

Awareness... magic or science?

Awareness may not give you the life you want, but it
will give you a life you can live with.

Awareness is freedom

To be aware is to be functioning from a place in the mind where our thoughts and emotions are attached to but not determined by our beliefs.

Think of this attachment as more like an invisible energy that flows in and around our minds, rather than something that has been created for the purpose of controlling our decisions and limiting our freedom.

Awareness is a place of existence where we experience the sensation of being the observer of life while fully connected to it all at the same time. Think of this place not as something that has defined boundaries, but as something that allows you to be free to explore your existence to wherever the chemistry of the connection between you and life takes you.

While functioning in this realm you are absorbing and experiencing all of the information that life is presenting, rather than just the bits and pieces that your mind extracts from life in order to make its fear based decisions.

Aware people are interested in the truth,
not in being right!

When you are aware you are absorbing the information of life for the purpose of giving rather than for the greed driven process of wanting and control.

Awareness creates

Awareness is the key ingredient in the journey to a life beyond the Insanity of Humanity; a right of passage that will build structural integrity in our minds while also bringing forth courage, passion, emotional-depth, empathy, honesty, purpose and Isness into our existence.

Awareness creates a life that we can understand and embrace as it takes away the confusion that is felt when we buy into the illusion of choice. It gives us the opportunity to live beyond humanity's existing realm of misunderstood pain and all of the distorted pathways that it manifests.

Awareness creates a mind for you to travel in that will represent the essence of you rather than a fear based version.

Awareness stimulates the metamorphic processes into a new phase of human evolution.

The Science of Awareness is Magic!

Is there a definable methodology that can be observed and practised on the journey of Awareness, or is it just simply something that you do, and then let the magic begin?

Well, it is a bit of both!

The science of Awareness, for the purpose of this discussion, can be considered as the knowledge and understanding of the systematic processes that lead to Awareness. So from this point of view, I would suggest that although I can definitely share with you the science behind the journey to Awareness, it still has a powerful sense of magic embodied in the process - there are many aspects to the effects of it that are mysterious and extraordinary. And that is the experience of truly sensing and experiencing the permanent state of Newness that our universe functions in.

Everything that I have discovered about the human journey has come from the sometimes simple, sometimes beautiful, sometimes complicated, sometimes sad and sometimes joyful process of Awareness through integrity.

Awareness has the potential to create a journey for you with a deep sense of truth.

A life you can live with.

My journey of Awareness

To help you explore this beautiful topic, I would like to share some small glimpses of my personal journey to give you a taste of who I am as a person. To help you see that every single aspect of the knowledge and truth that I have acquired has come from being aware, nothing more.

Since I can remember, I have always been extremely attuned to the mechanisms of human behaviour and the belief structures that individuals and society have attempted to impose on me, each other and themselves. I sensed that these beliefs had been created from a process of fear not wisdom. This Awareness explained why I always had a feeling of being controlled. And that everyone around me was creating their identity via the information of life that they were being presented with – particularly by other people. I always sensed the potential for corruption if one was to define their existence in such a manner, as it relies so heavily on trusting that the information you are being presented with is honest and pertaining to your best interests as an individual.

I witnessed that most people were absorbing the nature of their environment whether it had anything to do with who they actually were or not. For example, just because I was growing up in Australia, it did not really make sense to me why nearly everybody I new identified him or herself as an Australian. As if that had something to do with whom they were. I could obviously see that where I grew up had a big influence on the experiences of my life; however I never thought it had anything to do with who I actually was. I simply saw the information of life beyond the superficial beliefs and meanings that were being presented to me, and this is because I was fortunate enough to be aware.

I always felt like there were two aspects to my existence; one that was interacting with life in order to develop some sense of my place in the world and a second self that was observing the whole process from a place of deep purity and compassion. This Awareness led me to create a journey that offered a high level of truth, emotional depth,

individuality and connectedness with life. As opposed to what the system was offering that was attempting to mould me.

My journey led to me developing my knowledge and knowing of the real self and the artificial self. And of how these two forces could influence the individual behaviour of people and of the development of the systems that they existed in. I was starting to sense the multidimensional realities of life that were creating the universe that I was experiencing in my mind.

In my childhood, dreams had a great impact on my Awareness. I was subconsciously sensing the different energies that exist within people and my dreams communicated this into my conscious Awareness. These dreams were a big feature in my life for some time and they did initially lead to a small attachment of fear and confusion. However I was determined as my life progressed to understand what I was sensing. I therefore explored these observations beyond my dream states, to find the source of these visions in the world with which I was interacting.

This sense of knowing that all is not quite as it seems created a powerful driving force. However, to my dismay I quickly discovered that I seemed to be very alone in what I was seeing. This left me wondering who I could turn to for support and understanding - you would not exactly have a chat with Satan if you wanted to find a way out of hell. And to me that was where we were all living, other people just didn't seem to know it!

Where have all of the wise elders gone?

Wisdom was certainly not being offered to me by the system, whether it was from my schoolteachers or from the leaders of the various systems that were in place at the time. I could not see how I could respect anyone or the systems they were representing, if they were to use a process of control in order for me to behave true to their wishes.

I was however very fortunate to have been blessed with wonderful parents. Although they did not have any knowledge on this topic, they always offered me a safe haven for unedited expression of my thoughts and feelings. But even here there was an element of confusion as I could still sense this multidimensional reality within them as well. It also became apparent to me that this artificial creation within people was always present and listening whether it was exposing its face or not. It seemed to have a life of its own separate from the actual person and I could always see it. Interestingly it rarely knew that I could sense its existence, so it seemed wise for me to keep this knowing to myself. At least until I understood what I was dealing with. So in many ways I was being faced with quite a dilemma and that left me with only one true pathway - to continue down the road of Awareness alone.

I taught myself that there was a far grander pathway than control and that was the pathway of truth, honesty, giving and compassion for all of life. In fact it actually seemed very obvious right from the beginning that people were trapped in some strange system of functioning. As if they were robots being true to some kind of computer program and I knew

that was not a life for me. I was sensing the existence of what I refer to today as the Construct, the matrix in which humans are all currently trapped.

Respect for all life

I honestly feel that one of the key and most important elements of life that Awareness led me to, again at a very early age, was to have a great appreciation for the life of all living creatures. This caring for life, was not used as motivation, but rather as an observation that I happily let affect the entirety of my journey. It occurred to me that if you see your own existence as more important than anything else, then you will stay trapped in a very basic and blinkered mode of existence. Stuck in a journey that would have disallowed me from receiving the true extent of what is possible to be experienced.

This would therefore leave me with nothing but a distorted sense of self to give to the world. So what the universe gives you back when you are in this mode goes without saying. I also learnt that people were inadvertently, through a process of greed and control, robbing themselves of opening an incredible gift. And that is the journey of being consciously aware.

As a boy I used to find it strange, that while I was putting so much effort into saving anything, from an insect through to a lost dog, many other boys were blindly on a pathway to destroy life as if they found some kind of pleasure in it. This destructive behaviour that I witnessed caused me great pain

and suffering, yet it was this Awareness and the emotions that it stimulated, that created the drive for me to understand the mechanisms of life. It inspired the desire to see if there was a way that we could move beyond the obsessive process of control that people seemed to be trapped in.

Looking back as an adult, I can see that these children simply lacked an Awareness of their existence and that they were being true to the basic and primitive programs which have flowed through the DNA pathways of life for millions of years to this day. However, the difference with humans, compared to other animals is twofold; firstly in humans these programmed pathways of behaviour are being channelled through a construct of belief systems that are corrupt and have no structural integrity, and secondly, humans not only have the ability to observe their own behaviour, but they also have the ability to enjoy the suffering they create – hence the dangerous possibilities attached to the cyber realities of the mind.

An honest realisation that I had to come to was the fact that all of these human characteristics that exist in other people also existed in me. It was just my Awareness that ensured that they were expressed through a process of integrity rather than control. So whatever state of existence I am in, I am always aware and therefore always learning and therefore always growing intellectually and spiritually.

Awareness allows your life to continue flowing rather than feeling like you are stuck at some point in time. Awareness when embraced with integrity becomes Isness and in the Isness everything just is what it is.

When you are aware you see more of the truth of life, rather than seeing some narrow and basic perspective of it. So in the nature of this mode of functioning, you are able to experience all aspects of life without actually being any of it. Hence you are in the ultimate state of observation to allow for the ongoing expression and evolution of the Conscious Energy that is you.

Caged in a world of control and pain

Although I was aware of the processes that lead to the creation of the Construct, I still had to learn to understand that while housed in this system, Awareness would still encompass a great deal of pain and emotional disturbance.

The pain that I experienced, as I watched the apparently thoughtless and sometimes utterly cruel behaviour of my fellow human beings towards each other and all living creatures alike, started to accumulate within me as the years of my youth went by. I could sense and recognise within myself that this pain was creating a disturbed, sad and angry version of me. And that this pain, like I could see in other people, was starting to develop a life of its own as it attempted to control my decisions in life.

However, despite the deep and sometimes confusing rollercoaster ride of human emotions that I was experiencing, Awareness ensured that the journey of my life stayed founded in integrity. And by integrity I do not mean perfect behaviour as there is no such thing, but rather I could be

honest about my actions hence continuing the process of expanding my minds Awareness.

I may not have always got what I wanted out of life, but I always clearly knew at any moment how I arrived at the destination to which I found myself. I knew that this made more sense to me than the other selfish pathways that society was offering, like achievement and success.

Integrity brings to your life whatever it does, for if you devote your life to trying to get what you want, you will always have to compromise your integrity. And for me, if that is what achievement is all about, then you can have it. In some ways I unwittingly created a journey into the realm of integrity and Isness right from the beginning. However, it wasn't long before I became aware of this and then realised the importance of becoming aware in general. I soon discovered that Awareness was an infinite journey of learning, for as you create Awareness of new Awareness, this leads to more Awareness and so on it goes.

Awareness is a self propelled energy and all you
have to do is jump on board!

Can Awareness be lonely?

My journey led me to feel extremely lonely at times, especially when I felt the need to stop the destructive behaviours of human beings. This only served to create a sensation of separation of me versus them. Awareness then

continued to allow me to see that to fuel this pathway was futile and purposeless. I knew it would simply become another example of the struggle that is being witnessed in the journey of our species since recorded times. That is, the struggle of one belief structure against another.

It wasn't long before I realised that to try and stop people on their pathways of destruction was only a very temporary solution. If anything, it seemed to have the overall effect of feeding more fear and anger into the situation I was responding to, hence fuelling the process of pain not wisdom.

So although I could see I had created beliefs about life and everything in it, I did not let these beliefs totally define who I was or my actions. However, I did ensure that my beliefs were created with structural integrity combined with lateral flexibility.

Because of this Awareness I realised that to partake in any process that simply focused on outcomes and focused on trying to create an opposing force to that which did not seem right, would only lead to more confusion - Both within myself and within those that I would challenge. This left me with a very clear pathway for my life and that was to understand the science of life, to embrace the magic of life, to find an alternative way of functioning, to share this with the world and then to accept that what will be will be.

Compare this to how the government representatives in your country share their views on how you should behave. Ultimately it just gets down to, do it or else! How could we possibly get "wise" if that is the energy that blankets our thinking and hence determining our behaviour and

corresponding actions. In a state of true Awareness nobody could endorse or enforce such an attitude, hence we would interact through understanding not control.

Enter the Problem Solving Mind

I always sensed that it was important to let the deeper truth that Awareness led me to, be the guide for my life. Rather than letting the simple process of running away from bad feelings and running towards good feelings determine the nature of my existence.

In understanding this I developed an Awareness of the existence of the Problem Solving Mind as the creator of the Construct and of all the human behaviour that was questionable at the very least. Then it soon became apparent to me, that if there is a Construct, there must be something outside of the Construct. And there is. So again through processes of deep Awareness, I embarked on a journey into a new realm of existence that I had never experienced but sensed was there.

Welcome to the real world!

Over the period of my life leading up until now, I on many occasions explored beyond the confines of the artificial reality in the Construct. This new place of existence that I had discovered almost defies description within the intellectual realm; however it really is a place of magic!

In this realm everything makes sense, it is infinite yet it is not, as there is no sense of time but only an Awareness of it. It is separate from the physical realm, yet it encompasses everything around it and between it.

It is a world of existence that I can peacefully enter without needing to return. Hence I knew, because of this observation, that I was functioning separate from the excessive and insatiable realm of the Problem Solving Mind.

Interestingly, this Awareness led me to see that the journey for my existence is not to spend my life trying to stay out of the Construct, but conversely to have the courage to stay in it. And if I am going to be in it, knowing that there is more than it, it made sense to understand the nature of its functioning with this new and deep sense of my real self that I had so clearly found.

Awareness is a process of life that is a necessary component in the journey of uniting with the Problem Solving Mind to create a Unified Self.

Let the adventure begin

I would like to say that I personally love there being a sense of magic about life. Embracing the unknown can create an exciting and adventurous journey as you become a pioneer in your field of endeavour expressed through the uniqueness of your being. For no matter how much I discover, or learn to understand about life and everything in it, it is always new,

so therefore the excitement of life is forever present and never boring.

I also find solace in the knowing that whether I fully understand something or not, the truth to it is always out there. And my Awareness of this inspires me rather than it scaring me. Hence my willingness to embrace the unknown, as life is permanently unknown as it is always new. However, once we become aware of this we have the potential to move into Life Speed Synchronisation. Hence learning is not in the realms of time anymore, as you and life have become one harmonious entity.

When this journey of passion is pursued from outside of the Problem Solving Minds existing restrictions, in a state of intelligent and enlightened Awareness, the process of science and magic almost feel like one harmonious entity. I would strongly suggest that we never buy into the thought of needing to know everything, as this is the insatiable journey of the Problem Solving Mind.

Sometimes just relax and enjoy not knowing, as although this may sound strange, this in many ways is a very peaceful entry point into the process of Awareness, which actually leads to knowing.

When we are in a state of Awareness our intelligence takes on a new realm of functioning, whereby our thinking becomes an exciting pathway of exploration with integrity, rather than an obsessive process of control.

When Awareness is combined with patience, knowledge and knowing, it can bring itself from the world of magic into a

unified existence with science. It is in fact the necessary tool to create the Unified Self, which is the evolved state of enlightenment combined in perfect harmony with the intelligence that is the physical realm.

Obstacle to Awareness

I have on many occasions been presented with the argument that Awareness creates more pain and that it would be better to remain unaware in life so you can't be hurt - Hence the saying..."Ignorance is bliss".

This false and erroneously created fear based notion is one of the greatest obstacles you will meet on your journey to embracing Awareness as a way of life...

These people just haven't hung around long enough
to see the end of the movie!

Well, the movie of life is actually a never ending one and to embrace this is to realise that to leave the movie is just a false notion anyway. You can't leave it in reality, so sit in it until you get it! And then who knows what is next!

Mourning the loss of your beliefs

For the purpose of expanding your understanding of the concept of Awareness, it is important to realise that you will

possibly experience and get trapped in the sensation of mourning as you go through the process of trying to let go of certain key beliefs - Ones that have become central to your existence, even if they have created and continue to create undesirable outcomes.

In this instance you have mistakenly bought into the notion that these beliefs are you and hence they often affect all of your behaviour. In terms of how you feel about yourself and how you interact with the world. Beliefs that you have become so heavily reliant upon for your sense of self, that to lose one or all of them, would be like losing an aspect of your existence.

If you think that a belief is you, then for this belief to be taken away is the equivalent to part of you dying.

This may sound extreme, but for a lot of people this is exactly what they experience after the light of truth is first shone on an aspect of their beliefs. The sensation of mourning occurs because they can consciously see the corruption in their behaviour and all that it is connected to. They realise that they must let go of this aspect of their existence and usually a huge element of resistance takes over to halt this process.

If you have already developed the necessary life skills and understanding of human behaviour, then the pathways into Awareness and beyond will be relatively painless and somewhat uplifting. If the process is unimpeded by distorted pain and the excessive fear that it creates, then potentially you could confidently travel down the following pathway;

1. Awareness
2. Reconciliation
3. Mourning
4. Letting go
5. Wisdom

When you give yourself to this process it feels like a natural journey in the continuance of life rather than a broken down system or a list of procedural steps. Although this process sounds simple, never underestimate the power and the cunning ingenuity of the Problem Solving Mind. Starting the process is no guarantee of finishing it, however to not start is insane! Practice makes perfect.

Increasing Awareness means exposing beliefs for what they are, so initially there will be a mourning process before you let go and free the mind to a life beyond meaning.

All grief is the process prior to letting go of a belief, whatever that belief is attached to. The stronger the belief and the more value you have attributed to the thing it is attached to, the greater the level of grief.

Letting go does not hurt, but holding on does!

Awareness is like a shedding process, losing the layers of insanity until we and the mind are totally free - Free of all the beliefs and false notions that we have relied on for so long to exist.

It is a process of metamorphosis, so of course it will be painful at times.

This process involves changing the structure of our mind and the nature of how it has functioned for many years. At times it feels enlightening at others times hellish in the degree of pain that we are capable of feeling. These moments of pain are intense, but brief if we truly understand what is happening. The more we learn to apply Awareness the quicker the process becomes and therefore the shorter the periods of resistance and pain.

Stay attentive to the possibility that once the Problem Solving Mind sees this new level of Awareness, it will desperately try to see if it can rebuild what was, to re-establish an old belief, or at the very least create some kind of compromise - this is the process of reconciliation.

Often the mind is trying to rebuild what was and this is just not possible. So of course we will experience great pain as the Problem Solving Mind exhausts its resources to hold onto its illusions. Eventually the Problem Solving Mind will give up, as it can not find a solution and now we experience the sensation of mourning.

At this point we feel like we have lost an aspect of our being and can find nothing to replace it with. However, if we stop identifying with this pain and realise that the beliefs and issues that it is attached to are not us, we will finally find the courage to surrender to Awareness and just let go. There may be a moment of fear as you freefall into the unknown. However, if you remain in this state of surrender and calmness, you will quickly feel a sense of wisdom and

knowing. This very quickly creates a sensation of empowerment and strength, for in this moment you are experiencing the real you.

The real you can handle any experience because it is not the experience...

You are the observer and guide and letting go allows you to flow at the speed of life. You are now free falling without gravity!

Is letting go cold and heartless

For many people letting go of their deep emotional connections seems cold and heartless. It almost feels that there is integrity in attaching pain to certain situations, relationships and particularly death related experiences. I can clearly testify to the power of the mind and its desperate need to hold on to a belief that has become so deeply entrenched in the reality of our existence.

I experienced this when my father passed away and although I considered myself to be very aware and knowledgeable of human behaviour at the time; I suffered greatly for many years. I could not let go of the structures in my mind that I had attached to his existence in order for me to feel that life was safe, secure and had meaning.

At the time it felt cold and heartless to stop grieving for him; in fact it even seemed honourable to remain in my pain. I do not want to suggest that what I did or what others may have done in a similar nature is wrong. I just would like to make you aware that the longer you hold on to a belief that you know is no longer yours to have, then the longer you will be in pain. You will, if you remain in that state, fall deeply into the depths of depression.

Knowledge Vs Knowing

Knowing is knowledge that you have sat in long enough to have truly embraced the truth of rather than to simply use it as another brick in the building of your belief structure.

I have heard it said on many occasions that information is power.

There is some truth in this, but the power of information is currently in the wrong hands and being controlled by forces that do not serve our best interest.

Information simply lives in the Construct and therefore it is being used for the greater manipulation of life, which further enhances the pain and suffering that we are experiencing and globally sharing as human beings. We will continue to keep experiencing the ongoing anguish that is reminiscent of today's world, as long as we buy into this false notion that information is power. The true power lies in turning this knowledge into knowing, so it no longer is information, but

something carrying far less potential for corruption and that is wisdom.

In knowing there are no problems.

In knowledge there is always fear and pain.

Knowledge is the phase when the Problem Solving Mind receives and absorbs the information that life is sending to it. Therefore knowledge is a problem that needs solving, because it is attached to the process of identifying what we want in order to feel good and to protect us from feeling bad.

However, this is the necessary starting point that we must not avoid as long as we are in the Construct.

Knowledge is a wonderful thing, just be careful not to misuse it, not to turn it into a problem. Don't allow the mind to keep reinforcing the prison of its perceived existence because it thinks there is danger outside. You will never feel free until you embrace the knowing of what is outside, as then you will be flowing with the reality of life rather than seeing it as something separate that you must protect yourself from.

**Knowledge serves as a restrictive and limiting
pathway in the process of decision-making**

Think about how much knowledge you would have to acquire if you wanted to know everything!

So I would suggest that we all be honest with ourselves and realise that whatever knowledge we currently have, no matter how highly educated we are, it is still just a minute proportion of what we could possibly know. In fact, the more educated people become in a specific area, the more narrow minded they become, hence their ability to think laterally and to live in the Truth is lost. In fact they often attach their personal notion of self-esteem to being knowledgeable.

You can see in some people that the need to acquire knowledge becomes an obsessive pathway. They believe it will make them more intelligent, more interesting and give their life more worth. Unfortunately, it is simply limiting and restricting whatever intelligence they have and driving them deeper into their insecurities. They are trying to find strength from an incorrectly identified destination. No matter how much information you try to jam into your Construct, nothing will change the fact that it is still a psychological structure that imprisons your mind and therefore imprisons your potential.

Although I utilise the knowledge that I have acquired in my life, I do not refer to it very often as I give myself to every situation as being totally new and different from anything that I have ever experienced before. This allows me to stay open to absorbing the truth, rather than having the desire to enforce my existing knowledge on that situation in order to make myself feel better - just so I can strengthen my existing belief structure. I am not suggesting that this is easy to do and sometimes I slip up big time – but when I do I am aware of that fact rather than getting fooled into responding to it.

For example, as I write this book, I am not acquiring information from any one else's work and I am not consciously trying to drag information out of my existing knowledge base. I simply start writing and see what comes out trusting that my knowledge will be used if necessary.

**The process of Awareness is far more
powerful than Knowledge**

You can, if you so chose, live such that as life progresses you keep aiding the Problem Solving Mind in the process of increasing the strength of its fortress. And this represents the confines of your existence, forever increasing the quantity of things you fear in your world and therefore the amount of things you believe you need to protect yourself from. This technique, which I certainly don't recommend, is the one being employed most commonly in today's world. And as life progresses this method becomes more difficult to maintain.

**Stress levels keep increasing as the parameters of
what you feel needs to be controlled increases.**

But now that you have been presented with an alternative what will you do next time you feel pain in response to an experience? What will you do next time you are presented with a problem?

Just to reiterate, let's get it clear as to what I am suggesting. Try expanding the dimensions of your universe, your life; sit with your pain until you see it for what it really is and sit with your problems until you see them as information to absorb and blend in with, rather than something you need to control. Then step by step you learn how to embrace life by feeding wisdom, truth and light into your world, hence tearing down the prison of your mind.

Now your Problem Solving Mind becomes a useful tool with flexible barriers, whereby knowledge serves only as a gauge that no longer creates unnecessary limitations. In fact quite the opposite, as you learn how to let knowledge become part of the beautiful process of creating knowing.

You are now on the journey of Truth and...

In the Truth nothing is a problem

In the Truth, there are no limitations, the pathways are infinite. This is the best way to describe it if you are still caught in the Construct. However, even this is not ideal because the Problem Solving Mind struggles with the concept of infinity, as it sees everything as having a beginning and an end.

Interestingly neither are actually right in the Truth, because there is actually no such thing as time itself, everything just is. Hence there are no beginnings or ends. A simple way to put it that may work for you, is to say that time becomes irrelevant as wanting becomes an unnecessary process and it

is this mode of wanting that drives you to become addicted to the concept of time.

Just relax and try and embrace the notion that nothing is a problem; not even the events of life that you would have traditionally have seen as disastrous. Then you can start to find the pathways that represent the truth of your journey, rather than the pathways that feed your obsessive and falsely placed desire to get what the mind wants.

Life tells us everything we need to know. This knowing is always there, you just have to learn to see it, trust it, and educate the mind with it.

Life's information is a light from the universe that can illuminate the inside of your mind.

Knowledge, which is life's information not completely understood, will quickly turn into pain if it is not seen for what it is; so open up the parameters of your Awareness and turn knowledge into knowing. And knowing is not a fixed intellectual notion, but rather a flexible place of sensory freedom.

Until you get on the Awareness train you will never truly understand who you are. Therefore you will never be able to teach the Problem Solving Mind who you are and therefore you will never go on the journey to the Unified Self. And this is because the Problem Solving Mind quite simply will never figure this out without the real you guiding it. For when it is left to its own devices, it becomes so obsessed with

maintaining its beliefs as a pathway for survival, that all else becomes excluded from its functioning...

Hence you will stay living in the Insanity of Humanity.

Let's now take a closer look at the concept that is embodied with the greatest fear, a concept that has the potential to never allow us to ever fully embrace a life beyond the parameters of our fear. A concept that can fully negate the pathway of Awareness.

That concept is death.

Death... the Final Frontier

“No matter how great a person you are. No matter how wonderful, educated, wealthy and successful you are. No matter how giving you are...

You are still going to die!”

Or so it seems...

We control what we fear...

And the concept of death is our ultimate fear.

Our fear of death drives much of our irrational and corrupt behaviour that drives us into the Insanity of Humanity. However, death is not a problem that requires a solution and it appears that it is not something you cannot avoid – but let's not jump to that conclusion too quickly either.

How could we possibly ever hope to understand and rationalise something that we have never experienced. And we can never talk to anybody that has experienced it, other than people who have been technically and medically pronounced dead and later brought back to life. Even in these instances we do not exactly know what they experienced or where they went. You could go as far as saying that no one can actually say whether we die or not. It just appears we do because we see the physical form of other living creatures change and disappear from our experiential reality.

For the true journey of death to continue, obviously one cannot come back to life as we currently identify with it, that is, in the physical form of a human being.

The concept of death and our fear of it can be one of the greatest obstacles to living in the Isness of life...

As the Problem Solving Mind sees death
as something final and finite that it must control.

So given all this, it is not hard to imagine why fearing death infects our whole life. It would appear, despite our lack of understanding of it, that it is the thing that we want the least. And the Problem Solving Mind is certainly built to avoid the death of anything relating to itself, which primarily means its Construct.

So even though I have devoted the book so far to living beyond seeing life as a problem – once you become aware of this, you can now utilise the Problem Solving Minds style of analysis to continue the journey beyond all that currently is. So Isness is not just about what we can see or what is now, it is also about we can't see and only our imagination will find this.

For the sake of the discussion, let's accept that death does exist and that we will die. Therefore death is as much a part of life as anything else and it is just a different phase of life.

When people experience the death of something that they love, the mind sees this as a problem that needs solving. Of course, there is no solution to the problem other than acceptance. It may be sad that something you love has died, you may feel a great sense of loss and emptiness, but it is not a problem. If you see death as a problem you will infect yourself with fear over such an important and huge issue in your life, which inevitably will draw you into a pathway of denial and depression.

Death itself cannot hurt you, whether it is facing your own or the death of something you love...

However, the way we respond to death can have a dramatic impact on how we feel. Our whole survival program is based on staying alive, so if you deal with death through this pathway of functioning, you will cause yourself great pain and distress. Nowhere you turn or run to, no amount of anger that you share, or tears that you shed will change the reality of the situation to which you must face.

When you experience death it is
essential to leave that experience in
the time and place in which it happened.

Whether you like it or not your life is constantly moving on. If you are desperately holding onto something from the past, to those moments when the thing you loved was still alive, you will simply tear yourself into pieces.

If you try to resist the movement of life your
mind will desperately try to stay somewhere
that it no longer belongs.

The Problem Solving Mind will never be able to truly accept or understand death. In its knowledge and Awareness of death, it finds great disturbance as to the meaning of its own existence, as it is unable to find a solution to what it perceptually considers as the biggest problem that it will ever encounter. In fact it is such an overwhelming concept to

embrace that most people usually do the opposite, which drives them deeper into The Game of the Construct.

Housing death in beliefs

At this point in the existence of human beings, it would appear that the Problem Solving Mind is yet to find the solution that it is looking for. So far it has attempted to create belief structures housed in the form of many kinds of religions in an attempt to appease its fear and give itself hope. Unfortunately, this process of thinking has led to nothing but more fear, more confusion and more disillusionment as to the meaning of life.

People have witnessed throughout history, that no matter what their belief structure is, no matter how much they have faith in their concept of a God, that death keeps befalling upon those they love with no true rhyme or reason. As long as we continue to see death as a problem to solve, something that must be conquered, it will always be something that we fear.

Death does not need to be understood, death just is.

Let it be! Focus on what you have now, as death in your mind is just a concept, a futuristic notion that we only think we understand because we see other people die. We will find out what it is for us soon enough.

Grieving

Humans have identified something that they call the grieving process; we have even broken it down into various stages. The grieving process is simply a functioning of the problem solving mind, it is the process by which it must go through to finally let go of this particular problem. With time more problems enter into its realm, slowly taking its attention elsewhere. This process is not healthy or necessary, for if one faces death in the ISNESS of life there is no need to grieve at all.

Grieving is simply a pathway of denial.

We have programmed our minds such that the word death triggers a negative fear based association and anything that has any negative association will ultimately indicate to the Problem Solving Mind that its services are required. The Problem Solving Mind then activates the Cyber Selves and our accumulated reservoir of pain from our previous life experiences. Together they can make for a lethal combination.

If it is necessary for you to create an intellectual concept of death, then at least create one that is not developed through a process of fear. When we lose something we love, we may feel great sadness and deeply miss the company of our loved one, but do not infect this loss with fear, for if you do your love will quickly turn into pain.

Facing death can be the ultimate test in learning how
not to resist life.

For me, the powerful human emotions that are triggered as a response to the loss of a close companion are some of the most incredible feelings that one will ever experience. These emotions allow us to feel more alive, more passion and more real than ever before. They break down our intellectual concept of life and with great power pull us free from the Construct - allowing our spirit to experience life at the deepest level, without corrupting it with preconceived notions and expectations of behaviour.

It is not the powerful emotional response to death
that destroys us, it is our opposition
to this phase.

The reasoning for this is because of the mind's identification with this emotional experience as something that it needs to control. The Problem Solving Mind opposes this phase of life because, to the best of its thinking ability, it considers death to represent the end of its own existence. And when you think that its whole programming is about survival, it is not surprising that it would react this way. So when we step back into the Construct this initial powerful emotion response to death, turns into powerful pain - pain that has the potential to drive us to a place of destruction and misery.

If one embraces death as one is capable of embracing life, then they very quickly become one in the same.

If you stay in the Isness with death, it has the potential to set you free of all your fear, which could lead you to a life of inner strength, contentment and a sensation of purpose - a life where you are no longer concerned with outcomes, a life where you realise that the only thing that you can ever be is you, as you realise that the only thing that you could have ever been was you. You realise that to be you is effortless and to be something that you think you should be is painful and destructive.

So embrace death and let it be your guide to freedom, your guide to the peaceful journey that will allow you to flow into your own death and beyond.

Never allow the Problem Solving Mind to interfere with death by trivialising it as a problem that requires a solution.

The Problem Solving Mind develops its base learning of the concept of death from a very early age. It becomes desensitised to the process. And even though it is aware of its own mortality, it primarily lives in denial that this concept, to which it can not really understand, will be something that it must face one day. This denial becomes very clear when the Problem Solving Mind experiences the loss of a loved one and has the potential to greatly confuse a person as to the meaning of life, one's own existence and one's own perceived mortality.

The Problem Solving Mind's response to death has the potential to create levels of fear that can disable even the strongest of people. So Rather than repressing any kind of emotional response to death, embrace it and do not buy into the concept that it is a problem. The rest of the journey will take care of itself.

You can only be who you are and you can only respond to death in the way that you can. You are not your Problem Solving Mind and death isn't its business to be dealing with the consequences of; only to protect you from it in crisis situations, but it must then let death be.

Honour the life of a loved one and let that love grow with you on your journey to death.

When I die I want to be fully alive, because if living in the Isness takes me to death, then that is the most truthful journey that my life could take. If my Conscious Awareness is fully active at my time of death and I have fully detached myself from identifying with the human reality, then my consciousness will continue beyond the physical realm. Hence the evolutionary journey of my existence will continue with my Awareness intact.

If I die holding onto my intellectual concept of life, then I would never have truly experienced my existence and hence I would not be fully alive at the time of my death. Death is attached to life, so if I am not connected to life when I die, I will not be able to connect to the portal which is death.

Awareness is an infinite process and there is no end to how aware one can become, because when you become aware of how aware you are, you just become more aware. At every point of Awareness you arrive at, you can always then become aware of that level of Awareness, hence driving you to the next level of Awareness. So it could go on forever.

Maybe everybody has to experience this at least once to learn that when you let go, you are not letting go of your love for that person, or whatever part of your Construct that appears to be taken away from you, you are simply letting go of the pain that you have attached to it.

In fact I would suggest that there is a lot more honour and integrity in keeping your love pure by staying with the flow of life and therefore allowing the experiences of the past to do the same; rather than letting them be an anchor to a time gone by.

So I assure you that the process of letting go is not cold and heartless, in fact it is beautiful and real. If you do find yourself staying in your pain for an extended period, never lose sight of your Awareness or you will lose sight of yourself.

So make sure you are ALIVE when you die!

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The following section in this phase of the book explores various techniques for stimulating the process of Awareness.

However, I would first like you to consider the following question...

Do you remember not existing?

Techniques for developing your
Awareness and escaping

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Developing Awareness

Developing Awareness is one of the most important and potentially enlightening processes of functioning that you can develop within yourself as a human being.

In this section I have shared with you three of many possible techniques that you can use to truly get this process in motion. It is my recommendation that you read this section in its entirety before you attempt to explore any of the techniques relevant to your personal journey.

Let's first get the pathways towards embracing Awareness solid in your mind by running through a simple process of mind functioning;

- You become aware of the truth of something. It does not match your existing beliefs/notions/desires etc. You resist this truth and it hurts.

Remember, the truth can't hurt you, only your
resistance to it.

- You try to face the information, sit in the Awareness of it; but the pain gets too great, so you run, fight or hide. Your primitive survival responses have taken you over.
- Now you feel really stuck in your pain. You know the offending issue is still there, but you can't seem to control it or find a solution to this perceived problem. It becomes an ever-present irritant in your mind.

- Now what do you do? Keep avoiding these thoughts? Put them in a box and lock them away? I don't think so! If you avoid them or deny their existence by not looking at them, you will always feel the pain of the ongoing fear. Your mind will want that part of its world back and under its control and it can't have it.
- So, where does this leave you? You appear to have no resolution. In fact, if you don't learn a new way of dealing with your perceived problems, things will get worse as pain and fear will start to spread to other areas of your life. Eventually you will feel fear and stress everywhere you go, you will never feel safe as you will be lost in your Construct.
- What else can you do? Instead of running from the pain that awareness originally creates, you could have sat it out and kept shining the light that is you on this dark corner of the mind.

Fear can only exist in the dark un-evolved parts
of the human brain.

- Once you stop fearing and resisting the Truth you would see the issues that you previously perceived as problems, as something that you must interact with in the reality of your existence. Now that you have stopped taking life personally you would know the exact locations of these issues in your mind and the nature of their functioning. Then and only then could you make a clear and effective decision as to what to

do next, in fact then it can barely even be called a decision.

- Now you have realised that the issue itself is not where you should put the focus, but rather to become aware that you have identified with your beliefs and in the world of beliefs no problem is ever solved. You realise that there is no such thing as a problem in the first place.
- Awareness has confirmed that the concept of a problem is simply a sensation of discomfort that you had misunderstood in the process of defending a belief. You can now see that to obsessively focus on specific issues and to focus on being right, is simply a process to avoid facing the truth that underlies all aspects of life.

The Truth is always there you just may not
have seen it yet.

Identify significant events to initiate awareness

Now you have finished reading the chapter on Awareness, you may like to take some time out and complete a Problem Solving Mind Theme Indicator (PSM TI). This will help you to start the process of surfacing your deeper levels of awareness and to develop a more complete understanding of your journey – from birth to today and beyond!

The purpose of doing a PSM TI is to explore into the development of your Construct. It enables you to highlight your key life experiences and then to see the themes in your behavioural learning pathways. It is not designed for dwelling on the past, but rather to shine the light of truth on it, by allowing you to see that you are probably still holding on to it for fear of letting it go. You will find emotional freedom by releasing the pain attached to your past and in this process you will gain the necessary alternative fuel source to pain – the energy that is embodied in wisdom.

This will enable you to step back and see your life from a different perspective and to see your life like you are watching a movie about someone else. You can identify when the thoughts that control your life today were created. These feelings are simply a by-product of the nature and structure of the mind that your learning has created. You will never be able to free yourself of them until you see the Construct for what it really is. You then have started the journey of finding the truth of your existence, so your future will be embraced as an opportunity to learn more about yourself and the world you live in - Rather than something to be feared and controlled, simply going through life protecting, defending and living out your learning as a self fulfilling prophecy.

If you use the PSM TI effectively then you will see that your life has become a product of a small amount of possible pathways that could have unfolded in your life and therefore to live your life true to this narrow realm of existence is in fact insane.

Completing a PSM TI is not a process of delving deeply into each emotional experience; it is simply a matter of teaching

you to see the theme of your learning so your existing behaviour does not seem so strange or overwhelming.

Usually there will be some key experiences that will have led to the creation of some key beliefs. These beliefs quite often have a major impact in regard to your self-worth and on how you see yourself positioned in the world relative to other people; experiences that will be influencing and limiting the entire journey of your life. The more you are able to look at your completed PSM TI from the perspective of an observer, the more likely it is that you will find the necessary keys to create psychological freedom.

Once you have done this you have created the opportunity to separate yourself from your learning and to stop identifying with your Construct and everything within it. This for some people can be one of the best ways to start the journey of Awareness in order to become free of their Cyber Selves. Remember, your Cyber Selves are simply a manifestation of these experiences that you see written down in front of you in your PSM TI.

The Problem Solving Mind sees life as a series of events, whereas in the truth it is one flowing thing.

Get it very clear in your mind that these experiences are not us, but they do hold great value and wisdom if we see them for what they are. The human journey is not a waste of time and neither is the awareness of our past, as long as we only absorb the truthful version – the one without the fear based judgement that we use to control our existence. We are here

for a reason, but to truly find our purpose we must first stop identifying with our attachment to our pain as if we need it to survive.

Try to enjoy doing your PSM TI.

Don't make it a job and don't think too deeply, just go with what comes up the first time round. Then later you may want to chat with family and friends, to find more hidden beliefs and memories and to see how your perception of your life compares with others. Remember this is another process where you are not looking for rights or wrongs. It is a process of observation to help you detach from your experiences until you can rejoin with them without the pain.

Problem Solving Mind Theme Indicator

Write down all of the significant events that have happened in your life, that is, anything that has triggered a strong emotional response, whether you perceive them as good or bad, starting with your first memory. The number of events will obviously vary from person to person so it is important to focus on what was important in your life.

As you identify each key experience write them down exploring the following aspects: *(this is a guide only)*

- (1) How old you were at the time?
- (2) What happened (the event)?

- (3) How did you feel during the event? That is, what emotions did the event trigger?
- (4) How did you feel in general and about yourself shortly after the event?
- (5) How did you feel about the world or any aspect of it shortly after the event?
- (6) What was the long term effect of this event on your life?

If looking at your whole life in one segment is too overwhelming, you can break the PSM TI into sections and tackle it one step at a time: for example;

1 to 12 years (childhood), 13 to 17 (adolescence), 18 to 29 (young adult life), 30 to 40 (facing adulthood), 41 to 50 (reality kicks in!), 50 plus (time to get wise... make or break)

The following is an example of an experience in my life that left a lasting impression in my mind and hence was a strong influence on the creation of my belief structures. I have utilised the above questions for the purpose of demonstrating the kind of factors to look for. Please use this to give you some idea of how to explore your own experiences, but please keep in mind there are no rules as to how short or long it should be. Most importantly, do what feels right for you.

- (1) 15 yrs old
- (2) I went on a canoeing trip with my fellow year 11 students. My school had a special island for this purpose. There were approximately 10 boys and 10 girls on this trip. The island was inhabited by a large number of small mice. All of the boys proceeded to find

sticks and shovels and went on a rampage of crushing and killing the mice. The girls were crying and screaming for them to stop, however after the event many of the girls laughed and joked with the boys in order to be at one with the group again. I was the only male in the group trying to stop the cruelty and I refused to rejoin the group afterwards. The adult male teacher and group leader did absolutely nothing in response to the situation as if it was not happening.

- (3) I was angry. I felt sickened and disgusted. I was feeling the deep pain of the mice as they desperately tried to survive this sick onslaught of unnecessary violence and many were left injured. I felt powerless as there were too many boys for me to be able to stop them.
- (4) I felt revolted at being part of the human race. I felt separate from everyone and desperately wanted to leave. However, I did also wish that I had more physical power to stop this kind of mass insanity and unnecessary slaughter of innocent creatures - this left me feeling extremely frustrated. I was left feeling very confused as to how the adult leader on the island felt no need to intervene - I felt sick at the very sight of him from that point on as I felt that ultimately it was his responsibility to stop the brutality.
- (5) It was not the first time that I had realised that my school "mates" and people in general were capable of sick acts of violence, but it did really leave me with great distaste for human beings, particularly because I was stuck with them for a few days on an enclosed and confined environment. I felt I could not trust people, for if they could treat an innocent and harmless animal in such a manner, then what else would they be capable of given the opportunity.

(6) This event was one of the cornerstones in the development of my growing need to understand how or why people could behave in such a manner. I needed to understand how they could have such a high disregard for the welfare of other living things, yet at the same time cry like little babies when their own needs were unmet or when any level of aggression was targeted on them. My belief that humans were blind and selfish creatures was strongly reinforced by this event.

So as the author of this book and owing to the nature of the material that I write about, I am sure that the above significant event from my PSM TI does not seem out of place with the development of the kind of thinking that I share with you today. In my life I have endeavoured to always step back from my experiences to find a deeper truth in them. Hence why I decided that it was more important to understand why humans are behaving the way they do rather than to just get stuck in the powerful emotion of wanting to condemn and destroy them. If I had not understood the themes of my learning and how this could help me to understand the essence of my existence, then a life of pain, frustration and hopelessness might have been the pathway waiting for me to walk down – especially given my sensitivity to life and all that it encompasses.

Awareness has allowed me to feel and experience the suffering associated with human behaviour and yet find a productive and purposeful journey within it. Awareness can open up the same portals of possibilities for you to. So if you use your PSM TI carefully and with the appropriate guidance, then you have the opportunity not just to create a

life with a sense of purpose and knowing embodied in it, but to also free yourself of the unnecessary and extremely limiting reality of being attached to your pain.

Using a perceptual shift to create awareness

A simple yet sometimes very effective technique for using knowledge to let go of a belief and therefore become aware, is to create a perceptual shift.

This process of learning is most effective if you observe it from a position that is clearly detached from your Construct. Otherwise you will corrupt the procedure as your Problem Solving Mind will not allow you to gain the benefits that this technique can expose - this will be discussed during the procedure.

Most people have clearly defined beliefs attached to various issues in their life. Which issues become important to an individual will vary depending on the emotional experiences that they have attached to these issues, their personality and on how effectively these emotions were dealt with at the time – hence the purpose of completing the PSM TI first.

So let's run through some very simple steps in this process and give it a go;

Perceptual Shift technique requiring
two or more people

- Pick a topic that you have a very strong belief about.
- Discuss this topic with another person who has a very different belief about it to test the rigidity of your perceptions and the nature and depth of the emotions you have attached to them.
- Discuss the topic for long enough to stir up your emotions but don't allow yourself to get too heated at this point or you won't be able to continue.
- Now stop communicating for about 5 minutes; sit quietly and become the observer of your beliefs and your reactions to them being challenged.
- Re-open the discussion on this topic with the same person. This time your role is to do nothing but to focus on their point of view. This is your chance to practise genuine listening. Do not debate or argue with anything that they are saying, however, you may ask as many questions as you like until you fully understand what the other person is saying and how they established their belief. Put the same level of effort into understanding their point of view as you did into enforcing yours.
- If you sense any resistance within your mind then stop the discussion, acknowledge to yourself that you are in your Construct, wait until you feel a sense of calmness, then re-enter the conversation.
- To the best of your ability imagine that you are actually the other person experiencing what they feel. Open up your pathways of empathy whether you would traditionally agree with what they are saying or

not. Remember, this process has nothing to do with establishing right or wrongs, or winning the discussion.

- Now if you have genuinely followed this pathway you should be able to experience the other person's point of view – one that normally you would never have allowed to enter your mind, other than for the purpose of destroying it in order to protect your existing framework on this topic.
- Sit peacefully and quietly for another 5 minutes to fully absorb the sensations to date.
- Now look again at the same topic and debate it with the other person.
- Do you notice any change at all in the nature of the conversation or the level of tension that you feel as you partake in it?
- If you have been truly successful then you have allowed yourself to let go of your perceptual reality while genuinely absorbing the perceptual reality of another human being.
- This is the potential point of true awakening whereby you realise that neither perception is right. They are both just two different ways of looking at the same topic and both are simply a manifestation of a tiny Pin Head amount of information that you have both personally absorbed, compared to what is possible to know.
- Now if you can honestly sit in this awareness you will realise that all perceptions and all beliefs are not the truth, they are just your interpretation based on the current status of information that you have absorbed to date. You can now see that your knowledge is not wisdom or knowing if it is used in a process of defence.

- Now try and have a discussion with this same person where you feel that together you are both trying to go to the same place of Truth. Look for a genuine sense of sharing your information to take you closer to a place of knowing and understanding.

Understanding creates harmony, not agreement.

Ultimately what you are trying to do is to simply use knowledge as an entry point only, whereby the only thing you are interested in is the one truth to any topic and to any aspect of life. If you are not doing this then you are in your Construct. Remember, that outside of the Construct is everything, so if two people are connected to everything then it would be hard to disagree as you would now both be in the same realm and in this realm knowledge is not something to defend.

All Constructs are different from each other, no matter how similar they are; therefore if you or another person are in the Construct, you will always find a point to argue about and arguments create conflict. And conflict creates drama. And drama is a convenient disguise for fear - and this is the process that the Problem Solving Mind wants you to believe in and identify with in order to maintain its alliance with pain.

Be mindful that nobody can ever fully understand anything from a knowledge point of view, because everything in this universe is interconnected and it is always new in the nature of its functioning; so knowledge has no fixed point

or place of certainty in the manner that people attempt to enforce. Therefore nobody knows everything about anything; however, you can sense and feel the truth of life if you break free from your perceptual reality and the belief structures that limit your existence within it. In this realm life can be shared with other human beings without all of the fear, conflict and control that we have become so accustomed to.

To fight for a belief is to fight to stay trapped in
the Insanity of Humanity.

A simple perceptual shift technique that you can do on your own

A big error of judgment that I have witnessed many people make, on the journey of trying to find a more balanced headspace, is to feel somehow obliged that they should attempt to view their life from a positive and optimistic angle. To stay focused on this as a technique is fraught with danger and potentially increased levels of pain, as it perfectly fits into the psychological loops that satisfy the requirements for the Problem Solving Mind to maintain its control.

If you are seeing life from either a positive or negative point of view then you are still just experiencing a limited version of what is. So both are corrupt when enforced as the Truth.

What I would encourage you to do is to explore the following simple process to avoid this from happening in your life;

- Write down everything that you think you should be grateful for in your life – the positive, optimistic, glass half full version. Next...
- Write down everything in your life that makes you angry or frustrated – the negative, pessimistic, glass half empty version.

Now stop and look at these two different versions of your life. The truth is, neither is correct and both are simply versions created in the Construct. The purpose of this technique is not to focus on the positive aspects but to simply gain a deeper sense of knowing and understanding of what a perception is. A perception is simply one tiny possible angle of looking at life and it is not something that you should be allowing to guide and determine the nature of your existence - whether it is positive or negative. It is these tiny and effectively blind versions of life that we tend to enforce on others as well as expecting others to accommodate. If you are starting to understand the nature of life beyond perception, then you will see just how ludicrous it is to function in such a manner.

A perception never has been and never will be a representative of the truth.

Remember, if you are in the Construct, no matter how much you attempt to focus on the good things in life, a positive thought will at some point have to turn into a negative - even if only because trying to maintain this positive thought will create stress. This will simply lead you to live a life with high levels of confusion, as the older you get the more difficult it will become to hold onto any semblance of meaning and a clear concept of right and wrong.

Right and wrongs are just perceptions.

So rather than digging deeper into your beliefs for the answer, I encourage you to step back from and relinquish yourself from being tied to any beliefs whatsoever.

A belief is simply a perceptual point in space and time that is firmly planted in a stagnant position - and it has, depending on the strength of the belief, a strong chain that attaches itself to you and hence stops you from allowing life to be a continuous journey of exploration and knowing.

If you do not clearly understand the nature and functioning of a belief it can potentially disallow you from living in the Newness and Isness of life.

So, to clarify, remember that to look at life from a positive or negative angle is just a different way of looking at the same thing. Neither represents the truth. Once you fully grasp this

concept you stop restricting yourself to your experiences in life and your interpretations of them. You free yourself from the Pin Head of information that you have for so long traditionally fought for - and the insanity of this lies in the fact that you know that the nature of your tiny perceptual view can change depending on your emotional status.

If you truly want to step out of the Insanity of Humanity then do not allow your life to be driven by emotional whims and perceptual notions. They lead to nothing but judgments and pain. Free yourself of the need to control your perceptual world by using your ability to analyse your environment for the purpose of finding the wisdom in it. Absorb the truth in your observations and then leave this experience in the past where it belongs.

The glass is in neither half empty nor half full - it is what it is and does not need to be label or classified.

One day of awareness technique

Before you go to bed tonight make a note to yourself that will be clearly visible when you wake up. This note needs to say nothing more than, "STAY AWARE". It is to serve as a reminder for what your focus will be for the entire day.

As you go to sleep I would like you to say the words "STAY AWARE" in a place of any other thoughts that may enter your mind. If necessary, read the chapter on awareness before you go to sleep so you can add a layer of deep

understanding to the words that you will be repeating. This will help you to start the task for your next day in a more conducive headspace.

If necessary, type out the words STAY AWARE in large font size and stick it somewhere so it will be the first thing that you will see when your eyes open. This will be the theme for your whole day and I assure you, that if you truly stay aware, then you are about to experience your life in a way that you never have before.

Now take your eyes off the note and look around at your environment gently repeating in your mind the words, STAY AWARE. In your own good time get out of bed and start your day, but on this day things are going to be a little different. Every time you notice or feel any sensation of discomposure, frustration, agitation or any of the sensations that I have shared with you that exist in the pain family, instantly say to yourself STAY AWARE. Make this statement your focus and indulge in the feeling of Awareness which will allow you to dissolve any of the sensations associated with pain.

The true purpose of this technique is to stop you from feeding your traditional pathways of thinking and to stop your existing programs from running your life. It will allow you to gain a deeper insight into the forces that are controlling your existence and running your ship. It is a very simple procedure but it does work if you stay focused and stick at it for the entire day until you go to bed that night. I want you to look at yourself, your life and how you interact with the world in a way that you never have before. Do not try to control anything to do with your perceived external world, as

your primary focus for this day is to go deeper into understanding the process of Awareness and the insight that lives inside it.

You may find this task a little daunting and challenging if you have to do it throughout your normal working day, so if that is the case, then perhaps you should first try it on a weekend or non-working day. Then you truly have the freedom to allow the day to flow wherever Awareness takes you. A great thing to take note of on this journey is just how often we as human beings feel the need to lay judgment upon the actions and behaviours of other people, even over the smallest and simplest of things. Again, every single time you catch yourself doing this repeat the words STAY AWARE and do not try to problem solve anything. You may find it useful to say these words to yourself every five minutes or so until it becomes a comfortable and natural process.

So at the end of this day take this awareness into your dream state and just relax and see whether there is any form of sensation that represents a different kind of energy to the one that normally runs your life. What I am referring to is the power that lies within your Conscious Energy as opposed to the energy that lies in the processes of pain.

Awareness test

The following is a simple yet very interesting way to test your current levels of awareness.

Ask a friend to point out a habit of yours that is just quirky or strange and one that you are currently unaware of. For example, you may answer the phone in a strange manner every time you talk to someone or you may have a strange twitch in your leg or maybe you twiddle your thumbs while watching television. None of these issues are what the average person would perceive to be a major problem that needs solving, however, there is usually a hidden message within them and they can be used effectively in the following technique.

Firstly I would like to point out that most habitual behaviour is coming from some kind of program within your Construct, hence why these types of small issues are such a wonderful a potential source of learning in regard to the topic of Awareness. Remember, there is no wrong or right in any of these types of behaviour and they could possibly be representing anything ranging from just a strange quirky habit through to some sign of deeper agitation and insecurity.

Once you have identified a particular habit with the help of a friend, then I suggest that you shine the light of Awareness on this habit. Ideally this test is best to do with the same person that pointed out the behaviour that you will be trying to observe. If this person could also spend the day with you would be preferable, as their job is to see how many times you repeat this habitual behaviour without realising it.

If you're awareness levels are extremely high, then you will at the very least notice this habitual behaviour kick in every single time it happens, without needing anyone to point it out to you. The lower your awareness levels the more times you

will need someone to remind you. If however, even with a lot of reminding, you manage to stop partaking in this habit by the end of one whole day, then I would propose that your awareness levels are reasonably active and that you are starting from a good base. If you find that you just keep continuing to repeat the same behaviour into the following days, then this may be a sign that your Construct is running your ship to a far larger degree than you were aware of.

Have fun doing this and don't take it too seriously. However, there is a lot to learn in this simple procedure about the power of Awareness and to what degree it currently exists in your life. You should find that once you have completed this Awareness Test, that to some degree, you will become more aware in general of your behaviour and how you interact with life. It is a great way to get the ball rolling in the right direction!

Summary

In your own good time give all of these techniques a go and feel free to create your own versions of what I have shared. The purpose is to make you more aware of all of the facets that encompass the reality of your existence.

Remember, the primary focus is to understand and recognise the nature and functioning of pain, the Problem solving Mind and the Construct in which you are currently housed. The Construct and all that is within it is functioning and experiencing life through a Pin Head of information. So if the concept of being true to such a ridiculously small and limited

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amount of information is not adequate for you, then give Awareness a go!

Stories of Hope & Inspiration 1

Please take my pain away!

Talk about miracles. I still find this story incredible every time I think about it. A middle-aged married couple of European decent presented themselves to me while I was working as a counsellor at a psychology centre. The female partner was the one looking for a solution to a long-standing problem and she could barely speak any English at all. And her husband could only speak a little. He often had to translate what she was saying.

This is an interesting case to share as it incorporates high levels of physical and psychological pain.

She and her husband explained to me that she had been experiencing intense chronic pain down her neck, upper back and right shoulder for the last 16 years of her life. She was finding the pain unbearable and it was affecting her existence in every single thing she did; including her appetite and sleep patterns. She was now suffering deeply on an emotional level in addition to her physical pain. Her husband was also absorbing and carrying her pain with her, hence they both looked exhausted and at the end of their tethers. Together they had explored in vain every possible pathway that they could think of to find a solution to this apparently unsolvable problem.

Amongst the extensive list of professionals that they approached included; general medical practitioners, neurologists, chiropractors, physiotherapists, psychologists, psychiatrists, spiritual teachers and so the list goes on. To get some perspective, they had 16 years to explore and they

were not shy about trying. You would think that somewhere in this extensive journey that someone would have figured out something. But no, nothing!

I was dumbfounded as to the fact that she did not even have the slightest clue as to what was going on despite these widespread investigations. So you can imagine that by the time they landed on my doorstep, there was certainly a quiet and sad desperation in them. Interestingly, I was their last port of call to try and find a solution. The only reason they had crossed my path, was because the psychology centre that I worked at was shown on a nationwide current affair program. They were very close to losing all faith in finding any help, yet there must have been that one tiny little flame of hope left to ignite the journey that led them to me.

So here they were sitting in my room desperately looking at me for an answer. For a brief moment my Problem Solving Mind kicked in and I felt overwhelmed by what I was being presented with. I made the mistake of taking all of this disturbing and confusing information on board as if it was some kind of package that I needed to hold. And let me tell you, it felt like a very heavy package to hold. So in the first instance it was hard to imagine that such high levels of chronic pain could be directly related to a psychological issue. I very quickly noticed where I had travelled to in my mind and put the package of empathy pain down as quickly as I had picked it up, while also detaching from my own resistance.

I proceeded to once again ensure that I was free of any preconceived notions whatsoever. Any learning that currently existed within me was put to the side as a reference library,

but not as something that I had to find the answer in. So there I was in a state of pure giving and pure receiving, I could feel it; there was no corruption in me whatsoever. I looked at the woman quietly as she started to talk and I could not understand very much of what she was saying, however, I was more interested in sensing her energy. Then without warning an overwhelming truth entered my mind. I knew that this pain was being triggered by a psychological issue from within her Construct. There was no factual reasoning behind this conclusion - it was just a knowing. So I proceeded to ask some very straightforward questions to try and ascertain whether my intuition was accurate. As it turned out, the answer to my first question told me everything that I needed to know.

I asked this woman to tell me when the pain was at its greatest. And here is the obvious and amazing clue that ignited her journey of Awareness...

She said that the pain is most intense when she
watched the news on television.

When I heard this, my whole body was tingling with a powerful energy of truth. I could see the pain flowing through her Construct, trapped in a world of problem solving; I just couldn't ascertain the specific thoughts attached to the nature of it, as this would require exploring further with her.

With this information at hand, my Problem Solving Mind and my Conscious Energy were now working in perfect harmony – I had become the Unified Self and my Sixth Sense was alive

and well. I then asked her to share with me a brief summary of her journey prior to experiencing this pain. Because of the language barrier I could not really pick up all that she was saying - and in looking back at this experience I could see that this was an advantage, as it forced me to continue listening on a deeper sensory level.

My attention became focussed when she was telling me about a time in her life that occurred a few years before the pain started. I stopped her from talking for a moment as I sensed something; again the powerful energy of Truth was speaking to me. In her mind she did not see this period of time in her life as particularly significant, yet to me it felt like it was the key to her pain because I knew that I was talking to her pain, not her. I now put the spotlight on these events so I could have a closer and clearer look as to what was going on. And there it was; the needle hiding in the haystack. She had experienced a very subtle and demeaning daily interaction with her workplace manager over many years. And his manner and approach was associated with some deeper subconscious programs from her youth.

The process at this point was not for me to drag her through this experience, but to simply show her the truth of what happened and to try and free her from this mental program that she had become attached to. That is, I wanted her to sense it rather than intellectualise it; otherwise she would focus on the issue at hand rather than the Truth that is embodied within it.

So there I was sharing the Truth that I was experiencing and sharing, when suddenly there was an outpouring of emotion as tears streamed from her eyes. She turned and looked

deeply at her husband and they both started crying. For a moment, my Problem Solving Mind kicked back in and I thought to myself, “Oh no, what have I done?”

They both then came towards me still crying and started to grab and hug me. She was so emotional I could not decipher one single word that she was saying. So I looked to her husband for clarification; he explained to me that for the first time in 16 years she was not feeling any pain whatsoever.

She had stepped into the realm of Awareness and Truth and broken free from her pain...

Awareness set her free from the prison of her mind.

Awareness exposed and shone the light of Truth on
her Construct!

It was such a beautiful and spiritual experience that I shared with these people. We all then sat peacefully and quietly together. I proceeded to explain to them that they do not need me any more as her doorway to freedom was now open. I said that if the pain should return to give me a call...

They never called.

Stories of Hope & Inspiration 2

“The truth is always there
you just may not have seen it yet.”

Would anybody like a glass of liberation?

While working with people to help in the process of understanding their lives, there was often a sense of mystery and wonderment as to the effect that Awareness had on the individuals that I was helping. The length of time it would take to witness the change and the degree of freedom that one would find would vary from one person to the other. However, there was always one consistent reality that I was able to observe. And that was the liberation that was created in people's minds when they felt their real self separate from their Problem Solving Mind. This process enabled people to realise that not one single piece of information that they had ever absorbed needed to be something that they should limit their life to - they tasted the true nature of freedom.

Awareness with intelligent guidance led them to a peaceful sense of who they were, where they no longer saw anything as a problem and all of their pain was dissolved. The amazing reality that we can all rest comfortably in knowing is that no matter what we have been through, in terms of pain or tragedy, the real self remains untainted by life's

experiences, waiting for us to feel its energy once again through the mind in which we live.

Consider the following question: How could you get reattached to your real self, because if you are not attached to it, then you are not it in the first place, therefore whatever you are rejoining with is not you. Try not to see yourself as anything in particular other than a manifestation of whatever aspect of the mind you are functioning in. So when you think of your real self, think of it as what it would feel like to experience life without seeing anything as a problem - without identifying with any of your previous experiences, yet still maintaining the wisdom that was acquired from them.

I have chosen this story because it clearly demonstrates the power of awareness.

Don't you take God away from me!

I was working in Vancouver, Canada, when a client was referred to me that I had never met before. She was approximately 50 years of age and from a background that had very rigid belief structures, particularly in terms of religious and cultural influences. She warned me at the beginning of the session that she would not tolerate any challenges or changes to these beliefs. In particular, she insisted that one area of conversation that had to be excluded was anything to do with her current thoughts in regard to her connections with God. Obviously, this was a huge topic for a person to want to leave out of the conversation, considering how much these kinds of beliefs can affect every aspect of our existence. However, I happily

complied with her request and reassured her that nothing that I would talk about, once understood, would create any conflict or disturbance in regard to these beliefs. The bottom line is that she was scared and although she had an innate strength about her, she felt that if she lost her belief in God that she would lose herself.

She continued to tell me that she could not remember a single day in her life when she felt happy or good about herself as a person. I explained to her that this is not a problem and I meant it. We had a brief discussion of some of the key events in her life and I sensed that to spend too much focussed time looking at any particular experiences from her past was fraught with disaster. It was obvious to me that her psychological pathways had become a twisted and confused web of beliefs that was permanently connected to her pain. I knew I would never be able to help her untangle it until she could taste the sensation of being fully removed from her beliefs.

It is simple to see how helping this woman could easily be perceived as very difficult and challenging, in the short term anyway. I choose not to see it this way because I did not focus on her pain and because I could see the power of her real self shining like a distant light in the background, just waiting to be seen and encouraged to come out. A real self that was untainted by her life experiences, she just had to dissociate from them in order to stop identifying with them.

So it was up to me to create an environment that she felt entirely comfortable in and one in which she felt she could trust me completely. This may sound like a difficult thing to do with a person who has never trusted anyone, or anything

ever before. In fact, the notion of surrendering herself to life was a ludicrous and dangerous proposition from her existing perspective, as she currently saw life as something that she should protect herself from. Based on some of the information that she shared with me, her mind had very good reasons to be thinking this way. So she was not irrational as such, in fact she was an extremely intelligent and aware woman in many areas of her life.

In many ways for this woman, her intelligence became a highly equipped self-defeating survival tool, as it created so many clever justifications for the continuation of her pain. She was trying to defend herself against a non-existent enemy, while hiding behind the powerful barriers of her belief structures, which had very clever and convincing arguments attached to them. Her enemy, which in fact was just her pain, was disguised as the people who were responsible for the experiences that originally created her pain. However, relevant to her life when she came to see me, these people did not exist in her world anymore and therefore the pain she felt was simply hiding behind the images of these people.

Fear will render you incapable of seeing the
true face of your suffering.

Try to see the process of justification and arguing as simply a network of neural pathways that link together, to develop cables that hold our protective survival cage of thinking in tact. However, like all physical structures, it will eventually deteriorate and fall down, leaving the unsuspecting person

behind them scared and vulnerable. They are still at the mercy of the sensations created by the Problem Solving Mind, but now with no set of beliefs to cross reference pain with.

Also, for the sake of clarification, in strictly defined terms, all fear is irrational, as fear can only exist when we are in denial. It will not change the nature of what we are interacting with, just the nature of how we feel about it; hence the concept and danger of falsely identified realities.

Ok, back to my client's experience of the magic and the power of awareness. I gained her trust by doing nothing from an intellectual perspective; I just freed myself of all my beliefs so I could sit in a state of purity. In this place the energy is purely one of giving and not wanting, one of real listening without defending or enforcing. It is an energy that allowed my client to deactivate her beliefs. She momentarily was not receiving or interpreting any information from life as something that needed to be defended against – she was momentarily not limiting her experience of life to her life story.

Through a process of visualisation shared from a deep place of knowing in myself, I helped her see that the woman she had become so heavily identified with was not her, but in fact sitting in the chair opposite. She flowed down this pathway with me until a massive realisation suddenly overwhelmed her. She became aware that her learning and all that it had encompassed, was just something that she had experienced, but that it had nothing to do with her value or worth as a person.

Well into this process she grabs the arms of her chair because she thought she was about to levitate off it. Of course this was just a sensation, but it represented the lightness and purity that she felt in the knowing of who she was. She no longer carried around the burden of the painful and self defeating interpretation of her life experiences. She was free of her Problem Solving Mind and free of her identification with her learning. She was experiencing her pure Conscious Energy being expressed through her mind, totally untainted by the corruption of her past. In this state she was able to look at the whole journey of her life in a totally different way, by dropping any of the pain that she had attached herself to while still maintaining the wisdom.

The beautiful and extraordinary thing about this process is that the truthful version of her life was in fact all ready recorded; she had just not seen it yet.

So the past is a beautiful and relevant aspect of our existence, it just depends which version you are looking at.

From start to finish this process all took place within a 60 minute period. Think about that. Nearly 50 years of pain that could have continued to her death was stopped in less than 1 hour.

That is the power of Awareness.

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Stories of Hope & Inspiration 3

Show me the light

This particular story is probably the most extraordinary of them all.

I was invited to a Christmas Eve party by a very good friend of mine. The air was crisp and light on this beautiful night. I was very pleased to have been invited and was thoroughly enjoying being amongst a very eclectic group of people. I was standing outside on the patio chatting with some friends when I felt a powerful presence enter the premises. I looked up and noticed a man in his early 30s walking in the front gate with a friend. He was a good-looking young man and appeared fit and physically healthy. I watched him as he made his way joking and laughing from one person to another. He was like a real-life version of some of the more humorous characters that the actor Jim Carey has played in his movies.

Admittedly this chap was very funny. His behaviour and mannerisms were very well rehearsed and he had obviously been presenting himself in such a fashion for quite a long time. Even though externally I could appreciate the social mask that he had created, because it was brilliant, there was a far greater energy permeating through this vale of confused meaning. There was an energy that spoke clearly to me. It was one of deep and well entrenched pain. I did not see this pain as hopelessness, as I heard a compassionate voice screaming for freedom.

I watched him with great interest until he finally made his way towards me. He initially presented himself in what

appeared to be in usual comedic fashion. However, it quickly became evident to him and me that something very different had evolved in this moment. A spark of awareness opened up an amazing portal of knowing. I looked into his eyes and could see the powerful light of his life force shining deeply through his mask of humour and he knew it. So this light exposed the truth of his fraudulent behaviour – it exposed his Construct.

After a brief exchange of words he dropped his disguise and asked me if I could show him who he really is. I said, “Yes, close your eyes”. And he did. I then closed my eyes and could see this extraordinarily beautiful array of light creating different textures and images in my mind. I knew I was seeing the pure essence of his life force. After a few minutes I opened my eyes and looked down to see him on the ground crying in a state of pure Awareness and Truth. He saw the images exactly as had I. His mind had experienced the true essence of his existence, hence cleansing his mind in this beautiful moment of all pain and fear. This allowed for nothing but the Truth to exist. There was no more need for his mask of humour, as he had now tasted freedom from the incarceration of his protective pathways of thinking.

This was an extraordinarily uplifting experience for both of us, as although I never lost my Awareness, I still experienced the purity of his life force and had shared this with him. He stood up, hugged me and told me that he now knew who he is and that he could see himself.

Although I facilitated the process and may have been a spark on the journey of unleashing his awareness, he created the possibility and I responded with Truth.

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He was now free from his insatiable desire of wanting to be something and transferred to a place of being.

He became AWARE!