

# The Construct

“I sit in awe of the Construct and yet within it I feel like nothing, desperately trying to be something, not knowing that nothing is part of everything.”

## Welcome to the Construct, welcome to Cyber World

Have you ever been in a situation in life where you feel like you just want to escape?

One where you are screaming out in your mind...

“Get me out of here!”

If you have, then what you are feeling is your Construct contracting around you. It is an intensified version of that niggling feeling that something is not quite right. It is your Problem Solving Mind telling you to change the dynamic surrounding you, or that you should remove yourself from it immediately. However, if you sit in that feeling rather than responding to it, this your chance to see your masterfully designed box or intertwined thoughts – a cage that maintains your incarceration in an illusionary world.

So let's examine the nature of this prison...

### Life on planet Earth is not as it seems!

The Construct is quite possibly one of the greatest creations that you will have ever had the pleasure to witness and you are inside it right now.

Although we are absorbing information from the external world, we are not actually in it as such. Our lack of

awareness of this aspect of our reality, leads us on an insatiable journey to rearrange the external world to find meaning and happiness. However, all we are actually doing is rearranging thoughts in our minds. It is this disparity in the awareness of what we think life is compared to what it actually is, that leads to all the disturbing feelings we experience. And we just keep acting on these feelings by trying to change what is outside of us, as if it is not us creating these uncomfortable feelings in the first place.

So what is going on?

Our lives are housed within the realms of a structure that has been created and constantly enhanced by the Problem Solving Mind. The Construct creates the illusion that our lives are restricted to definable realities, to time, the physical realm and a linear pathway of thought which manifests into our beliefs.

Wherever you are right now, take a moment to stop and look around you.

What did you see?

A house, trees, people – what do you think these things are relative to your personal experience of life?

The truth embodied in the answer to this question could be one of the most important concepts that you could ever hope that your mind will grasp.

It is not the external world that you are seeing; it is your Construct, a cyber version of life that is “projected” onto the

inside of your mind. You are experiencing a complex interpretation of your own thoughts - Thoughts that are created in response to the information that your mind has absorbed via your five senses. This information is edited and arranged to create a picture that you have come to believe is real life and also the parameters of your existence. This picture continues to evolve with time and creates what you have identified as your life story. And within this life story is everything that you believe life to be, including who and what you are and how you fit into this picture.

This clever Construct of pain imbued thoughts leads us down an illusionary pathway under the false belief that our lives are not actually held captive within a confined space. Hence no matter what we do in this space, we are still at the mercy of the dynamics that are necessary to keep this structure in tact. And one of those dynamics is that we always feel enough dissatisfaction to believe that our happiness lies ahead of us, in the disguise of a solution to an identified problem. So we feel like we are travelling forward through life, getting closer and closer to a place where life will make sense. Unfortunately, this is an illusion. We are effectively running around in circles.

Look at the last 2000 years in the development of human civilisation. Is that a reasonable amount of time to give an intelligent species to work out the nature of their existence - To be continually getting wiser and therefore more peaceful in their interaction with life?

I would say that a fair answer would be... yes!

The truth is in fact the complete opposite, whether we want to admit it or not. Fear levels are higher than ever before, as we face all sorts of terrifying consequences of our own behaviour; including Global Warming.

Is there a clear reason as to how this could be possible?

Yes there is. We do not know where we are, so therefore no matter what we do we are getting no closer to learning how to peacefully interact with life, which includes each other and our own sense of being.

So it does not matter what we create within our minds and what we use our minds to create in the external world, we are still stuck in our minds... Stuck in the Construct!

The Construct is a purpose built as a survival machine and I assure you that it is not guiding your survival with your best interests in mind.

So effectively what we are seeing is  
the inside of our minds!

We are not seeing life itself, but just one specially crafted version of it, based on a point by point linear decision-making pathway that our mind Problem Solving Mind has travelled. A version of life that we believe is life because we have never experienced anything to the contrary.

And the Construct is distorting our ability to know what it is that we are actually seeing and where we really are.

Do not underestimate what I am saying here, for what I am proposing is potentially mind blowing if you truly think about the ramifications of bringing this into your awareness.

This pathway of thought that we are on becomes what represents our life story...

We identify ourselves through this story and devote our life to defending and protecting it, even if it is embodied with great pain and confusion. And it is pain that was used to guide the creation of the very structure in which we exist.

The interesting aspect of limiting ourselves to this rather narrow conduit is that we feel like that we are trapped in a box, a psychological cage that stops our ability to genuinely interact with life. And as long as we are unaware of the existence of the Construct, life will continue to feel this way.

Of course life continues to change, as do we, but the pain just keeps increasing while the size of the box decreases. Hence life has a very restrictive feeling as we desperately try to problem solve our way out of our seemingly unsolvable emotional mess. The more we continue to see life as a problem the greater the strength of the Construct to keep us trapped in its world of illusory beliefs.

When I propose this to people, they generally think that they are looking at the external world and open their minds as far as to accept that they may be creating a different interpretation of life, after they first see a truthful version of

it. However, that is still not right, but close, as the truthful version is yet to be revealed to us.

We are actually looking at what could be described as continuous movie playing on the inside of our minds and we have front row seats. This movie cinema is like no other that we have ever experienced before, for this one is fully interactive. It allows us to experience a whole array of sensations and emotions to accompany the visual image. This is the ultimate journey through a virtual reality and we have become so enthralled and overwhelmed by this sensory overload that we are effectively rendered to an incapacitated state.

We are effectively asleep and yet somehow still experiencing this cyber world as if it is real.

The strange niggling sensation that something is not quite right gets locked away, because it almost seems insignificant compared to the emotional depth that is dragging us towards an apparent destiny that we cannot define - Which again inadvertently strengthens the Construct, that is, our belief structure that we think we need to stay sane.

So in our search for sanity we are actually driving ourselves deeper into our insanity...

And how can you ever define something that is always changing and therefore forever new?

We do not realise it, but our life is not ours, we are still in the movie cinema, thinking that we are actually continuing with our lives. We are housed in a complex structure of neural stimulation that is so extraordinary, that we barely even question the fact that this life is our life...

And that is where the story started for us  
and could potentially end for humanity.

The idea that we have entered into a movie cinema may just sound like a fictitious story. A cinema that creates such an overwhelming emotional stimulus, that we have not gained the necessary awareness to understand what and where we are. However, this is effectively what has happened to us...

Conscious Energy has entered a realm that is so overwhelming in its connection to the physical and emotional aspects of life that we have never fully recovered. Hence we have never been able to work out why we entered this realm in the first place.

We are the essence of awareness living inside a mind.  
Our mind is so brilliantly designed that its interaction  
with life is so extraordinary, that we have come to  
believe that this confined space is life itself.

Conscious Awareness has found a portal to life through the human mind, but it can't figure out how to get out of the mind while still maintaining consciousness and hence our life as we know it.

Now imagine the human spirit, as Conscious Energy, waking up in the midst of the mind of a human baby. Imagine experiencing the physical realm through the five senses for the first time ever. It would be so overwhelming that you would actually forget who and what you are. You would effectively become the feelings and sensations that you are experiencing and you would never learn to move beyond that.

We have become trapped within the confines of the Construct; a cyber sensory reality, that just like in the movie, is not real, yet we believe that it is.

Well this does not sound too bad does it? - living in a realm of deep emotions and sensory stimulation; If only it was that simple.

I am not suggesting that we should not live within our Construct of functioning; I am simply pointing out that that is where we reside. However, be mindful, that should we choose to stay in this realm, there are certain parameters we will just have to learn to live with. The greatest of which is pain and the fear that it creates as the Construct is guided by nothing else. And if we live in the Construct our life will be limited to what our fear allows us to experience, a small and distorted version of what is possible.

## Pin Head Theory

All of the information that we are utilising and therefore experiencing is a pin heads worth of information relative to what is possible.

This is the information that is pertaining to our “story” of what was, what is and what could be. It is constructed from our fear based learning and the information stored in our pain. So our life story is much smaller than we think. Yet it is our life story that feels so huge, to the point that it disables us from truly understanding and feeling life beyond this - Hence the selfish nature of human behaviour.

Also, it doesn't matter whether the information in the story is negative or positive in our perception of it. Of course it will be a combination of both, which in reality all just adds up to the same thing within all of us. Meaning, in the Construct, the Problem Solving Mind attempts to maintain a balance between positive and negative thoughts for the purpose of maintaining control and keeping the illusion of our life story alive.

If you put too much effort into creating positive thinking, then the mind will eventually force the balance back by creating an overwhelming and uncontrollable amount of negative associations and thoughts. The reason for this is because such a small amount of information, relative to what has been originally absorbed, requires a lot of management and control to keep it in such a restricted place of existence. Hence the Construct is in a constant process of rearrangement while the Problem Solving Mind desperately tries to maintain

its structural integrity. It does this under the falsely identified bombardment of life's new information. So it is easy to see why we always feel stressed as we cram the entirety of life into our Pin Head of a story!

Whatever you are thinking and whatever the nature of those thoughts are, always keep in the forefront of your awareness that it is still just a version and all versions are created from the pathways of pain. Pain, that when housed in the Construct, turns into nothing but fear, disguised behind various thoughts and beliefs. Therefore all we are guiding our lives by, is a restricted version of what is first absorbed. And we will never see or experience this original version if we stayed housed within the Construct.

All we experience is the **outcome** of the Problem Solving Minds analysis of the external world...

We live our lives obsessed with outcomes, because without realising it, we are trapped in a world of nothing but outcomes.

As our Pin Head gets smaller the pain of absorbing and filtering life will intensify. This is because, relatively speaking, we are trying to maintain a version that is becoming increasingly disproportionate in size to what actually is. We will then attempt to withdraw from life in order to cope. This reduces the amount of information that is challenging our concept of existence; hence the desire to stay within "known" boundaries in our lives.

This still serves the objectives of the Problem Solving Minds pain driven pathways, as it ultimately still has us fooled into believing that what we are experiencing is the entirety of what is possible. In fact we end up feeling like we are absorbing too much – but in reality we are absorbing very little and inadvertently this is where all the distorted pain comes from.

Also, it continues to intensify the thinking that it is the external world that is causing our pain, hence keeping the Construct well hidden from our Conscious Awareness.

So as you decrease the size of your Pin Head the pain will increase, because you don't realise that to free yourself requires the complete opposite approach. That is, to absorb and embrace all of life's information. Even though this is an ever changing concept, we can in this instance embrace the change and the constant absorption of wisdom. In fact it will make life feel so alive and exciting that we will just open our minds wider and wider until there is no Pin Head at all – we are now everything that we are. And then life will just make sense as it could not be any other way and therefore the illusion that we have choices disappears. We would then embrace the ever changing newness of life and let go of the control that our Problem Solving Mind has told us that we need to survive.

The purpose of choice is to navigate the Construct,  
not life!

The reason most people reject the proposition that we could live beyond our Pin Heads worth of existence, which effectively is our Construct, is because of the enormity of our pain. And as mentioned, this convinces us that we are actually receiving too much information.

Let's now look deeper into the nature of the concept of a game, because in essence that is what we are living within. Games can only exist owing to certain rules and parameters and that is exactly how the Construct functions and why it is possible to observe and understand it.

So it is very important for us to become familiar with the nature of the game in which we are trapped, rather than to just unwittingly play the game. For if we continue to do that we have been fooled – tricked into thinking that this is what life is all about, when in fact this could not be further from the truth.

## The Game

To aid in the process of exposing the Construct, it is useful to explore our current concept of games within our societies.

Within the structures of the systems that we have created, we have developed many games to play so people can pit their skills against one another. It would appear that it is very important for us to feel that we are good at something, as this is an obvious mode to enhance our chances of survival. We have made this a relative concept and therefore to feel this way we must be better than someone else, hence the

selfish nature of our functioning that blinds us to our own destructive pathway.

We need there to be a loser for us to feel like a winner in whatever realm we are playing in. So to give us this satisfaction, we search out various means to create the feeling of success within our mind. But the question to consider is; do we need to fulfil this desire to survive in today's world and where is it currently getting us?

This competitive game driven mentality is no longer  
necessary as the driving force behind the essence  
of our behaviour.

It is within the game of the Construct that the concept of success and achievement is created. And it is here that we allow integrity to be sacrificed for such desires to be fulfilled.

People often get fooled into thinking that there are the games that we play (such as sport or various other physical and mental challenges that have various rules and regulations attached to them) and then there is life that we must abide by within the structures of our society. For many people, the latter is not seen as a game, because it has higher stakes attached to it; meaning, these processes of human interaction that occur within the framework of the workplace, government structures and any other attached systems, are necessary for the continuance of our survival.

There are also many people who would consider that personal relationships do not fall under the category of a game. However, we are successfully programmed after many years of evolution, to know that our survival relies on creating effective relationships that serve our purpose - hence inadvertently they become a game of manipulation and deceit also.

Life has become all about winning.

But we can't all be winners.

So what aspects of life do you approach as if they are a game?

Give this question the due consideration that it deserves, as I assure you there is more truth that lies behind this question than you could have ever possibly imagined.

How would you feel if I proposed that the whole thing is a game?

I mean everything.

Every aspect of our existence that we partake in is in fact just a game; a game that leads us down a pathway that is so shrewdly designed that we can't even get past first base. The reason for this is because we think first base is the entirety of the dynamics which we must deal with.

So let's clarify what I mean by first base. First base simply represents everything that we currently think life is; it is the cinema of life that we are trapped in. Therefore we never try to go past this, but instead attempt to control and fulfil our desires in the place in which we currently stand.

**But this is all just an illusion.**

So what are the necessary requirements to keep this illusion in place?

An important one is that we think some aspects of life are a game and that others are not.

Imagine that I draw a line in the sand;

On one side you must place every aspect of your existence that you think is a game and on the other side you place every aspect of your existence that you think must be taken seriously. Everybody has a different interpretation of which bits and pieces go to which side and everybody thinks that their version is right and that others are wrong - unless of course somebody else agrees with them.

Just to get some perspective on how to explore this topic, look at some of the divergent realms of emotional energy that different people put into different aspects of life.

For example; some people take a game of football (whatever version exists in your country) so seriously within the framework of their mind, whether they are a participator

or an observer, that they can feel absolutely devastated when their team loses. In fact, they can put more emotional energy into this game than they would put into their families, their work or their loved ones. Now to another person this would be seen as insane, as they may propose that this is just ridiculous behaviour and how could anybody get so worked up over a game. To them, for example, they may argue that their job and looking after their family is the only thing that matters and that is where they must put all of their time, effort and energy.

So who is right? ...Both of them, one of them, or none of them?

None of them are reading the information of life correctly.

The truth is, we are all trapped in a game, but the game is not quite what we think it is. Whatever perceptual angle we are coming from, whether it is football, personal relationships, or the business world that we treat as a game, all of them are just masterfully designed distractions. They keep us directing our attention away from the real issue, the truth as to what is actually going on with our lives, as we try to express our evolutionary emotional forces down some avenue of expression.

What I am suggesting, is that in the current mode of functioning that we are trapped in, we are just a pawn being conveniently used like a puppet on a string. And the Problem Solving Mind does everything it can to disallow us from seeing this. It convinces us that if our emotional needs aren't satisfied then our life will be meaningless. So we never sit still

long enough to look beyond these emotions as they so powerfully call for action.

Think of being in the Construct, this movie we are watching, as an interactive game. The Construct therefore represents the restrictive barriers of our existence, as it determines every aspect of our experiential reality. It is a representative of what we have defined as evolution. So it serves evolution, not us! It has such control over this process that we think that life can be no other way.

And that is the challenge of this game...

The challenge for all of us is to first realise that we are in the game. Then we need to learn how to master it...

To master the Construct is probably the greatest challenge we will have ever had to face in our entire life. It is a game that is full of information that must be decoded and understood if eternal freedom is our desire. Otherwise we will stay trapped in a permanent state of confinement until the vehicle that we are travelling in ceases to exist.

The Construct is the psychological cage that incarcerates our existence and every one of our beliefs represents another shackle...

in this mind made penitentiary.

The Construct is no ordinary prison; it is definitely top security...

And it is within these confines that we exist.

We are playing a game with the wrong rules and we wonder why, that no matter what we do, we never seem to win.

Don't get caught up in trying to logically rationalise whether what I'm saying is true or not. What I encourage, is that what we start getting a sense of, is a deeper connection to that niggling feeling that something is not quite right. For it is within that feeling that the key to our freedom lies. It all started so innocently and simply as we were drawn into wanting to experience something beyond our existing realm of knowing. And now it has all turned quite awry on us, as we have been drawn into this game of virtual reality where it permanently feels like our very life is at stake.

A life that started with wanting is now trapped in wanting, as wanting is just a mode of thinking to give life a sense of purpose and growth.

If this is at all confusing then please be patient with me, as although this may sound rather extreme within the realms of our existing knowledge on life, I will draw you closer to how you can apply this new awareness to the reality of your existence as the book unfolds. Let's now take a closer look at the entities that guide the functioning of the Construct.

## Behind Cyber World

## Pulling the mask off to expose the Ego

The Ego is the Problem Solving Minds attempt to be a human being, to have a personality, to live and experience life and most importantly, to be able to communicate with you through a vision of a physical being that you and it can relate to...

And the Ego's home is the Construct.

Think of it as a complex computer program that is actually trying to work out how to be a person. The Ego has the potentially dangerous combination of being scared and confused, while at the same time being guided by all of the creative genius that lies within the potential functioning of the Problem Solving Mind.

The Ego desperately wants to live and experience life and it currently sees you as a threat, while at the same time a very useful source of energy – not to mention an intriguing housemate! Unfortunately, because of this fear of you, most of the time it treats you more like a slave, keeping you trapped in the deeper reaches of its dark passages. It realises that you have the power to grab the controls of the vehicle in which you are both housed, as you attempt to find freedom from your bondage. So you and the Ego have a common goal – just very different ways of going about getting it.

The Problem Solving Mind has either personally witnessed or gathered information on how we have attempted to separate our spirits from the Ego before. For example, many spiritual teachings talk about the Ego as if it is some terrible

thing that we must destroy and get rid of. What do you think the Ego is doing while you read about all that kind of stuff - just casually sitting back and saying okay, go ahead and get rid of me? Of course it isn't, it is taking all of this knowledge in and using it to stop you from murdering it. It is creating more advanced illusions and lures to take us all further away from the truth. You can't blame it really, for you have not told it otherwise.

The Ego is therefore desperate to never be seen by you, or more importantly anyone else, as it would see this as effectively blowing its cover. The Ego therefore creates a whole array of disguises to protect itself from ever being discovered. It is the master of justifications and could fairly be named an Argumaniac; as if arguing with other human beings actually achieves anything. All it actually does is reinforce the need to strengthen your own Construct and the Construct of the person you are arguing with.

The Ego is so clever at never allowing us to see its true face behind its mask that it has created many Cyber Selves to throw us off track. So that we think that the Ego is, is just an insecure and selfish version of us. However, in saying this we are very close to seeing the truth, as the operative word that is embodied in the last sentence which is a very important clue... is "version".

So the error of judgment that many people have made here, which is part of the clever design of the Problem Solving Mind, is that when we are not our Ego, we are our real self. The purpose of an Ego is to keep us thinking that if we stay away from it, we are functioning true to this falsely identified real self, otherwise known as our authentic self.

The authentic self is often referred to as an accumulation of our personality and our life experiences - our Pin Head of information that we erroneously think is us.

How could anybody get in touch with that?

Firstly, all of these aspects are simply part of the programmed and cyber aspects of our existence and therefore are not real; and secondly these aspects are constantly changing and rearranging for the purpose of survival, as they are all connected to the functioning of the Construct. So if your authentic self is being sold to you in this disguise, then it will simply be another lure that will lead you into further disillusionment and your life will continue to serve its time in incarceration.

Getting away from our Ego does not mean that we are suddenly in touch with the real us and that we are free from Cyber World. There is no such thing as just getting away from our Ego. If it was that simple we would have all figured this out a long time ago - and theories of such a nature have been floating around for many centuries.

For the purpose of building the appropriate pathways toward freedom, think of an Ego as a lure that gives us a false sense of understanding of the difference between the world of the mind and the world of the spirit. In the process of giving so much attention to the Ego and all that it creates, we have once again been fooled into a never ending loop of dissatisfaction, as the world outside of the Ego is still within the confines of the Construct. The Ego is just one small part of the equation that we need to understand and learn how to communicate with.

## The Ego is the Problem Solving Minds human cyber face.

Once we see the Ego for what it really is and stop getting halted at the point of associating with its human qualities, we will start to sense and see the truth of its existence and functioning. So rather than seeing the Ego as something to try and remove the real you from, see it as a gateway into discovering the truth behind the functioning of the Problem Solving Mind. For at the moment, what we think is the real us, is simply just another cyber version of life, another cyber human being, which is no closer to being real in the sense that we are trying to discover, than is the Ego.

The Ego is simply living proof that the Problem Solving Mind is in fact an extremely intelligent but very scared child trying to survive and work out this universe in which it exists on its own. It needs us to help it create a greater sense of knowing and understanding of its own existence. Both relevant to ours and relevant to life which is encapsulated by all of the information which it receives. So obviously to create this scenario of communication, we must first stop fearing it and secondly stop identifying with all of the information that the Problem Solving Mind presents to us outside of our observation of it.

As long as we are in the Construct, all of the information that we receive from life is just a conveniently edited and manipulated version. And this is for the purpose of maintaining the Construct and for the purpose of maintaining a system of functioning which disallows us from ever seeing the truth of anything.

I know that the existing concept of the Ego and enlightenment are long held theories that many people in the world of spiritual teaching have devoted their lives to, so I am in no shape or form wanting to disrespect any of this. So if it is necessary for you to continue this journey with me, maybe just explore this section as an interesting proposition before you jump to any conclusions.

We have erroneously housed our concept of spirituality within the world of beliefs and the Ego has lured us down this pathway to keep our deeper sense of knowing trapped within the domain of the pain, the Construct and the Problem Solving Mind. So as much as this may be a distasteful pill to swallow, please try and open yourself to the possibility that the “you” outside of the Ego is still just another cyber version of you. In fact, the Problem Solving Mind has created many different Cyber Selves to ensure that we continue to see life as a problem that needs solving.

What I am presenting may seem so complicated and confusing that you could argue with me that this all has to be a problem...

Well it isn't.

This is once again all part of the sorcerer's illusion.

I have been witnessing and observing what I share with you my whole life and yes it can feel very baffling at times if you let it. With all of the knowledge and awareness that I have developed, I still through times of illness or when my life is in perceptually very difficult situations, feel the Problem Solving Mind attempting to use these moments of confusion. It does

so, by using all of its Cyber Selves, in an attempt to draw me into its neural web of deceit. Of course it is an incredibly complicated illusion to see through; otherwise it would never have worked and served its purpose of survival for such an extended period of time.

As difficult as it may seem to understand all of this, I assure you that if we all put as much energy into decoding the Construct as we do into building and reinforcing it, then freedom would be ours on a united level very quickly.

## Cyber Selves - the guardians of the Construct and the Ego!

So at the risk of making this story of the journey of humanity even more complicated, let's take a closer look at the cyber faces that the Problem Solving Mind creates to protect its human face. Remember, this is all just a cyber reality that we are living in, so the Problem Solving Mind can create whatever it wants. Its only limitations to its creativity comes from its own self employed limits. And these it creates from its lack of understanding of so much that it experiences...

It currently seems to be limited to the thought of it being a human being and therefore keeps creating as many cyber versions of what it thinks it is in order to deal with life.

Also remember, that whatever it creates and thinks it is, you currently think you are! And this is why life feels like an emotional washing machine, where everybody is struggling to work out who they really are as they bounce around from

one notion of self to another. Of course none of them are you so expect a life that is bursting with confusion.

So the Construct is quite a full house, as there are many different personalities running around attempting to maintain control of this thing called life. As the Ego is the key representative of the Problem Solving Mind it likes to stay in the background as much as possible, as it sees this as an essential protective measure for its survival.

The world of psychology would like to think that it is only people with advanced and unhealthy psychological conditions that are subject to such extreme manifestations, but I assure you that every single living human being effectively has multiple personalities to deal with different situations in life. The Problem Solving Mind has been able to create these various Cyber Selves so cleverly that we actually slip from one into to the other without even noticing. It does this to ensure that it does not spark off our awareness of anything being wrong.

If you want to explore this topic in simplistic terms, then just think of all the different social masks that you create to deal with various situations in your life.

It does not matter how hard you try, I am sure that you cannot maintain a single “you” to deal with every single circumstance in life. This is why the concept of what “you” is, is a very complex and confusing one for most people.

So each individual Cyber Self is literally just a program that has been developed from our informative and key learning years during the creation of our Construct. Which program

we feel is necessary to utilise, is dependent on our fear based learning. Learning that our Problem Solving Mind has determined will necessitate the highest probability of creating control over its existence and therefore its survival.

Each Cyber Self uses different emotional control techniques that it learnt when we were children. And as these Cyber Selves have been within us throughout the journey of our lives into adulthood, they slowly but surely manifest deeper and more sophisticated personalities attached to these emotionally driven techniques. Of course when they get too complex and powerful people feel like they are literally going mad.

During the process of absorbing the information that I am presenting, observe your own behaviour and the behaviour of others. Take a look at all of the systems we have created and how they are a representative of our beliefs, our fears and our many different Cyber Selves. Observe how they are used to disguise the real truth of what we actually feel. Notice how something in you is always trying to protect a deeper state of insecurity and think about whom and what that thing is - for this is the face of your Ego, which is the mask for the Problem Solving Mind.

Think about how people always have that sense that politicians are being dishonest to them, that our real estate agent is not telling us the truth, or that our partner is manipulating us to get what they want. Take a close look at these faces that the world is presenting, for these faces carry the characteristics and essence of the functioning of the cyber reality in which we exist.

If you are ready to continue then there is another layer to peel off from the mask that is blinding our existence.

## It can be seen

To me, what I'm about to share with you is just brilliant in its design and extremely exciting to come to an awareness of.

The Problem Solving Mind wants us to stay in a world where we think that everybody's mind is different, hence sending us on an insatiable journey of control that fully occupies our time and attention.

Think about how we all fight for our individuality and yet at the same time fight to all be treated the same!

The interesting observation to be made beyond the fact that every single Construct appears outwardly to be totally unique, is that they all, behind the individual personalities and beliefs, show exactly the same characteristics. And even though the disguises that they present to the world are all totally different, once you understand the mechanisms of functioning behind them, it is effectively like seeing one entity communicating with you, as opposed to a whole bunch of different individuals.

To make myself clear, I am proposing that there is one united force or intelligence that is driving all Constructs and all of our unique and individual minds – this is the Super Construct.

Otherwise it would not be observable and predictable in terms of its characteristics of functioning. The best way I could describe it, would be to say that the Super Construct is a representative of a living entity and it is using us to express its influence and control over the world.

The Super Construct is just one thing and we are simply a vehicle to serve its purpose. This is an absolutely necessary feature for the force behind the functioning of the Problem Solving Mind and the Construct that it creates to be successful - otherwise it would not be able to control the destiny of humanity in the manner in which we are currently witnessing...

Stop and think about what it would take to head six billion people down a predictable pathway with an inevitable end result...

And not just that – a pathway that we can see being created but feel helpless to stop.

So even though we can observe all of the different faces that the Problem Solving Mind creates, once you get attuned to what it is you are actually looking for, you realise that all of these different Cyber Selves are actually a representation of one thing. When you understand the nature and functioning of the Construct and the Super Construct, it gives you an opportunity to see where you have been imprisoned and to understand why it is so difficult to connect with life.

Once you can see this cage of beliefs and programs you have the opportunity to stop identifying with them. Even if it is just for one brief moment, this is your chance to see the intelligent life force behind the creation of it all – hence the importance of not totally separating ourselves from it.

I assure you it is there to be seen.

If you can truly sense what I am talking about, you can see that this force functions way beyond the parameters of your Construct. In fact, it exists beyond the confines of space and time and the physical realm to which we have become so heavily reliant upon.

Never underestimate the level of genius that is behind the design of this extraordinary structure. Once it is witnessed for the majesty of its creation, it offers us a glimpse as to the potential of the power of our minds.

Any physical structure that humans have created in the external environment, pale in comparison to a complex system of functioning that is powerful enough to encapsulate and utilise what I consider to be, the most astonishing thing that exists in the universe, Conscious Energy.

However, the longer that the Problem Solving Mind is able to maintain the Construct, the greater its power becomes and therefore the closer it will get to creating external structures that will match the functioning of its own internal structure...

Humanity could only hope that we are never foolish enough to allow ourselves to travel to this point, as the consequences for us would be devastating.

As we are a source of energy, we are used to fuel and keep these mechanisms functioning, while the energy attached to the processes of pain and fear are used to keep us believing that the Construct is real. We are effectively trapped in a survival mode that disallows us from looking beyond this realm; in fact in the main we do not even know that we are in it in the first place.

The Construct represents the flavour and characteristics of the Problem Solving Mind. It is a world of illusion, for without illusion it would not exist.

This incredible Construct that we are housed within is only capable of the illusion to beat all illusions, because the human mind, as a piece of machinery, has such an incredible potential for creativity. Hence it has the ability to develop an artificial version of life. And as long as it stays in this artificial version, then our existence will just continue to represent a diluted version of how we could potentially experience life.

However, once we become empowered with the complete awareness of what we are, the Construct no longer exists in the manner in which we are currently experiencing it. And this intelligence will be there for us to utilise and guide. But first

we must learn to move beyond the illusion that the Problem Solving Mind has created.

What I am proposing that we need to do is no simple task, for I am suggesting that we totally stop identifying with every single existing thought and belief that currently drives our lives, and therefore every emotion that we feel...

If you have become fully identified with your Construct as being you, then to do this is paramount to asking you to give up your life.

Once again, don't be fooled as this is just another part of the illusion created by the Problem Solving Mind.

So as stated earlier, owing to the fact that most people have never been guided past the childlike functioning of the Problem Solving Mind, they erroneously come to the conclusion that this is the only place of functioning for a human being. They therefore continue to develop and enforce their belief structures on all aspects that envelope their lives. Of course, as a belief structure is not real, you are simply walking with arms wide open into the Insanity of Humanity, as you attempt to enforce a distorted fear based version of life onto life itself. If you can sense the truth in what I am saying to you right now, then this may give you a glimpse of understanding as to the nature of the functioning of humanity in the world today.

Nearly every human being on this planet is attempting to enforce their way, as if that is the way and knows no other way!

## Putting the pieces together

To clarify, when you live in the Construct, every single thing that you experience is not life itself; you are experiencing the inside of your brain. Really stop and explore that concept. I know it is a very strange thought to think that you are actually looking around at the parameters and potential of your own mind.

For you to be able to recreate a vision of life inside your mind, then everything that you can see or experience was already in your mind in the first place, otherwise you would not be able to recognise what you were seeing. It would just be a whole bunch of information that would have no sense or meaning to you whatsoever.

We are what we see. We are the universe. We are the universe in a state of consciousness. We created ourselves to see ourselves for the purpose of understanding ourselves.

However, although our minds are withholding the truth to the universe, we never try to open it to handing over this wealth of life's information, because we are so distracted by our emotions.

We are lost in our feelings that only allow us to see life from one perceptual angle at any one point in time. And this creates "The Game"... as we lunge from one emotion to another. We do this by rearranging the thoughts in our minds as we try to escape our pain. And we do this not knowing that we are in a maze that has no exist...

It is not a matter of escaping this maze of intertwined fear based thoughts; it is a matter of realising that it is all just an illusion.

We are trapped in an artificial realm of existence; we are trapped in Cyber World. This world is very real, but it is not life as such. We are currently limiting ourselves by getting confused as to why our illusionary finite reality in the Construct, does not match the infinite realm of life. It never will match, however, this only serves to work against us when we get stuck trying to keep life's information in this finite place.

I am just exploring the possibilities right now - so to get the ball rolling, imagine if the experiences that we are absorbing were in fact individual pieces, that when put together, could unlock and decode the Construct, hence releasing our minds to the infinite possibilities of life itself.

What I am suggesting is that the complete possibilities of life, already exists within you our minds, within the parameters of the Construct - we just haven't learned how to play the game properly, hence the confusion that we feel. The way that we

are currently functioning within it, limits us to the survival mode of the Problem Solving Mind, which is the architect, engineer and producer of this world. A world that we have falsely identified as being something that is not. The Problem Solving Mind has created many characters to serve its purpose and it cleverly utilises the pathways of pain and fear to maintain the illusion of control over us.

So the Problem Solving Mind is simply doing its job and it is doing it brilliantly.

However, I would like you to consider very carefully, that if the Problem Solving Mind did not challenge you to the degree that it does, then you would never figure out what is necessary to move beyond your existing imprisonment - why would you bother? But the pain is increasing and becoming so intense, that the confusion it creates is forcing humanity to look beyond all existing notions of what life is and how the brain functions...

We are in this Construct for a reason and this is where  
I recommend we direct our attention.



## The need to believe

## I believe!

Explaining the concept of our beliefs is probably where I encounter the most resistance from people. So if what I am about to propose triggers any feelings of disturbance or resistance, then this is your proof that your beliefs are limiting your life. For what you are feeling is fear and it is fear that narrows and distorts our vision of everything, hence further blinding us to the truth.

I am sure that most people would understand the idea of a belief, or to believe in something. In fact it would be fair to propose, that people on the whole would consider that to strengthen our beliefs is one of the most important things we need to do in our lives. Sadly, this is all part of the illusion that we have been drawn into... So it is important to understand how they are created and what the true purpose of them is.

On the whole, to live within the realm of beliefs is all that we have ever known and it is this realm that is driving us deeper into the Insanity of Humanity. And this is because it is our beliefs that determine the structural strength of our Construct.

However, there is good news attached to this: As we as a species are reaching saturation point in our tolerance of our current mode of functioning, we are opening up our minds to facing the truth of our existence.

Consider the following...

It is not necessary for us to believe in something for it to exist. Therefore it is not necessary for us to believe in anything for us to exist.

And...

We exist whether we believe in ourselves or not. Life exists whether we believe in it or not. Therefore, the continuance of us and life is not dependent on beliefs.

Yet it is beliefs that we have become dependent on...

Beliefs are important in as much as they got us this far, but it is possible to learn to function beyond the limiting parameters that they create in our minds. Look at them as a stepping stone to something else. Not something to hold onto, defend and protect.

## What is a belief?

A belief is our perception of something based on our experiences to do with a particular topic, person, or in fact any aspect of life that we encounter.

It is a thought, a concept, a notion, or an idea that the Problem Solving Mind has attached fear to and therefore it becomes a belief. Remember that the Problem Solving Mind sees life as a problem that requires a solution and coherent with this observation is the fact that it also fears all of life. So it creates beliefs to attempt to deal with what it cannot

understand and will never understand within the parameters of its existing functioning.

Although people use their beliefs to guide the entirety of their existence, beliefs only encompass a small aspect of what an individual experiences.

So here we are living our lives limited to our beliefs  
and yet our beliefs are only a limited version of what  
is, yet somehow we expect that all of life  
should make sense.

It never will when we are functioning in such a fashion.

Once a thought has manifested into a belief, it becomes part of our mind's structure which we have falsely identified as being ourselves. We therefore use our beliefs to guide our life in an attempt to build an external structure that matches the internal structure of our mind. The Problem Solving Mind dictates that this process is necessary for happiness to exist; hence this is where the need to control stems from. The illusion of control that we are chasing simply becomes an insatiable journey of ongoing disappointment, confusion and pain.

This confusion is exacerbated by the fact that when we are living within the confines of our Construct, there is in reality no internal or external world. And that is part of the illusion.

In this mode of existence there is just our internal world that we are stuck in and we are never actually interacting with anything other than our own thoughts...

Let the madness begin!

Even when another person is talking to us, our mind is hearing and creating an interpretation of their voice after filtering it through our beliefs. Therefore by the time we actually hear it we are just hearing our own thoughts, which we then interact with. And this is why effective communication is so difficult.

Within our mind we have a large number of beliefs ranging from some that are very flexible and relatively unimportant, as far as our life is concerned, through to ones which are incredibly solid and rigid. Our beliefs encompass all aspects of what we think and feel life is and they are all pertaining to our notion of survival. You have, for example, a belief as to what you look like, your self-worth, other people, life itself, love or God; in fact anything and everything that you experience is somehow attached to or affected by a belief.

The more rigid a belief, the higher is the likelihood that you will see it as a truth that you must fight to protect and defend and therefore the greater the pain that you will feel when it is challenged. You do not actually know that most of your beliefs are there until they get triggered by either a similar or conflicting belief to your own.

The deeper we have fallen into a place of insanity the more powerfully we will try to reinforce and protect our beliefs. Reflect on your own life right now; think about what it feels like when somebody challenges one of your stronger beliefs on a particular topic. How does that make you feel? How does that make you feel about them? Do you instantly like them less?

As with the functioning of a child, as long as we are being guided by the Problem Solving Mind, we will continue to hold other people responsible for the uncomfortable feelings that are created when one of our beliefs are challenged.

Now think about a time when you have been out socially and you meet someone that has similar beliefs to your own; how does that make you feel? Like life makes more sense? In this situation we are still holding the other person responsible, but this time for feeling good, so this still leads to us wanting to control them in order to maintain this feeling.

This is a life lived at the mercy of one's beliefs, a life where you will be continually stressed as the world keeps changing faster than your mind can rearrange its thoughts.

In today's modern world the information that we are receiving from our five senses is changing so rapidly that it is making it very difficult for us to maintain our beliefs and all they represent. This is why most people are suffering such advanced and disturbing psychological conditions. In the not too distant past, life was relatively stagnant and change was relatively slow from the perspective of one person's lifetime, hence maintaining a belief was easier.

However, as this is not the case for us, it leaves us with some very straightforward options; firstly we could attempt to bury ourselves away from life to avoid the pain of trying to adjust to this incredible rate of change; or secondly we could fight even harder to enforce our way of thinking to ensure that the rest of the world adjusts to us - good luck on that one; or thirdly we could wake up to the reality that it is totally unnecessary to do either because our beliefs were never us right from the beginning - therefore we don't have to take anything that we see or experience personally. This would allow us to relax and absorb the truth of who we are and the truth of life.

The reason we don't explore the truth beyond beliefs is because we think we can't live without them. In fact we see it as very important to believe in something, particularly ourselves. We see beliefs as holding the solidness and strength that we want to feel. Little do we know that believing disables any chance of this being possible in a tangible sense.

So why then would we not go deeper into understanding them if we thought they held the key to our salvation? Because we are so caught up in finding something to believe in. We think the fear we feel comes from not believing, not realising that it is actually the process of maintaining a belief that fuels the fear.

Every belief that we see in another person could have potentially, with the right learning, been a belief that we identified with as being us – it was all possible. So to continue to live within the framework of our narrow set of

beliefs creates the stress that keeps the role of the Problem Solving Mind alive.

Effectively a belief is just a carefully constructed thought in our brain; therefore it is part of our brain not us, yet we are living as if it is us...

Hence the Insanity of Humanity.

## Beliefs dissolve the truth

We have already established that a perception is not reality, so therefore, considering that a belief is created from your perception of something, neither is it a representative of reality.

A belief is just one version of one aspect of life and no matter how closely it represents the truth, it is still just a version. In fact it would be reasonable to propose that to believe in something obliterates any possibility you could have ever had of actually experiencing it.

To illustrate my point; there are many different religions and beliefs in regard to the notion of there being a God that created us and all that we know. I do not want to debate whether there is or isn't a God, that is for you to decide or to know. But what I would like you to consider is the following; if you believe in God you have effectively disconnected any real connection.

To explain further; a belief is not real, therefore in your experiential reality you have just made God not real in your mind, hence God may still be there but you will never know it. Fear narrows and distorts our thinking and as beliefs are created from our fears, the best you can hope for is a distorted experience of what it is you believe in – including yourself!

We do not have to believe in something for it to exist, in fact, when we do believe in it, it ceases to exist.

...From the point of view of us actually experiencing it outside of our perception of it.

So if we genuinely want to establish a connection with life or the possibility of there being a God, then I recommend that we stop believing in anything.

To clarify, to believe in something is to simply create a cyber version of something, therefore we are not actually experiencing it, we are just experiencing it how our Problem Solving Mind interprets it. And the only reason we believe in something is because we actually fear that it doesn't exist in the first place.

Many people have said to me; I must believe in myself for my life to have meaning. If I don't believe in myself then what am I?

If you believe in yourself then effectively you have just limited your experience of being you to the confines of your

minds perception of you. So at this point you will always feel dissatisfied because you are trying to be something that you are not.

This is why most people feel so confused and go on journeys to find themselves, thinking that if they dig deeper and more firmly into the their beliefs that they will find the answers to which they seek. The further you travel blindly into your beliefs the more lost you will become and the real you may never be found.

If you really want to experience being you, then stop believing in you and there you will be.

## Are you talking to me!

If you are comfortable with the concept that a belief is the only thing standing between you and the truth, then you will be able to see how strange it is that it is a belief that we will fight for more than anything else on this planet.

Think about how many wars in the history of human beings have been created because of the clashing of beliefs, with each side thinking that they are right and that the other is wrong. The truth is both sides are wrong if you want to look at it from this angle. However, individuals and people en masse just continue to enforce their beliefs as if they are real because they know no other reality, despite the obvious outcomes of destruction that they create.

Of course each side believes that if they are victorious, life will find a state of harmony, but of course it will not, as eventually another belief or set of beliefs will grow to create a new challenge for power and domination – and so the saga continues.

Beliefs are the foundation which underlies all of the rage and conflict that we witness in the behaviour of humanity, so effectively we are and always have been fighting over nothing!

## Beliefs create the appearance of selfishness

This rather narrow, distorted and insubstantial angle that the Problem Solving Mind is attempting to approach life from, creates the appearance of it and the person that it is in control of, as being extremely selfish. Another key reason why it does not question this process of functioning is because it erroneously believes that it is the centre of the universe and that all of life revolves around it - hence the need to impose its perception onto the world. Therefore it does not think that it is selfish as it is just enforcing a truth that is fair and reasonable. However, our Constructs are not the entirety of life, just one version of it.

The Problem Solving Mind is constantly on a process of ensuring that survival of its existence is its primary motivating factor. Therefore it believes that it is absolutely necessary for it to manipulate the information which it receives and consequently presents to the world in order to get what it wants.

Unfortunate or not, if we stay in this mode of functioning, all we will ever personally experience and all that we will ever create on this planet will be a distorted version of what is possible.

## A chink in the armour

The Problem Solving Mind is so unbelievably proficient at fulfilling the task that nature created it to do that its functioning is almost foolproof. Hence it has been able to

maintain its control over human existence throughout the history of our evolutionary pathway - leading us to the very era in which we currently exist.

But don't give up hope, because the operative words in the previous sentence that will set us free are, "almost foolproof".

It is a very powerful piece of thinking machinery and it will take a lot of convincing for me to prove to it, which effectively means that I must prove to you, that you are not it. This may sound strange, but neither you nor it currently realise the true nature of this relationship, otherwise you would not be controlled by it!

Let me explain this a little further as this may sound hypocritical to what I have currently proposed. Yes it has taken ownership of us and it is in control of our existence, but it does not truly understand what it is and what we are, but to some degree it thinks it does. So as clever as it is, it has not been able to figure this out.

So now you may be asking; why can it not figure out what we are and what it is?

Because it can't see, touch, feel, smell, hear you or it – but it can use the body's senses to analyse the physical being that it is within, hence why it becomes so heavily identified with it.

The Problem Solving Mind is a representative of the physical realm and is therefore life looking at life. The reason it does not understand this is because it is still limiting itself to a

distorted fear based version. As long as it continues to do this it will never clearly understand what it is.

There is only one force and energy, that I am “aware” of, that can take the Problem Solving Mind beyond its current self limiting parameters and that is Conscious Awareness. So it would appear to be quite obvious that the Problem Solving Mind lacks one key ingredient within its own functioning and that is true awareness. It knows that we are a source of energy that it can control and use for its own purpose, but it does not know that we are the very thing that it needs to extend and expand the realm of its survival into the future.

Conscious Awareness is the only known portal to allowing the light that is life to shine on the entirety of the human mind. When and if this is ever to happen, the Problem Solving Mind would know exactly what the nature of its existence is and the suffering that it actually creates itself would cease. This would leave nothing but the purity and harmonious synchronisation that exists in the Isness of life - that is, the unedited fearless version.

Of course, as Conscious Energy, we are not life in the physical form, we are something different. Therefore to control us required the Problem Solving Mind to come up with an extraordinarily elaborate system of illusion. Hence the creation of the Construct, to keep us in a place of existence that we erroneously believe serves our purpose.

Although we are a convenient fuel source, we do still represent a threat to the Problem Solving Mind if we are to be set free. This is because it sees our pathway of functioning, which influences its thinking, as being at odds with

its current modus operandi - that is, its pathways of using fear and beliefs as a guide to maintain its domination and control.

Fortunately, despite the thousands of years of reign that the Problem Solving Mind has had over human existence, there is an identifiable weakness in its performance;

The Problem Solving Mind cannot understand what we are; however, we have the ability to understand what it is. This represents its weakness and our edge!

Having identified this gives me the opportunity to create portals into the human mind in order to secure the necessary knowledge and wisdom within the functioning of our existence. However, I assure you, this is no simple task, because the Problem Solving Mind, the Construct and the Super Construct have become very powerful forces in this universe.

Every thought that we have, every feeling that we experience and all that we see that humans have created, has been developed through the specific and focused pathways of our minds. We have become so heavily reliant upon these creations that to give them up and relinquish control seems almost ludicrous as a concept. The Problem Solving Mind believes that to do this would leave us nothing to replace it with.

So the end result of this is that we get stuck living with the devil we know, rather than the falsely identified devil that we don't!

## Don't give up

Don't jump to any conclusions at this point, as conclusions just represent outcomes and it is not outcomes that we are searching for. I assure you that what I am presenting can guide us to the truth. These are well tested theories that I am sharing and the evidence speaks strongly in the direction I am exploring.

Whether you "believe" me or not, or whether you like it or not, does not change the reality of what is actually happening. So what have we got to lose?