they may die...They may even try to kill us, but we just can't help to love them just the same underneath. That is the essence of unconditional love from one being to another. We can keep many feelings at arm's length, not love. Love is who we are beneath all prejudice, ego, temporary ups and downs. Love is the only emotion, prior to or outside of space-time. On a deeper level, love is our nature and we cannot keep our true identity at arm's length without denying it at the same time.

Our sense of personal power, emotional states and our desires can get the better of us just when we are fully convinced that we no longer they no longer have a firm hold over us. Be weary of such an occurrence. Sometimes we carry things so close to our chest, they escape our field of vision entirely. Blank-spots such as these, can often catch us off guard, when we least expect it.

Your emotions are far more powerful than you are led to believe. Many interpret and then react to the bitter reality of living in our world according to how it makes them feel, not through cold-hearted reasoning, defying the modern societal standards of logic. That which many don't realise is inner, emotional freedom is a key to liberty in all its forms. Once we no longer desire (or desire to avoid) anything, we can realise a deep freedom dwells within us, prior to the sway of emotion. That freedom can never truly be forgotten or seized. It is ever-present, timeless. It is your true Self.

Space, Time & Death

“The unexamined life is not worth living”
- Socrates (470-399 BCE)

From the moment we are born, our internal clock starts ticking. Most of us did not choose this body consciously, but even if we did, we entered this life in connection with our last incarnation, the one before that and so forth. Every life, we have lived, led to this moment. This very moment is the sum of our thoughts, words and actions. It has infinite potential.. However, to fully comprehend where such potential comes from, we must first have another look at the phenomenon of linear space-time.

Units of time are the means by which we measure change. It took centuries to establish the Gregorian calendar and integrate it into every inch of our lives. Nowadays, without a clock, few of us would be able to deduce the time of day, month or year. We may gaze upon the stars in amazement, but could we still use them to navigate? Naval or other military forces could, perhaps, but not the average civilian population. We've become accustomed to checking our watches or mobile phones, since they're unlikely to switch off permanently anytime soon. Despite leaving us at a tactical disadvantage, this modern mentality also fostered the tendency to contemplate the nature of time only when we are in short supply of it. The rest of the time, it flows silently in the background without much awareness as to why.

We think of space-time as a construct, which happens around us in the external world. However, if we imagine the phenomenon as non-externalised, space-time becomes non-local and non-temporal. This does not mean a great deal in the absence of a transpersonal experience that corroborates the reality of quantum entanglement in terms of real life. Without any kind of practical application, non-locality contains itself to the domain of thought alone. It doesn't cross over into the realm of experiential learning.

David Bohm once said "We have to see why time is so destructive inwardly." To which Krishnamurti eventually replied throughout the course of the conversation "If there is no ego, there is no problem, there is no conflict, there is no time." It is no secret, we shy away from destruction to avoid pain. It is an evolutionary throw-back to our instinct for self-preservation. Still, it dominates much of our lives. However, our awareness of being is not equal to our identification with the body or other worldly concepts. Countless scholars have attempted to explain, what is born must come to pass. What is created must be destroyed, when nothing is created nor destroyed. Conclusively, time is merely our sense of being and becoming in the boundaries of space.

In Time, We Become.
Outside of Time, We Are.

This "idea" is greatly misleading. As mentioned before, it is far too easy for the ego to lose sight of the Self. In the absence of space-time, there is no becoming, only being in blissful nothingness. It is that which defies any verbal or written description. We may investigate, reason or attempt to convey our direct experiences of the non-temporal indefinitely, but how can we realistically give a detailed account of the absolute from within the relative? Except for light, it is improbable. In theory, it is possible in a myriad of ways, but in practice, these all take the form of light or, in other words, operate through the biophotonic matrix as a whole.

Crazy Theory: The molecular blueprint of time is the equivalent of the biophotonic matrix of a single quantum system (i.e universe) and/or multiple (i.e. multiverse), if it is not the blueprint in itself.

There can be no illusion of time without space. Yet, neither time nor space can exist when consciousness is absent. Time and space are interdependent contents of consciousness. The entire duration of space-time happens in the parameters of consciousness. This implies, space as well as time are internal, interconnected constructs. Now, when we enter the realm of all-pervading awareness, there is no consciousness as we know it. It is void of all its contents. There is no space, so there is also no time.

In the words of Krishnamurti "Consciousness is put together by its content. The content is the result of time." (1985) Space-time has its causes and its effects, as so many other things. To transcend the inner boundaries of the continuum, we must go beyond thought and mind. We must focus on that which has no cause. Being, love, true happiness for example. It is important to note here: Something, which has a cause, cannot co-exist with something that does not. Light cannot co-exist with darkness, just as love cannot co-exist simultaneously with hate and indifference. Knowledge or insight equally cannot exist side by side with ignorance, not completely. However, in a dualistic existence, opposites seem to do precisely that. They exist concurrently in a dual state, which requires the presence of space-time to take place. Outside of time, what is there to despise where and when? Hate needs an observer and an object/subject to be observed at a localised point in the material continuum. Prior to space-time, in the absence of consciousness, what is there to observe? In the nothingness of being, what is there to feel hostility toward or be in conflict with? That which is bound by causation can no longer be in existence inside a causeless reality. Especially, when it rests on the Nothingness of Being.

That which is without cause is timeless, it doesn't occupy physical space to any degree. Therefore, it is also deathless. It has no beginning and end. When all, which the mind has cultivated ceases at the lateral end of space-time, it remains. When the entire cosmos dissolves, it absorbs all contents of consciousness into itself. It is the embodiment of death, the destroyer of the many worlds.

What is Death?

"So long as human beings stay human,

Death and life are the same thing." (Orwell, 1984)

The Oxford Dictionary defines death as the permanent cessation of vital functions in cells and tissues. There are three primary causes of death: Disease, Trauma and Ageing.

Disease: denotes a disorder in the functions and/or structures that prevent the body from operating at optimal capacity in a state of physical, mental and emotional homeostasis. In general, disease manifests as a result of an underlying imbalance. Our bodily systems operate in unison with one another, which indicates that when one system is compromised, it is only a matter of time, until other systems are affected. For example, when minor symptoms, such as hypoglycaemia or hypotension, are neglected or solely treated with pharmaceutical aids, then they have severe long-term effects up to the point, where the damage becomes almost irreversible. Disease is classified according to: Etiology, apparent symptoms, pathogenesis or organ system(s) involved. However, regardless of how we choose to classify disease, its origin is usually genetic or environmental. Despite the fact that many physicians discuss lifestyle choices as a separate subject, I consider this to be counterproductive. For instance, if we choose to smoke tobacco, laced with highly toxic and addictive chemicals, which reshape our dopamine pathways, why is it not considered an environmental factor? It contributes to the poor life-quality of billions for the sake of profit, while it impacts on air-quality. If our residence is located near a mobile-phone tower and we contract cancer, as a consequence, is it not a condition brought about by our environment? By the way, we are forced to adapt to our surroundings, not the way we choose to live? Seeing our industrialised society is the foundation of our economy, it would not be too far-fetched to account for the spike in all medical conditions as a direct by-product of our remodelling of the environment. As a consequence of environmental changes, our inability to adapt physiologically creates disease, which then take root on a hereditary level over generations of exposure.

As a consequence, our modern lifestyle leaves us with certain limitations, even if we choose to live self-sufficiently in the middle of nowhere. Despite what we may believe, hemp and marijuana are the cheapest, perhaps even the only means to prevent the sixth mass extinction organically at this point. THC currently provides the only means to transform all excess carbon-dioxide, methane etc. into oxygen in under 10 years without technological assistance. (In this case the re-establishment of aquatic plants to restore marine eco-systems would be required.) In the absence of any such global intervention, this planet will suffer irreversible environmental change to which maybe one in a billion could adapt.

Trauma: describes physical and psychological injuries. From a legal standpoint, injuries can be self-inflicted, unintentional, defensive and/or offensive. They are either considered as fatal or non-fatal. Physical trauma is classed as chemical, thermal and/or mechanical. Mechanical injuries are further sub-divided into the following categories: (a) blunt force trauma, (b) penetrating trauma

Whether the injuries sustained are intentional or not, death as a result of physical trauma can be sudden, expected and/or unexpected. (Particularly in cases, involving premeditated risk)

Although it is not common knowledge, poisoning in the form of physical trauma can be sustained over weeks, months and years, before individuals ultimately notice the underlying damage or succumb to their injuries. This is particularly the case when ingested orally or inhaled. For example, over 7.5 billion lives have been lost solely as a result of pollution, not actually the diseases caused by it. The growing levels of pollution are a direct by-product prolonged, self-inflicted exposure to greenhouse gases, which are severely toxic to the physical body with less than a 50/50 percent chance of premature death.

Any toxin can have deteriorating effects on cognitive function in a prolonged setting. When the mind is otherwise occupied, it can be much more difficult to recognise the extent of the damage, until it is too late, as with chemically refined or genetically-modified food.

Ageing: Biologically, ageing is the gradual degradation of cells, tissues and corresponding functions. It marks the progression of time, but ageing is accelerated when environmental and/or genetic conditions are unfavourable. For example, when a chronic or acute vitamin/mineral deficiency is present. Ageing is characterised as cellular senescence, DNA damage and/or mutation. Telomeres shorten after each cell division, until senescence marks the point, where they cease to divide. Once cells divide at a reduced rate and then no longer divide at all, the effects of ageing become visible. It should be noted, this is not the inevitable fate of every biological organism. As we reach the heights of sentience, our evolution would be reflected in our extended lifespan. From a scientific viewpoint, the human race has the capacity to expand their lifespan from 150 to 300 years in less than a century. We have far from lived up to our full biological potential.

In all its forms, death is the transmigration of consciousness that occurs in accordance with the principle of cause & effect. Despite what we may believe, death and rebirth happen on every level of being. They are predictable processes in the field of consciousness development, as is illustrated in greater detail in my other work.

What is Life?

We divide time into units, like we divide life into sections: Family, work, social, recreational etc. A clear example of this is when we separate our work-hours from our free time. For all intensive purposes, when we work, we don't play. At least, most of us don't. For the majority, work isn't life, and vice versa. A similar giant gap exists in a very specific area of life, capable of breeching all others, if crossed: When we set a time-limit for meditation. As long as we maintain the perception that we cannot be in a meditative state anywhere at any time, we do not understand what meditation actually is... Meditation is Life. Mediation is the state of mind interweaved in all other states.

We cannot separate ourselves from life, not even in death. It is ceaseless, immutable and imperishable. We may divide life into various segments, we may split time into measurable units, but neither reaffirms our existence as an interconnected whole. Quite the opposite, in fact, since we cannot simultaneously unite that which we segregate by default...

In view of this little truth, what exactly is life?

The Oxford Dictionary defines life as the condition, which distinguishes us from animals, plants as well as other inorganic matter. In their terms, life denotes a capacity for growth, reproduction, functional activity, and continual change preceding death. However, too many confuse life with with features of sentient consciousness. A tree or an insect is alive with the capacity for growth, ability to feel pain and continual change preceding death. Although they are not sentient by our current interpretation of the concept, we do not solemnly declare their potential for evolutionary development or inherent consciousness. They couldn't exist in physical space, if they lacked consciousness. Therefore, it is our shortcoming that we don't consider them to be alive. Without consciousness, organic as well as inorganic matter cannot take form. Hence, even a rock or a planet consists of living consciousness. (To acknowledge this means to sacrifice our stance of perceived moral superiority for the absolute truth that all "beings" form a collective, regardless of their capacity for sentience.)

In its transcendental essence, life is the unending vital force of the multiverse. It is the force, which animates and sustains all matter. As life-force dissipates, disease manifests and the process of ageing accelerates. In that respect, consciousness differs vastly from vital force. When we lack vital force, we are either inanimate, dying or dead. Whereas, in the absence of consciousness, our state of existence is not merely undetermined, it is indeterminable.

Every lifetime in the cycle of death & rebirth is a becoming of mind, body and soul. They happen in relation to consciousness, but they are only a fragment of what life truly is. As long as we are becoming, we are not in a state of absolute being. We are not in the state, which interpenetrates all other states. The Absolute is that from which all vital energies in the relative originate. It is the source of life or reality, as we know it. When we become, we move in consciousness. We move in the relative existence, appearing in it. Conversely, when we are, we remain deafeningly still, outside of its parameters...

Where there is light, there is vital force.

When there is light, there is life.

In the absence of the biophotonic matrix, there is neither space nor time. When there is no light, there is no awareness, which implies there is no consciousness. Nothing can be created, maintained or destroyed in these conditions. When we contemplate the concept of space from the perspective of the biophotonic matrix, relative domains of space are invariably reduced back to an infinite space. Technically, this is frequently interpreted in a manner, which infers space precedes

time... However, that is similar to proving the egg came before the chicken or the other way round. The instant there is space, there is time. Localised space requires the passage of time to exist in linear and/or non-linear states.

What we once called vital energies are now matters of the occult, used solely by those of the esoteric persuasion. Yet, our ignorance of their existence is the result of our modern lack of understanding. Although we reject the notion of vital force, we still strive for immortality. In analogy, this is like trying to open a door by the handle without the key. We may break it down, but law and order catches up with us. We cannot escape the governing principles of the multiverse, we may only transcend them through that which came before them...by that which governs all life through an amalgamation of forces.

In the relative, life is transitory. We may perceive life as a primary component of the human condition, but we allow our understanding of life to be so swayed and restricted so easily. If we didn't, the Sixth Mass Extinction wouldn't be in mid-swing. Contrary to what we may believe, Earth is not a celestial world of light, it is a place of great darkness, but only in all-consuming nothingness, may we see all-encompassing light.

In the absolute, life is permanent. It lacks a discernible beginning, middle and end. When directly experienced, it feels as if it always has been and shall be. Time or space are mere ideas compared to infinity. All other bliss, except that which emanates from deep within, becomes more than illusory. It becomes counterproductive. One loses all interest in the material. What we once perceived as physical becomes mental. Every construct becomes a form, which only exists in thought. Then, as one gradually loses interest in the mind (incl. the stimulation, it provides), one begins to operate outside its boundaries. In knowledge, we enter a meditative state, devoid of thought, belief, assumption, expectation, hope, judgement, conflict, ego or anything else for that matter. In such a state, even the many worlds simply fall away. It is a purge of everything in disharmony with the Universal Self, as a unified whole. All remaining is the Great Spirit, God or Supreme Being, as the formless existence, fundamental to all others. In reality, we are the nothing, which is the source of anything and everything. As one, we have conceived the multiverse, every universe therein. From within its confines, we literally make up time, as we go along.

Crazy Fact: Our every decision and its probable outcomes manifest. Perhaps, not here, but somewhere... This means the most improbable scenarios are bound to run their course in a distant universe extremely different or remarkably unrecognisable from our own.

Light creates space, wherein it generates time. On a universal scale, the sum of our thoughts, words and actions churn the wheel of karma. (The Moral Principle and/or Spectrum of Cause & Effect) Time progresses in accordance with the forms, we take. In the absence of Self-Realisation, this continues until the dissolution of the cosmos at the lateral end of space-time. At which point, we dissolve along with it.

Alternatively, should we choose a path less travelled, dissolution becomes absorption.

Echoes of Silence

"The Nature of Time is The Most Subtle Sound." (Ganapati Muni)

Space is a vibrating field of light, creating the most subtle of sounds...So subtle that once heard, a rabbit hole swallows us whole. We dive into an existence of sound, echoing from the vibrations of celestial light. (If this is difficult to picture, imagine a world of auditory in place of visual stimuli. Then imagine, synesthesia as a manner of perceiving reality, without the senses.) It is this subtle sound, generated in a luminous field, which is the seed of all other sound. Over millennia, spiritual seekers have sought this subtle sound through mantras as well as silent meditation.

Meditative Technique No. 5

Spinal Breathing

1. Select a Mantra. For example: SoHam, HamSa, Om Namah Shivaya Sat Nam, AUM/OM, Adi Shakti, Wahe Guru, Om Mani Padme Hum, Hare Krishna et al.
2. Ensure that your pronunciation is correct, otherwise this practice has negative effects. Only apply this technique, when your back, spine and neck are straight. Preferably, they should be in alignment.
3. Follow the breath. Observe, which nostril is active. Focus on the bridge of the nose, until both nostrils have opened to a sufficient degree. Draw the air in slowly and deeply into the lungs, then the diaphragm. On inhalation, visualise the breath flowing from the base of the spine to the top of the head. On exhalation, visualise the flow streaming from the top of the head back down to the base of the spine. Repeat process.
4. It should be noted that increased body temperature, tingling sensations of the spine, head and/or forehead are common occurrences during practice.

We have only in recent decades confirmed what has long been theorised: the key to perceiving any subtle quality is light. To be more precise, biophotonic absorption. Although we cannot absorb quantities of light and transform them into complex sugars at the rate that plants do, we actually absorb infinitesimal amounts of biophotonic emissions around us (via the skin, the breath, specific foods etc.) After absorption, biophotonic light is stored in the cells. In fact, the higher the quantity of light, we absorb, the more our intake of oxygen increases.

Biophotonic emissions are nothing more than weak electromagnetic waves. They can be emitted by celestial bodies, organic life-forms etc. For example, the sun generates a combination of electromagnetic waves, ranging from infrared to ultraviolet. Make no mistake, there are countless forms of light, but none could exist without a bio-electromagnetic force driving them. The light, which propels all others, cannot be seen with the eyes. Just as light, creating a holo-movement,

cannot be observed, while the holo-movement is ongoing... It hides beneath our world, it may never truly be co-observed. The mere act of observing its totality disrupts the bio-photonic matrix on a quantum level, like it would any quantum system. It calculates, predicts as well as it takes whatever is experienced in a state of complete oneness into account.

When the observer, the observed and act of observation merge, they become indivisible. Essentially, they arise from our being, yet they are void of any content. The reality of their existence is quite spiritually nihilistic. It is non-existent. Nothing was. Nothing shall there be. This is the most painful, well-kept secret of existence in constant conflict with the ego. However, that knowledge by itself is useless. We must discover it for ourselves, otherwise it has no effect. Study, learn and leave no stone unturned. Take nothing for granted. Believe nothing blindly on faith, not from me or anyone else. Question ceaselessly. Meditate without end.

In nothingness, as in deep meditation, consciousness and all its contents disappear. We just remain aware. They take the form of light, in which they are basically vacant and formless. Nothing in the world has any effect upon it... All this may appear rather random, but it is a necessary preamble for you to understand what I'm about to share with you:

Light draws in light, in turn, speeding up the vibrational frequency of the body. In theory, it can be accelerated faster than the speed of light. In practice, this can be achieved in many ways, but all require the right diet, ethical behaviour, good posture, breath awareness and meditative concentration. Once these five are established, we may successfully increase our biophotonic energy levels in our cells. However, there are certain limitations, you should be aware of. Firstly, man-made environmental changes trigger changes within us. Should these changes become "permanent", the planet is no longer habitable without radical effects. These hinder the process of consciousness development. Secondly, the toxic materials used in our global resource production encourage disease, accelerated ageing and a slow death. Both of these limitations are the most difficult to transcend, while remaining unaffected by them. We are all exposed to them, yet in truth none of us are. Hands-on experience of this realisation is the only means through which we can overcome them and sound is, perhaps, the oldest tool to attain it.

When we recite a mantra repeatedly at all times of day, we eventually gleam upon an important truth. Every mantra shares the same root, which we perceive as silent sound. It's our consciousness that interprets it as sound. It partly resembles the qualities of sound, but no auditory stimuli can compare. So, we may not be certain it solely is sound... Beyond the senses, what is sound, but inner waves of vibration? If we follow the ripples to their source, can there even still be any sound, except the sound of silence?

Light is its own melody. One, which isn't perceived through the senses, it bypasses them along with the mind in such a way that it holds your consciousness tightly in place and strips it bare. It feels as if it seizes your entire being, showering it in sparkling ecstasy of the most meaningful kind.

Light is Stillness, Bliss & Peace

In bliss, there is peace, just not in a conventional sense. In light, we are in a permanent state of otherworldly peace, founded on the highest bliss. It knows no fury or violence, only unconditional love and compassion. It is the basis of immortality, never conveyed through word, writ or deed. It may solely come from the heart.

We think of Nothingness as cruel, empty or dead. Yet, it is the kindest thing, there is. Its love for everything is the most precious thing that could ever be. When experienced, it transcends everything, we have ever felt. It is love times infinity. It loves you, before you were, for as long as you are and after you have long gone. It does not mourn you by any form or name. Instead, it crosses the oceans of space-time with its deep affection in all your darkest hours.

Alive is not adequate to describe it. Life pales in comparison to it. It is the force of all vital energies that it creates. It is Aliveness. It is Beingness in the Spirit of Non-Being. Never-touching while still ever-connected, its unconditional love for all knows no bounds...

Absolute Forces

Michel De Montaigne once wrote, "to study philosophy is to learn how to die." Quite understandable, since life seems grossly overrated, when we gravely undervalue the little qualities that enable it. For us, to experience life in the universe, there are certain conditions to be met, as we've discussed at the start. The conditions in this particular universe may differ from those adjacent to it or any other, but they all exist in consciousness. They are the effects bound by the cause from which they arose.

In the face of deep affection, we do not have any regard for the dangers, we may encounter. If we feel strongly enough, we would gladly sacrifice whatever is necessary. Such love is the only reason that any race survives or evolves. Without it, life becomes an impossible task. However, I am not referring to romantic or familial love, I speak of immeasurable devotion. The type, which leave us yearning, broken and ceaselessly searching, when it is thought to be lost... In the absence of such great, transcendental love, we may never attain the goals of life. More often than not, it prompts us to cast doubt on the very meaning of life. Faith has long departed, as we reach the point, where all love comes into question. Worse comes to worst, all love fades and we are still confronted by burning questions. Eventually, we may feel as if nothing matters anymore, while we wonder whether it ever has? If we begin to feel this way, it is unwise to dwell upon it too often, but to ignore these feelings is equally damaging...

Transcendental Love is Timeless & Absolute

Love is synonymous with Truth. Both are ever-present in the essence of life. One way or another, they sustain themselves independently from our existence. They cannot perish, so neither can we. We may await death, or even wish for it, at times. Yet, all our efforts shall be in vain.

Death cannot bestow us with what we seek. There is no heaven or celestial abode of the ancient Gods, where we are reunited with loved ones. There are no material riches to be had. There is nothing to fan the flames of our desires. When we are one, none of these things are of any consequence any longer. It is our love for one another that draws us together to the highest end. Transcendental love provides us with the tools to achieve anything. It enables us to be capable of crossing the abyss into the unknown and emerge victorious.

"Human love is seen to flourish only in places where it is returned, where love is not returned for love, cold indifference is the natural result." (Vivekananda)

Light flows through unconditional love. It is essential for the realisation of our highest Self. In its purest form, love doesn't need reciprocity, it is its own reward. It is never void of kindness, patience or empathy. Negative emotions dissipate in its midst. It does not ask for anything, nor does it lessen when it gives everything without end. Love does not make demands in exchange for its presence, it is entirely selfless in thought, word and deed.

In a solid state, love is an expression of our interconnectedness. As energy, love is an omnipotent force with its own gravitational pull. It exhibits a similar intensity to the actual, even the artificial phenomena of 'Clear Light'. However, in a state of oneness, love (like light) knows no time or distance. Backwards to the past, forwards to the future, or to a distant place in the present, there is no difference... For love, it's all the same. It is all still happening, where the heart is concerned. Regardless of the geographical location or specific moment, love is an absolute force of light that draws everything together simultaneously.

There are few forces capable of sustaining themselves in a similar manner. Without, they require the empowering force of love to unify them... Without love, how can there be desire? Without assent, where is acceptance? Devoid of trust, how can we find confidence? The sheer presence of selfless love indicates the absence of the ego-complex. When the ego is dormant, we no longer have any interest in discerning, where the problems of others begin or end, all we seek is to alleviate suffering. We needn't be told about their wounds to feel them throbbing underneath their persona. Without a word from their lips, we can sense the depth of their pain, no matter how impenetrable their façade might seem. In a seconds glance, our gaze passes straight through their defences unhindered.

In many ways, love propels the finer mechanisms of the multiverse through its unlimited power of compassion, or by the awesome glory of God, if you so wish. On the other hand, if you'd prefer a more scientific explanation, your multiversal being, split in a gazillion forms and torn in every direction, is reaching out to become whole... In your natural state, you are a uniting force of cosmic proportions that sustains all you see before you. You are a spark of light in search of realising itself as the flame. How may you do so without love for all, you've created from nothing...for all which arose from your very being?

In the absence of love, nothing is determined. Every second that goes by would be bereft of not only consciousness, but also its inherent meaning. Without any unifying forces, contained within physical space, could a universe even meet the basic requirements to support life?

The forces of love are vital for self-preservation, reproduction and the survival of our offsprings. Its momentum takes us places where logic or reason dare not tread. At heart, all we do in this world is for the sake of love, either for the love for ourselves, an object, activity or an individual. All our desires are an expression of love in disguise. In the corridors of our collective unconscious, we are one as a species. Every race share this bond with one another. In the background research for my doctoral dissertation, which led me from studies in molecular genetics to wave genetics, it became evident fairly quickly that this may be due to the somewhat shared vibrational frequency of the base genetic makeup. In plain English, when we are on similar vibrational frequencies, we are prone to be on the same wavelength. Every race typically operates within rather specific parameters, which are not radically different from organism to organism. Otherwise, literally just seeing each other would become a challenge. Anyhow, the consciousness evolution of sentient lifeforms throws a spanner in the works of this. The individual consciousness is not bound by species, it transmigrates at will. Here is where we can clearly pinpoint that reincarnation is a mere manifestation of rebirth. Although spiritual seekers frequently quarrel over the difference between the two as the subject of regular debate, we must remember, they are illusory. What form we held before this one may have left impressions on the consciousness. All consciousness still shares the same stream. Both phenomena are relevant, but that which links the two is more so. Whether we were alien, human, amphibious or other before this life is the direct result of the manner, in which all consciousness perceives time in this universe. Wherever consciousness seems to be localised, its energy maintains a linear and non-linear flow in conflict with its non-temporal, non-local essence. It is in a constant state of becoming, taking many forms in close to direct succession. Ergo, it gravitates toward the realisation of its true nature in a long drawn out stretch for the enjoyment of experience, when in truth all experiences are conceived, lived and witnessed by it from every possible angle. In the deepest recesses of our being, we share everything.

Ride Into Time

The easiest means to understand space-time is to break its barriers. We have countless ways to achieve this. One of which is love, its counterpart is loss. For example, when there is someone that has slipped through the cracks of time and disappeared into the ether. The deceased can initiate contact from a sub-domain of space-time as we can attempt to reach out to them. Although success isn't guaranteed, it is not as rare as we may believe. Imagine a malleable, see-through sheath of plexiglass, separating our world from the Astral. Although the two planes are interweaved, the glass only infrequently fades or is seen through. Time progresses differently on both planes, whereas subtle energies follow dissimilar laws. There are ways to breach the gap through the use of absolute or

transcendental forces. Still, every passing day, a small number of genuine experiences are reported, in which loved ones are reunited. For many, this eases the grief. For others, it fuels the pain of the separation. In any case, such experiences leave you wondering, as the knowledge creeps in that the walls of reality are not as solid as we believe them to be...

Long story short, it was those kinds of transpersonal experiences that introduced me to my field of research. I had lost a loved one, after which I had ghostly encounters, near-death experiences and a few other experiences on separate occasions. On one instance, I had been swept under by the current in the middle of a Mongolian river. It was an unsuitable time of year to cross and the force of the current knocked me into the water. As I drifted downstream in icy waters, my heavy backpack pinned me under the surface. As the current pushed me down, my air was running out, but all I could think of was "I'd never thought of drowning as a beautiful death..." Eventually, water entered the lungs and I started choking to the point where loss of consciousness was imminent. With all my strength, I tried to push myself toward the shore this entire time. When I did, I passed a branch that I managed to cling onto for dear life. After several attempts with much coughing, panting and phasing out, I managed to throw the large, soaked backpack onto solid ground. I climbed out, but all my belongings were soaked in the middle of nowhere with severe winds. I knew that without assistance, I wouldn't last long. Fortunately, a tribe nearby crossed my path. They sheltered and nursed me for a week, while I began developing signs of pneumonia. During my recovery, I would often reflect on that moment just before almost losing consciousness. A moment, where life felt ever-present, as everything was just a wave in the ocean. On another occasion, I suffered severe hypothermia in 2014 during a British winter, in which the water in the pipes froze. At the time, I was living in a household without heating of any kind. One fateful night, the temperatures dipped close to -20C and a calm serenity began to fill the air. We could see the steam of our every breath, as the entire room was covered in a misty haze of fog from cracks in the windows. Everything became very quiet...very still... For some in that room, it felt like an eerie silence was about to creep up on them in the dark to seal their fate. For the others, this stillness made them feel a deep sense of tranquility. They had no worries for the future or regrets about the past. They were in present-time, while extreme circumstances induced a non-ordinary state of consciousness.

How fast a person freezes is dependent upon their condition, circumstance, body-temperature, available food-supply etc., the variables are almost endless. So, for an entire room of people to share similar transpersonal experiences at around the same time is rare. The conditions have to be just right. The odds are the equivalent of a royal flush or at best a full house.

Side-Note: We laid there, unable and unwilling to move. We could not feel our limbs, but we didn't care...That's what cold does. The molecular vibration in the environment slows that of the body. Every movement becomes less intense at a much lower pace, especially with prolonged exposure. Outside of doctors, few have the patience for the long time required to make a full

recovery, so our modern civilisation often does not bother. As a doctor and a dissident, I've experienced what the unfortunates in our society go through. I'm no different from them. A degree means nothing, even it cost us everything or when it means everything to us. It is just a piece of paper. Higher education does not imply, we are intelligent. Picking up a book outside of obligation is what makes us knowledgeable. Asking questions, then seeking answers, by ourselves is what enables higher thought. In other words, it is learning that creates understanding, not money or status. Anyone can buy a passing grade for a price. Even if you are given the answers to existence itself, without realising them for yourself, they have no effect.

In the end, our species is only as fortunate as its most unfortunate member. We are only as wealthy as we are poor. Our bond to one another is only strong as its weakest link. We are merely as intelligent or capable as those with the least realised potential among us. The fate of one of us is the fate for all of us.

As an internal construct, time accompanies us into the nether-regions, as does the ego-complex. For many years, I chased death to a fault to discern the mechanics of this process. Most of my life was spent with a deep need for meaning. I believed I no longer cared for my life, but in truth, I cared too much...so much that I unconsciously sought a permanent solution to end my suffering. At 25, I had devised an empirically testable model for consciousness transmigration that delivered very promising field tests. (I only released half of it, as it proved to easily corruptible/far too controversial by the modern standards of science) By the end, the model had taken a life of its own, as it showed me the true meaning of peace. It paled in comparison to anything, I had experienced meditation. After years of unending heartache, I felt a split second of bliss. As a wave of peace washed over me, and I finally knew what the concept truly meant. It had been of very little significance to me before. Personally, I did not believe peace was in the cards for me, but that is what made it possible. What we expect to find is often the exact opposite of what we eventually get. Enlightenment is a spontaneous process. For as long as we crave, hope or anticipate anything, it will elude us. The light of existence cannot be seen by those, longing to stand in awe of it, only by those fully present in the here and now.

Bliss and peace are manifestations of light, which solely occur in nirvanic states of awareness, outside of time. They are not the destination of our journey. It would be more accurate to perceive them as bricks in the road, we must learn to walk on. As the foundation of our existence, our path rests on concepts that are incomprehensible to us with our current perception of reality. We arrogantly assume, we already know all there is to know about them. Hence, we frequently skip one of the most important steps in our journey. Initially, I also made this mistake. This highlights just how great a priority it is not to become entangled in the agendas of the ego. We must hold onto the sole truth that we know nothing...that we cannot

know anything, when there is nothing to know. Also. without knowing nothing, we may not come to know the nature of our being.

On an unrelated note, many of us spend countless years to live up to the concept of peace. They do not search its meaning or its purpose, for they believe they have already found it. Yet, from everyone believing to have found peace, only perhaps a handful are telling the truth. Do not believe just anyone when it comes down to peace. Most do not understand what it implies or the responsibility we must shoulder to experience it. Peace means to stand steadfast, regardless of the situation. It requires us to protect survivors as well as perpetrators alike, but it does not mean to favour one over the other. It does speak harshly to either. It does not disacknowledge aspects of what happened or events surrounding it. Peace neither judges, criticises nor does it dispatch blames. As soon as we choose one life over another in any of those ways, peace becomes unobtainable. The ego re-asserts itself visibly in our preferences (i.e. when we make decisions that are not in alignment with the higher truths of our existence or the greater good for that matter) However, it should be noted, I'm not referring to the greater good in the context, in which it is habitually used. In modern terms, the greater good commonly benefits only a small minority under the guise of favouring our collective well-being, while it wreaks irreparable damage.

In the greater good, we are one. In such a state, we are all alike. We all share the same inherent potential. In that oneness, there is peace. In peace, there is no time or ego. All self-interest vanishes. Every inkling toward conflict and violence is non-existent. It does not know the meaning of anything against its nature. Why do harm to itself? The idea is inconceivable to it, but with time comes the illusion of separation giving rise to the urge to solidify ourselves in physical existence kicks in. We remember, while in the same swing, we forget. In-between this coming or going of consciousness, there are moments, in which we get a glimpse of the unforgotten. As long as we are distracted by worldly affairs, there is an "I". An awareness of being (that is often not in the present). Ultimately, only in the absence of the feeling that we are can the deafening emptiness of our being be clear to us.

Who We Are

"But if thought corrupts language,
Language can also corrupt thought."

- George Orwell

It is our ego that drives us to prolong our time on Earth. It is the construct, which fuels our longing for immortality and the lengths we are willing to go to achieve any goal. What we must know, above everything else is the means become the end. Whatever means, we may choose, they will mark the end of our path. Inevitably, our thoughts, words and actions become us. If we choose them poorly, then we become poorly as a result. From a moral standpoint, our actions form a continuum, in which the negative effects of our interactions become the cause of future hardship. Therefore, if we act selfishly or in a judgemental manner toward those in need, we will invariably face similar problems down the line. If we deceive others with malicious intent or out of pure self-interest, then we too shall be deceived one day. Whatever we sow, we reap, but even that must come to pass. When we no longer in a differentiated state, all actions are perceived as internalised movements of consciousness in the form of energy.

Each time, we ask, "Who am I?", we answer the question differently. Our identity evolves, as it is the sum of our thoughts, words and deeds. To be ourselves, we have to remember ourselves, which makes our very identity conditional.

Each time we remember, we reaffirm our individuality. Our existence as an independent person depends on it, but we don't exist as self-enclosed units of matter. Who we are cannot be remembered or forgotten. Our identity, as we perceive it, only appears in consciousness. Underneath, it exists in a thoughtless, wordless awareness, in which there is no "We" or "I", just an "Amness"...simply an indescribable sense of being.

We are nothing and in that nothingness in the recesses of our deepest Self, we are everything. Prior to self-consciousness, we were. Although we cannot conclusively evidence that we were, the theoretical concept truly does not measure up to the reality of awareness. We are prior to thought and mind, therefore our existence persists in their absence... It may take any form, but it must die to be renewed each time. After all, as soon as it becomes the source of its renewal, the game ends. There is little point in playing monopoly, if you are the bank, except to be a safeguard for others. To give selflessly without hesitation or limitation, not to exploit or enslave...To stand when no one else will, not to shirk responsibility for the sake of concentrating power... In enlightenment, we must be a place of solace and healing, where people may take shelter.

The journey to self-realisation is your personal experience. It remains ongoing for as long as there is time, but eventually it'll be no more. Even in death, time persists, but it cannot survive the dissolution of space. Despite all this, our spirit is indestructible, its supply of vital force is never-ending. However, as we near the

cessation of time, the cycle of death & rebirth also ends. Still, our being does not simply stop. It is without beginning. It is now. It is the uncreated, all-pervasive essence of the present moment. All of time is accessible from an existence buried deep within us in the here and now. We needn't do anything other than witness its omnipresence.

Paradoxically, our being arises from its absence. The deeper we float towards the bottom of our awareness, we realise our non-existence is an existence in itself. Something, which created the many worlds from its luminous body of infinite nothingness. Who we are is not just a question, it is a formless reality. It is the light of all knowledge beyond name and form. It is absolute, regardless of its content, whereas consciousness is relative to its content.

Beingness can be equated with time, and vice versa. This is not to be mistaken with becoming, which depends on its progression. It has even been philosophised, the feeling of being is interweaved with space-time. Awareness pervades every moment. However, when we no longer have the feeling that we are, all which remains is the underlying sense that we are. The minds ceaseless questioning its identity fades. Self-consciousness dissolves in awareness, as the subtlest sense of being.

In-between experience and the lack thereof lingers existence. It goes by many names. Nothingness, the void, silence or others. Yet, all our terms to describe the indescribable denote its vacuousness, but it is far from empty... It purely exists, is there anything greater? It is so empty, it gave rise to all this. It is pure, infinite potential, solidified in consciousness. In the absence of consciousness, it is non-local as well as non-temporal. Therefore, so is its origin, even when it seems to localise.

Beyond forgetting and remembering that we are, we know. We cannot truly forget or remember reality, it is all-present. We can forget reality as much as we can forget to breathe. Deep within, a part of us knows. It is not a matter of remembrance. Nothing can be remembered, when all is known.

To remember who we are requires constant unconscious processing. All of our preferences are stored away in the form of likes or dislikes based on past experiences, memories, psycho-physical requirements etc. Regardless how often our identity as a person seems to change, our sense of being remains the same. It is our only permanent identity throughout the ages. Wherever we go, whoever we become, we are. This "I Amness" is an existence itself.

While we pass from one mental state into another, awareness of our existence never changes. For as long as we are, we have a sense "We are" in the form of a silent knowing awareness, unshackled by space-time. Without deviating from our natural state of being, progress would not be possible. When we are, there isn't the illusion of becoming.

As Albert Camus once wrote, "Man is the only creature who refuses to be what he is." We have customised our environment to fulfil our every immediate need without any form of long-term stability. Our refusal to be what we are has led us here to a steep precipice, compounded by an uncertain future, concerning the continued survival of our species. We are more connected than ever before, but we equally

abandon each other in our darkest hour by maintaining perceived limitations. Due to the complexity of our problems, they may seem unsolvable, but there is nothing solemn determination cannot solve. If we have the willpower to find a way, then who's to stop us but ourselves? It is who we are: Infinite Potential.

When we let go of everything, we are. At which point, we can be anything. The formless remains formless, even when it takes the illusion of form. For example, light may reflect various colours. Although it truly has no colour, it has the potential to appear as every known colour on the spectra. Similarly to this, light has no form, it is the building block of all form, matter and energy.

Light is what becomes quantifiable units of energy. It enables us to measure through empirical means, but no measurement can be sustained indefinitely. Name, form or appearance are subject to change. They operate from inside the confines of space-time, hence they must abide by its laws, according to which they decay, slip into the ether and later reappear. However, when they do so, their true nature becomes clear. They are not physical forms, as most would like to have you believe... They are ideas with rather specific qualities, dependent upon their composition. For anything to exist in physical form, it must first exist in thought-form. Mind precedes matter every time. Consciousness (as energy) paves the way for the construction of anything material.

Like a moth to the flame, matter draws its qualities from light, but it can never get too close. When it does, its conditioned existence is forfeit. None of us can stare into the light without being consumed by it. The illusion of the many worlds in all that they appear to be, relies upon averting our gaze.

Imagine vibrations of light, creating a finite unit space, in which a limited amount of time is provided. As the waves of vibration flow outward, they collide, generating new vibrations. They persist, even in the case, if what has produced them stops. Similar to when a star collapses in on itself, the light continues to travel through space. It is perceived by onlookers long after the star itself is gone. Although we live in the frequency domain created from the remnants of these vibrations, they themselves are no more. We vibrate constantly, even if we aren't aware of it. In actuality, the mind is a mere movement of consciousness. It is the effect, arising from the causes for this incarnation. Yet, the deeper, we look into ourselves, the stiller we become. The less, we are, who we thought we were... And that is all our current identity is: A Set of Ideas Existing in Thought-Form.

Matter exists as energy in concentrated form. When they are not densely concentrated, their form remains subtle, but distinctive. Our thought-forms consist out of the same material as the bio-electromagnetic field. They have form as well as substance. Although they exhibit some of the same properties as sound-waves, they are vastly more. They contain your vital energies and even your own life-force. To maintain them, we must keep supplying them with energy, otherwise they lose their distinguishable form. It should be noted, thought-forms produce thought-patterns, just as any set of forms repeated regularly creates a pattern in thought, word

(sound) or behaviour. In the absence of mind, there is no thought. Hence, mental silence is unavoidable to attain a state of complete inner stillness.

Any thought and word has distinctive character. Its discernible features have a determinable place on the electromagnetic spectrum. In deep silence, these distinctions disappear along with the mind.

Nevertheless, we are not rooted in physical existence by subtle forces, such as intent, thought or speech. They merely serve to produce the conditions, in which we appear. The subtle generates the physical. Korotkov evidenced through Kirlian photography, these subtle constructs, (which also create the molecular genetic blueprint of the body), look strikingly like swirling energy vortices. They actively concentrate energy, translating information to pass it on to the subsequently level of reality until it reaches the material plane.

Important: The material continuum is a biosphere. The two terms, although often used separately, are synonymous with one another. (A sphere is defined as a realm or field. A continuum is a whole made up of numerous parts, where extremes stand at opposing ends and elements change to variant degrees.) Both concepts denote a system that merely differs in appearance, not on an intellectual or ontological level. Every sphere forms a continuum as a unified whole and in its individual parts. Just as, each continuum has its field or sphere of existence.

Time is like any force...Unrelenting... It is a continuum of its own volition, reassuring itself at every turn. It is a non-unified field interweaved in domains of space. It is an individualised whole, reunified with the sum of its parts, as it reaches its own lateral end.

Time, like any force, becomes a movement of consciousness. In consciousness, time exhibits its own distinctive, ever-present features that propel existence, but underneath it simply is... To elaborate, consciousness stems from all-pervading awareness. In the absence of either, there is only a void-like state, from which both, space & time, originate. If you manage to follow my train of thought, this implies time and/or space are self-witnessing by their very nature.

As previously stated, the entirety of space-time is an internal construct. It can be visualised as a continuum. However, when envisioned in this manner, it often dismisses any notion of its "self-enclosed" domains. It may be easier to picture time as a large soap-bubble with countless, interweaved bubbles of variant sizes inside. The soap-bubble doesn't merely contain different types of universes with radically diverse life-forms, but also all conceivable forms of space and time in all possible variations.

In pure potential, nothing is impossible or improbable. Time does not ask or demand, it gives itself endlessly. We equate time with life, but life is beyond time and vice versa. To make matter worse, life (according to our current definition of the term) is a infinitesimal fragment of our eternal duration.

Life, our Beingness, is Time in its Vast Totality.

When everything, interlinked as well as organically-related, is drawn together...When the external merges with the internal, All is One. The split-second that time as a whole begins or ceases are the same. Existence becomes space-time. Without the passage of time, everything would happen at once everywhere. Time is the definite beginning, middle and end to which space is bound, it'll invariably return to its source. The phenomenological once again becomes what it is: Noumenal.

Fragile Age of Humanity

As a species, we are at war with ourselves. However, every struggle takes place in the physical, mental as well as emotional planes of existence. Every conflict is external as much as it is internal. Every battle stratagem unfolds with multiple pre-conceptualisations in mind. The strength, skill as well as numbers of the opponent and oneself, for example. None of them are as important as the geographical location and a corresponding time, when the fight will commence. The wrong place or time can mean the difference between a deadly defeat and a glorious victory. Yet, there are exceptions to this rule... For example, when the strength or skill outweighs the opponents' at all times in any location. If one is superior to another, regardless of what they may bring to the table, then the place or time, they bring it to, becomes irrelevant. In combat, such an advantage is a rarity. If it was simple to become inhumanely superior, then we would have wasted quadrillions of lives in wars. Conversely, if it was easy, we would be far more/less subservient and more heavily controlled. We would be under far more stringent ownership to increasingly visible degrees than we already are.

As a collective, we may repeat the mistakes of the past, as our history is obliterated. Our wars follow archeology, solely for the consolidation of power. This is not a combination that leads to anything other than destruction. As a people, we are on the precipice of great change. We may regain our freedom at great cost, after prolonged hardship, but it will happen. All around the world, conflict is brewing. In every country, mass extinction has taken hold of every eco-system, altering the entire biosphere of the planet as a whole. Without trees, winds accelerate. The grounds dries and cracks under the heat. If unchecked, our planet would transform into the atmosphere of Venus, explained in greater detail in my work on terraforming.

Truth is Reality. Hence, when the truth comes knocking at our doors, reality is often not far behind... Our journey here is damage control due to the absence of truth or just simple realism. It consists of taking responsibility for our shortcomings, the consequences of our modern lifestyle. In doing so, we may eventually remedy the state of our planet. If we dare to bear the responsibility, we have the power to accomplish anything.

It is human nature to dress up the darkest of truths as an unexplained mystery or an incurable condition to parade it around for all the worlds to see, but it is not our true nature...

When we are capable of remorse for the actions of their ancestors or simply other people, it is a display of great compassion. However, when the actual culprits haven't the capacity to feel a damned thing, as individuals are forced to apologise for directing attention to an issue, then the existence of a deep-rooted problem is self-evident. In the realm of separation, we must all own up to our own mistakes, not those of others. Also, we needn't be too easily offended. (Slapping a warning stickers on everything does not change the content, nor anyones perception of it. All this does is create generation permafrost after the snowflakes have melted.) That being said, there is enough blame/guilt in our world to ravish it a thousand times over, not enough exploration as a means to find healing. In the cycle of death & rebirth, we only heal, when we aim to heal ourselves... We are only as protected as we are self-realised. Without truth, there is no knowledge. Ergo, there can be no self-realisation on any level. Being offended does not make the content itself dangerous. Catcher in the Rye is still for sale, and how many incarcerated serial killers have boasted about reading it? Offensive content implies the content is harmful, not enlightening. It is classed as offensive, when it incites violence, rape, murder, (such as any religious text ever conceived, except for the Vedas, the Abhidharma and a few others). This does not mean we should close our minds to what is going on around us. The only means to eradicate violence is by acknowledging that physical conflict is preceded by unreconciled psycho-emotional turmoil. Violent actions stem from violent thoughts and emotions. Prohibiting their expression simply compounds them. We must address the underlying root through calm, non-attached understanding of the issue. Otherwise, it won't "go away".

The world is a scary place. It'll wound us, but we can heal. It is when we are too afraid of getting hurt that we endanger ourselves. When we become afraid of our own shadows, we cannot even begin to contemplate what lingers in the dark. It may be frightening. Conversely, it may also be the solution to all of your problems. When opinions or mere observations offend us, then we are no longer to be reasoned with. Our true nature is fearlessly at peace with itself. Nothing in existence could phase it, why should we be frightened, angered or offended? Would it not reveal more about us than the object in question? We must remember: Pain is inevitable, suffering is optional. In the end, all of us must march through a place of great suffering to reach a state of supreme, inner bliss.

How we behave through life determines our destination in more literal terms than we may realise. If we are unkind, but honest, perhaps there is some room for proactive optimism. If we are too kind to speak our minds, then we need to gather courage. However, when we cannot even allow our fellow man to freely express their thoughts in the open without judgement, then maybe we are contributing to the growing climate of hostility.

The true face of mankind is one, which we can never perceive with our senses. The real body of our race is not a personification. It's not even human. It is cosmic.

Unconsciously, we are acutely aware of what will happen. In the recesses of our being, we know what the future holds. We recognise the signs, although we cannot quite put a finger on what unnerves us. We can sense the static in the air... Our entire race is unsettled, gearing up for conflict. The issue is that we are not tackling a problem, caused by industrialisation and globalisation, as a united front as independent, self-sufficient countries. For example, the root of our illnesses is not automated food production, but genetic engineering and pollution through toxic chemicals. Another example, clean water is an illusion of the past, unless we delude ourselves into believing we have access to the remaining 3% (probably less). Yet another example, our dependency on fossil fuels prohibits the distributions of free, renewable energy technology, patented since the 1930's.

Conclusively, we are not equipped to live in harmony with ourselves for a single day, so how can we be expected to live in harmony with our environment or even each other? Some of us do not have the strength to admit that people are injured, raped and killed every hour of every day as a result of mass migration, while we refuse to acknowledge it is happening. We think there is peace, when the media, the government, law enforcement and the judicial system fall silent, but that is exactly when we should be concerned. This eerie silence is the lead-up to a pile of dead bodies and the ruins of our modern civilisation. The Vatican in its current state won't stand a chance. For an arms manufacturer, their figurehead is sure as hell kissing the feet of those who consider all followers of the Roman-Catholic faith slaves. It is an insult to the countless Christians that have lost their lives in Muslim countries due to religious persecution in an ongoing slaughter, extending to from Africa, to India, Europe, Britain, America etc. Mass migrations affects us all, particularly since it is a long-standing custom for hostile enemy combatants to hide amongst refugees. It is an ancient military tactic with a high success rate. Outside of Manga or science-fiction, it has happened before. There is a grim reality, when surges of people migrate in mass (only to return to the country they fled from for a holiday in the summer). Particularly, when economic migrants take priority over the poor, the homeless, pensioners and veterans. This is not diversity, it is systematic suicide.

Wake The Fuck Up!

In truth, there is no hope for any of us. Needless to mention, hope is in the karmic red-zone, as it generally puts us in the minus. As crazy as it sounds, we have no right to hope, none of us have done anything of significance. So, why should nature or our deities be merciful just because we have good intentions, which currently pave the way to hell on Earth?

The younger generations were raised to believe the world is a dangerous place to prevent us from taking risks, which may topple the rampant corruption, we have allowed to flourish on a global scale. We worship Gods, who would be repulsed at our submissive, self-destructive behaviour toward ourselves, each other and this planet. If we don't take responsibility, why should they? Why should any God save us from reaping the deadly consequences of our errors? We made the mess, we have to clean it up. No Supreme Being will save us from the effects, we have created out of

ignorance. We chose to turn a blind eye. Nobody, not even Kalki himself, gets away scot-free for turning away from suffering. For the mere fact, we observed someone in need, but did nothing or chose to help a need-driven offender have their pick of minors in our country instead, we are responsible... However, this shouldn't make you feel less about yourself. We've all contributed to destroy each other and this planet, we do so unknowingly every day. Some even let their bleeding hearts show them the way to multiculturalism, even if that means Asian, Indian, Black and White genocide by selling to a far more radical enemy. Has freedom of speech become so unbearable, we throw ourselves into the line of fire, thinking its friendly just to make a point? Are we so afraid of war, we willingly surrender to socio-political change that'll never lead to peace, only submission or execution? Are we dead already, but won't realise it?

If you tell the majority of mankind, they will die a fucking excruciating death, they'll back the fuck off whatever causes it. Everyone retreats, except those with nothing to lose...Those that secretly wish to die or feel dead inside already. No therapeutic intervention or modern medicine can save them, so we write them off, forcing them to make it through on their own. (Still, we cry. We don't hesitate to blame the lack of support from the system when they "unexpectedly" blow their brains out, since we did not pay enough attention to their mental state?!)

Many call my generation fragile. They don't consider, when a beautiful, dainty snowflake is crafted from all the love, goodness and sweet things in the world, all the crap has to go somewhere... That's what the other side of my generation is here for. Please dump on us anytime, because we can take it. For everyone, who gets to close their eyes to pretend bad shit isn't happening, someone has to watch, At least, it isn't "us", right? This is all we care about... We are at the brink, what have we become? Whereas some act like self-obsessed children, looking for an easy handout, when others have it much harder. Well, guess what, emotional well-being isn't free. It requires daily effort. It necessitates sacrifice. It is never-ending hard work. If you wish to be emotionally stable, you have to free yourself first. The question of life is how much can you lose and still be who you are now? If you cannot, then who you think you are isn't who you actually are. Only when we have lost everything...when we have surrendered our very lives...then we may realise.

For what it's worth, this isn't about me. I do not care what happens to me. I died a long time ago, before I realised I was never born to begin with. I am Nothing in every sense of the word, but to the deepest corridors of my heart, You Are! In my eyes, you are the moon, the stars and the cosmic ocean all wrapped up into one. Each one of us is more than we could ever become, when we are one... Our potential is limitless. Hell, we could save the world, if we tried, but will we?

The Gods, you pray to, and the heavenly experience, you wish for, are a part of you. You can never find them anywhere else, except within yourself. For any of us to discover them, we must do the right thing, no matter the cost. We should not cling to comforting fantasies or pray for a better world instead of act to create one.

More importantly, none of us will ever meet our dead loved ones again in this form, not in some celestial dome or elsewhere else (outside apparitions or the Astral) for that matter. We die to come back, so do they... They live. They never stopped. Nothing does, but unless we realise all as one, their ever-present spirit is lost on us. We can only truly reach them, once we are no longer driven by grief or our own fear of dying. Otherwise, we waste energy on something that'll never happen, simply to break our own hearts. Our loved ones would not wish for us to live in an imagined future that may never come to pass, they'd want us to live in the here and now.

At present, our planet is changing beyond the point of return. It is of no consequence, whether you call it climate change, terra-forming or geo-engineering. It is happening! We are about to face war on the edge of mass extinction. That is definite. If I know anything in the absence of all doubt, we will survive. Perhaps, not as a species, but our awareness of being doesn't cease. We are One...and in that oneness, the "I" in all of us "is".

Before the last Ice Age, there was no English Channel. There were no cliffs of Dover. By the end of the last Ice Age, the sea levels had risen to such an extent that they had formed what we now call the English Channel. As the ice glaciers receded, they left behind the chalk deposits that generated not only the cliffs of Dover, but also other collections of sediment. The surface as well as the middle layers of the British soil is pretty much the remainder of what was left behind in the last frosty period. Despite enriching the soil, it also gave rise to quarries and other structures, which we take for granted. However, beneath those first few layers, we encounter clay and chalk deposits, coating the ground.

In other words, Britain used to be mountain-territory. Their fishing communities were situated, where there is now just the sea. To this day, dragnets are deployed to scrape entire villages across the ground in order to lift them to the surface. We still deploy diving teams to search for remnants of ancient times, swallowed by sea-level rises. Although it's not common knowledge, it was such a diving operation, which led Japan to discover they were once connected to China by land. Many locations from religious tales, myths or legends, previously thought of as non-existent, suddenly became less mythological. It was recognised, they are (at least partly) based on real history.

As glaciers around the globe are melting, snow is becoming a thing of the last, even the Swiss mountains turned purchased artificial snow machines for the illusion of a white Christmas. Meanwhile, the ice melts, the balance of the water currents is disturbed. You may have read that you have another 20-100 years. We don't have FOUR, unless we scurry away to hide in an underground bunker with the fat cats in top-hats. Contrary to popular belief, space colonisation is not an option. Do you really think, they'd want us going out there? They monitor us too tightly for that, quashing any chance of even hovering anywhere. (Big Rubber has their eyes on you! Lol)

For example, the brave individuals constructing flying crafts in Africa were swiftly bankrupted at the first sight of success. Hindus all across India have learnt over many failed attempts, the Vimanika should be put into practice outside of the grasp

of an elite few. However, right now, they are simply trying to keep their country safe, leaving such developments up to China, Japan, Russia, Great Britain, the United States and the West.

Back to the point, the sea-levels are expected to rise higher than we've witnessed throughout recorded history. As this continues unhindered, the circulating, oceanic currents are affected by our warming climates. In a successful attempt at geo-engineering, they would not collapse, but this would be the worst case scenario for the planet and every inhabiting species. Should they collapse at any point, The Day After Tomorrow isn't far off... With the exception, we'd be surrounded by poisonous sludge, we must not consume since we've chucked our waste into it.

We may think our lands and oceans are stable, but we do nothing to sustain them, so how can they be? Mankind has prohibited all natural compounds, capable of remedying our current situation. What will happen to us is entirely our doing. When we witnessed the drought in California from across the globe, most of us knew it wouldn't be a singular occurrence. We knew there was still worse to come. We know there still is... However, that one event brought to light the most horrifying reality of droughts (during a man-made mass extinction event), whilst you die of thirst, you may actually be surrounded by undrinkable, toxic water. Which is exactly what will happen, when the sea-level rises all over the world.

In view of all that I have shared with you, who are you?

When war or extinction are mere seconds away, who will you be?

As a race, we lost our sanity, perhaps even our morality, centuries ago. No shaming each other for our standpoints or actions will bring it back. Only unconditional, but tough, love can return us to a place of sound well-being. If we wish to be free from suffering, then we must identify its roots. We must not fear life, because what we experience may be traumatic. We can heal the deepest wounds, if we dare try. We must explore every aspect of life for its cathartic nature, even if it is initially scary or painful. Life has a tendency to bring everything together, leaving nothing out. If we no stone unturned, life won't either. So, be strong. Dare to venture out of your comfort zone.

In life, nothing is free. Everything should be. We could make it so, but it is not sustainable with the manner, in which we choose to conduct ourselves as a people. It would be as simple as releasing more advanced technology. Yet, this would set the elite back a couple decades. Technology is already held back at least 30 years, before its release, so it would be a mere inconvenience. However, in the absence of self-realisation, this makes the difference between living and dying for the rest of us.

All this notwithstanding, any limitation can be overcome. Just because no one knows how, doesn't mean nobody does or can know. We can sacrifice nothing in the place of truth or our search for it. It's our most precious commodity. As Swami Vivekananda once wrote "It is the patient building of character, the intense struggle to realise the truth, which alone will tell in the future of humanity." We are blessed, if we realise we have been and shall always be free... That truth is our lone saviour.

Broaden your mind as wide as the universe, truth will come. Be bold in your honesty, truth will out. Do not pander to those around you, nor must you be afraid what others think. Take courage from within to absolute truth without attachment to the outcome. Do your moral duty for those around you in dire need, not for whichever charity or ethnic minority is reported to be desperate today, but all living beings. (Preferably those that won't rape, pillage or throw anyone off the edge of a roof for their sexual orientation) Please recognise everyone has the potential to be a saint or a genocidal maniac, then work with it. To assist need-driven offenders or religious fanatics inside a system on the verge of collapse does not diversify our society, it paves the way to another crusade. Do not wage your time on protests, create actual change.

Crazy Fact: The ages, when demonstrations achieved anything have passed. Nowadays, when protests are about to attain a meaningful result, an event is created to re-direct our focus. This tactic cannot last for long, since we become desensitised quickly, but it works wonders to divert the attention of the younger generations. The most prominent example of this occurred during the London student riots, in which a black teenager was gunned down to draw attention away from the insurmountable rise in tuition fees. This quashed any hope for affordable education.

Contrary to popular belief, there's rarely minimal media coverage, when the incident involves a Caucasian male than with ethnic minorities. Caucasian women as well as children receive only slightly more, when the crimes are unrelated to mass migration.

We must all prosper in our own way. No one can demand or expect to receive shelter, nourishment cars, gadgets or even hot water. All of the above are privileges. Nature does not give them to you in the way that you've become accustomed. Our ancestors created those delivery mechanisms. They channeled the chemical compositions of this planet to meet your basic needs. Historically, the only rights, we have, are the ones that our elders worked ceaselessly, bled and died for. We have no other rights than those we establish for ourselves in a sustainable fashion. In analogy, rights are like delicate flowers. They must be nurtured, weeded and watered along with their soil, otherwise they wither away. To allow for more rights, we must first meet those we already have. Before we secure global or European freedom of movement, we must re-establish our freedom of speech. We must be as to handle being offended while potentially insulting others. It is still a long way, before we can actually bathe in the glory of free movement. We must first create a world, in which exercising our co-called freedom of movement won't cost millions of lives in a single year. Currently, freedom of movement does not guarantee safety, even in our homes.

Your life is your ultimate weapon. The way, you live. The choices, you make, even how you cope with problems. It teaches, there's always another path. We are a people on the brink of mass extinction, holding each other at gun-point. The refugee crisis has highlighted the importance of equal resource distribution, we have neglected for the sake of profit. The sixth mass extinction won't kill all of us. Not if there'll be some humanoid colony somewhere in the multiverse, but it'll drive us pretty close to the verge. By my calculations, unless we act, the death of billions is only a matter of time. Through war, famine, terra-forming...Take your pick.

We are at war. Some may say it is one of our own making, others may say that they brought to war from the Middle-East to our doorstep, but when did it actually stop? It has been an ongoing slaughter of approx. 500 billion non-Muslims since the last crusade. Historically, war has always paved the way to peace. It was never long-lasting, never true, but it was the closest we've ever come to actual peace as a people.

We need to recognise our aggression is a mere unconscious reaction toward what we don't quite realise yet. All the pollutants in the air, chemicals in the oceans and our food-supplies etc. We are buzzing off our heads seven ways to Sunday with little conscious awareness of the effects, let alone, the bigger picture. We may read about tigers going extinct, bees, fish and trees dying, the Nice attack, but it's just another article. So, we turn the page, but we cannot simply turn the page in life. What we fail to acknowledge can do extensive damage in the long run. This planet is our collective responsibility, as are its people. Our fates are intertwined. All of us are equally responsible for the future of all ethnicities of our race, including those with more violent propensities. We share the burden for the extinction of every animal species, we share the Earth with. Our co-existence builds the foundation for our long awaited evolution. Our survival relies on the evolutionary developments, which end the stagnation of our development or halt our continued devolution, dependent on what you may believe.

Throughout my PhD research, I wondered whether once the existing understanding of a concept no longer supports the current empirical research findings and/or practice, a catalyst to set societal change in motion becomes inevitable. Although my theory yielded somewhat interesting results, available for free, I discovered the only exception to this rule is when barriers are put into place to deliberately prevent the expansion of the mind on a societal scale. We will be at war, not because we are racists, overly religious or idiots, but because it's a controlled way to make us believe we can break the system, which is enslaving us. This coming war is another profitable diversion, when it was originally designed to be the simple culling of an unruly populace. The problem is it works. We are left with no other choice than unilateral, inconceivably violent genocide off our own backs to solve life-threatening problems or to accept a long-drawn out feud amongst natural disaster, for which we are greatly unprepared. For your information, this makes our weapons of mass destruction the most efficient tools at our leaders disposal. However, directed-energy technology does not discriminate between them and us. Personally, I'd choose radiation poisoning, nuclear fallout or even instant death over

sexual slavery on any given day. How to die is a decision we must all make one day, either physically or spiritually. We must all take that leap into the unknown in life or in death. Just make no mistake, this choice affects the following incarnation or lack thereof.

What Remains

What is the cost of living the way that we do? What is the price that each of us pay for our modern lifestyle? A death-orientated culture that obscures the process of dying on every level. A culture, which operates in carefully guarded layers of information, rarely interacting with one another. They intersect only when the walls between worlds crumble. Not the quantum vacuum, the walls we erected in our society to separate classes of people.

As one layer of society inherently lacks the understanding of what death actually is, the one above only has limited knowledge of its nature. Only the highest echelons of our society understand death is not the great destroyer of the Self or the gateway to any celestial kingdom. It is an empirically-testable transmigration of consciousness. Contrary to general opinion, our ego doesn't simply melt away, it accompanies us into the Astral. Our every desire remains, even our preferences in the form of attachments or aversions. We are exactly the same as we were, plus the experience that delivered us to the hereafter. There, the illusion of space-time persists, only on a sub-domain of the continuum. Eventually, we return, until we break the cycle. Not because of some divine force, but as a consequence of our own internal drives.

We know we do not control this world. We also know that those in control have no interest in our well-being. Whereas some of us deny this relative truth, others have dedicated their lives to rectifying this injustice. Our leaders are expendable. Few of us understand or forgive the elite that lingers beneath the shadows. A mere handful know or experienced, there's an elite behind the elite...Even fewer realise, they brought the war to us for their own purposes. We are the equivalent of pawns on a chess-board to them. Our political leaders are equally as unimportant to them. Cameron, Merkel, Clinton, Johnson, Abbott, Khan and Corbyn are simply a different class of pawn. Not even Knights. They serve an agenda, we know less than a fragment of. They're well-aware their power can be stripped from them in a matter of minutes. Hence, they know better than to play by their own rules.

Although men, like Sadiq Khan, play both sides, he is only one of a dozen key-pawns used to seize power on behalf of religion. It is doubtful, they'll actually keep their promise to make him the Sultan of the caliphate of London. A religious practice has yet to keep their word, failing to execute their double-agents, if even when they were the most loyal of servants. Their time is as numbered as ours, only some of us know that it is. They'll most likely become more vicious, the more the realisation dawns, which applies to every left-wing idealist.

When leaders, such as Corbyn gain power, it is not through popularity. It is to break the upper hand of the people through force. He wishes to flood the country with economic migrants in exchange for power. However, as delusional and disassociated from reality as Corbyn is, he will not get far. That does not mean he won't inflict

almost irreparable damage to the United Kingdom, but not more than Merkel before mass-upheaval almost created a lynch-mob.

The peoples threshold for self-serving public figures is carefully measured. Any evil plan never unfolds all at once, when one has control over the population, that'd fuel a revolution. A patient, meticulous sadist needs all the time in the world to inflict their suffering. They wish to prolong it for as long as possible. It makes us all rather expendable to them, when we no longer fulfil a corrupted "purpose ". It is the same with our leaders. As soon as they've fulfil their purpose and cannot be used to fulfil another, they are pushed aside. Some live out their days in retirement, whereas others are sacrificed to appease the public. It's all the same to the powers that be. They couldn't care less either way. To them, not having to sacrifice a pawn simply means they may have some in store to keep the game going at a later point. Otherwise, there are always more pawns to recruit.

Last But Not Least

Religions have become all-encompassing systems that function in all essence like a corporation. For instance, as mentioned before, the Vatican is an arms stockholder and bank with substantial influence in the corporate community. Our modern representations of religion have strayed far from their intended purposes. They no longer serve as a voice of reason or compassion, but cold detachment from reality and thereby the people whom they serve.

Corruption in any institution can only take hold, if organised elements within it act on delusional beliefs, which do not benefit the greater whole. Although many religious scriptures are hardly embodiments of peace or provide more than a handful of useful principles, not all of them have been edited, suppressed or destroyed. Some still offer guidance toward understanding of something within, prior to the multi-verse.

Above all else, religion is deep inner realisation. Essentially, it's spirituality at its core. It is not a path, anyone can choose for you. It is not a state, anyone can elevate you to... You alone hold the key. Religion is the embodiment of freedom. We cannot deny that, because we cannot live harmoniously without the idea of freedom or democratic rule for that matter.

In the absence of power, money or influence, religion solely concerns itself with the truth of the metaphysical world, just as other branches of science primarily deal with the ever-changing, empirical facts of the physical world.

“The ignorant work for their own profit, Arjuna, the wise work for the welfare of the world, without thought for themselves.” (Bhagavad Gita)

In the words of Swami Vivekananda, all science has its particular methods, as does the science of religion. It has more methods also, since it has more material to deal with. The human mind is not homogeneous like the external world. Due to the diverse nature of the individual consciousness, there must be different methods. No one form of religious or spiritual practice will do for all. Think of them as pearls on a string, if you wish. There is a universal kind of individuality in each.

No man is born of any specific religion. We must all find the religion deep inside us. The religion of our spirit. So, bear in mind, any system that seeks to destroy our individuality is disastrous in the long-term. Therefore, it is our moral duty to protect and honour the beliefs of others, as long as they do not spread violence under the guise of faith. Islam, Christianity, Judaism, Hinduism etc., like any mental programming, have their inherent dangers, when passed on incorrectly. Some more than others, but any extreme form of a religious doctrine, undermining the validity of other schools of thought, creates fear, hostility and/or aggression. More importantly, if all of us simply chose our own ideal and stuck to it, all this socio-political/religious controversy would cease. There would be space for dispassionate discussions, investigations substantiated by evidence or contemplation of the metaphysical in all its diversity. In the end, all religion is based on the analysis of the spirit. It has no colour, creed or race, yet it has a qua-zillion faces.

Warning: Everything worthwhile comes with intense self-sacrifice. Rules such, such as “Desire nothing for yourself.”, “Be compassionate.”, “Do all for others.” are essential in the search for inner peace or self-realisation. These sentiments cannot help us to defend ourselves. When unconstitutional, undemocratic forces surround us, infiltrating our global community to submit all its inhabitants to their personal, religious ideology with the acceptance of the political figureheads, then we must adapt.

All currents of consciousness flow from the same stream. The Spirit is just a single current, whereas the depth of being is the river. Our Spirit is the Spirit of the Multiverse. It has its unique path in every form, each to be treasured and respected. We came into this life with nothing and we shall depart as such, so we have nothing to lose, but everything to gain by making the best of our current situation, however unfavourable. If we let our true light shine, it may not vanquish all the darkness in the entire world, but it may gradually vanish in its persistent presence. It may become one with the light in a faint glimmer of potential.

Be who you are prior to name and form:
Timeless & Infinite

Final Note

Whose Life Matters?

"The reasonable man adapts himself to the world.
The unreasonable one persists in trying to adapt the world to himself.
All progress depends on the unreasonable man."
- George Bernard Shaw

We trust, regardless of all our past deeds, we trust. Regardless of who we think we are, we are bound to trust and depend on our fellow men. Yet, invariably that trust will be shattered. We will become overconfident or gullible, for which we'll have to pay a steep price. Each mistake is not a failure of our own making, but a lesson of our own making. We have not been abandoned by the world, it has simply shown us the inevitable. That which will happen repeatedly, if we do not take the next step in our own evolution...

Hope for the best, plan for the worst, expect nothing. The world has no room for those, lulled into a false sense of security or belonging. None of us belong here or came from here, it is not our true nature. All that we see is merely a figment of our minds. As vibrations on the electromagnetic spectrum flow like waves back and forth across the entirety of existence, our cortical sensors interpret and edit them in accordance to our beliefs and expectations. We never truly perceive the world as it is, only as we believe, expect and desire it to be...

Truth be told, we are beholden to those around us from the moment we take our first breath and we shall remain bound until we choose to free ourselves. As they say in Vegas, the house always wins. We may hope, pray or work our asses off, it'll all be for nothing, because nothing means anything anymore. Sure, it has its causes & its effect, but while we go round and round in circles, they elude us. We don't see that with every passing second, our consciousness gravitates toward its ultimate destiny: Self-Realisation.

Everyone has dreams. The truth is the majority, working to fulfil their dreams will never be in a position to fulfil them. I'm not talking about wealth, fame or power, but real dreams. Dreams, which have a humanitarian essence. Aspirations able to pave the way to a better world. We have to work together to achieve such a cause. We may not attain equal rights, safe resource production or its equal distribution in this lifetime. However, most of us are acutely aware, we cannot continue living this way indefinitely. We are already beyond the point of sustaining this world in its current state.

In other words, while we resist change, we are simply prolonging the inevitable. We are fighting against the endless waves of oncoming tides, we are the cause of. This is something, we cannot win against, unless we aim to defeat ourselves in the process. Eventually, we will have to give way. Whether that is to God, the Universal Self or

the Great Spirit is of no consequence. Sooner or later, all of us have to surrender to a power greater than our individual self.

When times are so hard that we cannot continue or bear the struggle any longer. We must remember, there are consequences, if we cut our journey short prematurely. Death is never the answer, for the universe knows how deeply our soul yearns to cease its own suffering. Through dying, we merely still the pain for a fleeting moment... After which, it'll return tenfold, as we come back to complete our journey.

Regardless of our colour, creed or face, we are all the playthings of a small elite, whose concerns surpass the quality of our lives. We have been for many lifetimes. An ideal world for them constitutes being tagged and billed for our own birth. Officially, we are unique individuals, whom it would be immoral to declare ownership over. Yet, as soon as the façade of false decency crumbles, they'd gladly have us pay for the privilege of being their property. In truth, they would inject us with compounds for which there is no cure in order for us to become indebted to them. In sickness, weakness and stupidity, we are theirs. We become dependent upon them, as we gradually become accustomed to living in chains life after life.

Your life matters, not since your opinion or mine dictates it, but because life is the only sacred "thing" we have left, once we have been stripped of everything. We came into this world as nobody with nothing and we will depart as such. At our core, we are not Joe Bloggs, the influential billionaire, or Mary Jones, loving mother. We are more than the roles we adopt for each other. We are one in heart, mind and spirit. We exist prior to name or form. It is not enough to think or believe it, we have to know it. We have to realise this knowledge to a point of no return...

We are timeless and breathless. The key is the realisation of that. It is one thing to say, you are free while maintaining your ties with the world, when true freedom implies a state, in which you are self-sustaining. A state, in which money, property and recognition become illusory. When we recognise them as hindrances to achieve the very purpose, they serve, then we can transcend our need for them. If you can imagine how this could advance a single person or community, then imagine how this could advance an entire planet? How much suffering we could alleviate by changing a way of life that will be our undoing? At best, we may end up back in the Stone-Age. At worst, we will face the extinction of almost every species living on this planet, including our own. Even then, either life would be reseeded with the original blueprint of humanity and other species, or the experiment would be scrapped to try something else entirely.

Watch Out: We are dangerous. Our nature is disruptive as much as it is destructive to everything around us. Our souls were banished to this quadrant of space for various reasons. Whereas the only crime some of us committed was to think freely, others ended up here as a result of heinous, unspeakable deeds. Please do not misunderstand me, we have all done things, we regret. No one would ever look at us the same way again, if they were aware of the total sum of our actions, but none of

that truly matters... We cannot let our past define us. As soon as allow for that to happen, we delude ourselves into believing that is all we ever can be. Ultimately, we decide who we are by how we think and what we do in the present moment. With each second, we have the opportunity to choose our identity anew. To realise ourselves for who we are.

We are more, so we deserve more. We wish to give future generations only the best, which requires great sacrifices, but we deserve the same. We deserve to sow greater to reap greater. We deserve to live in a free world, where who we are is not subject to anything. A world, where immoral actions have empirically verifiable consequences on a moral spectrum, in accordance with the governing principles of the multiverse...

We are here in this place and time. Let us make the best of it.

Let us not dwell on what might have been but what can be.

Let us see the world in ways

That we never imagined or never believed possible.

We are infinite potential.

The power to make anything possible is ours for the taking.

The problem with our global society is that all the systems, we created, have been turned against us. Their very foundation has been corrupted. Over the generations, problems were generated, which coerced us to supersede our base liberties, including their responsibilities. The right to bear arms or for simple self-defence, for example. The right for a swift execution in otherwise corrupt judicial systems, for instance. (Something I would personally choose for myself rather than to sit on death row for decades, innocent or not...) or even the basic right to collect rain-water... We have sacrificed everything to the wrong people. Now, we are waking up to the consequences. However, there is one thing that even the most powerful of men cannot account for or control: Everything around us originated from an absolute reality, existent prior to the multiverse. All of space-time has its root in a quantum biophotonic matrix, in which everything happens simultaneously in a state of blissful oneness. A state, in which all is one without beginning or end, where we are not dependent on anything or beholden to anyone.

Above all else, we are consciousness.

We are beyond thoughts, words or mind.

We are Existence in the Form of Light.

We are Anything, Everything and Nothing.

We are the One that just is...

The best kept secret of existence is also the craziest. It teaches us to think in ways prior to the mind. Through the harshest times, it can keep us sane in an insane world. The challenge is not to resist the unraveling of our self to give rise to the Self. Every problem, we face, is an opportunity in disguise. Reality will surely try to test us in every form unimaginable. In turn, for each hurdle we overcome, we emerge more resistant as well as adaptable to change.

The secret that enlightened sages have attempted to convince us of is that nothing ever happened in the whole of existence. No one was born and no one died. Time is an illusion, as Einstein so famously stated. In truth, we are the embodiment of our infinite being. We are in all change, but we are essentially unchanging.

When you put this book down, take a moment to ponder the silence that came before and continues after its content. That silence, in which the beginning, middle and end merge beyond, where words cannot take us. Let time cease. Enter a state of breathlessness. Embrace the absolute existence, dwelling deep within you. It is your true nature. The mind emerges as a movement of consciousness from still emptiness, but eventually the movement will subside back into it. All which has a start also has a finish. To realise the imperishable truth about our reality, we must open ourselves to the light of our being. We must rise above our conditional identity and ride the momentum to the heights of infinity...

Glossary

Biophotonic Matrix:	a quantum mechanical model that denotes a connection between biology and biophotonics (associated with detection/measurement of quantum units of light)
Consciousness:	State & Quality of Awareness and/or Existence
Quantum Mechanics:	Quantum theory, involving the structure as well as behaviour of atoms, particles and molecules.
Light:	Particles emitting electromagnetic radiation, which transmits energy proportional to the radiation frequency.
Noumenon:	According to Shamanic, Indian and Kant's philosophy, the term 'noumenon' refers to a thing as it is in itself, not perceived or interpreted, incapable of being known, but only inferred from the nature of experience.
Photon:	a particle representing a quantum of light or other electromagnetic radiation, carrying energy proportional to the radiation frequency, although its rest mass is zero.
Soul:	Immaterial substance of the individual consciousness comprised of vital force, Prana and/or Qi
Spirit:	Prevailing, predominant Qualities of the Soul and/or Individual Consciousness
That:	(I Am That/That Art Thou) Absolute Existence; Spirit of Multiverse
Theta Wave:	Neural oscillatory pattern observed in hippocampus in the form of electrical activity in the brain that occurs under certain conditions with a frequency of 4-7 hertz.

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