

**Phase 1**

**The Insanity of Humanity 1**

**Life** or something like it!

“Our lives start within the safe confines of our mother’s womb. Upon exiting this place of warmth, serenity and security, we are subconsciously programmed to spend our entire existence trying to recreate this dynamic from which our lives were created...

A program that creates a powerful illusion that blinds us from seeing the truth. An illusion which masterfully keeps us trapped in a world of pain and confusion.”

So what is going on in this world of ours?

## **Phase 1**

## **The Insanity of Humanity 4**

I feel lonely

I feel scared

I feel disillusioned

I feel absolutely miserable!

**But it's not a problem...**

How could it not be a problem to feel this way?

Because it is normal to be unhappy!

So don't feel odd or different. We are all experiencing high levels of psychological pain, confusion, disturbance, insecurity and anxiety, whether we admit it or not!

.  
There is no such thing as a permanent state of positive thinking, happiness or enlightenment in our current mode of existence.

Why?

As strange an answer as this may be; if we didn't all feel disturbance we would not have survived as a species. We would not be here today. We would not be in the midst of this challenging experience called life.

These unpleasant feelings are a by-product of two key factors.

Firstly, we are living in a world that is an expression of a very powerful and overwhelming energy that we have defined as pain. This pain is influencing every thought, emotion and corresponding action that we express. And pain without appropriate awareness flowing through it, creates an expression of our existence that is a narrow and distorted version of what is – hence the continuance of pain and the control it has over our existence.

Secondly, pain has shaped the formation of our minds and it is driving us to function in a problem solving mode – and then we use this pain as our guide for decision making.

To clarify, in this mode, we don't just solve problems when a problem appears; we are permanently in a problem solving mode. Hence we always think that the key to our happiness lies in solving problems – but no matter how many problems we solve and no matter how often we get that instant gratification from solving a problem, we are still in a mode that denies ongoing satisfaction. We are still in a world controlled by pain. Even if we do achieve our desired objective, our mind will now quickly turn its attention to the next perceived problem and the hope of satisfaction that lies within the solution. And so on this process goes - a great technique for survival and technological advancement, but not so great for creating happiness!

So it would be reasonable to say that...

**It is human nature to solve problems**

In fact it was the key to our survival.

So what does this mean...  
are we destined to never feel good?

Or is it possible that we could all live another way?

## Yes it is possible!

But we will be living, functioning and experiencing life in a way that is totally different from the way that we have become addicted to and reliant upon. There is, however, no need at this stage to visualise or discuss our possible future mode of existence - as this would just lead us on another problem solving pathway.

### Why?

Because we would identify the gap between where we are now and where we want to be in the future as a problem that needs solving. Hence we would end up in the same mess in a different disguise.

Our priority is to first understand the true nature of pain and what lies behind the surprising and sometimes confusing consequences of being highly advanced problem solvers.

At this early stage of the exploration, I am not suggesting that we totally negate problem solving as a mode of functioning. However, be mindful that the realm which we all currently exist in, leads us to think that one day, in our individual lives, we will solve the ultimate problem that will free us from our pain - permanently.

We all have our own version of what we think the solution might be for us to find permanent security and happiness – and whether it is to find our soul mate, the perfect job or some desired material possession, really makes no difference to the outcome of how we end up feeling. We also think we

can find the happiness we want while maintaining what we have achieved so far. Hence we go on our insatiable journey to find this illusionary place of existence. But we are doing this without even knowing or understanding the parameters of our existence, let alone understanding what forces are guiding us.

So what is it exactly we think we are doing? We are very forceful in our approach considering our lack of understanding of the nature of our lives.

Now here is where it gets very interesting...

There just may be one final “problem” for humanity to solve – but not in the manner that we currently perceive it to be. There is no individual solution for each of us to find, as this thinking just feeds the competitive fear imbued dimension of thought that we are currently lost in. The solution is the same for all of us and it has the potential to free all of us from our pain. So it is in our interest to start working together, not against each other.

We could, if we embraced the truth of our existence, liberate ourselves from the psychological cage of thought and pain that we are all currently lost in – a box of illusionary thought that I have named the Construct. A structure created as a consequence of our delusional pain driven problem solving pathways.

Once this key is found we will no longer problem solve anything, because we won't be experiencing pain as we do today and therefore life will not feel like a problem in the first place.

However, this will never happen until we understand the precise nature of this Construct; including, how and why it was created and what we are within it. Let alone who or what created it in the first place. For if we don't, we will continue to buy into the illusion that the information which we receive and interpret via our five senses represents the defining parameters of our existence. So let's look a closer at what is going on and at what this Construct all about – as it is determining our experiential reality...

“I know I am alive, well at least I think I am. I fear death and yet strangely fear life at the same time. This leaves me lost in a world trapped between these two concepts that I witness, yet neither do I understand.”

So...where are we?

We are effectively all living  
in a box!

We are living in a box with walls that are made  
of intertwined fear based thoughts which  
represents our entire existence...

These thoughts develop and maintain our belief structure.  
And this belief structure represents the walls of the box.

Within these walls is our life story - one narrow, finite  
and minute pathway of experiences from which we  
create our notion of self... a notion that we spend our life  
running from, yet desperately protecting  
at the same time.

And be mindful, that no matter how much we  
rearrange these thoughts and beliefs,  
we are still in a box.

So each belief represents one bar in the prison of our minds

Therefore no matter what we achieve, what car we drive, whose bed we share, or how successful and wealthy we are, we are still trapped and lost in a world of falsely identified parameters. A world of illusion that is nothing but an edited and distorted version of what is. And in this world we will in vain desperation chase our insatiable need for meaning, security, happiness, control and certainty all of the way to our grave.

However, the truth of our lives lies beyond this narrow path. Yet in our current mode of existence the truth we shall never find.

As you read this our lives are currently headed down a predictable pathway. Secretly fear is our friend, something we want to fight to protect and defend as it guides our journey.

At least our lives are safe and secure within the boundaries of our existing beliefs...

Or are they?

## Welcome to the Insanity of Humanity

Despite the ever increasing levels of security and accessible pleasures, individual thinking and our shared psychological energy, is driving life on this planet to a permanent place of pain and to the inevitable annihilation of our spirit.

If we as a species do not very quickly wake-up to the truth behind what is driving our behaviour, then don't be shocked what surprises the journey of life may have waiting for us!

However, to find the freedom that we yearn for, we need to reflect more closely on what is going on now and stop worrying about the future.

Look through the following list of words;

Honesty  
Tranquillity  
Acceptance

Trust  
Loyalty  
Happiness

Courtesy  
Kindness  
Contentment

Wisdom  
Balance  
Enlightenment

Joy  
Hope  
Excitement

Strength  
Forthrightness  
Confidence

Truth  
Integrity  
Sincerity

Respect  
Serenity  
World Peace

Now look through this list of words;

Fear  
Corruption  
Racism

Contempt  
Infidelity  
Divorce

Stress  
Road rage  
Cruelty

Drugs  
Addictions  
Eating disorders

Sadness  
Hopelessness  
Depression

Pain  
Insecurity  
Suicide

Anxiety  
Panic attacks  
Psychological disorders

Terrorism  
Global Warming  
Mass hysteria

Do any of these conditions/emotions/issues sound familiar?

Which list contains words that embody the greater part of your existence and the world in which we live?

How many from the second list - more than one; several; enough to make you feel insane?

Why have the words from the second list come to describe realities consistently present in the lives of so many people? And even more importantly, why do the words in the first list so rarely apply to our lives?

Take a moment to pause and reflect.

We focus our attention on the second list as we see them as obstacles to attaining the qualities embodied in the first. We do this without realising that this approach is what is creating the scenario that we are trying to change. So the words in the second list are growing in size and intensity over time and the words from the first are becoming further removed from our grasp.

Also, did you notice whether or not you felt a greater emotional response while reading the second list?

If so, this is quite normal, given that our minds are always on the look out for any threats to our well being. And as much as we want our lives to embody the words from the first list, they are not necessary for our survival. And we see it this way because we are stuck in a problem solving mode that

ultimately has the objective of prolonging our individual lives. In this process of trying to avoid death we stay motivated by chasing happiness. But it was never about being happy – just surviving! So happiness is just a false lure created by pain to keep the process of evolution alive, which keeps us alive, which increases the likelihood of the survival of our species.

It is not about us and never has been.

We are in a survival mode that is always prioritising where its attention should be focussed based on its Construct of learning. For example, although it is seen as a problem not to be happy, it is seen as a greater problem to not be depressed. Hence we are building a world that resembles where our focus of thought lies. So although we do not want to be depressed, it is our fear of depression that creates the corruption in our minds that ensures the inevitability of it occurring. Hence it won't be long before depression will be an epidemic in our societies. And then we will see it as an even bigger problem!

So problem solving as a pathway for dealing with life actually creates more problems than we started with.

And not just more problems, but bigger and more elaborate ones...

Keeping the illusion alive that life is a problem in the first place. The truth that we can all wake up to is that depression, or any other of the words from the second list, are not the issue to be observing. They are just outcomes that are by-

products of functioning from within the Construct – our psychological box.

This is all part of how the Construct works – it creates a brilliant illusion that stops us from seeing the truth as to what is controlling our existence. This illusion keeps us chasing happiness by problem solving what lies between us and this emotional state that we so desperately desire. So although it feels like we are focussed on the “good” stuff, subconsciously we are always focussed on the “bad” stuff - the issues that we define as obstacles to getting to our chosen destination. Not surprising really, particularly when you consider that pain is our guide!

It is quite intriguing to observe how this pathway of thinking has developed the world that we are now living in – Global Warming, for example, did not just come out of nowhere, it is a physical manifestation of human behaviour when functioning in the Construct.

It seems insane doesn't it?

The less we want Depression, Terrorism or Global Warming the more we will fear it and the more we fear it the more likely it is that these conditions will occur. And this is because we put so much fear imbued focus and attention on it. This theoretical observation applies to our whole existence and hence it also applies to all of the issues that I have mentioned - including the first list. For example, the more we want happiness the more we fear not finding it and therefore our focus is once again stuck in a problem solving mode which negates happiness.

This is why it is essential that we understand the mechanisms of the mind that lead us to function in such a manner. Otherwise in the process of deciding that our topical issues of woe or desire are the key problems to solve, we will inadvertently ensure that we won't solve them. Problem solving appears to work because we have survived as a species to this point, but it is becoming glaringly obvious that we need to find another way to explore our existence – that is, beyond our obsessive and blinkered need to stay alive.

So why can't we just see this and stop it?

Because whilst functioning in a problem solving mode we use pain and fear as a guide and fear distorts our ability to accurately see life – it narrows our vision. And to understand what it is that I am proposing requires open and lateral vision. Otherwise our destiny is becoming very easy to predict – and it won't be pretty!

So our ability to read life accurately will continue to diminish as our determination to gain control of our lives will rise – hence driving us closer and closer towards a psychological black hole within our minds.

Really stop and think about this: War, Terrorism, Famine, Environmental Disaster - based on what we witness in today's world and our lack of ability individually or collectively to do anything about it, it seems insane for us to continue in our current patterns of behaviour.

Maybe the people that we have labelled as insane are in fact closer to a place of sanity than we could have ever imagined! I mean, they are the ones who have stopped

utilising and contributing to the very systems of functioning that are destroying us all.

Okay, before we diagnose our entire species as insane, let's try to get a little closer to the truth as to what is actually going on.

Every single word in the second list is just an outcome of something; it was inevitable that these outcomes would occur, hence they were unavoidable and therefore not wrong in the very nature of their existence. However, they will continue to occur with ever increasing magnitudes of intensity if we don't teach ourselves how to understand and accept that they are simply a consequence of a certain mode of thinking. And this mode of functioning denies the qualities in the first list from ever being a substantial part of the reality of our existence.

The creation of all the previously mentioned unwanted issues can be traced back through the logical pathways of the human mind, to expose that they were all fashioned from the same source.

All of the mayhem that we inflict upon this world and upon ourselves is being caused by a mechanism that is very predictable in the nature of its existence. Owing to this integral characteristic, this same mechanism has the potential to be reconfigured to such a degree, that not one single word on the second list would ever present itself to the human species as a problem ever again. They would only serve as reminders of past human functioning, so we would know where in the mind that we should never allow our thoughts to travel again.

Currently people are desperately scrambling to try to separate, categorise and control all of the undesirable realities of today's world, failing to recognize that they are all connected to the same thing. With this attitude it doesn't matter what we do or how we go about it, as all solutions will be futile.

The corrupt pathways of the mind that created the problems in the first place, will simply search out and find another avenue to express the pain and fear that is consuming all of humanity.

Whether you are an animal activist, an environmentalist, or a person desperately trying to stop sexual abuse, ultimately your journey will unfortunately be a futile one, until we as a species understand the mechanisms of functioning that are driving our thinking.

Even if, for example, we curb our current processes of behaviour that are leading to the destruction of our environment, the fear that we are sharing in order to develop the appropriate strategy to deal with this situation, will increase the power that pain has over our lives. And this enforces the strength of the Construct, which once again leads us all closer to our psychological black hole.

It is essential that we stop panicking about our current status and realise that until we remove ourself from the Construct, that is, our world of distorted pain and fear, we are inadvertently feeding the very thing that is destroying us.

## Insane, or not insane, that is the question!

The Insanity of Humanity.....For me this is a simple yet powerful statement.

It gives me much cause to pause and reflect on the reality of my existence and its influence on all things that cross my path.

I ask myself: Am I sane? Do I differ from the rest of humanity? Am I a better person? Is my way of thinking the superior way of thinking, or am I just caught up in the Insanity of Humanity like everybody else; enforcing my way and accepting the suffering that is created in the process of satisfying my need to feel good and survive...

Where do I draw the line? At what point has my behaviour gone too far and at too great a cost?

Has sacrifice in fact become an acceptable condition in the journey of the human species? And is it possible that a state of insanity is a prerequisite to our survival?

Perhaps it is "insanity" that has led us to the position of power and domination that we humans have over this planet...

The Insanity of Humanity in essence is our denial of our current modes of behaviour and the effects that they create. It is represented by our need to see ourselves in a light of purity while conveniently justifying our cruelty, as if this

somehow negates the painful effects this will create within our minds. We are therefore enforcing a distorted version onto life which creates undesirable outcomes and then we try to solve these problems as if it wasn't us that created them in the first place.

And here is the irony of it all; our blind obsession for survival could potentially be the catalyst for our inevitable demise - unless we discover a new way to exist...

A crucial starting point for humanity is to accept that we can't rely on the part of the brain that has created the very problems for which we seek answers to...

That would be as ludicrous as asking your enemy  
where they would suggest you could find a safe place  
to sleep tonight

But that is exactly what we are doing

We have, using pain as our guide, problem solved our way into this mess and now we are trying to problem solve our way out of it...

And that I propose is insane!

The human species has throughout recorded history been caught in a world of drama and power struggles. Every era has had its “problem’s” that are considered important or life threatening, requiring intense focus and attention. Most of these problems were created by humans in the first place, via the problem solving pathways of their minds. And then in the process of finding solutions via the same pathways of thinking, new problems emerged. The issues we are facing today are no different, irrespective of what shape or form they appear.

I assure you, that even if we successfully change business functioning to reduce greenhouse gases or even if we capture every known terrorist, it won’t ensure our ongoing survival, it won’t make us happy, it won’t stop depression and it won’t change the fact that we will create new problems to channel our fears into. Most importantly, it won’t change the nature of the human mind and it is within our minds that our pain and suffering lives.

If you want to a have a chat with a terrorist to understand what they are doing and thinking, then have a chat with your own mind – as it is terrorising your existence, holding you captive and using your integrity in exchange for power and control. And this is leaving all of us lost in a world of pain. So if our planet could speak it would certainly label us all as terrorists, as we are all enforcing our behaviour on this world while conveniently disguising our actions in a world of denial and blame.

It is our pain that drives our behaviour and  
misunderstood pain cerates fear.

It is a well known statement that we create what we fear...

We'll think of what we currently fear as a species and then you can predict the future! And given that it is pain and fear that drives us to solve problems, it is probably a good idea if we stop seeing life as a problem to solve. Sounds simple enough - and it is and it will be, once we understand what drives our minds to think the way we currently do.

## Background Intelligence

Human thought is currently derived from an aspect of the brain which I will be referring to as the Problem Solving Mind.

Based on the previous list of undesirable outcomes, it may appear that we have grown increasingly ignorant and blind on our journey through life...

However, don't be fooled by the masterful mechanism that is controlling us.

The Problem Solving Mind is an absolute genius and it is the creator and architect of our Construct - it has created a parallel version of life that is so sophisticated and connected to such extraordinarily convincing processes of functioning, that we erroneously believe it is real. In fact, it would appear that this aspect of the brain, which so profoundly guides and affects us, cannot and will not allow us to be free - not even in the face of the individual and planetary chaos that we witness daily in our lives.

The Problem Solving Mind has been running the lives of the human species for a long time and it's not going to give up its position of control easily because it sees control as essential for survival.

The reason it is so hard for me to be able to convince people that they should give up their problem solving pathways, is because they think they are the Problem Solving Mind – and this is all part of the illusion. There is an “us” beyond all this that can fully embrace living without needing to see any aspects of life as a problem. But if you want to fight to defend problem solving, go ahead, as I have heard all the arguments and justifications as to why we must do so. That is all fine, but I hope you can handle the world that this is creating...

A world where inevitably there won't be problems anyway, because we won't exist!

### **The cure is?**

As a cure to our presently destructive modes of thinking, it would be very tempting to banish all of the selfish, cruel, controlling, dominating and blaming people from our world to another planet...

However, this technique would, if we were being honest, leave planet earth inhabited by very few people, if any!

But what if we had a choice to do otherwise?

An alternative would be to wake up to the reality that we are all contributing to this personal and global pathway of destruction. So I suggest that together we all look beyond the superficial layers of our existence and explore deeper into the mechanisms of life. It can all be explained, it can all be understood, but to truly break free from what is keeping us trapped in the Insanity of Humanity, we must understand and sense what it is that is forcing us to hold on so desperately to our pain, our fear and our beliefs.

A new phase of human evolution is not a guarantee,  
just a possibility...

A possibility that has a high probability of occurrence with the right guidance and awareness.

I have left a lot that is unexplained at this point. There is a lot to be un-learned and much more to be learned. I assure you that by the time you finish this book, the nature of your existence and all that influences it will make a lot more sense.

For now, stop and consider that the term *humanity* is often used in connection with the concept of kindness or compassion for others and *insanity* is often used in reference to a lack of reason or good sense, whereby people partake in extreme foolishness, or an act that demonstrates it.

So which of these two realms do you think  
we are getting closer to?

Or have we always been insane and the consequences of this are simply something we can no longer avoid?

If we are to look at insanity as a mode of thinking, feeling, surviving and experiencing life, then I would suggest that the answer is yes.

Insanity is a by-product of problem solving. This is owing to the illusionary and distorted version of life that it creates, as it narrows our vision to a point where we cannot accept anything outside of the parameters of our Construct. To embrace what I present, so you can see whether it is embodied with truth or not, will require you to read and absorb this information without cross referencing it to any of your existing knowledge on life and human functioning.

This book is not a condemnation of humanity, but rather the exposure of the possibility to step into a place of existence where the term humanity will more aptly define what we are.

Sit back and take an honest look at the shared pathway that we have created together. The level of fear, control, destruction, cruelty, violence and psychological disturbance that we see on a mass level, is simply the accumulated end result of the interaction between all of our individual minds while allowing pain to be the lifeblood of our existence.

Once we understand our minds and stop avoiding the truth of our behaviour, we will be well on our way to a realm of possibilities that I can only begin to imagine.

All I ask of you is that you read this book in its entirety before you jump to any conclusions. I am attempting to

expose what has been brilliantly disguised throughout the history of human existence. So don't expect that this can be explained, understood or embraced easily. However, awareness of all I present is enough to begin the process of creating freedom from the psychological box in which we are all trapped.

It's time to stop and take a closer and more honest  
look inside all our minds.