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The Insanity of Humanity 1

Pains domain

Phase 2

The Insanity of Humanity 2

“Pain.... I avoid it all cost, yet I am curiously drawn to it to guide the pathway of my existence. It is as if I am in some kind of trance from which I cannot wake.”

The ~~Twilight~~ Pain Zone

The journey of life on this planet from a human perspective sometimes feels like we are caught in the twilight zone.

If you really stop and think about it, being alive is a very strange experience. The sensation that something is not quite right is embodied with a great deal of truth. We are unable to read behind this message because we focus on the sensation itself in a reactive manner.

So if we genuinely want to attain a comfortable sense of the realm in which we exist, then it is important to create a greater understanding of what our journey is all about and how it interrelates with other aspects of life. To aid in this process I would suggest that we explore some of the key driving forces that are directing the behavioural characteristics of all living creatures, including us.

For this discussion the main focus will be on one force in particular, one that has established a very solid position in the journey of life. If we want to truly understand what is going on in our minds, then come with me on a journey, not into the Twilight Zone, but into the Pain Zone.

Pain has become one of the most powerful things influencing evolution, intelligence, awareness and all that it can create. The incredible influencing power of pain is most readily witnessed when it is harnessed within the realms of sophisticated creations of life, such as human beings.

Whatever your background knowledge is in regard to the topic of pain, I encourage you to put the majority of this learning to the side for now and open your mind to seeing pain in a totally new light.

Rather than just seeing pain as a sensation that you feel in response to an undesirable experience, try to see it as an energy that represents a mode of functioning that creates a certain style of survival for living creatures.

What I am exposing here, are the mechanisms behind the processes of pain rather than just focusing on the uncomfortable feeling of pain itself. To truly understand these processes can totally transform our existing concept of pain, the way that we currently experience it and consequently redirect our life out of the Insanity of Humanity.

There is an intriguing message hidden deep within the realms of pain that can be decoded and understood and to simply try and run away from it is certainly not the answer. For once decoded, it no longer becomes pain in the manner in which we are currently experiencing it.

The Evolution of Pains Domain

For millions of years during the evolution of life on this planet, the necessary pathways for the expression of pain were developing. This expression, if it was to have any impact, required the development of living creatures that could physically and tangibly interact with their environment. All of these living entities needed some kind of force to guide

their functioning, hence the cooperative relationship between pain and life itself.

Pain enabled living creatures to quickly identify what factors in their external environment were threats to their survival. So the symphony that was created between pain and any living entity became one of the greatest factors in determining which manifestations of life would survive.

Right in front of our eyes we can see the results of this evolutionary process and observe the functioning of the intelligence behind pain, as so many creatures go on their journey of survival all driven by the same force. Although humans and other animals have added on an emotional interpretation of pain, I recommend that we don't limit our view of it to this narrow vision that we are personally experiencing. Try to see the grander lateral picture of what pain is, where it has come from, how it is travelling down the pathways of life and the effects it is having on the behaviour and functioning of all living creatures.

I am particularly interested in the pathways of pain, because the empire which it has built via the mechanisms of life, has very clearly defined characteristics that we have come to believe is just the normal functioning of all living things.

Think of the desire to control as a manifestation that is grown out of the pathways of pain, hence the two cannot be separated from each other. In other words, as long as there is pain, in the nature of how we currently experience it, there will be the need to control and as long as there is control there will be repression and as long as there is repression there will be continuing pain and so the cycle continues...

Pain is creating a pathway of expression that ensures the continuance of its own existence.

Happiness as a permanent state is in total conflict with the existing evolutionary pathways that lead to the survival of all living creatures on this planet.

And...

Without the correct awareness or knowledge, our lives will simply become a self-fulfilling prophecy of the images that pain and fear creates in our minds.

The Pain Human Combo Deal

If pain is to be looked at as an energy force and arguably a form of intelligence, then it was certainly very patient, as the necessary ingredients that it needed to connect to and expose its power were not served up by life quickly! And this is something that most people forget; that is, the massive amount of time and rearranging of matter that was required for the situation that we are experiencing today to exist.

Particularly in western society; we are caught up in such an obsessive, self-indulgent and quick fix mentality that we are not spending the time to understand the power and depth of the forces that are guiding our existence.

Why?

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Because of the pain we feel. So it is essential that we stop running away from pain and sit in it long enough to understand it.

For the expression of pain to have any great and noticeable impact on the pathways of life, an entity that had high levels of intelligence, mobility and dexterity was necessary for the development of a powerful relationship. After many years of experimentation nature certainly supplied the perfect creation to match these qualities - that being humans.

Since our appearance on this planet, we have developed to become one of the most powerfully influencing entities on earth and pain has established itself as the key guiding force for our decision making. In fact, I would suggest that pain was a great influence in the development of the human mind. And given the power we have as a species and given that it is pain that is consuming our lives, what sort of world do you think we are creating?

It is interesting to consider that pain could take control of our lives, to the point where our behaviour becomes highly predictable; particularly in light of the fact that most people believe they have freedom of choice.

Predictability is necessary for the purpose of
maintaining control....

Because of the predictable characteristics that pain as a system of guidance creates, it has been able to maintain its rule over all living creatures. This is where things now get

fascinating and also very fortunate for us. The key word that I just used which will help free all of us from our existing pathway of destruction is “predictable”. Although this quality serves the intelligence behind the pathways of pain perfectly, it does mean that the behaviour that it creates in all living creatures can be observed and understood - even within the complex functioning of the human mind. This behaviour is actually a system of information, a secret hidden code, that when seen in its entirety beyond the superficial layers of our existence, actually holds the key to the next phase of our journey. Pain is embodied with a wealth of wisdom that can teach us to function beyond our primitive and reactive mode of functioning.

So all we need is an observer that can exist beyond the powerful pathways created by pain - And this is a necessary characteristic, otherwise the observer will be viewing through a distorted and narrow window of surveillance. Also the observer must be within the Pain Zone, for if not within it, the observation would lead to nothing but an interesting notation of facts.

Well, how fortunate, there is the perfect entity for this task just waiting to be stirred from its slumber – and that is the essence of the energy that is us! Conscious Awareness is able to observe the mind, separate from the mind and at the same time exist within the mind. Yet as things stand we are so lost in the world of pain that we think this is our world, as opposed to a world that we are in - a world that holds the key to a new realm of existence.

The key is not to keep seeing what we observe as something that must be controlled, as if it is a problem. But alternatively

to see it for what it is. For the processes of pain to maintain its rule over human behaviour, it is a requirement that we misunderstand its functioning. This then keeps alive the fear that is necessary to bind us to a state of insanity, so we continue to desperately try and control ourselves, each other and the world in which we live - as if this will somehow lead to some kind of benefit that is in our interest.

It would appear that although Conscious Energy already exists with the Pain Zone, waking it up to serve its purpose in this universe is not as simple as we would like it to be. The illusion that pain has created is not as easy to see through as people might think – otherwise we would have broken free from our incarceration within the Construct a long time ago.

The entry point of Conscious Energy

Let's take another step backwards into the evolution of the development of life and its ally pain.

The various prototypes and working models of brains continued to evolve into all sorts of different living creatures. This process continued until nature could create a brain that could potentially and adequately function as a representative of life itself. In an advanced state the human brain can attempt to understand and analyse its own existence and life. This requires two ingredients to achieve this. The first ingredient, as already discussed, is pain and this was the initial fuel source determining the pathway of our human ancestors.

Pain was necessary in order for the human brain to create some sense of order to life so it could prioritise, categorise and separate one thing from the other. The only limitation to this process was that it only stimulated a very narrow pathway of thinking. In this mode the mind became single-mindedly focused on how to survive. Once a reasonable sense of survival was achieved there was no need to explore beyond that. So pain in itself was not enough to create the insatiable desires that we see in humans today and the suffering that it produces.

It is a commonly held notion that the evolutionary pathway of human beings remained reasonably stagnant for over one million years, until a sudden change in awareness occurred;

The following is a proposition for the sake of exploration and to increase awareness by expanding our vision of life. I would suggest that a second ingredient entered the stage of life and the physical realm - something that when combined with pain would enhance the ability of an intelligent creature to explore the external environment. The advent of this new force created a greater need for control in order to fulfil the minds new questioning ability and higher level of imagination. So this new ingredient also had to be something that not only created a new level of functioning for the mind, but also something that could be controlled.

This new chemistry of brain functioning that entered the arena of life created an evolutionary shift of great magnitude; opening the realms of possibility to either a potentially dangerous, or a potentially life saving formula.

I strongly suggest that this new ingredient was Conscious Energy and that it sparked a noticeable turning point for our human ancestors to break free from their existing mode of functioning. Their desire to explore beyond simple survival became an additional and powerful driving force. This new ability to question life would have also led to the beginning of the questioning of who and what they were – the beginning of the ego.

If we were to measure evolutionary success by the fact that we actually exist today, then the powerful mixture of pain and Conscious Awareness within the human mind was definitely an incredible and successful combination. However, if we look at where this journey has taken us to this very point in time, then we could easily use suffering as a guide to say that this combination is no longer working for us in the manner in which these dynamics are currently interacting.

So, either we need a new ingredient, or we need to shift the dynamic somehow... or both.

Like pain, see Conscious Energy as a force that is totally separate from, but having the ability to interact with the physical realm that we call life. So when this invisible energy found its way into the structures of living entities it would have injected a greater level of awareness than had ever been experienced before by a living being.

From a human perspective, it would have greatly enhanced the ability to question one's own existence and this would have stimulated the need to find the appropriate answers. This I would propose was the beginning of the true development of the powerful relationship between the human

mind and pain. Now the need to control and understand the external world was the focus of the mind's attention – hence the illusion that this is where the answer to its existence would come from was born!

So the question you may be asking now is; why, if Conscious Energy was within the human mind, did we continue down a pathway of control and destruction?

Based on what can be witnessed in today's world, I would suggest as a plausible theory, that Conscious Energy at this point had entered the physical realm for the first time and it lost its sense of awareness of what it actually was; then inevitably during this phase of confusion it was taken over by the pain and the power of the Problem Solving Mind.

So it was not long before Conscious Energy believed it was the mind and all that it perceived and it joined in on the journey of discovery via the processes of controlling the external world. A world which it erroneously believed was now separate from it, as opposed to realising that it was actually within it and therefore potentially at one with it.

Whether this is true or not, really does not matter, because all we need to understand is that we are currently living within a physical and psychological structure and that we are being guided by forces that inevitably control our existence.

The intelligence behind the mechanisms of pain works in harmony with these structures as it manipulates Conscious Awareness to intertwine all of these aspects of life...

A formidable team and we are right in the middle of it!

So although Conscious Energy is a beautiful and pure force in itself, it has the potential, as we are witnessing today, to create great harm and damage to ourselves and everything around us; particularly when it is controlled and channelled through the processes of the Problem Solving Mind and the pathways of pain. Understand that these dynamics are happening on a level far beyond the simple functioning of the human mind itself.

The brain is simply being utilised as a tool and that tool is housed inside the vehicle that we identify as being a human... as being you!

Driving school

It is in this observation that the human brain is being used as an instrument to play out a certain version of life, that we can wake up to seeing another very important clue. And that is that any mechanism of functioning is simply a representative of what is actually guiding it; for example, if it is being guided by something akin to what we would define as evil, then evil is what it shall create. So ideally we need to learn how to empower our Conscious Awareness to the point where we can drive this incredible piece of machinery down a pathway that is founded with integrity. But this will never happen until we learn to decode the hidden message within the sensation of pain, as pain is currently the dominant force.

In this sense I would like you to look at this book as the manual to understanding the mechanics of the human mind and how to drive this vehicle effectively...

A Ferrari will serve you no purpose if you don't know how to put it into first gear!

And the extra advantage of understanding the information that I am sharing with you, is that you will be able to fix the vehicle every time it breaks down. To try and create some inspiration, look at the human mind as an incredibly sophisticated spaceship that has the ability to travel through space and time, hence giving you the opportunity to experience, explore and understand all that you encounter. The more you develop the skills for handling this spaceship the greater the adventure that will be waiting for you.

Skipping classes

Well, it would appear that either no one turned up to school to understand how to drive this vehicle, or there has been no one there to teach us how to use it on the first place.

The evidence would certainly point in that direction. Despite the ongoing development of our mastery over the physical realm, humanity is still emotionally experiencing life at the same level as their primitive ancestors - we just have bigger and more elaborate toys to play with!

The amazing advances in technology simply create the illusion that we are more advanced - and we are not. The majority of us that utilise technology have little understanding of it, or of the forces that created it and we are therefore unwittingly at the mercy of it.

Traditionally we have used the knowledge we have acquired from observing these pathways in an attempt to try and increase our ability to control what we see. And this very behaviour is the illusion of control; as it is the pathways of pain that are creating the desire and need for control in the first place. We have effectively been brainwashed, caught in a world where we are chasing a notion of hope and happiness to escape the sensation of pain.

This process of thinking perfectly serves the objectives attached to the pathways of pain. Because in this realm of functioning choice is in fact an illusion and therefore the fear that we are trying to avoid through the process of choice, simply keeps increasing and hence pain continues to maintain its stronghold on the systems of life.

Think about it; of course the fear is increasing, because we are becoming more and more confused as how to attain this notion that we think is real. It really is an amazing thing once you see it, as you can sit in awe over the blinding simplicity of what we have somehow missed on our insane and painful journey. We have become so obsessed with running from our pain that we have literally not been able to see what was right in front of us all along. It does not matter how fast we run or even where we hide, pain follows us everywhere we go – so we may as well stop and have a closer look at what it really is.

Blind in the midst of our own intelligence

We, as supposedly advanced, intelligent and aware beings, have become oblivious to what forces are guiding us in the first place, hence the continuing journey that we are witnessing into the Insanity of Humanity. As long as we continue to think we are in control, then pain will continue to be the master of our domain.

So it would be reasonable to propose that it is not our domain at all, it is in fact Pains Domain.

When you think about it, the mastery behind how this system of functioning works is truly deserving of the control that it is able to maintain over us.

The unfolding of the intelligence behind all of this doesn't stop there. Pain and the fear that it produces have also been the key elements guiding the creation of our beliefs and the Construct. So here we are letting our beliefs guide the journey of our lives when the very thing that is destroying our lives, that is pain, created them.

You, as Conscious Awareness, barely get the chance to even cope with the daily functioning of the emotional roller coaster that this creates. Let alone come to some awareness of where you are so you can actually understand what is going on.

Surely, you may ask, that this is not in the best interests of the Problem Solving Mind to create this disturbing scenario. This is however the perfect situation for keeping us psychologically trapped in a world where we think that we

need to be in control, while at the same time, we can not figure out why we cannot maintain this control.

So how do you think we as a species have responded to this ever present dilemma? To continue to try and get more control of course.

This is where the insanity of human behaviour becomes very obvious. Despite thousands of years of human evolution and the possibility to pass wisdom on from one generation to another, we continue to up our levels of control to solve this "perceived problem" - and so it goes on.

When I look at this picture that I am presenting I see one of the greatest masterpieces that I have ever had the privilege to witness. It is truly ingenious - and it works!

Pain within the human mind creates the notion that life is a problem that needs solving. However, in reality there is no such thing as a problem. A problem is just a perceptual notion that is created when your mind has decided that life is not heading the way it wants it to, which is pretty much always!

Of course this is just a lure that pain creates to ensure that this is where our attention stays focussed. Perceiving something to be a problem doesn't change what is...

As long as you see life as something that it is not,
you will never actually see life!

It would appear to me, that from the position where pain is sitting, that it is all going to plan and almost nobody seems to be aware of it. People in general are fighting for their fear and therefore the justification of increasing levels of control. But fear is not real; it is just a sensation that travels down the perceptual pathways created by pain. Yet all of humanity is enforcing their fear on the world and in the process justifying the cruelty and destruction that is manifesting in their behaviour.

Can you see the insanity in this?

Pain is the common link between all of us and hence we are creating a world that represents this.

There can be only one winner in all of this and it will not be us – irrespective of what beliefs we are holding onto in order to justify our insanity.

It has been a long journey down the pathways of life on earth, for the intelligence behind pain to get to the point where it could guide and influence the processes of a sophisticated piece of machinery such as a human being. Because of our high levels of brainpower and varied physical abilities, the potential of what we are capable of doing is enormous; hence our ability to create the obliteration of all life on this planet is colossal in its potential.

We have supposedly taken full control over this planet and it is pain that drives all of our decisions whether we know it or not. The false notion that pervades the ever present human

centred attitude that we see in today's world, is that human intelligence has taken control over the planet. However, I present to you the idea that it is in fact the intelligence behind the functioning of pain that has control over us. It is a form of intelligence that has travelled down and guided the extraordinary processes of DNA reproduction into the mind of human beings.

A human being, like all of life, is nothing more than a manifestation of the energy that guides it.

If what I am presenting to you seems in any way illogical, absurd or maybe something that belongs in the realm of science fiction, then ask yourself: if we are in control of our existence and if we are as genuinely intelligent and aware as we like to think, then why are we continuing to build pathways towards the obvious and predictable annihilation of our own species?

Also, why would any individual person live in any state of psychological discomfort if they had a choice to do otherwise?

Given how “intelligent” we are, surely if pain was just something that we were experiencing in response to an unpleasant stimulus, would it not therefore be quite straightforward to rise above this pain, hence allowing wisdom to be the guiding force on our journey?

Do not underestimate what we are witnessing on our planet, the truth is right in front of us to see; but we will first need to

remove ourselves from the forces that are disallowing us from accepting and acting on this information. If you would like a little clue at this point, then observe the nature of any resistance that you may be feeling in response to what I am presenting. This is the energy that created the beliefs that you feel the need to defend - an energy which is driving all of humanity towards the deeper reaches of the human mind.

Once we have been drawn into this place of existence we will never be able to return to fulfil the potential to live the consciously evolved existence that awaits us today – unless we stop and see the light now!

Pain will create nothing but a world of darkness as it cannot exist in the light for very long...

The light that is our saviour is life unedited in its purest and uncorrupted form. And it is the essence of us that can allow this truth to enter our minds. But we never see this light because the Construct is purpose built by the Problem Solving Mind to obstruct it from our view.

If we truly want to learn to live a life beyond the realm of pain then it is necessary for us to experience this extraordinary process from a place of a higher consciousness, rather than responding to it through our complicated network of survival programmes.

Pain has mastered the pathways of life, so therefore if we observe pain we too develop a greater understanding of our mind.

I suggest that we stop seeing human behaviour as something that we must simply respond to for our own survival and start observing it as an outward sign that exposes the mechanisms that control it.

Everything that we see, witness and experience is another clue for us to put the pieces of the puzzle together. But we first need to stop looking at everything from the perspective of being a human being. Otherwise we will keep responding to life in a primitive survival based mode, where pain will be our ever present guide that will take us to our death.

Embodied in the knowing that lies within these observations, is our chance as a species to find true spiritual freedom and the possibility to redirect our life out of the Insanity of Humanity....

And direct life out of the Construct.

However, I suggest that we first understand what we are seeing and observe it from a place of awareness, as opposed to seeing it as a problem that needs solving. For once we understand the inner workings of our mind we will have understood and decoded the workings of the universe, for the inside of our mind is a representative of the universe – but as things stand we have not seen the full picture yet.

Interestingly, pain has brought us to this point in time whereby we have the capability to observe and understand ourselves and now it is supplying us with unavoidable reasons to need to!

It would be hard to argue that pain has not become the lifeblood for the human species. And it is this very energy that has been the biggest influence over the development of the human mind. Pain has created a mind that is an obsessive problem solver. And through this ingenious process, the mind has developed the creative ability to build a Construct of illusionary thought - a cage that continues to develop in strength and in it's mastery over creating illusion. So although we are not growing wiser over the generations, the Problem Solving Mind is growing smarter. This could signal the end for the human spirit or we could open our minds to seeing the potential for releasing this incredibly thinking capability down a pathway of awareness, rather than problem solving. For without a mind that is built to see life as a problem, pain would not have the power to be guiding our existence towards extinction.

The manifestations of pain

**“Pain is an ever present factor in the equation of my
life, but should I let it consume me I shall never
experience the full and complete realm of my being.”**

The mechanisms of pain

The sensation of pain is often experienced in our minds when a stimulus causes, or is on the threshold of causing damage to tissue that has functioning nerve receptors. It also evokes a reflex withdrawal response as well as a range of physiological changes which resemble the effects of activation of the sympathetic nervous system in the fight or flight mode. The immediate and observable physiological changes include factors such as a faster heart rate, dilated pupils, and sweating. These dynamics in the pain process, along with other internal changes, are part of what the human mind experiences and subsequently attempts to control. It does this in order to protect its existence and the vehicle that it travels in, the human body.

The programmed functioning to remove you from pain, whatever the source, has become one of the key and founding forces in the processes of human behaviour. Most important for the purposes of this discussion is the fact that the experience of pain includes a cognitive and emotional component of fear, anxiety, and a powerful feeling of unpleasantness. Note that the feelings that are part of, connected to, or associated with pain also consists of any sensation ranging from mild discomfort through to deep depression.

Once a stimulus has been received that triggers any of the sensations from the pain family, the Problem Solving Mind will focus its attention to this specific aspect of its experiential reality - in an attempt to ascertain the true nature of the stimulus. It will then decide where to position this experience

in its structure and put in place protective measures for the future. Pain is then recorded in the mind as a memory which becomes part of your beliefs. This psychological recording can be aroused into action by any new stimulus that is somehow associated with the original experience. During this process, depending on the severity of how the pain is felt, the Problem Solving Mind has the ability to temporarily filter out all other information received from life that is not directly pertaining to the issue at hand.

The Problem Solving Mind uses fear and pain as its guide, like a barometer in its decision making.

So given that the Problem Solving Mind seems so interested in using pain as a barometer in its decision making, it is very important to clearly understand that pain is not only felt in direct response to actual physical damage, but by any thinking pathways that convincingly represent the concept of a physical threat or a threat to your well being in general.

The Problem Solving Mind is obsessed with protecting itself from pain, yet at the same time can not make decisions without it...

So it is not hard to imagine the dilemma this presents to our minds.

Is it all just a dream?

While attached to the world of pain the Problem Solving Mind can never really find any true sense of comfort in its existence, hence it is stuck in the mode of problem solving.

So in an attempt to resolve this dilemma, it will go as far as to utilise the process of dreaming as it desperately tries to understand its strained comprehension of life within the realms of the pain that it experiences. This is reflected in the fact that more often than not dreams have the powerful feeling of discomposure in them. The dream state is also a perfect example of how pain can be felt when there is no external stimulus whatsoever, other than your own thinking.

If we can bring this awareness of the power of our dream states and the emotions that they can create to the forefront of our minds, then I suggest that it is time to start asking ourself what is real and what is not in a more open-minded and lateral sense.

If you can accept the notion that all is not as it seems, then I would also like you to accept that we all have the latent ability to alter our sensitivity to pain and the suffering that is experienced in association with it - whether it is on a physical or emotional level. Of greatest concern for the discussions in this book, is how the Problem Solving Mind experiences, creates and uses pain from a cognitive and emotional point of view.

Pain has led us into the Insanity of Humanity and
now we can use it to lead us out!

The potential purpose of pain

Relative to your life as a human being, pain can be seen as the consequence of the Problem Solving Minds interpretation of certain stimulus relative to its belief structure and programmes. It is used as a gauge and a fuel source to create an ongoing web of interconnected cognitive pathways in order to produce behavioural responses for the purpose of survival.

Without the Problem Solving Mind, pain would have no purpose in the journey towards higher consciousness and therefore could not be utilised. However, without you to guide the Problem Solving Mind, your existence will just be a manifestation of pain in pure isolation.

Pain in the human brain can be felt over something that is just a notion in our head. At this point it is important to point out that no pain should be disregarded, whether it is experienced over a real threat in the physical sense, or a perceived threat over something that might happen in the future, or over something you falsely believe is happening now; because pain is pain and either you are experiencing it or you are not. Never ignore it. So all pain is real and it can all be utilised for your journey. The key is to understand what it is telling you, or more importantly, let it lead you to what it is that you currently do not understand.

If you are aware of the relationship between pain and your Problem Solving Mind, then you have the ability to change the current purpose of pain, from one of control through the process of creating fear, to a purpose whereby pain is used to guide you to the next phase of human evolution. A phase when the deeper underlying message embodied in pain could be utilised. That being the wisdom that can be acquired when the Problem Solving Mind and Conscious Energy develop an intelligent and healthy alliance - this new purpose can only be found through the processes of Awareness.

A merger of intellectual systems

Without pain human beings may not have survived to this point, as the Problem Solving Mind would not have known how to distinguish one thing from another in its survival decision-making processes. So from that point of view the Problem Solving Mind could easily argue that pain is its ally and therefore our friend. In fact it would not be difficult to be convinced that it is actually quite a symbiotic relationship. However, pain appears to have the ability to get into the systems of life and use it for its own purpose.

Metaphorically speaking, if pain was to be thought of as an alien life form, it is now using us to continue the building of a life which represents the essence of its existence and that essence would appear to be all about fear, control and destruction.

Pain if seen as a separate form of intelligence helps us to understand it. However you want to look at it, it represents a system of life and all systems are either created by or and have some form of advanced intellectual process behind the flow and development of their existence.

Please note: Although I am separating the different factors as a learning aid, always remember that all aspects of life and all systems of intelligence are interconnected and hence part of the one overall journey, of the one overall truth.

Come to the dark side

Pain has travelled with and through the pathways of DNA reproduction and found its way into an intricate and extraordinary electrical system. It has great power when it takes over the functioning of human behaviour. The vision of life that pain has created in our cognitive pathways is to manifest a complex system of functioning that will be a dark and ugly realm. When this darkness consumes our existence pains domain will ensure that the light that is expressed through our Conscious Energy will no longer exist.

Pain and Conscious Energy do have one thing in common though; they are both forms of intelligence and both require other forms of life to continue the expression and development of their existence. What we are currently witnessing within the human mind is simply the struggle between these two types of energy - we have identified this as the battle between good and evil.

However, it is in our advantage not to see either types of energy as right or wrong, or good or evil, but to simply become aware of this reality. And in the process assist the Problem Solving Mind to decode these two forms of intelligence. Then rather than either of the two being expelled, there could be a joining of both to create a unified force.

That is the larger more elaborate picture of life which I have painted; for the purpose of your existence now, I will focus on the reality of these energies and how you can get the process of awareness started. Hence giving your mind a chance to deal with these forces that life has presented it with...

To give you a chance to learn how to deal with pain.

Mercy please!

When you feel that to be alive is a painful experience, you will tend to get angry and blame the circumstances surrounding you for how you feel, or for what you feel you are subject to. It feels appropriate to blame the external world because you feel like you are at the mercy of it, or at the very least, like you're at the mercy of something other than you. And you are, but it is not the external world that you are at the mercy of...

You are experiencing the painful and confusing roller coaster ride of the Problem Solving Mind.

So if you're looking for mercy, give it up immediately, as that is just a notion created through the pathways of pain and fear. The intelligence behind pain will certainly never have mercy on us. There is not necessarily malicious intent behind this process, but I would suggest that it would be wise for us to recognise its existence. So our only hope of survival is to wake up to the reality of our existence, to the reality that we are Conscious Energy functioning inside the human mind.

Also note at this point that although the essence of us is Conscious Energy, we too are able to experience ourselves via the thinking pathways of the Problem Solving Mind. And although this vision is currently quite distorted, the truth of what we are is embodied within our minds.

Feel the Fear and don't it anyway

Chances are fear is a strong and ever present reality in your life today. So it is important to note at this point that if you are to begin the process of awareness and to learn to harness pain, then I would certainly recommend that you do not consider the technique of feeling the fear and doing it anyway.

The question you would have to ask yourself is; do what?

Drive yourself deeper down a pathway guided by pain? All you will serve on this journey is to strengthen the convictions of the Problem Solving Mind to own and control your existence. This is an incredibly risky pathway without the appropriate knowledge of life and all that it encompasses.

And very few people would be able to handle the potential increase in pain that they could encounter without massive guidance and appropriate support systems.

If the fear already exists then you have pain in your system that you have not yet learnt to deal with. Fear is what the human mind feels when it does not understand or know what to do with the pain that it feels, hence the fight or flight response.

Fear is pains disturbed friend.

So rather than charging on into our fears with some insane hope that we may or may not pull out the other end with our sanity, I would suggest that we all slow down and seriously consider first learning how to understand the mechanisms of pain and how to cleanse ourselves of it.

Pain is like a virus

A virus does not show any of the properties attributed to living systems, but when a virus particle enters a living cell, it is able to reproduce thousands of copies of itself. A virus is thus a replicating molecular unit which is dependent upon living cells to provide the energy and molecular machinery necessary for its own duplication.

If left unchecked pain spreads like a virus corrupting the whole system of functioning in our minds. Just as you can't

change the fact that a virus has entered your system, neither can you change the fact that pain has entered your mind. However, you can change how you deal with it. So, like the way your immune system becomes stronger after you survive the onslaught of a virus, so does your mind develop more structural integrity and wisdom once you face and deal with the corruption that pain can, or has caused in your brain.

Detoxifying your mind

The Problem Solving Minds job is to deal with the external world and the information that it presents. This clever piece of programming is able to hold up a multitude of social masks. These masks are created to disguise the confusing behind-the-scenes processes of analysing and sorting the information of life. Information which it is constantly collecting and filtering.

When you believe that your social masks are you, you deny yourself the possibility to cleanse the systems of your mind - a necessary process for you to see life clearly and therefore interpret it accurately. When the cleansing process is active, emotional experiences are acknowledged and learnt from for the purpose of turning knowledge into knowing and then into not needing to know. In this mode you do not take life's experiences personally and hence any pain that may be associated with this experience is removed and replaced with wisdom.

When the cleansing process is not active, the Problem Solving Mind is absorbing every experience and soaking up pain as

a necessary ingredient in its functioning - filtering out the information that is necessary for the building of wisdom. Pain is its lifeblood and the nature of its functioning dictates that it takes everything personally, as it is through this process that it creates its sense of self and its sense of place in the world.

When the pain that the Problem Solving Mind is so heavily reliant upon is not detoxified, it becomes the poison that corrupts our existence; it becomes a force in its own right. In this instance the Problem Solving Mind can sense that it is experiencing levels of pain that is making its own functioning quite difficult and confusing. So its response to this is to get the social masks working even harder at their job of protection. Therefore it increases the screening process, whereby you will end up experiencing life from an even narrower framework. It knows no other way to solve this apparent problem and it does not realise that it is actually driving itself towards its ultimate demise.

Without your Conscious Energy to channel in the light of truth, the unedited version of life, the Problem Solving Mind becomes addicted to pain while at the same time addicted to wanting to feel good. This is a very disturbing and soul destroying cycle of functioning that we get caught in as we proceed to collect pain as a source of power...

This process is the underlying reality behind all human addictions.

The Reservoir of Pain

If you do not have the cleansing process in place, you run the risk, as your life progresses, that you will accumulate all of your painful experiences, forming a reservoir to maintain them in. When your next painful experience arises, you will not just experience pain relevant to that situation; you will potentially draw on either specific parts of, or sometimes your entire reservoir of pain and use this to fuel your chosen action in response to the perceived threat. At the very least, you will draw on any pain from the reservoir, which is attached to a memory of an experience that is somehow associated to the one that you are experiencing now. Whatever the scenario, your reactions to life will be exaggerated and inappropriate relative to the actual stimulus.

Once the stimulus or perceived threat has been removed, at least in a physical and immediate sense, you retreat back into the deep confines of your mind and remain in a permanent state of alertness; ranging from the sensation of just very subtle discomfort or agitation through to quite extreme anxiety or panic attacks.

Although you may no longer be directly responding in a fight or flight manner these mechanisms are still active and ready for action. As each new experience of pain is absorbed, the boundaries of the reservoir increase in structural strength and more than likely in volume also - hence it has become more powerful and therefore more capable of aiding in higher levels of destructive behaviour than before.

When your reservoir of pain becomes very large and dominant as one of your behavioural influences, it has the potential to create a powerful and distorted anger or sadness response of equivalent strength. In these moments you feel supercharged with energy, as you have your pain reservoir to resource your defensive reactions to life. Your responses when your mind is in this mode are extremely illogical, improper and many degrees of separation from the truth. However, although your behaviour is no longer creating a journey for you of any reasonable substance, it feels extremely real as if it is the truth. And in this sense, pain can become a dangerously addictive energy as it gives you a false sense of power and a false sense of being in control...

I assure you, these surges of power are not empowerment, as they are functioning through a system without any structural integrity.

The Beast!

If your mind perceives a stimulus to be a significantly large enough of a threat to its status quo, it will unite and undergo a metamorphosis into a programmed rage monster. This beast will have its full intent on either retreating from, or destroying any perceived threat in its path. When this program is active, a person is virtually disconnected from the majority of their psychological and spiritual network of human functioning. Hence they are travelling down a

potentially dangerous and destructive pathway with an extremely narrow focus.

This programs focus is immediate survival. It is a specific survival programme of functioning created by the Problem Solving Mind. Every single one of us has the potential, in the right circumstances, to bring this program to life. It is built to destroy or remove itself from anything that stands in the way between it and its notion of survival. I am not just referring to survival in terms of running away, for example, from a dangerous predator or any other obvious physical threat. I am referring to the process by which a person feels the need to protect the world of their Construct and all of the key elements in it.

Irrespective of the stimulus, for this program to appear means that a person's beliefs were already holding on to a tenuous thread of meaning.

When we are trapped in this place of extreme defence, the Problem Solving Mind sees its perceived threat as far more than just a problem that needs solving. It is not functioning under a false notion either, for to remove its home, its network of intertwined beliefs, would lead to its demise and it knows this. Even though an outsider who is observing someone in this state may describe this persons behaviour as irrational, ridiculous and even insane relative to their own belief structure, to the Problem Solving Mind of the person experiencing it, it is very real. It cannot take the risk of being destroyed and therefore its normal mode of functioning, whereby it uses the social masks (the mediators) for dealing with perceived problems, would be totally inadequate. People in this state of functioning are extremely dangerous

to anything, or anyone, that stands between the notion of where they are and their notion of where they feel they need to be to feel safe.

You can always tell when someone has slipped into this mode, as their demeanour changes dramatically, their energy becomes focused and you will sense an intensity of boiling rage under the surface of their social mask. This is easily identified when you look into their eyes. In this mode the person has fully tapped into their reservoir of pain and they are no longer reasonable, rational or interested in anything other than their own survival. Hence the potential for corruption is at its highest level and integrity is most certainly absent.

Depending on the size of a person's reservoir of pain and depending on the structural integrity of their beliefs, it will vary how easily such a person can be triggered into that mode. Also, if a person goes there regularly it will become an addictive and soul destroying place of existence. Interestingly in this situation, a person's behaviour does not always instantly appear as obvious rage. Often they will become very quiet initially as they are desperately trying to analyse their environment to ascertain the necessary path of survival. If they are unable to get back to a safe haven quickly enough, their boiling undercurrent quickly turns into more obvious signs of rage and potentially they will become physically violent.

As time progresses and these dangerous programs are allowed to stay living within the confines of your mind, it will progressively grow into a creature with greater levels of distorted pain and anger attached to its existence.

The power of pain that we have become so heavily reliant on is in fact the power that is draining our lives.

This power is only accessible for brief defined periods of time. And once the moment of rage or despair has dissipated and you are disconnected from the reservoir, you are left feeling weak, fatigued and almost pathetic in comparison to the energy that was so briefly yours. This is why it is such an addictive pathway of functioning. The Problem Solving Mind, once you are removed from this powerful energy, becomes confused as it tries to scramble and recreate some semblance of meaning in its existence. The Problem Solving Mind struggles to achieve this whenever it no longer feels in charge over its external world.

The illusion of control is the Problem Solving Minds constant goal and an erroneously identified safe haven; an asylum that it thinks will protect it from the dangers that prowl in its world...

This process I have just described can appear and quickly retreat repeatedly throughout the functioning of our daily lives; and it is often dependent on how much we are resisting the events of the day. So it does not always continue to grow into a fully formed beast, but the potential for it is always alive and well.

Sharing the rage behind our beliefs

It is important to also become aware of how these modes of functioning can potentially create great force when people have their pain ignited simultaneously, in a frenzy of power and rage.

This is an example of the Insanity of Humanity in all of its glory.

You do not have to watch the news on television for too many nights in a row before you will get the chance to witness this kind of behaviour somewhere in the world. Rage and fury can spread very quickly and rapidly in this kind of situation, because any sense of individual responsibility that society had placed on them very quickly disappears. In this instance people justify their behaviour underneath the blanket of the shared pain. It is extraordinary what we are all capable of doing in this mode of functioning.

Call 911 we have an emergency!

Stop and have an honest look at the mechanisms of the Problem Solving Mind and its connection to pain within you and other individuals that you interact with on the journey of your life. If you do not see the process that you have become subconsciously connected to, you will ultimately create the demise of what you have falsely identified with as your existence.

Every time you have a powerful pain based experience your beliefs gets shaken at their foundations, until one day the Problem Solving Mind can no longer maintain and repair it any more. If you were to experience this scenario, your Problem Solving Mind would, at the point when your beliefs had finally become insubstantial in your mind, relinquish the survival process of blaming and trying to control the external environment. It would then turn its attention elsewhere and abandon its alliance with all your social masks. Quickly realising that it has nowhere else to direct its need to be in control, the Problem Solving Mind would then attack its own creations, as it has now identified the artificial versions of you as the problems that need solving. It finds only one answer to this incredibly painful experience, and that is extermination. Once you have been pushed to this point your behaviour will become desperately erratic, irrational and highly destructive to yourself and anybody around you - now you genuinely have an emergency on your hands.

When the mind gets to the point of meltdown, this can either be your opportunity to step back and see the true nature of the Problem Solving Mind while it is weak and confused, or it will lead to you being attached to a mental breakdown, suicide, or the destruction of other living things.

To Summarise...

Pain effects the expression of all aspects of life, including; our personality, how our learning is formed, our sexuality, our dreams and desires, our concept of success, happiness, love... everything. It is the fuel that flows through the

pathways of The Problem Solving Mind and hence the Construct in which we are housed.

This is why it is essential to stop immediately when it is recognised that pain and the Problem Solving Mind are driving our lives via our Conscious Energy. Otherwise, every thought and corresponding feeling we have will be corrupted by the pain and this is a continuous building process that has no structural integrity. Thoughts and feelings just keep playing of each other in manipulated cycles of insanity, as they create the life that we are currently experiencing.

At this stage of your exploration into the workings of pain and how it is affecting your mind and your life, the key is not to try and remove your belief structures completely. In the first instance start by ensuring that they at least have an element of structural integrity in them and that you stop identifying with them as being the truth. This is achieved by shining the light of awareness on them and the process of how to do this will be explored as the book unfolds.

Remember, this whole process that I am running you through throughout the book is simply to take you to a place where you can be aware. Awareness is one of the most powerful things that you will ever create, so do not underestimate the effectiveness of it.

Further down the pathway of Awareness it is possible to eventually create a mind that has no beliefs as such, at least not in a manner that they are currently restricting our lives; instead we can learn how to allow all information to sit in what effectively could be thought of as a resource centre -

this is the one truth version of life rather than the one corrupted by pain and the fear it creates.

If you are fully content with your current experiential reality then no need to change. But know that if you become aware, your current alliance to pain will change, as pain can't maintain its control while the light of awareness is on it. So if you are becoming more convinced that your life is caught in the world of pain, let's continue this journey of discovery.

It is so important that you see the whole picture of life and how you are interacting with all of the dynamics that currently exist within your mind and within the social structures that you are interacting with. Any form of psychological distress is being created from your own thinking and therefore it is essential to understand the nature and sources of the information which are affecting your ongoing ability to free yourself of pain.