

What's in it for me?

“We live for our dreams, yet it is our dreams that we can never seem to bring to life, at least not in the way we imagined they would feel.”

Wanting as a survival pathway

To look closely at the thoughts and feelings that drive our wanting, can clearly expose one of the clever illusions that the Problem Solving Mind creates to keep us trapped in the Construct.

As we are trapped in this global state of insanity, life feels like we have no choice but to succumb to the very systems that are controlling us, hence we direct our desire to have a choice into our own personal lives.

In the Construct we believe that choice represents freedom and that freedom will be achieved when we get something that we don't already have, hence the concept of wanting.

We erroneously believe that our desires have a finite volume and that once full, we will remain in a permanent state of happiness. Our desires however are infinite and insatiable. Therefore to think that this is where we will find the contentment we so desire, leads us into an ever increasing quantity of disillusionment as life progresses. This state of disenchantment is being utilised to control our existence by the very system that we feed every single day.

Wanting is fear of our current situation and it is created from the notion that life is a problem that needs solving.

People in general do not perceive that where they are currently at in life is satisfactory because of the pain they experience. They are therefore left to make one simple conclusion; if they attained something that they do not already have, then life will be more peaceful, secure and make more sense – or something of that nature. Hence they see wanting as a necessary mode of thinking in order to gain the control that they need to take the pain away and to survive...

Wanting is fear in disguise to mask the processes of pain.

We are caught in a rather extraordinary process of functioning that most certainly does not serve our purpose, or the purpose of anything else that is connected to our personal lives. Yet our fear so convincingly tells us otherwise.

Once we see where we are, we can now ask; why are we here? We are here in the Construct because it is in the best interest of other forces like evolution and pain, which feed off this pathway of insanity. We have become heavily attached to and reliant upon the road on which we currently travel. This helps us to maintain our sense of self and some vague semblance of meaning.

The origins of our survival mode of functioning, was reliant upon the assumption that our learning correctly resembled the structure and functioning of our mind relative to the environment in which it existed. As each decade progresses in the development of the human species, our mind is being

left alone without clear guidance or wisdom. The information that it receives is becoming increasingly distorted and diluted, therefore it creates its own version of truth, a truth which we currently know only as a manifestation of fear.

Every thought we have, every opinion and every feeling about every aspect of our lives, is actually being created from the process of fear. Therefore what we see and experience is the face of fear.

We are looking at pain domain. And the glasses through which we are observing it is filtering out everything other than that which is pertaining to fears objectives of control. We then express this desire to find this concept of being in control by trying to get what it is that we think we want. And this is part of the process that keeps us trapped in our cyber reality, as nearly the entirety of our existence is founded on a notion of what happiness is.

As the levels of fear in our lives increases our belief in the process of wanting also increases, so we therefore erroneously attach ever increasing levels of hope to wanting as a solution. And this continues to feed the pathways of fear and so on it goes.

By becoming addicted to wanting we have become addicted to fear, which means that our whole existence is an addiction of some kind.

We have bought into the notion that we cannot exist without fear. And this is based on the notion that if we did not use fear as a guide in our current situation, we would not know what to do...

Or at the very least we would not know what we want!

Of course this is presuming that getting what we want will take away the fear. But of course it doesn't, because we are just chasing a concept which exists in a certain mindset that is a never ending one. So the end result of this is that the Problem Solving Mind has nearly gained full control, whereby human existence is becoming nothing but a cyber reality.

Everybody's cyber reality is just a perceptual reality - it is not truth and yet somehow we are convinced that our individual reality is the truth and that other peoples are not...

This is why we are prepared to fight for what we believe.

And to fight for what we believe is ultimately just about getting what we want.

Our beliefs create a false sense of security. They elude us into thinking that they are a solid structure which we can rely upon to determine the nature of what we want. However, every belief that we create is just another bar in the prison of our mind. A prison that just keeps us further and further detached from reality and falling deeper into the black hole of wanting...

Phase 6

The Insanity of Humanity 7

So wanting is in fact insanity!

Walking a tight rope

When we live in the Construct, life is a process of trying to get what we want and of desperately needing to be right.

When we can convince ourselves that we are right, we solidify our beliefs to create the illusion of strength. This creates the need for a Collective Construct in order to justify our behaviour and enhance a feeling of power. For if we do not feel this power then we tend not to pursue our wants and we do not see this as being in our best interest.

As we continue down this controlling and insatiable pathway, we remain stuck on a tight rope which represents our wanting - just one small and insignificant aspect of our journey. And our wanting is just a representative of fear and our fear is controlling what we think life is.

Even though we feel the danger of falling off this tight rope at any moment, we feel that we must stick to its tiny and narrow parameters as we are effectively totally blind. This means that we cannot see beyond it. Wanting puts us into a thinking pattern that is very single-minded and obsessive and therefore excludes anything that does not appear to be able to help us attain our desires.

We believe that if we fall off this dangerously narrow pathway that we will conceptually die. That is because we cannot see that what lies beneath us, is in fact the only true place of comfort. Below us is everything outside of our wanting - it is the completeness of life.

So there are two identifiable issues here that are stopping us from taking this leap of faith...

Firstly, our vision has become so narrow and focused on moving straight ahead that we cannot actually see the complete degree of life.

Secondly, even if we are to look down, to respond to a message from life that is beyond these parameters, we do not understand or recognise this realm and therefore we do not trust it. This leaves only one option. And that is to hold on tightly to what we already know.

So inevitably we end up in a place of wanting, which has been created from our beliefs, in the false notion that happiness always lies ahead from where we currently stand. This leaves a permanent gap between where we are at and where we want to be; hence the Problem Solving Mind is forever trying to work out how to solve this dilemma.

Of course this gap is not real, as we are just chasing the notion of what we think will make us happy based on what we have learnt or dreamt of in the past. As this is just a mode of functioning, we of course never reach this point in time, because...

As we travel along our tight rope of fear based wanting, the concept of happiness keeps moving forward as we move forward.

Even if we do get to a destination that somewhat resembles our desires, we will quickly notice that any sensation of happiness is short lived. Therefore we redirect our attention once again to a life ahead of us on this very narrow pathway. The reason for this is because the Problem Solving Mind gets a taste of what it thinks it wants and then instantly directs this sensation into the future. It then tries to problem solve how to create a situation where it can maintain this feeling permanently.

This feeling is not genuine happiness, but only cyber happiness, so therefore it can never be maintained. Anything experienced in the Construct is directed by the Problem Solving Mind - and this ensures that we must be in a permanent state of discomposure.

As mentioned previously; if we didn't feel discomfort why would we bother to solve problems in the first place?

Like pieces of the puzzle

Every day from the second people wake up to the second they go to sleep, they are constantly trying to juggle life and change the pieces of the puzzle in their cyber reality. They are frantically trying to create a picture that matches their notion of self. A notion of how they thought life should be and of how they want life to be, in order to satisfy their beliefs, their needs and their insatiable greed.

Even when we are asleep our brain gives us no rest, as we desperately try to work out the answers to getting what we

want in our subconscious dream state. The Problem Solving Mind is never at rest whether we know it or not and this is why it has grown to become such a powerful mechanism. If we are not living in a state of Awareness, the Problem Solving Mind has great control over us whilst we are effectively unconscious. It uses dreams to help create the necessary illusions that keep us either in a state of fear, or in a state of desiring things that do not exist. And in reality, both are one in the same thing. But if we do not know this, we will jump back and forth from one to the other, thinking that somehow this is creating motion in our life. The puzzle just now seems even more complicated with more pieces to put in place.

So what is our reward on this pathway? What do we get that convinces us that the pathway we are on is the one we should continue down?

The answer is that that we are rewarded with a

brief moment of sanity...

A moment where there seems to be no problems that need solving. A moment where we can actually indulge in the satisfaction of success.

Think about any moment in your life when you felt great. Or take note next time when you do and I assure you that in that moment you do not perceive anything whatsoever to be a problem that needs solving.

As mentioned above, this moment is relatively speaking quite brief and the pleasure we receive from it drives us back into

the insanity - in the belief that the next moment will be one that we can hold onto, thereby maintaining our sanity and happiness forever.

Wanting is dangerous

If people do not get what they want they fall apart very quickly, depending of course on the intensity of the wanting.

These two factors work in direct correlation with each other.

The greater the level of wanting, the greater the level of pain when we don't get what we want...

However, on the other side of the coin, the greater the level of wanting, the greater the level of momentary satisfaction and pleasure when we do get what we want. And unfortunately, this convinces us that wanting is an acceptable process of thinking and that the solution is to get clearer and more focused about what we want and how to get there.

But I assure you that even high levels of pleasure will not be sustainable. Your mind will become even more fearful of losing this experience and then it will very quickly draw its attention onto what else it needs to maintain this feeling.

It will either want more from the thing that it has attained, hence the desire to control, or it will look beyond this thing and start wanting something else. It is important to see that

humanity is finding more pleasure from wanting than from receiving and that is the nature of the Problem Solving Mind.

Wanting is all about the need to receive.

It negates the process of giving.

And we can not truly receive until we learn to give.

Once we get what we want it no longer serves any purpose, as we are living in a mode of functioning that constantly believes that happiness lies in the future. The Problem Solving Mind can never be satisfied when it gets what it wants; otherwise its purpose would be void.

Even though the Problem Solving Mind desperately chases moments of satisfaction, it would lose its sense of purpose if it was ever to attain its desires. It justifies its whole sense of being, based on the fact that it sees itself as such an important aspect for the purpose of survival. So it is constantly in a searching mode for something beyond its current status.

This mode of thinking is not necessarily wrong. It is just very dangerous when it is only guided by fear and when there is no wisdom and Conscious Awareness attached the process.

Playing it safe

People discover as their lives progress that getting the things that they wanted the most creates the highest levels of fear. And this leads them towards a life of playing it safe and therefore they keep their wanting within secure and tangible parameters.

However, wanting is wanting, irrespective of how safe the target is that you are aiming at.

For example, to explore this concept, imagine that you have just met what you believe to be the perfect partner for you. They represent everything you have always dreamt of finding. You want them so badly that your mind will attach a great level of importance to their existence. Therefore your mind will be very specifically focused, as you are trying to work out how to manipulate the necessary pathways to achieve your objective of getting them. The rest of life will almost feel like it doesn't exist until you attain your goal. As time progresses, you will develop higher levels of insecurity as to how long your journey will take to successfully get what you want. Hence the potential for using greater levels of manipulation and deceit increases dramatically.

Now imagine that you actually get this person to agree to be with you. You will temporarily indulge in the elation of your success, but this euphoria will ultimately turn into pain because inevitably you will start to fear losing that person.

You may even develop distaste for them if the journey to getting them takes too long.

Now imagine that you put in all this effort and you are unsuccessful. This will leave you feeling incredibly disillusioned and you will start questioning the worth of your existence. Many people respond to this by setting their standards and targets much lower to try and avoid the high level of pain that is created in such situations. In this process they may have a relationship with someone that they would consider to be of far less a standard. They therefore would be permanently dissatisfied and blame the other person for how they feel.

The point I am really trying to illustrate here, is that it doesn't matter what you want, one way or another you will constantly keep yourself trapped in the world of pain and fear.

You are in a maze with no exit and therefore there is no such thing as getting anybody or anything.

Nothing is yours to get in the first place and wanting just ties in with the notion of control and ownership.

The law of diminishing returns

This is a very useful concept to understand.

When we are young we are full of dreams, hope and desire. We believe in them so strongly, that the gap between where we are currently at and where we perceive the solution to satisfying these dreams exists, does not at this particular stage seem like a problem. We actually think that because we want something we will get it. We believe these things exist because we see other people having them. We have a desire to be a movie star because we see there are movie stars. We have a desire to be rich and successful because there are rich and successful people. But we are functioning under a false notion that these people are happy. So we visualise a life into their minds that the does not actually exist. We do this because we want what they have and therefore we believe that if we have it that everything will be okay.

However, as the journey of life continues, these dreams get further and further away because they were never real in the first place. Therefore as time goes on we become more and more disillusioned...

And this is the law of diminishing returns.

The longer we forge on into the world of wanting, the less we feel that life is giving back. So it doesn't matter what we get

or what we achieve, it feels like it is worth less owing to the increasing levels of pain and dissatisfaction that arises.

So right from the beginning in our childhood, we are without realising it, actually building two mental pathways of thinking at the same time.

- One is the process of expanding and increasing our vision of what life could be around our dreams.
- The other is the fear and concern of how to get it and that we might not get it.

These two pathways of thought may start at the same point as to where you first ignited the original vision, however, from that moment on they are heading off on divergent tracks.

So as time progresses in your life, you have inadvertently attached two pathways of thinking to the one concept that grow continually further apart. Even though you keep modifying and changing the notion of what it is that you think you want, the doubt and fear of never being happy keeps blazing its own trail in a very different direction.

Eventually you will become extremely disillusioned, because the gap between where you perceive yourself to be and where you perceive that you would like to be feels massive. The enormity of this gap can get so great that you will eventually see your dreams as something negative that causes you high levels of pain. Yet despite this you will

continue in your mode of wanting, because you won't be able to let go of your desire that these dreams are real.

And once again this is one of the parameters of The Game in the Construct that we have unwittingly fallen right into the hands of.

Wanting to be something

So what does all of this wanting really mean?

Ultimately it is the Problem Solving Mind trying to create some form of identity and meaning in its existence. This is why it is always so obsessed in trying to be something other than what it currently is.

To delve deeper into this topic I will share a story with you;

I was out to dinner one night with a group of people of which the majority I had never met. When I am out socially inevitably somebody always asks me what it is that I do with my life and this was no exception. I gave them all a brief summation and then continued to direct the conversation down a different pathway. There was one young lady in the group that paid particular attention to my area of interest, that being human behaviour. She was intelligent, attractive and very well presented and she asked me to give my opinion on what I thought of her.

Rather than doing that I simply asked her to tell me about herself. Her response was to explain that the most important

thing in her life was to learn how to just be; in fact she went on to express that it was her chosen mission in life. My response to this was, “if you want to learn to be, then does that mean you are currently trying to be something, something other than you?” She quite defensively asserted that she was not pretentious and that she is herself and does not present a fake front to the world - “I am only ever me”, she said.

This was an interesting response for someone who wants to learn to just be!

I did not want to affront her, so I asked if she would like me to continue this discussion and she said “yes”. So I challenged her thinking and said to her; “By the very nature of your statement, if you want to learn to be, then what are you now? Are you pursuing something that you currently don’t perceive yourself to be, a place or notion that you feel you must journey to, to be happy or content?”

She paused in silence for a few minutes and then looked at me with a deep sense of awareness.

She smiled and said, “You are right, I have been trying to be something, I have never thought about it like this before. How could I already be being myself if my life mission has become to learn to just be?” She again sat silently with a sense of knowing and calm and although she had not experienced this before, she found this state of being easy to accept.

This conversation, as simple as it is, has a lot of truth embodied in it, so let's explore further.

To be or not to be...
is a not a fictional question!

By the very nature of trying to be something, means that you are not being you. Based on what you have learnt so far, ask yourself the following questions and take a moment to see what answers you come up with: What does trying to be something really mean? Why would you try to be something for that matter? How would you know if you were being something, or being you? Does this propose that we are insane for behaving in such a manner?

Trying to be something is nothing more than a survival pathway which leads our lives...

Trying to be something is really the foundation of what wanting is all about. As previously mentioned, it is the Problem Solving Mind's belief that true happiness, security and love, live in a place somewhere other than where we are at. And of course it thinks this, because the Construct denies these qualities of life to be anything other than notions. Desires that can only be experienced for brief moments - before the mind quickly moves on to the next problem to solve.

Let's explore the question that I asked the young lady at the dinner party...

- If you want to learn to be then does that mean you are currently trying to be something other than you?

By the very nature of this question, if you want to learn to just be, then you are pursuing something that you currently are not, otherwise you would already be it.

This philosophy, as simple as it is, opens up a very important topic which could lead to a realm of understanding that can potentially transform one's life - from searching the insatiable questions of being, to the truth of Isness.

Isness is not being...Isness just is...Isness is life unedited.

Isness and the understanding of it can be the portal to a place in the mind where the human experience can be explored without fear and your creativity can be unleashed. There is an Isness to who you are, a truth, a reality that defies any perception or notion of your life. In this mode of functioning, you give yourself to life without editing. Hence everything that comes back make sense and therefore you remove yourself from the process of wanting, which removes you from the processes of fear.

We live in a state of existence that is primarily obsessed with maintaining its existing belief structure, hence the physical self. This perceptual reality is very limiting, as its whole basis for creating an existence is dictated by the need to protect the physical self, where its guide is fear.

There is only one truth to whom you ever have been and who you are. However, the concept of who you think you are is a permanently insecure and ever changing reality that you are determined to try and keep under control. If you are trying

to work out who and what you are, then this is pure evidence that you are living in your Construct – or at the very least that your Construct is dominating your thinking and your experience of being you. In a cyber reality that leaves you with no option, other than to be permanently trying to create and maintain some idea of self that satisfies your insecurity. And by the very nature of what insecurity is... it can never be satisfied.

Wanting is derived from insecurity.

Without insecurity we would not want.

Time is an illusion

The illusion that time is a tangible reality that we can control is created by our observations that the physical realm changes around us.

It is only in the mind that we actually have a past and a future. This leads us to feel that we are at the mercy of the physical world and therefore we must try to create an “us” that fits in with what we see. This is why people so desperately attach themselves to a group which has a type of behaviour and a certain look. They are literally living as a programmed entity without any true individuality within their expression of self. You can see this when you observe many young people, who erroneously believe they are expressing their individuality by following a group that is either separate to, or at odds with the mainstream flow of

society. Either way, it is still just a group and they are still just following a notion of self in an attempt to try and create an identity.

Instead of looking at the physical realm as something you must control and hence master, look at it as something that just is what it is. Something that you are not going to control, but instead let the Isness of your existence merge into one with it...

And to do this we need to relinquish our
obsession with time.

In our cyber reality we are everything that we see, everything that we touch, everything that we feel and everything that we think, smell and taste. Our Problem Solving Mind is in effect the creator of the universe which we witness. However, this is just a world of artificial intelligence, it exists, but it is not life or us that we are experiencing, just a cyber version of it. Hence the insatiable journey of trying to find ourselves – you can't find what does not exist *and* therefore you can create an endless list of versions of what you think you are. Your only limits will be your imagination.

The real you exists in the ISNESS,
a place of no time, only newness.

By wanting “to be” we create a vision of a place, we then create a vision of our self within this place and we therefore try to create a life that will bring this vision to a state of reality. A place that we think exists somewhere on our perceptual continuum of time. We have decided that everything we want will exist in a place where we can finally relax and be happy. The notion of this place and us within it is of course all one in the same thing. In the perceptual realm we are what ever we imagine – so if we imagine beauty we feel beauty. Hence imaging a place and you in it, is all you within that concept and this can be very confusing to a mind that is trying to work out what it is.

Life doesn't have to be experienced in the future or by remembering and fantasizing about the past. The true pleasure of life can be experienced in the Isness. When you live in the Isness the concept of the future and the past become moments of interest and inspiration, but not something to live for in an obsessive manner.

Peace comes from us just letting go of the concept of
wanting to be something, in fact from letting
go of wanting full stop...

This might be a strange thought at first, however, open up your mind and consider that we are letting notions, which are created from our belief structure, guide and lead us in an attempt to interact with life itself. What we are actually experiencing is not life, but just an interpretation of it.

We will never experience Isness as long as we stay trapped in a world of functioning that is focussed on its fear of death and the obsession with time that grows out of this.

Do you want to live your life in a world of “should be”, or “could be”, or in a world of “what is”?

Watch yourself for one whole day

Take with you a pen and paper and count how many times you get agitated, frustrated, angry or annoyed. Notice that these emotions only occur when you don't get what you want. The traffic is busier than you wanted it to be. Somebody spoke to you in a manner that you didn't want them to speak to you in. Your dinner in the restaurant was not presented the way you wanted it to be.

Try to see the illness in our wanting, the insanity in even buying into the notion that the world could somehow accommodate what we want and what we perceive to be right or wrong. Everybody wants the world to go the way they want it to, so why would we think for one second that they will consider us.

When we do submit to what others want from us, it is because we see some gain in it, even if that gain is to keep ourselves safe. So in this particular situation, I would like to point out that this is not giving in the pure sense of the word. It is giving for the process of manipulation to get what we want. This process of functioning just keeps recycling itself from one situation to another. Most people cannot stay in

one situation for too long, or be around one person for too long, because they get to a point where they can no longer get what they want. Or, they do get what they want and therefore no longer need that person or situation – the need is satisfied.

This insane process of functioning has become our life whereby the insatiable process of wanting has become our food for the brain.

The brain must be continually on this pathway to make sense of life. For if the Problem Solving Mind was to stop and look at itself for too long, it would panic in the reality of seeing its own insanity and become disillusioned by its own insatiable desires - Let alone coming to terms with the fact that it is not actually a human being as such, but rather just a notion of one.

When wanting becomes obsessive

Do you find in your life that you must keep constantly active to maintain some sense of sanity? Do you have the courage to stop long enough to see the insanity of your own behaviour?

Think about people that you have met that have to constantly be busy and achieving. These people are totally lost in the world of wanting, desperately trying to attain that next brief moment of satisfaction that one feels when they are successful.

If we can see the truth of our functioning, we just might find the key to being released from the prison of our own making. The prison that we actually think is the world. The prison that we actually think represents the limitations of reality. When in reality it is just the limitations of our own perception.

The functioning of the Problem Solving Mind is programmed into the reality of our DNA structure. This programming is in everybody. How this programming manifests within individual people and what we think we want out of life, is dependent upon the nature of our learning and our genetic personality. The Insanity of Humanity is the fact that we do not seem to be able to see that we are at the mercy of complex programs.

We as a species have become blind and in the darkness we have become scared.

To feel the process of giving without wanting is to feel life outside of the Problem Solving Mind. It is to feel life to the absolute depths of our emotional realm within the purity of what is. Isness is what I present. For in this realm of life our connections do not need to be controlled. Control is only necessary when we live in the house of fear – the fear of not getting what we want!

Dream chasers

Think about our learning as children.

What do we look forward to more than anything else?

Here is a good example to explore: For a lot of children in a lot of different countries it is Christmas Day!

Hence we are looking forward to something that does not actually exist. Do you think this is healthy?

This topic certainly creates interesting debates in discussion groups or when I have presented it at various talks. The most common response is a quite heated one, where peoples Problem Solving Minds quickly step in to protect and defend part of its Construct that is being challenged and threatened. Why? Because Christmas Day is a heavily reinforced aspect of our learning and therefore as far as the Construct is concerned, part of whom we identify as being us.

Of course I am not debating whether we should, or should not keep Christmas Day as a time of celebration. However, what I would like you to consider is that we are teaching our children to live for the future. We teach them to believe in something that is not real. We teach them to become obsessed about material possessions. We teach them that happiness lies somewhere outside of their own self. And to top it all off, we wait until they are old enough, shatter their dreams and tell them that the whole thing was a lie right from the beginning!

I am simply using this as an example for how we tend to approach all of life and where this learning comes from in our childhood. Because we learned to function this way as children, we impose the same learning on our children, hence heading them off on the insatiable pathway of wanting.

Many of the false notions and dreams that we chase in regard to how we would like to look, the person we would like to be, the partner we would like to find and the general way that we would like to live, comes from fantasy stories.

We live in a world becoming increasingly obsessed
with fantasy because we are experiencing
so little of reality.

And these two forces work in direct correlation with each other: As we are creating societies where technology is removing us further away from nature and intimate personal relationships, our desire for fantasy increases to replace it - hence the popularity of movies, computer games and virtual reality worlds.

The mothership of anxiety

To live in mode of wanting, is to live at the mercy of the future, at the mercy of time. Our concern that we will not get what we want in the future, is one of the key parameters for the creation of anxiety.

Anxiety is always linked to the future.

So if you want to live a life without anxiety, stop wanting!

Also, if you get to a point where you must face the realisation that you will never get what you want, anxiety can quickly turn into depression.

To surmise

When we are wanting we are chasing a notion and a feeling; the “thing” we are chasing is in fact irrelevant. That will vary depending on your beliefs and learning.

We have all sorts of things that we want to do with our life, all sorts of dreams and visions. We all dream of having a certain kind of partner, of doing a certain type of job, or living in a certain country. The only thing stopping us from attaining our visions in a tangible sense is our fear based programs that have created the life we are currently in, the one we are unhappy with. Everything we create through a process of fear will ultimately leave us feeling unhappy.

When we get trapped in these programs of functioning, our life never seems to really improve and deep down in our subconscious we judge this by how we feel; not by what we own, or how much we earn, or how beautiful our partner is physically. Because if that is what our programs wanted us to have, or were built to allow us to have, we would have them and feel great about it. There would be no need for wanting at all, as we would be getting so much from what is.

So if everything you have is not making you feel good, then they were created by fear based programs, rather than the truth of your existence.

When you slow down and attain the wisdom from your pain, you set yourself free of your pain and create a journey into the future that will be a pleasing one. This way all of your visions and your memories blend harmoniously into the reality of your existence, which is not from the now, the past or the future. In fact it has no time connotations at all, it just is.

Initially when people try to embrace this new way of thinking and their perceptual notion of time diminishes; their dreams seem further and further away. It feels like being stranded on an island feeling helpless and trapped, watching their ship slowly fade into the distance as it heads out to sea. And on that ship are all of their hopes, dreams, wants and desires. That ship represents the person that they thought they could be and needed to be to be happy. It eventually feels so intangible and out of their reach that they just give up. They give up on themselves and on life and that means they are now nothing but their Problem Solving Mind trapped in the world of wanting. However, if you sit and watch this ship disappearing into the distance, without seeing it as a problem, you will eventually feel the freedom of realising that you never needed it and all that it encompasses in the first place.

So stop wanting as wanting implies choice.

To make a choice implies that life happens in bits and pieces, in broken down segments of time. Of course life does not happen this way, it is just a constant thing that always exists

and therefore it cannot be broken down into choices. There is effectively an infinite amount of factors permanently influencing the reality of everything all of the time.

Life just is. Life is not a choice.

This may be an opportune “time” to have a close look at how the concept of wanting, choice and the Insanity of Humanity is exposed within close and personal relationships.

What's love got to do with it?

“Personal and intimate relationships carry within them
the greatest embodiment of the Insanity of Humanity.
If you take an up close look then you may just
get a glimpse”

She loves me, she loves me not

The Insanity of Humanity is evidenced in the fact that everything you do and interact with in our lives is conditional.

One of the best areas to explore this concept is in the area of relationships as they have become a convenient place for humanity to hide in order to avoid facing the truth. This once again feeds the processes of us never understanding the true dynamics of The Game. Relationships are so heavily founded on people getting what they want and achieving their objectives, that they get caught up in process of conditional giving - which is in fact not giving it all

Imagine if life were so simple that the process of determining whether somebody loved you or not, could be discovered by plucking petals from a flower. Wouldn't that take all the stress out of your life?

Then you stop and read the small print on the bottom of the flower plucking manual. Firstly, you are not allowed to specifically choose a flower with a predetermined amount of petals. Secondly, you must accept the outcome.

Now just wait one second, I hear you scream, are you trying to tell me that I can in no manner shape or form control the process of what I want and if by chance I was to get what I want, you mean I can't control it afterwards? And this is where the processes of wanting, choice and the need to control starts to create complicated emotional responses in your life.

Letting go of the need to control and accepting outcomes are certainly not some of the stronger characteristics of human behaviour. In fact, in the current state of the Insanity of Humanity, human beings have bought into the completely opposite mode of functioning, and that is in the notion that happiness lies in getting what you want. So the focus of most peoples thinking is; what's in it for me? Also, the denial attached to this interesting process, whereby people don't want to see themselves this way, makes their behaviour even more complex and amusing to observe.

If you live in the Construct created by the Problem Solving Mind then all your thoughts and actions have conditions placed upon them in terms of a desired outcome. These conditions are often very subtle and extremely well disguised with thoughts and emotions, such as love and caring. Irrespective of how clever the disguise, it is still just the human brain desperately trying to get what it wants.

Even if your behaviour appears like love, even if you think it is love, if you exist in the Construct then this love is housed in the home of insanity, the place where the mind actually believes that the world should function according to its expectations and its perception of what it thinks life is.

If you were to honestly observe your behaviour and interactions within a close relationship with another human being, then you may get a glimpse of this rather interesting and fear driven cyber reality - which we in fact live in most, if not all of the time. This strange dimension which we have found ourselves trapped in, is somehow exposed within the confines of the thinking pathways that connect two people while interacting on an intimate level.

So if you have a genuine desire for your life to feel more solid and real and for your relationships to be embodied with integrity, then this is the perfect topic for you to explore the realms of the Construct and the insatiable desires of the Problem Solving Mind. It is a chance for you to understand the processes of your mind that keep you trapped in a state of wanting and never feeling content, whatever it is that you receive.

Cyber Partner Vs Real Partner

As the years of our lives progress from our childhood onwards we develop a notion of a person that would make the perfect partner for us. This notion may somewhat modify and change as the years progress, but irrespective of that, it will still be used as your guide to decide who will make it through our protective barriers into our intimate and personal realm of existence.

So where do we create this notion of a perfect partner?

That depends very much on where you grew up and on the kind of influences that you were surrounded by. Remember that an influence is simply information that is received and analysed by the Problem Solving Mind. Some examples of influences that may have existed in your life are things such as movies, magazines, the internet, novels, television, fantasies, fairytales, childhood romances, dreams, schoolteachers, parents, friend's parents and friend's partners; the list is endless. Usually though there are some key experiences that create lasting impressions on our mind

in terms of the images we create of someone that we could imagine being with.

Although we are consciously looking at and analysing the external world through the sexual and partner driven parameters of our mind, the actual development of our vision is happening in the cyber reality of our subconscious. Hence it drives our decision making process without us even realising.

And let's not underestimate the power of sexual energy and all that it is connected to, as it is one of the biggest influencing forces on everything that we do, think and create.

This cyber world of love and sexuality is also heavily affected by the era in which our growing years occur. In this manner the nature of the information that we are presented with will tend to have a general theme, in terms of what is attractive and what is not from a social consensus perspective. For example, there have been times in the history of human civilisation where a voluptuous woman was considered the ideal, compared to other more recent times where a woman that is tall and skinny is the vision of the ideal woman. Of course the advent of technological advances in plastic surgery and computer imagery has heavily corrupted the notion of attractiveness.

Everyone has their own personal preference in amongst all of this, but do not underestimate the dramatic influences that this type of information will have on your own expression of what it is you think you want in terms of a partner.

Our first love is actually a cyber person that only exists in the confines of your own mind.

Irrespective of whom you date or possibly end up marrying, your cyber love never leaves your side as this artificial lover is necessary to gauge the worth of all the people that you meet. If you find a person that represents this notion of a perfect partner, the Problem Solving Mind feels so elated that it sees this as the solution to an ever present problem that has existed in its midst. For to not find the external version of this internal vision, creates a permanent gap between what you want and what you have. And to the Problem Solving Mind this is a disturbing reality that must be dealt with.

The DNA factor

To find the perfect partner is such an important part of our existence because we are programmed that way. From an evolutionary survival perspective these are some of the basic criteria, in no particular order, that determine our choice of partner;

- physical attractiveness
- physical prowess
- sexual attractiveness
- sexual prowess
- intelligence and problem-solving ability
- emotional strength and maturity
- communication skills
- capacity to give and receive love
- capacity for affection
- levels of empathy

- desire to nurture
- levels of honesty and integrity
- desire to protect
- spiritually connectedness
- sense of humour
- moral and value systems

I could continue with the list, but these are the key qualities which will consciously or subconsciously attract you to another person. All of these qualities are innate within all humans; however they vary greatly from one individual to the other, both in terms of genetic capacity and development via learning influences. Also, how you prioritise the above list will depend allot on the combination of your own genetics mixed in with your personal learning influences. You may also notice that how you prioritise this list of qualities changes as you get older. The two biggest influences in this regard can either be the gaining of wisdom or maturity or a less desirable influence, that being attaching painful fear based memories to certain aspects of your interactions with other people.

Me Tarzan you Jane

The programmed pathways of choosing a mate are clearly evident when you observe the functioning of a multitude of other species. For example, some species of female birds will choose their mate based on which one can build the best nest, while other species of birds will choose a partner based on the males ability to arrange certain items in such a manner that it is for some indefinable reason, attractive to them. There is no need to explore the mating habits of the animal

kingdom in detail - the issue for us to become aware of is that we are also attracted to various things for indefinable reasons. Our Problem Solving Mind is simply grabbing all of these nature driven forces and trying to control the outcomes while it uses its initial cyber lover as a guide.

Ultimately what we as humans are looking for is the appropriate DNA to mix with our DNA in order to create a new line of DNA, which somehow allows for the continuance of our genetics and hence the observable expression of our existence. Also there is an underlying feeling in most people that that if they have children then in some way life does continue for them.

Another dimension to this topic is that of *soul mates*. The greater implication here is that the genetic and learnt realities of finding a mate are insignificant compared to the meeting of souls. Be aware though that the true meeting of soul mates can have no preconceived notion attached to it, otherwise it is just a Cyber Soul Mate that you are chasing and therefore this too will be another artificial realm.

Irrespective of your existing beliefs, I would strongly suggest that you shine the light of Conscious Awareness on all of the above factors, as they all have an influence on your behaviour and the choices that you make on the journey of your life.

Let the games begin

Now that we have explored the forces of nature and the processes of our mind that create our notion of the ideal partner, the next question to ask is as follows: Is finding the right partner founded in a process of integrity, whereby we have the best interests of the other person in mind. Or is it simply a game of manipulation which serves the purpose of getting what we want?

Sit with that question for awhile before you jump to a conclusion.

Whether you currently have a partner or whether you are looking for one, if you are totally honest with yourself, what is the answer?

I am not trying to corral you into a corner, as there is only one truthful answer to this question relevant to your life. The answer may be a combination of both. Whatever the case may be, it is important for you to become aware of these two very different realms.

So where does the game begin?

The game actually began when we first start to slowly put the pieces of the puzzle together to create the vision of our perfect partner. Where the game starts to get interesting is when we try to match our vision or notion, whether the puzzle is finished or not, with the real world.

So now it is time to ask the next question. Does your perfect notion of a partner actually exist?

Without beating around the bush, the answer is a no! A real person will never be able to match your cyber lover, for easily identifiable reasons: Your notion, although it does evolve to some degree, is a fairly rigid concept in terms of the dynamics that it is embodied with. Whereas a real person is constantly changing in many ways, particularly in regard to their physical self, let alone their needs, desires and any other aspect of their existence that may be conflicting with what you want. So the odds that a real person will either stay the same, or change and adapt in the exact same format as your notion, let alone matching it exactly in the first place, are not in your favour.

Now you might say: But surely once I meet the right person my cyber lover will cease to exist as I will indulge in the happiness of the love that I have found.

Wouldn't that be delightful if that was the case - not to say that this never happens. However, if a person is functioning within the cyber reality of their Problem Solving Mind, then the reality is that the chasing of happiness by trying to attain some degree of perfection in the manifestation of their wants is an ever present one. Even if a person is extraordinarily insecure and therefore chooses a partner that matches their insecurity rather than their vision, they will still always be dissatisfied because both of these realms still exist within the construct. There will always be that feeling in them of the music that was never written and the dream partner that was never found.

Before you focus on finding the right partner, focus on learning to live without identifying with your beliefs.

Focus on being you!

Finally the wait is over

You may be crossing the street, sitting in a cafe or carrying out your duties at work and then suddenly it happens. Your radar that has been on the permanent search for the ideal partner scans and finds a match. You know that this must be “the one” because you can feel it in every part of your existence, as your body is tingling with joyous sensations that you do not regularly feel. This must be the right person or you couldn't feel this way. If you have never felt this before or seen another person experience it, then simply watch the movie stars falling in love with their latest co-star. It happens all the time!

We all have our scanners set to a certain percentage that is acceptable to create a match. Some people that are extraordinarily insecure may have their radar set to ten percent, whereas an arrogant and overly confident person may have theirs set to around ninety percent. The higher the person is as a match, percentage wise to your cyber lover, the more likely it is that you will fall in love and release all sorts of crazy chemicals that can last up to a year. In this mode people often get married very quickly as they want to secure this “find” before anyone else gets hold of it.

However quickly or desperately you try to lock the other person down to commitment makes very little difference, as you have used a very dangerous process of functioning to choose a partner in the first place. Well of course dangerous is a word like any other that is relevant to the individual, but whatever the case may be, some version of the following scenarios is what is waiting for you...

You could end up trapped in a relationship whereby you feel repressed on an ever increasing level until the term of your natural life, or you will have just embarked on the craziest rollercoaster ride of your life. You will experience the greatest emotional highs and the most painful emotional lows. Either way I assure you that you have officially joined the Insanity of Humanity club. Now if you were wearing your Awareness cap and functioning through a process of integrity, it is highly unlikely that this could ever happen to you. And if it did you would be fully conscious of that and accept that for some reason this is what you needed to experience. Hence you would extract the appropriate wisdom from it and take this knowing on into your future relationships.

Where did they go?

If the person that you met, that made you so happy could end up making you feel unhappy, you would probably like the answer to the following question: How can this happen, how could my radar be so misguiding?

Firstly you were chasing something that never existed and secondly you found something that was only a certain percentage of your cyber lover.

Whatever the initial match rating, in the early part of the relationship you will focus on all of the issues attached to the percentage of positive factors that make you feel good. Next the Problem Solving Mind will work very hard and do whatever it takes to keep these factors alive. It does this in two ways. Firstly by attempting to control and maintain the circumstances that created the initial feeling and secondly, by ensuring that you present yourself in such a manner that you live up to the other person's expectations also.

This is the time of romance and putting your best foot forward - red roses, fancy dinners and beautiful poems.

Now remember, the Problem Solving Mind has the job to look out for what is not right in its world, for anything that might be a challenge or a threat to its notion of happiness or security. Thus when you meet a person and they make you feel absolutely wonderful, the Problem Solving Mind thinks that it has found a gift from heaven. This is because nothing can create good feelings for as long as what is possible from the matching up with a potential partner.

Why? Because nature made it that way as part of the necessary pathway for the survival of us as a species. Hence the desire to find a partner and to procreate is our strongest driving force, outside of obvious things like finding food and water.

So, The Problem Solving Mind is not going to let go of these good feelings easily, as although pain is its usual barometer in its decision-making, it thinks it has found an energy source of even greater value – or so it appears!

The next question is a very important one.

In a relationship with another person, what dynamic do you think could be the greatest threat to you losing these good feelings that you are trying to hold on to?

If your answer is the other person, then for the majority of the time and for the sake of this discussion, you are right.

Ferrari or lover?

Finding a partner is not like finally buying the car of your dreams. Whereby you find something that has all of the features that you have for so long dreamt of having. The difference with a car is that you can legally own it, you can keep it locked up in a garage and you can clean it regularly to make sure that it stays looking as wonderful as of the day that you bought it.

Wow, wait a second, this sounds like the way a lot of people treat their partners!

So what if your partner refuses to be treated this way, meaning, they do not want to be owned and live under the expectations of behaving and looking in a certain way to satisfy your desires. This could signal to the Problem Solving

Mind that the energy source of good feelings is under attack. Slowly but surely you will start focusing on the percentage of factors in your partner that did not initially match. Before you know it the Problem Solving Mind has taken over the relationship and the need to control will run rampant. Now the Insanity of Humanity will be exposed in all its glory. This will be your opportunity to see the inevitability of the fact that this would happen, to ensure that you don't do it again in the future.

Once you start to see your relationship as a problem that needs solving you are once again attached to your processes of pain.

Pain is once again your fuel source.

As mentioned before, you will either succumb to the repression that another person is laying upon you with their control; or you will try and control them; or you will start having affairs with other people; or you will run for your life!

Any of the scenarios sound familiar?

So sooner or later you are going to start noticing the percentage that is not right. And these aspects will slowly become your entire focus until the person that once made you feel so wonderful, will be the person that makes you feel so much pain.

This process can happen very gently and slowly or it can go from one extreme to the other very quickly. When the repression and the lows kick in, who do you think you're

going to blame for how you feel? Your chosen partner of course, I mean it can't be your fault.

Oh to be famous and fall in love

Back to the movie stars, or any rich and famous people for that matter: Have you ever noticed how often they fall in love and then out of love and then back in love and so on it goes. This is because they unwittingly have created a life that makes this scenario highly likely for them. They are living a life where their money or fame has created a false notion of self, whether these are the notions of other people, or notions created within themselves. Therefore this process of thinking pushes them deep into their Construct, whether it is to protect themselves from the expectations of the world or whether it is to try and maintain their cyber version of how what they are.

Also, another factor that they have to deal with is that they are constantly working or socialising with other beautiful people in very close and intimate environments. They therefore leave themselves open for their cyber match scanner to find another hit.

So each new pleasure hit, that is, each new person that matches over their minimum percentage line, is probably going to give them a higher level of pleasure than whatever stage their previous relationship is at. This is because the existing relationship would already have started on the deterioration process of focusing on the percentage of negative factors; otherwise they wouldn't even be slightly

interested in meeting a new person. Of course they are under the illusion that this new person is “the one” and that somehow they had made a mistake with the “last one” - or if the existing relationship is still strong enough, they may be able to resist these powerful desires that they have been drawn to.

Whatever the scenario, rich and famous people are simply more at risk than the rest of us to fall under and become addicted to the false notion that feeling good comes from finding a partner.

The mask of love is a fragile one

It would appear that no one is capable of disguising their insanity within close personal relationships; in fact, it would appear that this is the place where we unwittingly reveal our insanity in an attempt to stay sane. Of course it may be some form of release but it still keeps us trapped deeply embedded in our Construct, maintaining our belief structure and living true to our Cyber Identities and their wants.

Most people are constantly projecting their future desires on to their relationships as they attempt to control the other person with their expectations and needs. This is done in order to get some kind of insane satisfaction, which has an insatiable quality attached to it. The insatiable quality that is so clearly reminiscent of the Problem Solving Mind. What about you?

If you observe with keen eyes and with great honesty you can see, even on the most subtle of levels, that quite possibly all of your relationships are corrupted with expectations of your needs and wants being met.

Our loving is conditional, our giving is conditional, everything we do and say is somehow connected to the fact that we want something back. To test the truth of this is very easy, for if you feel even the slightest agitation when a person does not respond in the way that you expected, then you have placed conditions upon your giving - so therefore it is not really giving it all.

I know it may appear like I am setting a tough standard here and that I am raising the bar unrealistically high and therefore going against all of my teachings. Hence giving you an expectation to behave in a certain way that is very distant from where you are currently at. If you were to look at it this way, then once again your Problem Solving Mind would be recruited to try and fill this gap and you would get caught up in the Catch-22 cycle of life in the Construct. Trapped in the never-ending world of problem-solving and being attached to your pain. Let me make it very clear at this point that whatever I present to you, is simply to highlight where in the mind that you are currently living. Not so you can see anything that I say as a problem that need solving, in fact the complete opposite.

I am just trying to wake people up to get them rolling on the process of Awareness. And if you are already on this journey then maybe I can simply expand the possibilities of your thinking.

Either way, Awareness is the key when you observe from a place of calm reasoning, whereby you do not identify with any aspect of the human journey - but you can still deeply experience it and guide it.

To guide your mind is not like making a choice or a decision. It is simply a process of shining the light of truth through the power of our conscious energy on to the dark reaches of our minds. So stop and shine the light of truth on your closest relationships and see whether there is an element of disappointment when your partner does not do what you want. For if there is, then whatever you are giving to this relationship is not pure. What you are really saying to each other is; "I want you to behave and act in the manner that allows me to hold on to the feeling that attracted me to you in the first place". Or at the very least hold on to some feeling of security that is dependent on them behaving in a certain manner.

It is time to embrace our integrity

The Problem Solving Mind and our Cyber Selves attempt to enforce a finite reality on a world that functions through non definable and infinite realms. Be honest. Observe. Open your eyes and see the conditions that you place upon your partner, your parents, your children, your friends and even your pets. Sit very still with this observation. Remain very calm and you may get a glimpse of the Insanity of Humanity to which you have become firmly attached; an energy, a pathway of functioning, a process of living which you have

quite possibly become so heavily reliant upon that you barely even notice the reality of your existence.

Humanity is so caught up in its daily dramas that people barely get a chance to realise that their life is actually being drained from them. People desperately try and maintain control of their external world. A world that the Problem Solving Mind insatiably attempts to enforce its will upon: an exercise of futility and insanity as we will never get any closer to the state of mind which we are chasing.

Why? Because what we are chasing does not exist.

This observation which I encourage you to partake in, is not to condemn anything or anyone, but to simply allow you to see exactly the precise location of where in the mind we are lost. Through this observation you can truly begin the journey of creating your portal to the truth. A place of existence where you will no longer need to control life to feel good. But instead connect with Isness and then life will be what it will be.

Through this process you will see the insanity of your own brain, its fears, its insecurities, its desperation as it scrambles to get control all of the time. The only moments it finds to relax is through exhaustion or when it momentarily gets what it wants.

There is little honour or integrity in the functioning of the Problem Solving Mind, because its fear and insecurity that it will never get what it wants will always corrupt its processing and its decisions. If you wake up to the functioning of the mind in which you have identified with, you will come to the

realisation that it is all just a process of manipulation. Even to love something and I don't just mean a partner, anything in fact, is manipulation when your love is connected to a system of fear and when your primary functioning is to get what you want.

Many of you could deny this reality, however ask yourself this: Is it not cold and heartless to attach wanting and expectations to an emotion as beautiful as love?

Love can be expressed without corruption...

But it is only possible when we remove ourselves from the Construct. Otherwise it will always convince you that to step outside is cold and dangerous. The Truth can set you free which in turn will free the mind of its eternal pain and struggle for control; Control that is and always was in fact an illusion.

One of the greatest consequences of not waking up to these processes of life that we are submitting to is depression. As it has become a wide spread modern day phenomena it is certainly worth exploring within the context of this book.

Depression - the modern day
disease?

“Depression is the Cyber Disease that manifests once the Pain Virus has fully corrupted your system.”

Setting the scene

On the journey of exploring my life I have travelled to and spent time in many different places around the world. In this process I have lived in London in England, Vancouver in Canada, four different capital cities in my country of birth, that being Australia and I have spent quality time in certain regions in France, Germany, Greece and Asia. Although geographically my travels only represent a small portion of what is possible, I was still intrigued by my observations. Behind the various and very different cultural and individual masks that I encountered, I could see that all human beings were sharing something that was sourced from the same energy.

I witnessed the mass accumulation and sharing of the energy pathways of pain and the suffering it creates.

My examination of what I was sensing confirmed a few issues for me. I discovered that irrespective of the nature of our belief structures, pain when not understood will inevitably find its way through the pathways of our minds configuration - hence creating unhealthy psychological conditions. It also became very clear to me that almost nobody had the necessary knowledge, wisdom or skills to divert this process of pain down healthy pathways, including some people with well rehearsed spiritual practices.

Also, the people I met that had to some degree managed not to end up in a state of suffering, did not really understand

how or why they were able to do so. This appeared to be a consequence of fortunate circumstances combined with certain personality types. However, they could not see that they were, despite their reasonably positive demeanour, still trapped inside their Construct and the negative consequences of this had not yet become apparent.

The key following is the key point that became very visible on my journey; whether an individual was at the beginning of the pathway towards the manifestations that pain creates, or whether they were already deeply experiencing it, the seeds that make it possible were planted within everybody...

So it was simply a matter of how long it would take for this tree of corruption to grow.

In this discussion I will focus on one of the particular outcomes that will occur once pain grows in the mind; this outcome is the condition that society has labelled as depression. I have chosen depression, because it appears that it has become one of the most common and widespread psychological phenomenon's that is being experienced in the world today.

Nobody is immune to the possibility of experiencing depression irrespective of their genetic makeup. Genetics simply makes some people more predisposed to it than others. Some people's survival mechanisms are more finely tuned; hence their alertness to danger is intensified. This means that depending on the nature of their learning, they were more likely to end up with an unhealthy psychological condition at an early age.

People from all walks of life are suffering from it and many of these people that you look up to for inspiration, or turn to for help and guidance, are caught in the same destructive process of life as everyone else. The result of this is that nearly all of society is now consumed by and sharing this pain to the point where mental illness is almost becoming the norm.

Not that I would suggest that this has been fully embraced and accepted yet in society in general - However, owing to the nature of my career, people are far more likely to expose the true depth of their pain to me. And I can tell you, nearly everybody I meet socially does, to the point where sometimes it even surprises me just how widespread the suffering is. Let alone what the statistics about depression tells us.

Society's solution

With the advent of technology and science and with no other clear and effective solutions being found, big business stepped into the realm of helping us with our suffering, particularly in regard to depression. A multibillion-dollar industry has been created that supplies the promise of a solution via the consumption of various prescription drugs. This approach is only treating the end result of the processes that create depression. So in this sense depression is being looked at as if it is a disease that we need to find a cure for - As opposed to utilising these treatments as a last resort or just as a temporary source of help until more suitable solutions can be found.

Now that the whole system, in regard to treating depression, has been established around the quick fix solution of taking medication, society has effectively shot itself in the foot. Unfortunately people did not face and find the truth in the reality of what depression represented when they had the chance. Therefore the necessary knowledge, wisdom and support systems are not in place to deal with the current situation. This leaves people with the regrettable reality of having to continue to turn to medication as a solution; a pathway that only presents a band-aid to hide the real message behind this quickly accumulating modern day phenomenon.

The complete realm of what needs to be addressed is either not understood in society or the reality of dealing with it has become so overwhelming that people en masse are living in a state of denial.

In very simplistic terms, the current approach is to hope that the pain will all go away if we ignore it; or to desperately chase quick fix solutions to dull the pain; or to think that if we unite in the drama of it all, that somehow this will make a difference. All of these scenarios supply only a short term relief. If you truly want to understand painful experiences such as depression, then you must push denial to the side, push your existing belief structures to the side and open your mind to the truth whether you like what you hear or not. If we do not do this, then we will not only be dealing with depression, but also the increasing power of the negative energy that we will create in association with these inappropriately created labels.

Depression has become a Cyber disease living in the perceptual realm of our minds.

I need some help please

At a time in my life prior to working professionally in the field of human behaviour, depression and anxiety had taken a firm grip on my existence after the death of my father. I was struggling to come to terms with this rather disturbing reality. I had obviously created many beliefs in regard to the necessity of his existence for the continuance of my well being. So a friend of mine suggested that I have a chat with a psychiatrist that he knew very well.

Even though many areas of my life, including a career as a talkback radio announcer, were still progressing, I was not able to shake off the deep pain that I had attached to this traumatic event in my life. So I decided that it could do no harm to have a chat with this psychiatrist, for if nothing else I felt the need to share my feelings with an adult male.

The man I visited was very intelligent, a very good communicator, very knowledgeable and he shared some interesting philosophies on life. He proceeded to explain to me that there was only one way out of my deep and all consuming depression and that was to take medication. I was not content with the information that he was presenting, so he explained in quite a lot of detail the workings of the mind.

He seemed absolutely sure of what he was saying and it left me feeling very confused as to what to do. Never having

been a person that accepted what any member of society presented to me on face value, I continued to question him because I really wanted to find an alternative to taking medication. I had this deep intuitive sense that masking my pain with falsely created good feelings was not a pathway that could ever lead to wisdom; a commodity that was already in short supply in the world. His response was; “Well, there is one other way to treat your depression. If you are prepared to hop on a bike, ride to Tibet and devote years of your life to becoming a Buddhist monk, then maybe you can avoid taking medication”.

I sat with this information in my mind for a few days feeling consumed and overwhelmed, as riding to Tibet was certainly not on the cards! Even if I was to have taken this option seriously, my devotion at this time of my life was to be playing a supportive role for my family. So in my determination to not succumb to what I felt was a corrupt option, I opened a portal in my mind that offered me a simple yet awe-inspiring truth. I suddenly had this amazing Awareness and clarity that appeared separate from the depression...

“If I could think myself into depression then I could
obviously think my way out of it”

I had always trusted my deep sense of Awareness and connection to the truth for the majority of my life, so I was certainly not going to ignore it now. I remember thinking that there had to be an original spark of a thought that grew out of somewhere, that began the process that led to the

depression. So I decided that if I traced this process of thinking back to where it all started, then I would be able to teach myself to understand the mechanisms which built these corrupt pathways in the first place.

And I did, without taking any medication.

Even though it was an instantaneous moment of finding the peace and truth of my existence separate from the depression, it did take many years for me to truly master and understand the processes of functioning that created it. I dedicated my life to staying in the midst of this pain so I could understand how deep it could go. I knew that this would lead me to finding the truth that had eluded me. In my commitment to this process I even discovered some extraordinary out of body experiences that were more pure than I could have ever imagined. Yet I still knew that my journey was to stay within the deep confines of pain, for that was the only place in which it could be genuinely understood.

The truth is there is nothing to fear about pain or the conditions that humans are experiencing as a consequence of their lack of understanding of it. With the appropriate knowledge channelled into a pathway of Awareness, it is quite possible that we could all be living in a world where there is no depression or any unhealthy psychological conditions at all. But this is certainly not the case as things currently stand and we all have a bit of work to do if we are going to get there.

This deep and extended journey into the world of pain is what allowed me to clearly see the face of the Problem Solving Mind and the mechanisms of the Construct. So stick in

there with me and let's continue this journey of discovery into understanding the perplexities attached to the world of depression, so you can either begin the journey of removing yourself from it, or begin the process of helping someone else that you love. Also remember that I am just using depression as an example; a representative for all psychological conditions in as much as they are all manifestations of the Construct.

What Is Depression?

If you have experienced depression then the sensations of loneliness, misery and a deep sadness may be very familiar to you. When we are caught in a state of depression everything that we experience and think about will be felt as if we are lost in a very dark world. This is what the Construct looks like when the Problem Solving Mind is literally filtering out the majority of life's information. In this instance we are literally swimming in a stagnant and distorted mess of pain soaked neural pathways.

This can be a very scary and confusing place of existence where it feels like you are totally secluded and effectively you are. Even though this is just an illusion you could step out of at any moment, it feels very real because you have totally identified with this experience as being you - hence the deep sensation of hopelessness.

You are in a box where all of the doors and windows appear to have been concealed. You can no longer find any light to guide your journey. And this leaves you with nothing

but the pain that is slowly destroying you, combined with the diluted and misguided information that is being presented to you from the outside world. It is not hard to imagine why this becomes a stressful process that keeps building on itself. Here you are trapped in a distorted world and the little bit of information that you are receiving, is not pertaining to the truth of what you need to hear to be set free.

Despite the intriguing face that society has created for depression, I assure you it is not a disease or a condition that has to be labelled - and it is not some big ugly monster that cannot be dealt with. Although to experience it can be very harrowing, once you understand it, it is in fact quite a simple process of functioning that initially leads you into it and that can lead you out of it.

Depression is a psychological state, a Cyber reality. So although the pathway out is simple and straightforward, it will feel exponentially complex and confusing the more you identify with your beliefs as being you. And depression is the sensation that will consume your mind when your beliefs feel they are holding on to a tenuous thread of meaning. A structure that is slowly but surely losing its connection to reality.

Once in the mode of depression your mind effectively shuts down your existence and destroys your ability to connect and interact with the world that you live in. It is doing this to protect you from a falsely perceived threat, danger or problem of great magnitude that it can find no apparent solution for. If you do not understand these processes, how to read the signs and how to develop the appropriate life skills,

then unfortunately depression can drive you into a mental position of total despair and isolation.

Even if you attempt to hold onto the processes of life that you traditionally needed to feel solid, you can not shake off this horrible and ugly energy that seems to have consumed your reality. This misery will eventually infect everything that you do and everybody that you come across. It becomes increasingly harder to hold up any fake mask of happiness and people will start responding strangely to you, as they do not know how to handle their own pain let alone yours. Of course this will just create an ever increasing cycle of hopelessness and sadness, driving you deeper into your own depression.

Many people will experience the sensation of feeling depressed, but it has not necessarily become a permanent state that they are trapped in. They are still capable of laughing and having a good time, but will often find that outside of these moments the feelings of sadness quickly consumes them. If you can catch yourself at this point, then you may be able to redirect your pain and avoid getting stuck deeply in the world of depression.

Never avoid what any form of psychological pain is telling you. Even though you may feel that you are still coping fine, if you are starting to get regular sensations of feeling depressed, then all it could take is for one more aspect of your life to flip out of control and you could slip into a dark place you may never work out how to leave.

In an attempt to broaden your notion of depression and to create a greater understanding of the various forces that can

lead to its creation, I would like to now take you on a small tangent down a particular pathway into a country that I have developed a great sense of knowing in.

Australia - the land of sunshine, freedom and depression!

As I am currently living in Australia, I will use the network of thinking that blankets this country, as an example that is representative of what is spreading to become a worldwide phenomenon.

Theoretically, it would seem that Australia would be one of the last places in the world that would have a problem with depression.

Let's paint the obvious and superficial picture first...

In Australia the weather is fantastic; there is a relatively small population considering the size of the country; you certainly don't have to be rich to find a good house on a good-sized block; job opportunities are abound for those that want to put in the effort and for those that don't the Social Security system is very supportive; the education system is available to all; it is a relatively safe country with little threats of war or disruption of any kind; our government structures are solid on world standards; and medical care is good and easily accessible. Overall it is a pretty good lifestyle with lots of nature to escape in and beautiful beaches to relax on.

Sounds great doesn't it?

Now let's look beyond the obvious and superficial...

The general theme of Australian culture is that you just get on with life, stop complaining and make it happen. In Australia, you are certainly not encouraged to talk about your feelings openly and honestly because that would be seen as a weakness. Australians hide any emotional pain behind the cheeky smile as they say, "she'll be right mate!" The culture is focused on just getting on with life and working hard in a relaxed, casual and happy manner; a process of functioning that Australians have been conditioned to believe is them, irrespective of whether it is making them genuinely happy or not. Ironically, the "she'll be right mate" or "it's not a problem" attitude that Australians wear on the outside as their external mask, would actually preclude them from ever being able to experience depression if they meant what they were saying...

One could never experience depression if they did not see something as being a problem in the first place!

But this is not the case, as this easy-going attitude does not come from a deep place of centeredness sourced from Conscious Awareness. Instead, this attitude comes from these Cyber Guardians that are protecting the fear that flows through the functioning of the Problem Solving Mind.

The Australian psyche is trapped in a Construct of thinking like people anywhere else in the world. And like all psychological Constructs, the manifestations of what they create are the same irrespective of your belief structure. So as I pointed out, all is not as it seems; for no matter how fantastic your external surroundings appear to be, that has little to do with where happiness lies or with whether people suffer from depression or not. Just to give you some perspective, Australia not only has high numbers of depressed people, it has also on many occasions recorded amongst the highest youth suicide rates in the world.

The main point to acknowledge is that people are sharing the same story of pain on this planet, only the characters and the plots are different!

A deeper look at depression

If we keep focusing on the issues that we think are making us depressed, we will create an ugly cycle of thinking that will dig us deeper into the darkness of our minds.

Although certain life events have a greater propensity to lead us towards depression, never use them as an excuse or as a justification for how you feel or the end result of where you end up will be highly predictable.

Depression like all other psychological conditions, is created when the Problem Solving Mind identify's certain aspects of life as a problem. The depression comes from the fact that

the mind can not see a solution at all. It becomes obsessed and specifically focused on the issue at hand and hence it even halts its normal obsessive mode of chasing good feelings. When this happens the Problem Solving Mind loses all hope and just gets lost in its own pain. The pain becomes so great that it disables its own mechanisms of functioning.

Pain when isolated from life for too long creates a black hole in the mind, a place where new light can no longer exist.

In this cleverly concealed tomb, life appears to no longer be offering any clear or alternative perspectives, let alone any access to the truth. It just continues to get darker and the feelings become more painfully overwhelming if you persist in holding onto the denial. This resistance is stopping you from looking at the truth squarely in the face. If you continue to label your condition then you will fall deeper into identifying with it as actually being part of who you are, until eventually it will become who you are.

The truth is that you are not depressed; you are simply experiencing the sensations of depression.

Travelling down the dark portholes of the mind has no end as to where they stop, other than to eventually stop your life.

The Tree of Life

To help broaden your perception in regard to the topic of depression, imagine that when you were born your mind was like pure and fresh soil - and that it had all of the necessary ingredients to facilitate the pathways in the development of your life. The information that you received from life started creating a chemical reaction of ingredients in the soil, until seeds were planted that began the development of your neural pathways, which ultimately created your belief structures.

If these seeds were represented by your experiences of pain and they are allowed to grow uncared for, then this is the beginning of the creation of a corrupt tree. It will grow quickly as the soil is fresh and new, but its pathways will become distorted as nobody is caring for it and nurturing its progress. Soon the soil will struggle to support life and hence the tips of the roots will desperately and hopelessly search for sustenance. And the dying leaves on the end of the branches will attempt in vain desperation to absorb the light that it needs to survive – the light that for us is life's information unedited.

So rather than nurturing the growth right from the beginning or noticing that this tree is being uncared for early on in its development, the usual scenario is that people do not get any help until the tree has become fully corrupted with pain - hence the increased propensity for experiencing depression.

As a treatment for this situation I look at medication as something that simply tries to dull the pain, but it does not

recognise that this structure of corruption and distortion still exists. Therefore the pathways of the mind are still planted in soil that is not getting the necessary nutrients of love, strength and guidance that it needs.

You need to be feeling the pain that the corruption has created in order to truly see and understand the nature of the realm in which you currently exist. If you simply take substances which change the chemical structure within your network of functioning, you are robbing yourself of the ability to ever understand what has happened to you and how you can genuinely change these pathways. You are denying yourself the opportunity to turn pain into wisdom.

It takes great Awareness to bring this tree back to life. However, this process can begin immediately once it is realised that the tree is not you. The only chance to heal it is to shine the pure light of truth on it via the Conscious Energy of the real you.

So the focus of treatment should not be aimed at the undesirable end result which is the corruption of the tree - that is, the pain filled neural pathways of your mind...

**The focus of your journey is to get back in touch with
you, because only you can heal the mind!**

Depression and the past

Depression occurs whilst we are journeying through life and an event takes place that rocks our belief structure to its very foundation. Life continues flowing forward, but your mind gets trapped back at the time that this event took place. The reason your mind will do this is because it cannot come to terms with what it has experienced and therefore identifies it as a problem that needs solving. Because of the magnitude of this event in your perceptual realm, your mind feels that it cannot move forward until this issue is resolved. So effectively you are now not just living in the Construct, but you are also creating a reality that has nothing whatsoever to do with the world as it transpires.

As time goes by the separation between you and life increases and therefore the pain attached to this event increases. Therefore your perceived notion of seeing it as a problem increases. This process simply leads you into a deep place of depression.

Depression is always associated with the past...

Often after events of this nature you will also attach a great deal of anxiety to your life because you will now look into the future through these eyes of depression.

Anxiety is always associated with the future...

Hence now you will not just be mourning the event that took place, but you will also be worrying about the future of your life and you will be seeing it in a very dark and negative fashion.

The end result of this is that you may live in a world of depression and panic attacks which is very painful and very destructive. If you are “lucky” time may eventually create enough distance between you and the disturbing event that took place. In this instance you will find it hard to continue holding onto it and therefore to some degree you will free yourself of the pain by no longer seeing it as a problem of such great magnitude.

However, the chances that in this process you will learn to understand your mind and the pathways of pain is very limited. Therefore you will just be left with this underlying confusion and lack of inner strength – your obsession that the notion of security is a safe haven will increase. This leaves you continually vulnerable to the power and control that your Problem Solving Mind has over your existence. This is why as people get older, that they become more fearful and more likely to submit to and defend the functioning of the Collective Construct. And this is actually feeding and encouraging the pathways for the creation of depression.

Be very still and Listen

If you are depressed then stop worrying about it immediately. It is a Cyber Reality that you are trapped in

and if you want the depression to stop, then start by bringing the pathways of your Awareness to life.

The truth is you are still alive and you are still able to find a way out. Totally stop identifying with any thinking pathways whatsoever that are connected to your belief structure and to the processes of the Problem Solving Mind. Most importantly, stop identifying with any feelings associated with the depression.

To change the direction of your journey towards a brighter future will be highly probable if you cease seeing the current reality in which you exist as a problem. You do not need to know the depth of pain that is possible before you can turn the ship around and redirect the journey of your life. Your time is now. So stop believing that the psychological manifestations of your pain are you.

So hopefully you are starting to get some sense of the fact that the Problem Solving Mind affects your life not just in a few areas, but in every aspect of your existence.

Depression can only occur because we want life to be something that is not and therefore we are mourning the loss of a notion that has nothing to do with the way life is.