

Nature's intention

“In vain desperation we try to reconfigure our existing knowledge on human functioning, in an attempt to find pathways towards the peace that we so frantically seek in our minds.”

So what was nature's intention?

Nature, creation, evolution, God or some form of alien intelligence formed the world that you and I are living in now. Whatever your beliefs are in regard to this topic or wherever the truth lies in all of this is to some degree irrelevant. Because whatever the cause, one thing we can be sure of, we are experiencing something!

It is just a matter of understanding what that “**something**” is.

In so many ways this world is an amazing place to exist. Yet despite the obvious beauty, it seems to be founded on the process of suffering and death for life to continue on this planet. Everything is eating everything else. Insects consume each other. Animals consume each other and we consume animals. It doesn't matter how you cut it, lots of things must die in order for something to live.

Is this wrong? Or is it just the way it is?

There is only one species on this planet that has the necessary levels of Conscious Awareness to remove their functioning from this process. And that is us. But on the whole we don't and we just continue to partake in the consumption of life for the continuance of our own.

I don't think there would be too much argument in regard to the fact that this process was necessary for us to get to the point in time at which we exist today. But was it nature's intention that we should continue down his pathway and

Phase 7

The Insanity of Humanity 4

accept the suffering that is created in the process of our survival?

Whether it was nature's intention or not does not really matter, as we have the ability to do otherwise – and this fact in itself could indicate that the answer to the question is yes. If we wanted to, we would not have to knowingly kill any other creature in order to live out our existence. But irrespective of this, we justify that the current mode in the functioning of our behaviour is just a way of life. Just the way it is!

Well yes, it is the way it is at present... But why would we fight to protect and defend a way of life that is primitive, cruel and basic from an awareness perspective?

So why do we justify this? Especially when we consider that the same process can turn back on us at any moment. Suddenly we are no longer the predator and we become the prey. It certainly doesn't feel good when we are on the less desirable side of the coin. In fact, most of us would scream out in indignant fear, begging for help and for someone to save us.

And compassion is not something that we can turn on and off to suit our own needs; as in this instance it is therefore not compassion at all, just convenient processes of thinking. For example, if we're only compassionate to human suffering then we are not actually being compassionate. We are by a process of association with being a human being, fearing being in the same situation which leads us to want to help others.

The essence behind all that I have proposed here and the questions that I have asked, underlies the reasoning behind everything that we are doing that is destroying our planet, our home.

And it is not just our home; it is the home of every single living entity that exists on this planet. Just because the majority of them do not have the power to speak up for their rights does not excuse our abuse of power to give them no rights. We can continue to justify the manner in which we exercise our domination over other living things, but ultimately it will not just lead to the demise of their lives, but also of our own.

Pain when misunderstood allows for the justification of just about anything in the right circumstances. So the Problem Solving Mind is simply being true to nature's intention as we speak. But we as living entities that are alive with Conscious Awareness have the ability to redirect this pathway. Not just for our own good, but for the cause of life itself.

Nature's weapon

Nature certainly created the ultimate piece of thinking machinery to keep us trapped in the existing pathways of evolution. However, it also created the unbelievable possibility for us to break free of this - but first we must clearly understand the nature of these mechanisms that are disallowing our freedom.

The Construct is necessary for the functioning of the Problem Solving Mind, which is developed for the purpose and

functioning at the level of a child, or for that of a relatively primitive creature that does not have the ability to interact with life via the peaceful pathways of wisdom and awareness.

As beliefs are created by the Problem Solving Mind, they are by the very nature of this founded in fear, hence the need to protect and defend them when challenged. It is not necessary that we take our beliefs on our journey into our adult lives, but this is exactly what we are doing. Therefore they become somewhat corrupt and distorted, as we continue to try and force them on the world as if they are the truth. And of course this leaves us with nothing but continuing frustration and disturbance.

Let's take a look at the development of our Construct within the functioning of an intelligent and emotionally driven creature on this planet, other than humans.

Most young creatures grow up relying on their parents to teach them the ways of life. Through a process of learning they develop skills to take advantage of their genetic realities. Their learning is coming from many years of carefully developed survival techniques that have worked from generation to generation. All of this learning makes total sense within the mind of the creature that is absorbing it.

For example, imagine a wolf cub;

Through the process of evolution and survival of the fittest, a wolf exists harmoniously in its environment because it has learned over a long period of time to adapt and therefore

Phase 7

The Insanity of Humanity 7

be appropriate to its environment. The learning that is transferred from generation to generation is totally appropriate to the genetic reality of this creature and to the environment in which it exists. Via all of this appropriate and healthy learning from its parents, the wolf cub grows into a full grown wolf. It now fulfils its purpose and role within the hierarchy of its social group. It has developed a Construct which guides its journey in a healthy and functional manner and there is no need to look past this.

And because of the limited thinking capabilities of the mind within this Construct, the destruction to life and other living things is limited to that which is only pertaining to the immediate survival of this creature.

A wolf's mind is also programmed to work by association, therefore if it sees something that resembles a previous threat, it will remove itself from the situation rather than trying to gain control over it. Functioning by association is a very basic system of dealing with life. It works fine in this kind of situation that I have just described; however it creates a lot of disorder and problems for us as human beings in a more complicated world.

We absorb large amounts of disturbing information that does not match or make sense within the confines of our genetic makeup. And as we progress through life, continuing to learn by association, we end up fearing more and more things. The simple process that I have just described is what leads to many psychological conditions such as anxiety, depression and phobias. That is, irrational fears where there is no real and present danger. But as far as the mind is concerned the danger is real. It cannot discern the difference

between perception and reality and it is programmed to believe what its learning tells it.

The more inappropriate our learning is the more irrational is the nature of our fear and our corresponding behaviour. And when we can not emotionally handle our fears we try to control what it is we think is causing this pain.

The dart theory

Because we are the masters of problem solving, we have been able to adapt to extreme environmental changes, hence the continuing journey of us as a species. This meant our mind, unlike a wolves, was capable of taking us into situations that had very little to do with whether or not our genetic makeup matched the environment which we were entering. So as our human ancestors began to spread across the planet over many thousands of years, they created a genetic diversity that is extremely interesting, but not necessarily conducive to our lives making sense.

The further we have departed ourselves from the environment being the guide of our existence, the more powerfully the Problem Solving Mind has stepped in to take over the functioning of our lives. Hence it is building its own environments to suit its own functioning. Now more than ever on this planet our physical capabilities have almost nothing to do with whether we survive or not. Also, with the advent of the rapid technological advances witnessed in the last century, we have once again further removed ourselves from our physical being offering us any clues as to the purpose of

our existence. Yet because of the functioning of the Problem Solving Mind, we still function as if our physical existence is who and what we are. In fact we are more obsessed with it than ever before!

The end result of all this is that we are living in a world, whereby our genetic makeup does not match our physical environment. And our learning has almost nothing to do with our genetics and innate purpose. Let alone where our spirit fits into all of this.

Our birth location and all that happened after this, has as much meaning and substance as if we were a dart being thrown randomly at the spinning world...

And from wherever this dart should land, we are effectively on our own, struggling to work out the nature of our existence and how to survive. Even worse, we have to do this with learning that is dysfunctional and inappropriate, while at the same time being driven by forces beyond our control and understanding.

The reality of this dynamic is perfect for the Problem Solving Mind and the Construct to maintain control over our very existence.

Therefore it is time that we discover a more effective and peaceful way to function, because we are still relying on the same system of learning and development that was necessary for us to exist in more primitive times. It is simply

not appropriate in the world we live in today and this is forcing us to have to look beyond the parameters of our existence.

So I encourage you to cease enforcing the primitive and mindless pathways that we are all currently walking down. Initially this can be done by relinquishing ourselves of the control that the Problem Solving Mind has over us. This may sound hypocritical, but for the Problem Solving Mind to continue its reign over our lives, it is necessary for us to fight and struggle with the reality of our own minds. And that is what we are all doing as we bury ourselves deep within our own psychological nightmares.

Let's clarify what I have just proposed: the Problem Solving Mind and its ability to conquer its external environment is, as it turns out, almost too smart for its own good. In the process of its insatiable desire to satisfy its needs and its determination to survive, it has driven us into environments and into social structures which have very little to do with the nature of our being. Yet it is our environment that determines the belief structure to which we guide our life by, whether it is appropriate to us or not. It is such a perfect scenario, that I strongly suggest we all keep our minds open that there is a form of intelligence guiding this pathway.

Even though it may appear that the Problem Solving Mind is experiencing great levels of pain, it is certainly managing to fulfil its apparent destiny of control. One could easily come to the conclusion that the external dynamics of our lives seem to have no rhyme or reason, other than to lure us with a state of happiness that always lies beyond our reach.

So here we are trying to find something that does not exist and using the part of the brain that got us into this situation in the first place!

However, it does not matter what the Problem Solving Mind is trying to get, it will never be satisfied because the nature of its functioning denies this possibility. In fact, it is structured such that if life was to resemble something in the order of what would make us content, it would create a drama in order to create a problem to give itself a sense of purpose. When it has a sense of purpose it can almost start to believe that it is actually real - even though it cannot work how to get close to its vision of where it thinks happiness lives.

To what degree the Problem Solving Mind knows what its doing is debatable. Although it is the creator of our experiential reality, it is quite possible that it is just a tool being used by other forces in the same manner that it is controlling us.

Either the Problem Solving Mind is unable to truly absorb the entirety of life's information, hence leaving it no option but to create a virtual reality; or, it knows exactly what its doing, absorbs and embraces every aspect of life as it experiences it and then selectively gives us the necessary information to keep us trapped.

Please note: As you explore through this book about the functioning of the Problem Solving Mind, always keep the possibilities of what is actually going on very open and flexible. And I suggest this because we are all living in a world of illusion and it would therefore be wise to always keep our minds open as to what is real and what is not.

Life in a room

Imagine what would happen if a person was locked in a room from the time they were born. They are adequately fed and their basic necessities are taken care of. Until the age of 20 they have no control over what learning takes place in that room. I am sure that it would be quite easy to accept that the structure and behavioural characteristics of that person's thinking would be heavily influenced by the stimulus they were subjected to.

For example; if all he or she saw were videos of violence and destruction, then one would presume that this person would develop a multitude of irrational fears and this would be reflected in the development of their Construct. Let alone the effects of being locked in a room for 20 years. They would have no point of comparison hence this would become their reality.

Once they were released into the “real-world”, their sense of reality would be extremely distorted and many degrees of separation from the truth. Primarily their mind would be in a complete state of illusion and therefore their emotional responses would not be effectively corresponding to what was actually happening around them. The end result of this would be that the person would become incredibly stressed, anxious, depressed and confused.

The sad reality, although our learning is rarely this extreme, is that most people's lives are a version of what I have just described. Think of the room as a representation of our learning. This learning creates the box that we are all

trapped in. And the box is a visual representation of the psychological cage that controls our life.

Do you think because you didn't grow up in one room that your life has more freedom in it?

Unless you were taught, or figured it out yourself, that you are not your Construct, then the size of the room is irrelevant. You can't leave planet Earth, not yet anyway, so think of this as the box. Of course it has nothing to do with where you grow up, whether it is in a room or roaming the whole planet. It is your learning and the beliefs that they create that become the box in which you exist - the restrictive parameters of your existence.

We are simply interpreters of what our senses receive and from this information we attempt to form a sense of reality relevant to our internal emotional forces. The less appropriate our learning and the more detached our genetics are from our environment, the more we will feel disturbed and hence live in a more distorted illusionary state. But irrespective of the nature of the learning it is still all just an illusion.

This really is the key point that all of us need to stop and absorb. And this is because we seem to think that one type of learning is better than another, or that one person's life is more fortunate, but it isn't. It is all the same thing in a different disguise. Otherwise we will keep fighting to enforce what we feel as we believe it to be the truth and never understanding why our actions don't lead to positive outcomes.

So whether you like hearing this or not, please open your mind to the fact that most people are so far detached from reality, that their brain washing is in effect not that dissimilar to the person locked in the room for 20 years. The hope for the future of the human race is that we develop a philosophy where our ultimate goal is to discover the truth of ourselves and life. Rather than fighting for and enforcing our perceptions, which sadly is usually far removed from the truth.

If your life feels terribly wrong, then more than likely you have got to the point where you can no longer believe what you feel. You need to accept that your life has become an illusion and by searching deeply for the truth you will be able to reattach to reality. All we are is what we feel; so given the state of our conditioning we must accept that the foundation of our whole life is an illusion.

Our learning is our foundation, but it is only a platform from which to explore beyond, not to be limited by.

The loop of unsolvable disturbance

If the mind receives information which triggers fear, it uses this as a guide to decide what course of action it should take. If one feels fear then we interpret this as a bad feeling and therefore create a negative association with the thing that we perceived to have triggered this fear. The Problem Solving Mind is built to want to remove us from anything that

feels bad. This can lead to great confusion, as this process is in conflict with the belief structure that the Problem Solving Mind has previously built.

A belief structure is created to give us a sense of knowing and identity, to help us find a life that matches our beliefs in order to feel secure. However, if as a child we absorb information from an environment that has an element of familiarity to it, we may falsely associate this as meaning security - Even if the environment is in fact extraordinarily unhealthy and dangerous to our existence. Hence we may find ourselves having a program or belief structure, which ends up leading us to make decisions in our interpretation of life that creates dynamics that end up making us feel bad.

Now we really have a dilemma.

The Problem Solving Mind becomes very confused as it is built to be guided by its own creation, its belief structure, but at the same time it is also programmed very strongly to remove itself from anything that feels bad. As the belief structures functioning are the stronger of these two realities, we quite often stay in unhealthy situations - living with these bad feelings in the false hope that somehow this situation will keep us safe and that we will eventually feel good. Of course, we are relying on a false notion. Our perceptions are misleading us, our belief structure was created without integrity and hence we find ourselves repeatedly going from one situation of disturbance to another. Never understanding why this happens, never understanding why we can't feel good and never understanding the self-destructive aspect of our existence.

The Problem Solving Mind experiences such a massive dilemma over these kinds of scenarios. It sees such a conflict of interest between its belief structure, which functions more on a subconscious level and its conscious state of trying to avoid bad feelings. And the “bad” news is that we are all doing a version of the above scenario.

So no matter what we do, or what our learning is, we all just end up looped right back to where we all started. Hence the journey of humanity through space and time is becoming a futile one.

Prince or Pauper?

If you were offered the opportunity to have your life all over again and the options were to be a prince or pauper, which would you choose?

Now for the perceptually unfortunate answer to this question;

Whether you are a princess or a pauper, if your life is controlled by the Problem Solving Mind you will never be satisfied.

So don't be too concerned about the nature of the journey of your life, where you were born, or what opportunities were afforded to you. Ultimately it all adds up to the same thing when we are housed in the Construct.

However...

Flip the coin over

On the other side of the coin, this observable factor in the functioning of our Constructs also opens up our minds to realise that our life story is irrelevant. Not in a dismissive sense, but in a freeing one. Any situation allows us the possibility, with the right guidance of awareness, to move beyond these restrictive parameters. And in reality none is better than any other, because ultimately we all end up feeling the same thing. Trapped and confused within the limitations of our own thoughts.

Freedom can only happen when we realise that it is all in our mind. Once something has been experienced it is gone in a real sense. It can now only exist in the framework of our fear if we buy into the illusion that it is us. Really stop and think about this. If you buy into thinking that something is you then your life will never be able to move beyond that. Hence the process of incarceration that we have created for ourselves from the day we were born.

Thoughts, emotions and survival

Every single emotion that we currently experience is a part of our survival process. They are an expression of our fear in an attempt to create responses from the external world that will hopefully work in our favour. Our emotions are created from our thoughts. Effectively they are one in the same thing, but we get caught up in the process of constantly responding to our emotions with more problem-solving thoughts. And this brings out more emotions as if it wasn't an

original thought that created the emotion in the first place. We get trapped in this eternal process of thinking and responding in a desperate attempt to find security and happiness.

So when you think of emotions think of survival, hence the importance of not letting them guide the entirety of our existence...

Try this in spite of nature's intention!

Pinhead theory reviewed

Beliefs are not real in the sense that they are not what we think they are. And even if we put every single belief that we have and combine it with all of the information that we have ever acquired in our lifetime, it still only equates to a very small amount of information relative to the truth of how many factors actually create all of what we see. A belief only represents a very minute portion of what is and it does not take into account the complex array of factors that creates the outcomes that we experience. Beliefs simply lead to the need to hold specific aspects of life accountable for what we see, as they work within what the mind considers to be a fairly fixed and finite reality.

Of course in the truth of life, nothing is fixed and nothing is finite, therefore beliefs are mechanisms of functioning which only served the basic survival needs of a child, or creature such as a wolf!. Oh and as mentioned, they were very useful in Salem to accuse innocent women of being witches and

more recently to justify the murder of innocent people for the sake of global security. The stakes are getting higher all of the time and the justifications are as obscene as ever.

Fear is the guide

The Problem Solving Mind's survival mechanism uses the level of fear that it feels as its primary guide as to its decision-making, therefore, it makes sense that it must constantly be in a state of alertness to danger. So even if you are in a situation that is primarily danger free, in fact even if it is a wonderful situation with total comfort and luxury surrounding you, the Problem Solving Mind is still active. It is still using up large amounts of energy to function and is still creating an underlying feeling of something not being quite right.

The feeling that something is not quite right is simply
the sensation of the Problem Solving Mind
doing its job.

If the Problem Solving Mind perceives the external world is the place where all of its threats to its existence come from, it will never fully trust anything, so no matter what surroundings you are in it can never fully relax. Even if people through processes like meditation learn how to remove him or herself from the Problem Solving Mind, it is still active, it is still draining them of energy. In fact its alertness is even greater now that it has been left alone in the dark.

So before we jump to any conclusions re nature's intention, let's now continue the journey by re-opening some cold case files on pathways to psychological and spiritual freedom.

Cold Case Files

“Everything that we need to know already
exists within our own minds.
Collectively we just don't know it yet.”

Opening the files

All of life's secrets are waiting to be discovered inside the very structure in which we are housed. If we open our eyes beyond the parameters of control that are enforced by the Problem Solving Mind, we could permanently allow the information of life to illuminate our existence. And there is no end to this process, so the restricted sensation imposed by the Construct would no longer exist.

As a species we have been attempting to understand the nature of our existence for many thousands of years. And as interesting as many of the beliefs that have been created are, they have not changed the nature of how we experience life. I would suggest that it is not necessary to keep reopening the cold case files on the processes of understanding life - other than for the purpose of knowing what does not work. One opening and one analysis is adequate. Yet all I see is the continuing regurgitation of what the human mind has been aware of and attempted to implement throughout the history of our civilisations. I would even go as far as to propose that some of the most influential theories that are abound today, were part of the processes of functioning of our humanlike ancestors...

The ones that didn't survive!

And the processes of functioning that did allow for the possibility for us to be communicating today are no longer adequate for us to utilise as a pathway any more.

Living in the now

Evolution did not just create one type of human being in the hope that they would survive. Various versions with different intellectual capabilities were all attempting to carve out their existence on this planet.

The universe in which we exist is a constantly changing dynamic. It has presented an endless realm of challenges to any living creature throughout the history of life on earth. Some of our humanlike ancestors that failed to meet these challenges with the necessary responses that would ensure their survival... were living in the now!

They had no need for the past or the future and simply responded to life as it presented itself. As peaceful a headspace that this would have allowed them to exist in, it did not allow for the ability to predict and determine the future. Therefore they would not have been able to put the necessary measures in place to compensate for things such as changes in environmental conditions.

For us to consider that we should travel back to such a headspace, seems almost ludicrous and nonsensical, for it excludes one essential process of thought;

The ability to ask... “what if?”

If we are constantly living in the now, then we will never ask; what if? This is a question that poses concern for the future or an analysis of past events. And it is our awareness of the

future that is driving us towards finding a new way to utilise the power of our minds.

I have found it intriguing to observe how many people talk about living in the now and living in the moment. Living in the now implies connecting with life with no connection to the concept of a past or the concept of the future. However, the very nature of the words that we are using to describe this process defies its very existence. For what is now?

Which now are we talking about?

The one that just went by, or the next one, or the one after that?

“Now” is still a parameter of time. At least as far as the Problem Solving Mind is concerned. And it is the Problem Solving Mind we must be teaching to function in a new manner.

To be in the now denies this essential process of learning as it focuses on removing us from the ego, which if you remember is really the Problem Solving Mind. This represents the essence of what it would mean to give a child your most valued possessions without any guidance. It also allows for integrity to be absent as there is no integrity in leaving our mind alone. Now the child not only has unsupervised behaviour, it is also left alone in the dark with its fears as the light that is you is no longer present.

If we agree that ideally we should not be in judgement of other people, then it would also be reasonable to propose that we should not be in judgement of the Problem Solving

Mind. Particularly when we acknowledge that effectively it is us as things currently stand.

So to abandon the ego is to abandon us!

Being in the now, with the Problem Solving Mind so advanced in its progression through creation is nothing short of ludicrous. Let alone that our minds are not built to live in such a mode.

Also, being a good person is not one of the essential qualities attached to being in the now. It still seems to allow for value judgements of convenience and it could also be seen as quite self indulgent. Although I am sure many people would argue with me on that – but that is good, as long as it is for the purpose of creating more awareness that can guide us to the truth.

It takes a lot more strength, courage and wisdom to stay with our minds rather than abandoning them. But first we need to understand them, otherwise how could we ever hope to teach it. In fact how would we know what to teach it?

I strongly sense that focusing on awareness is a more enlightening pathway than focusing on the now. And to be functioning with higher levels of awareness does not necessitate being attached to the now, even though it does open up a portal to a version of it should we so choose to travel there. In fact I would go as far as suggesting that being in the now in its purest form, may actually negate the lateral potential of awareness.

Now Vs What if

I have devoted much of this book to explaining the “what if” pathway of our human ancestors. In essence it represents the functioning of the Problem Solving Mind. And I am sure by now that you can clearly see that this pathway, like living in the now, also appears to have an end.

So is that it for us? Are we living on borrowed time? Is it inevitable that we simply will not survive?

That depends.

That depends on you. That depends on me. That depends on everyone and their ability to function beyond whatever it is that we have previously relied upon in order to survive.

The possibility is alive. The commitment is questionable.

At this phase in our development as a species, many religions and spiritual practices have arisen to master how to live in the now. To some degree I would say they have been quite successful, however, I don't see true freedom of creative expression and individuality within the ranks of the devoted followers. In fact, much doubt is raised in my mind as to why such strict regiment and conformity is present, or even necessary within such a supposed place of peaceful serenity. For if people were truly living in such a place in their minds then there would be no need for any routines. The fact that they have routines indicates planning and a form of strategic management. So as simple as it may be, they still resent restrictive parameters of control. These attributes are

interestingly those that I would attribute to the functioning of the Problem Solving Mind!

This is why I am proposing, that in an evolutionary sense, we are from a line of genetic engineering that was never built to be in the now. Hence why we cannot maintain it and inject this into a system of functioning. There may be unique individuals that have brains which have diverged from the norm, hence allowing them to function in a more simplistic enlightened fashion. But the main point here is that they are not the norm and we need to address not just the individual, but the human species as a whole.

Even if you don't agree with any of my philosophies on the Problem Solving Mind and the Construct, there still is much evidence which is hard to dispute that points to the fact that we are incapable of employing techniques like "living in the now". However, there is an essence that can be extracted from the concept of "living in the now", which can be injected into the pathway which we have been previously locked into; the "what if" pathway.

Living in Isness

So let's explore the merger of these two pathways of thinking.

I strongly recommend that we forget trying to meditate or medicate ourselves into a state of eternal happiness, whether it is via the pathways of religion, spiritual practices or popping a pill. It is "time" to face what we have for so long

avoided. That is, the pain that is guiding our systems of functioning. Through a process of deep lateral and open awareness we can transform our lives by first accepting and understanding what is. And “what is” is Isness - and Isness is everything.

The Isness allows for connection to every aspect of being; the past, the present and the future.

We can't change the brain that we are within, as it was not built to live in the now in its current mode of functioning. But we can change the way we use it. I would suggest that the most important thing that we could be focusing on right “now”, is to understand the energy that is driving our minds.

So it is not about denouncing pain from our mind, but rather to go deeper into an understanding of it and the effects it has on our behaviour. Until we clearly understand the Problem Solving Mind and find a way to teach it and guide it, everything that we create and every philosophy that we develop about life, will simply be a manifestation of fear within the confines of the Construct.

Our greatest strength is found by facing and observing our deep painful responses to life. And by not identifying with these emotions, while still allowing for the free expression of them, we allow for the process of turning pain into wisdom. It is an amazing thing to experience when you see pain as information rather than something to fear. This can only be found by connecting to the Isness and embracing the newness of everything. Life is then a constant process of learning and growing, hence the older we get the wiser we get.

Explore life but try not to see it as a problem. Otherwise you will just create the same sensations of fear in a different disguise of potential happiness. Don't waste any time working out how to love "you" either. Just be aware and give love. What we give determines what we can receive. You can be in pain and still give love, rather than going too deep into introspection which denies life's entry in a pure unedited sense.

I am suggesting a pathway that is very different to embracing the illusionary cold case theories from the past and the resurgence of them into "the now". They are not unsolved mysteries, just theories that were created by the Construct for the purpose of keeping us in the Construct. These theories are doing nothing but digging us deeper into the illusion which we are all trapped in. It does not matter what we do in the Construct, as it all fulfils the parameters to keep The Game of life in motion.

This game ultimately is not a problem that we can solve, but that is how we currently look at it...

Rather than playing the game that is presented by our
emotional states, we should stop and understand
the nature of the game,

before we become the game!

The key is not to run and hide from pain to a state of bliss. We don't have to be happy to have integrity and it is only integrity that will save us.

Integrity is the truth of everything. It is the essence of the Isness. And it is awareness that will get us there; awareness that looks beyond the parameters of The Game, beyond fear, beyond beliefs and beyond the Construct. Hence unleashing the potential of our minds whereby a new version of problem solving is waiting...

A technique that the mind cannot currently conceptualise, but can learn to trust.

Awareness in the Construct is only useful when you know that you are not the Construct. And in this knowing you can also stay in it to observe it and understand it.

Emotions

Every single emotion as we know it today is an expression of pain...

So pain can be beautiful, ugly and anywhere in between this emotional spectrum...

Therefore it is all one masterfully designed system.

Emotions all exist for the purpose of survival and evolution; including love. The more powerful beautiful emotions keep us continually searching for more in this realm – to get more from where we are, even though we have no idea of where that is. Therefore we never want to leave this dimension as we are programmed to believe that happiness is close at hand. Not realising that these more enjoyable emotions are also just an expression of pain. Looks like we need to get to know pain a lot more intimately, as in reality we can't run from it. Even "living in the now" just exacerbates this issue as this is just a temporary solution.

How could we leave if we don't know where we are?

Unless of course we are relying on luck, it is not possible! Why? Because it is too well designed to incarcerate consciousness.

If we truly see the potential for a life beyond our existing connection with pain, then I recommend that we stay right where we are and stop running away from it. And it is our emotions that are the impulse for this action to run. So emotions are a very confusing obstacle to finding Isness. As Isness is an experience of life, rather than the being lost in the feeling of it. Being in the Isness is spiritual in its sensation but very intellectually aware. The mind is certainly not left alone in the dark. In fact it is right there with you, jointly embracing the truth of everything...

Truth is the only valuable commodity – and denial is the only thing that is traded to get it.

A reasonable trade off wouldn't you say?

Isness is not a state of permanent happiness, but rather one of depth and richness in our hearts where the sensation of the real us lives. It is about experiencing every aspect of human emotions and allowing life to present all that needs to be embraced. It supersedes the process of wanting as life could not be any fuller than it is. So our learning and wisdom is open to the universe to absorb all that crosses our path – no need to go looking for anything in an insatiable sense yet still opening the portals to our imagination.

It is like going with the flow but with a mind that is more switched on, has more available energy, more clarity, more available intelligence and more compassion for life in the recognition that the mind is life.

To harm life is to harm ourselves, as this is the energy we will create and therefore that is the world in which we will live.

Isness opens portals to transcend beyond this physical dimension, while still allowing for the clear Conscious Awareness that enables us to stay right there - right in the midst of evolution where our true salvation lies. It allows for the deepest of emotional experiences with awareness attached to it. Hence your emotions can never take over your life and you always know that you are not them. Isness opens

the opportunity to truly understand where you are and what you are.

Is it about always feeling confident? No it isn't!

But it is a sensation of permanent connectedness to our deeper aware place of being. Our strength is therefore always there when we need it, which gives us the courage to voyage into our pain and beyond. And to keep diving back in as life unfolds.

If pain does not turn into fear it turns into wisdom.

Imagine if...

Imagine if we all started to feel the true energy of our planet – good or bad of it.

Think how this would change our experience of life and our corresponding actions. It is not about wallowing in our own fears and insecurities – but rather to understand them, set ourselves free of them and then to grab this wisdom and strength so we can feel the truth of our global reality.

Then and only then will we ever be able to face and deal with what we have created on this planet.

Insness is about feeling to learn...
rather than learning to feel.

This also equates to having so much more to give and therefore this cycle of life keeps building. Imagine if we were all doing this? That is, sharing Isness, integrity and truth, rather than distorted pain, fear and control.

Isness has layers as to how deeply we are connected to it. The beautiful thing about it is that we would always know where we sit on that spectrum. And we would see truth in that too, as we would know that we are aware and therefore this is where we need to be.

It is less about doing and more about being...

Yet oddly it opens up the portals for being more productive and creative than ever, depending on the Isness of what life is presenting. In Isness you don't "do" just for the sake of "doing" – that is obsessive behaviour. In Isness we will be comfortable with whether we are busy or inactive, because we will see truth in all aspects of functioning. The obsession for happiness and achievement, that we can see our minds demanding, is no longer driving our existence and we teach our mind to see beyond this simplistic and blinkered manner of existing. So life is no longer obsessed with outcomes, although we would be aware that they occur perceptually in the ongoing cycle of life.

In the Isness we would allow ourselves to be humble to others energies and all that this encompasses - which does not mean that we would always like it or hang around. But we would be interested in understanding that which is causing us disturbance or happiness. Everything in our life would make

sense in some shape or form, so this will always lead to growth and enhanced learning – we would come out the other end stronger and wiser than ever before.

Imagine living a life where you felt pain, but no longer needed to run away from it.

Imagine enjoying the riches of life's experiences without the need for self serving happiness.

Imagine living with integrity such that the consequences of our actions were not just understood, but also full of compassion for all of life.

We would see truth everywhere in everything.

Opening up our Sixth Sense

We all have the ability to develop our Sixth Sense once we embrace the Insness.

When awareness is at the forefront of our existence, our five senses receive information and open up our sixth sense. We then channel all this to the Problem Solving Mind while bypasses the editing process.

Now we are no longer in the Construct.

To clarify, we collect life's information from our five senses. This can then be channelled instantly through our Conscious

Awareness, hence creating our Sixth Sense. Then life's information is sent directly into our minds. And guess what we see?

Ourselves!

And as this information is unedited it therefore contains no fear hence allowing us to maintain our integrity, whatever the sensation is that we experience. So we do not lose our emotions, as that is part of the human journey and part of our experience in the processes of evolution. What is removed from this new equation in our lives is the constant feeling of confusion. And when we are confused we will be aware of that too, so it won't be long before we aren't confused anymore.

Being aware incorporates acknowledging that we don't know everything which really means that we don't know anything! Meaning, as soon as we know something life has already permanently changed. So don't waste any more time getting to know who you are as in reality that is an ever changing reality.

But how exciting is that?

Think about that for awhile. You would never get bored being you!

This is the starting point to kick start awareness and then your task is to keep it alive. Hence allowing awareness to exist in front of your emotions while at the same time not denying

there expression. Emotions hold a world of knowing in them once they are understood and not solely being held in the world of pain and fear.

To experience life via our sixth sense is to truly experience life.

Unified self

When our sixth sense is alive we have the opportunity to experience the Unified Self.

This is a place of existence where there would no longer be any separation between the functioning of our minds and our Conscious Awareness. The merger would be complete.

Life would no longer be seen as a problem that needs solving. Therefore we would have the potential to not just flow with life, but to realise that we are life, hence the need to categorise and separate all that we experience would dissolve in a controlling sense.

The Unified Self cannot be found through a process of meditation or traditional spiritual practices. These techniques may help a person to acquire momentary sensations of peacefulness, however, at the cost of removing awareness from the mind. The longer the Problem Solving Mind is detached from awareness, the more power and corruption it creates within its thinking and this is what you would be returning to.

Creating our Unified Self requires powering up the mind rather than trying to relax it. It is about injecting it with all of life's information via our Sixth Sense.

Life Speed Synchronisation

Evolution is occurring at a certain speed.

When I use the term speed in this instance, just think of it as nothing more than a concept to aid in the process of sensing what I am describing. Life is travelling at a speed that requires no measurement and certainly does not need to be controlled.

The Unified Self that can experience our journey
through evolution at Life Speed.

We are currently weighing our mind down with the burden of problem-solving. Within the confines of our Construct life is travelling faster than we can manage to track. In fact in our current mode of existence, we are totally at odds with life as we attempt to structure life within a process of beliefs. And beliefs are only created for the purpose of maintaining life in defined parameters within our mind, rather than flowing with it.

Once we truly open up to the concept of there being a Sixth Sense and the possibility of creating a Unified Self, we will be able to synchronise our minds at the same speed life is

travelling. This removes the abrasive feeling of trying to impose something that life simply cannot embrace.

At Life Speed we become life. We become one.

To feel this is like being supercharged with intelligence.

And then and only then can we truly transcend this dimension by creating another.

I have deliberately not overly elaborated on these potential pathways of existence. I do not want the focus of attention to be on these possibilities, as then they will become outcomes that we need to attain. And then we will never get there, as outcomes represent destinations which we attempt to problem solve our way to.

For now it is enough that we just become aware of the mechanisms that are keeping us captive hence why I have devoted most of this book to that topic. The rest will follow when ready.

The pathway to Life Speed Synchronisation is...

Awareness with integrity