Creating Creation

The Manner in Which Words Create Our Life

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About the Book

*Creating Creation* conveys a message that can transform your life. You might even consider this book an instructional manual for transformation. You will be able to create your own life outside the illusion in which we are all now living by speaking truth and listening to yourself as you speak. If you begin speaking truth of yourself 100 percent, it will take you 99 percent of the way to the experience of transformation. The other one percent is the Quantum Leap which will take you over the edge into the unknown, the space of creation.

Edward presents detailed examples of what you can do to speak truth of yourself (which is more difficult than you may imagine) and untangle the mind from the thought processes to which all of us are slaves. You will discover the same thing that enslaves you can also set you free. The energy of words and what they can do to transform your life, your consciousness, and transform the world is all presented here.
About the Author

In 1979 at the age of 36, Edward Jones experienced a life-altering event of death that he later came to call self-transformation. Everything he had been—a son, a husband, a businessman—collapsed at his feet in complete failure. It was the death of everything he had been in his life. Edward had no idea what happened to him during a four-hour experience of life meeting death, but when it was over, he was a new human, born of himself.

He had to learn to live in a world of violence from a new consciousness, which has no violence included. Since that time, Edward has spoken to thousands of people about ending the suffering and pain of living in this violent world, one brought forth from the negative. He discovered that people bring forth their lives from the words they speak, from beliefs passed down for thousands of years.

Edward is meticulous with spoken words because every word spoken has the possibility of creation included in it. To meet Edward is to meet you in the mirror of reality. His workshops are personal to the point of seeing yourself as Edward sees you, and he sees all of you in the words you speak, your body language and your reactions to every situation. Within these pages, you will discover what Edward Jones is all about as he speaks and conducts workshops with people from all over the world. He invites you to meet you because you are the source of everything in your life—not your parents, not a god, nor a higher power—only you.
Special Acknowledgments and Thanks

To Dona Bilangi, without whose transcriptions of hours and months of recorded workshops, dialogues, and talks these printed words would not have materialized.

To Marilyn Meadors, who edited and managed to put the transcriptions and other creations into some sort of order.

To all the participants in workshops and dialogues, you are part of the creation of this message for the world.

–Edward Jones
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Chapter I: Introduction

The Movement of Perfection

The universe is in a movement of perfection, and we are that movement. We are not separate from it. The universe does not know what it is creating until it is created, for creation comes from nothing. One of the greatest questions we have ever asked is how the universe was created. Scientists study it and have theories about its origin, and religious folks just stick to their beliefs about it, and guess what? None of that matters. What matters is for us to see we are this movement of perfection.

In its movement of perfection, the universe will correct its flaws as it grows and expands in the evolutionary process. Along the way, there have been expulsions of certain life forms on Earth, which were flaws in the movement of creating perfection. As the universe is intelligent, it sees the flaws in its creation and removes them.

In this process of perfection, nothing we have invented can equal the operating system of the human body in its creation. In the area of technology, our inventions are superlative. We have gone into outer space and produced marvelous new things that have made our lives easier. However, psychologically we have not moved one iota. Our thinking is old school, for we are still following archaic beliefs that have been passed down for thousands of years. Not only are we killing each other, but we are also destroying the earth on which we depend.

The difference between our scientific inventions and our psychology lies in the ability to see the flaws in the inventions. With invention, we are able to see what works and what doesn’t work and fix it, but psychologically we are trapped in the belief of what we think, and we think we are right. We hold onto our beliefs and speak from them. From the past we bring forth our present which will be our future, never living in the now. The universe is intelligent, and we have separated ourselves from that intelligence. What we have now is knowledge, not intelligence, because belief blocks intelligence.

As this movement of the universe, either we will perfect our life here, or we will likely follow the path of other failed experiments on planet Earth. Our extinction will be by our own hand. Because we cannot see we are the universe, we separate ourselves from it and do not take responsibility. We blame others for all the wars and
destruction. We leave it up to others or God to solve our problems. These are our flaws, and surely, people can see that they, individually, are responsible for all of it.

Within the following pages, you will discover what is needed to create creation for your own perfection, which is necessary for there to be a collective movement. The collective movement of a critical mass can move humanity to the next step in our evolution—a new consciousness which will bring forth internal and world peace.

**Your Beginning**

You are just born. You are born of the whole human race, all the animals, the plants, the stars, all of it. You are all that until someone says, “You are Sam” or “Sarah,” and you then become conscious of being Sam or Sarah. What was vastness, the universe, now becomes this tiny entity with a name. You are now separate from all of it.

We all go from being the whole universe, from being alive to being a boy or a girl, the labels; and then to being a *good* boy or a *good* girl—entities who are no longer alive. We are fragmented, and eventually we start to live the labels rather than who we are. We learn to identify ourselves as our nationality, and we become Americans or Chinese or Indian and that is what we say we are. We become the name *man* or *woman* and *mother* or *father*. We become Democrats or Republicans, Muslims or Christians, and we believe that is what we are. Those words become the roles we play, and we live our whole lives on that acting stage. As we live out those roles, we also live in defense of them because without them we do not know who or what we are.

When we come into this world, we are empty vessels. We know nothing. We are born as the intelligence of the universe. Then we begin to be filled with what the world knows, and we accept the way this world works. We become conditioned and programmed just like robots. This program will take over, and the entity born as the intelligence of the universe and all in it dies, and the robot takes over. The world of belief and knowledge forces all of us into a world of pain, suffering and violence.

Our natural intelligence is buried under the forcefulness of knowledge. I use the word *force* deliberately because that is how we entered into the world of knowledge although it was on a psychological level via manipulation and control. That makes it difficult to see. To be part of this society, to follow the rules, to do what we are told and become totally conditioned is forced on every one. Each of us was forced psychologically by the use of belief, guilt and shame, and all the control techniques to accept the world of knowledge; and it was all done with words.
Intelligence cannot resist the force of knowledge because intelligence is love and peace, and it cannot use force.

We were filled with the present consciousness when we were young children, and that created the foundation on which we would build the rest of our lives. We didn’t have a filter system, so we absorbed it all, everything we heard and saw. That caused extreme confusion because there was so much conflicting information. Young children are like sponges. They absorb everything.

You, and all of us, were born at the effect of the present consciousness of belief and the judgments of the words *yes/no, good/bad, right/wrong*, and that is what we all became, and it is all an illusion. Now that is our whole life, and we need to discover all of it in order for it to complete itself, and that discovery will end it.

The time has come for an evolution of human consciousness from which intelligence, love, and creation will manifest. With that, belief and knowledge will take a back seat instead of the driver’s seat where it has been for thousands of years. It is now arriving on the planet, and nothing can stop it—unless we first destroy ourselves.

Because we have created the old consciousness with the words we speak, I say we can create a new consciousness with the words we speak.

**The Two Selves**

Even before we start to school, we fill ourselves with the program of words, and words form the manner in which we will live our lives. We believed the things that our parents told us—that Santa Clause and the tooth fairy were real and that there was a god and a devil and a heaven and hell, and we believed all of it. All beliefs are illusions, and we pass these illusions on to our children, making this a world of lies.

We lie in marriages, we lie in business, we lie in religions, we lie in schools, and we lie in government. We are all liars, we have created a world of illusion from words, and the brain we are born with becomes polluted with the fake. We can pretend that we are kind and do good deeds to fool ourselves that we are helping the world, but we have separated ourselves from the truth, and we have each created this fake self.

The real self is kind. It cannot hurt. It cannot kill. It cannot be an aggressor, for it is intelligence, truth, and love. All it can do is stand by and silently observe, even if it can see only through a tiny crack in the ego. This part of the real self does not completely die. It cannot die because it is real, but it does become hidden behind the false, which is the ego. The ego, the self you became, took up the position of protecting the real you from the pain of *right and wrong* and always being judged.
What does this intelligence want? Is there a level of want that supersedes the want of the ego? Can intelligence even want as want is something the ego does? I say there is. It cannot completely die because it is the energy of the universe from which we are an offshoot. We are that. The universe is a living, self-perpetuating whole that unfolds as it creates. So even if this energy does not have what we call a real want, it cannot help doing what it is doing because the energy is blooming and growing.

It is said there is a calm before the storm, but in this case, the storm is before the calm simply because the universe is perpetuating itself, and we are not separate from it. If there were a god who brought the universe into being, we would be part of that god. This sense of separation causes people to seek something besides a life in which they agonize and suffer.

If we do not fight this new expansion, if we do not try to change it, and if we let it grow, it will be what it is and that is what we are. That is the real self. The real self abides in the realm of not knowing, not knowing until it knows itself as it is being created as the universe; and then it knows everything as it is born anew in every infinitesimal second of self-perpetuation.

I say it is possible to diminish the ego to the smallest part of us, our name, and a small part of the ego is necessary for us to function in this world. Speaking truth in all of instances of our daily lives will diminish this false self.
Chapter II: Creating with Words

The Energy of Words

Most of us realize we are at the effect of language—the words we hear and use. Words are the first thing we hear when we are born. In the first four or five years it takes us to learn what the world is like, we discover a world buried in words, entwined in both their usefulness and destructiveness.

The effect that words can have on us is incredible. They can inform, intimidate, persuade, hurt or ease pain, end war or start one and cause thousands or even millions of people to die. We have built a wall of words around ourselves, and we have become trapped within those walls. Words can carry us to the heights of discovery or take us into the realm of negativity. This is the energy of words and the thoughts that precede them.

We live from the words, seldom, if ever, touching the reality that is there before the word itself. We don’t realize the power the word has over us or that we are controlled by words, by language. Words have a depth to them. They are so deep that when you follow them, you get to the place of the word itself. The word happens after the thing you see, and if you ever care to become the real thing, you have to go through the word.

Look into your past, the history of your family, and there you will find exactly how you were conditioned. It was by the words spoken. They told you what to do, what not to do, what to believe, and, in general, how to live your life. That towering, massive dump load of words conveys to you what is wrong and what is right, all coming from the domain of belief. Belief keeps the illusionary world alive. Belief in the words causes you to experience your life in the manner that you do, which is the mirror image of what is real. If you are seeking reality, the real you, you will need to go into and beyond the words to see how they have you trapped in illusion, in duality, in emptiness and suffering.

First, you will need to see that words are not only your defense but also your offense. You will need to see that if you react to words that others say, you are controlled by words. You will need to see the words you react to when others say something that hurts your feelings and offends you or questions your beliefs. You need to see that the whole world lives by words. You will need to see that the same words that trap you can also free you.
We now have a whole list of words we cannot say, words that are not acceptable to certain groups of people, and this list keeps growing day by day. If we lose the ability to speak freely, we lose the ability to be free.

There is an old cliché, and I don’t like clichés, but this one is applicable to what you will need to know if you are to go beyond the effect that words have on you: “Sticks and stones may break your bones, but words will never harm you,” and to that I add “unless you let them.” Words that we let hurt us become like a thorn stuck in a finger. It will fester, become infected and poisonous.

I say the same thing that kills you can give you life. It is similar to fighting fire with fire. The very word that has you trapped is the word you need used on you to make you vulnerable, pliable and open. Only when you open a wound can the pus and the pain inside come out.

In one of my workshops someone said, “Edward, you use a thorn to remove a thorn.”

Yes, I do, and that is why people get angry with me and leave the room. They are hurt by the prick of the words I use to remove the thorn of words.

When you learn that words cannot hurt you, unless you let them, anybody can say anything to you, and there is nothing but looking to see if what they said is true or not. Because you are now an open system, the words don’t stick in your ego. They just pass right on through.

Can you imagine what your life would be like if anybody could say anything to you and there were no reaction, no hurt, no anger, and no need to strike back? These workshops I do are personal because I see if I can prod and poke you with the words you need that will hurt your ego, maybe putting a crack in it so you can hear what I am saying.

So, let us take a journey into words, perhaps removing the sting they have on your feelings.

The Dream World

Language is one of humankind’s greatest inventions, if not the greatest. The growth of language has not halted since the first sound was uttered to point to something. As we differentiated between sounds, we could put a sound label on an actual thing, making verbal action a more efficient way of pointing than the physical action.
Then, we developed the ability to think in abstractions. From there, language grew to enormous proportions, hundreds of thousands of words that now take up most of the space in our minds in the form of thoughts. We now live in words. They are with us continually. If you think this is not true, just try to stop thinking.

The word God is merely a word, nothing else; yet when we hear or say that word, numerous images and thoughts arise. Obviously, the thoughts are our imagination, and we believe in them. This is how the world of illusion began.

An illusion is a lie, and we live and conduct our lives from the illusion of the thoughts in our common mind/brain. Our lives are a lie when they are based on words, and we humans are trapped in words. From this illusion, we are able to kill, maim, rape, and plunder. We have given our reality over to words and now live in a dream world.

When belief takes a hold on the human mind, it is difficult to free ourselves from the grip it has on us. Most people just accept beliefs as truth. We were taught the beliefs by our parents who were taught by their parents. We have accepted ancient beliefs and ideologies, which, if brought forth as new in today’s world, would be ridiculed and laughed at. As children, however, we were brainwashed by these archaic stories forced on us first by our parents and then continued by the churches, governments and schools. Belief is perpetuated, and reality is blocked out.

An already linguistic world exists when we are born, and we are trained and conditioned to live by and in that world. All of that linguistic action is added to our memory, and as we go through life, we look to the word as the thing. The word is not the thing; however, it is easier to let the words do the talking. That is what being a robot means. Our buttons are pushed and we react. Sometime between the ages of four and six, we learned that the world is put together by words, and we become trapped in words. The context of our life becomes the words, or perhaps I should say the belief in the words. We are trapped by and in the word.

The longer we live from the word, the harder our egos become and the harder they are to crack. The first response of the ego is defense. It will use many methods of defense, and anger is one of the major defenses of the ego. So, if we can take the context of anger and break it down into its content and discover the manner in which it is put together, we create the possibility of lessening the ego.

When we speak of context, we mean everything, all the content, included in the thing we are talking about or seeing. In speaking of yourself, the smaller you can make yourself, the greater the distinction. Distinctions are necessary if you are to get to the very crux of the ego. A tremendous amount of energy is required to follow the
thinking process to its beginning. When you can see the beginning or the source of thought, you can discover what is real and what is illusion.

**Linguistic Creation**

Speaking is probably the most important thing we do in our lives, and speaking the truth is of the greatest importance. Speaking truth is the first step to realizing transformation, and that step is a continuous step in remaining free. We have created what we bring forth in our lives from the words we speak.

Abracadabra is an ancient word often used in magic, but it originally meant “I create what I speak.” The action of speaking is the action of creation, but as with so many other things, knowledge and belief get in the way. If you think you are creating, or you sit around and think about something to create, that is not creation. Anything repeated from your thinking or beliefs cannot create.

Creation is an act of language, and the linguistic action of creating comes from something spoken for the first time. If something is repeated, it is invention. Thought can only repeat things from the past; so if you are using thought, you are bringing forth your history into your future, and that is negative creation. Using thought to guide your life is keeping all the same old patterns in your now.

As with anything, if you are going to create possibilities in your life, you must first make a space for them. Seeing and speaking the truth of what you have become in your present daily life needs to be spoken first in order to make a space for creation to manifest. The space of creation contains nothing.

When I hear people speak negatively, I will ask them to cancel what they just said because negativity is also created by the words we use. People who do not see all the possibilities of something and say, “That’s not possible” have created negativity in their lives. It is important for you to cancel the negative in your life when you hear yourself speak it by saying aloud, “Cancel that.”

Each time you repeat something from knowledge it comes from thought. You are also using thought when you imagine the future, and you are actually skipping right over the now, never experiencing now. In using thought, you are always repeating the past, and the past is what you need to leave behind in order to create something new. Creation cannot be repeated, as it is forever new. That is the distinction between creation and invention.

If you say that you have created a new game, it is an invention because we already have games, and something new from the old is invention. Everything in the domain of creation has a mirror image in knowledge. It seems to be the same; yet it is vastly
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different. Invention is the mirror image of creation. Creation would be the very first
time games were ever seen on this planet. This is just an example in the physical
domain of what I am speaking. In the psychological domain, creation is the action of
living in the present where everything is new.

In addition to creation coming from something spoken for the first time, there is
another prerequisite. It needs to be forgotten that you did it. This is tricky because
the mind is trained to remember things. To start creating your life, just stand up and
say aloud, “I create creation.”

Making that statement opens up the possibility for you to create your life, and
creation is having an action without a thought preceding it. When you create
something via speaking it, don’t keep remembering it because it will then be
manifested through thought. Allow intelligence to create, which means to drop the
remembrance of it. In essence, forget you said it and go on with your life.

In the case of negative creation mentioned, that is more an invention because
creation is the space of nothingness from which truth, love and intelligence are
created. Negative creation could be more aptly referred to as a self-fulfilling
prophecy. It is often invented or negatively created by children who are told they are
dumb or stupid, and they believe it. Then they act that way. If they say “I can’t do
anything right,” they are negatively creating their lives. Vanity is also invented in that
manner when children are told they are beautiful or a princess or by other words that
pump up their egos, and they grow up being narcissistic, as most of us are.

Catching your behavior and the flaw in the moment you are being it and speaking
the truth of it to yourself and others where possible are the keys to releasing you
from the hold that words have on you. Language has so enveloped us in its trap that
we don’t realize that this is a thought-invented world of repetition. As I have stated
before, the same thing that has you trapped is the thing that can release you.

Creating with linguistics is not just about speaking out the lies or speaking out the
negative you see yourself being. You can create many possibilities by speaking them.
If you see that your relationships are not going so well, you can say, "I create a
harmonious relationship with my spouse." Then you wait. If you are serious, you will
begin to see what is causing your relationship to go awry and what to do to repair it.

You may also say, "I create peace in my life,” and as you go along in your daily
life, you will see all your actions where you are not being peaceful. When you catch
your actions in the moment and speak them, that will end the thing you discovered.
Ending things in your life may not disappear like magic, for it is up to you to see
what is causing something to be the way it is, and that may take time. It is like
keeping your garden weed free so the flowers can grow. It could also take no time, or it may not appear at all. It all depends on your sincerity and seriousness about your life and being constantly aware of what you think, say, and do. Speaking the truth of yourself is the weeding.

If you can catch yourself at the height of a feeling or judgment and ask, “Where is this judging coming from?” that gives you pause. If you have a bothersome thought that keeps popping up in your mind, speaking it out ends it—for that time. You need to speak it when and if it comes up again, and it will. Each time you catch the flaw of judgment, anger, or any flaw and speak it verbally, that puts another crack in your ego. This process is not actually a process, for it is living in the moment and speaking the truth of it.

When I ask you to say some of the things I am discussing, it is because speaking something aloud, even to yourself, is an act of creation. As you experiment with creating linguistically, remember that it does not happen overnight magically. It creates the possibility of manifestation of whatever I am suggesting for you to speak, and that is a seed planted. It often takes time for the seed to germinate and grow, or it might stay dormant forever. It all depends on the care you give it once it is created, so the rest is up to you.

I care for you to see that every word you utter has the possibility of creation in it.

**Speaking the Truth**

The saying “truth shall set you free” is so much deeper than that because it has to do with speaking the truth. People get into arguments about what is truth, and they will say “nobody knows what the truth is” or “you have your truth and I have my truth.” They don’t realize that the action of speaking the simple truth opens the doorway to universal truth. Truth is a context, so if you see the smallest part of it, you get the whole thing. When I say to speak truth, I don’t necessarily mean the meaning of life, I am speaking about the simplest things in your life, such as “I ate the last cookie, or “I’m the one who slammed the door.” We still have an individual truth, and the opening to being free is through individual truth.

Speaking the truth is the doorway to self-transformation or being free. It begins with seeing the manner in which you are conducting your life and being able to speak it. It is listening to what you say and seeing what you do. Truth is as simple as speaking what you are actually being. If you tell a lie, no matter how small or even if you consider it a little white lie that you think does not matter, it matters. When you make up an excuse or reason for not doing something, the truth is that you are a liar.
If you can admit the lie and say, “I lied” or “I am a liar,” that is a truth spoken. When you repeat what another has said, that is also a lie. As you catch yourself telling lies and admit them, you are on your way to seeing the truth and the lie in everything and everyone. You are on your way to unravelling the web of lies that keep you trapped.

Being free also has so much greater depth to it. *Free* means to be unencumbered, to have no attachments, no beliefs; it means to not be trapped and limited by thought. The depth of that is huge. If you are going to be free, you have to give up all those things to which you are attached. This includes your children and your parents and others in your life. It does not mean that you have to give them up physically. It means to stop carrying them around psychologically. It means to end the attachment you have with them. Just making a simple linguistic change could do it.

When you say “my children” or “my parents” or put the word *my* to anything, that is an attachment, and ownership is there. What you own, owns you. What you own is always with you, weighing you down, keeping you from seeing reality. Ironically, once you no longer have those attachments, these same people can assist you with seeing reality.

You could experiment with no longer using those labels of ownership to refer to yourself or others. Some people have used the word *offspring* rather than *my children.* This is a new way of looking at your children so that they will no longer be following the dictates of the roles you have set for *son* or *daughter.* You have released both the ownership and the roles and labels, and you did it by using linguistics, words. Words are creation if they are spoken new, meaning you don’t use your memory to speak, other than using the tool of language.

When you release all your attachments, you will be free. You will be new, for you will not have all the old things around you anymore. This will give you the opportunity to do what you have been waiting all your life to do—grow up. We are all still behaving as children living in adult bodies.

This world has programmed and conditioned us from the time of our birth to where we have now stopped being human and have become robots. Once you make a break from that conditioning and start doing something new, you become free, and you can start to raise yourself to be an adult human being. I suggest that you all start experimenting with these changes in your language and see what happens.
Chapter III: Transforming Human Consciousness

Our Consciousness

Being conscious simply means to be aware, alive and breathing, to see and hear. We are born of that life force energy as all animals are, but animals retain little more than an awareness of their present place and circumstances. They do not have the same consciousness that humans have. Of course, animals can be trained to behave in a certain manner, the same as humans, but they don’t seem to hold the memories to which we cling, and it is these memories that hold us hostage to the past and all its misery.

We are born conscious but without the consciousness of being a self. We are alive completely within our five senses. We are creation itself, and there is no consciousness of being separate. Then, in time, the already invented consciousness is forced on us. That force is an override into an already intelligent entity that was truly alive.

The present human consciousness is the core of all of us, and that is what our actions emulate, that which we bring forth in our lives. This consciousness holds our perceptions of the world, and our perceptions are colored by what we have been taught. Human consciousness consists of our beliefs, prejudices, ideas, values, hopes, worries—all of our feelings. Simply put, consciousness is a program of who we are, what to do, who to be, how to act, and what to believe. In short, consciousness is its contents—all that has been put into it. None of the aforementioned attitudes were present at our birth, and it was at our birth that we possessed a pure consciousness, one not polluted by the beliefs and attitudes of all that has gone before.

Surely, most anyone can see that the current consciousness on this planet has its core in violence. It is based on the thinking and actions of past generations for thousands of years. This is the old consciousness, one that is dead in the sense that it has been brought forth from the dead.

A new, pure consciousness is available to all of us now, and it is needed on the planet if we are to survive. A pure consciousness has no attachments to what we have been taught, but it does have an immeasurable capacity for distinction—seeing outside of judgment. This keen distinction is born of pure intelligence into a consciousness that isn’t polluted by carrying old thinking patterns into it.

The human brain has not only the capacity to retain enormous amounts of knowledge, knowledge which has brought such marvelous inventions to our way of
life; but it also has the ability to make tiny distinctions. If the tiny distinctions present in all aspects of daily life are not seen, belief rather than truth gains a foothold and pollutes our consciousness. That is why we need to believe nothing; but we can experiment, see, and act by our distinctions. Seeing and speaking truth of all aspects of our lives empties and keeps the consciousness pure and pristine.

A pure consciousness contains nothing old other than the memory needed to function physically in this world. The memories to which we are attached keep us logged into the past, and the past is always dead. The mind seems to go around in an incessant circle of thinking. All of our psychological feelings are born out of our thinking, and thinking is our only problem, for we have no original thinking. Every thought we have has its birth from a thought that went before. Seeing the truth of this in ourselves and speaking it deletes the override we received at a very young age.

So, any leading edge thinker, teacher or preacher who is still in the present consciousness is leading us toward destruction. Our present selfish, greedy, egotistical consciousness has no solutions within it. We need a completely new consciousness—one that does not follow the pathways of our million year old, violent brain. The brain holds all the content of our consciousness, just as a computer holds all of what has been added to it.

**Transformation**

Transformation of self is not about adding things to your life. It removes the things in your life causing you stress, suffering and all that is weighing you down. Transformation is the return of your psychological being to the day you were born—clean and pristine and then starting out by yourself without a mother or father. As your own mother and your own father, you would be the source of everything in your new consciousness rather than having it forced on you as the old consciousness was. Transformation is the birth of a new consciousness, one that is not polluted with the present consciousness.

Transformation means to begin from that blank space of creation, but this time you are being 100 percent responsible for your creation. This time no one is telling you what to do or who to be. Well, they are still there telling you these things, but you are now able to see the truth and the lies and not be swayed by the old consciousness. The new consciousness can see all the old, but the old consciousness cannot see the new consciousness.

The old consciousness must die in order for the new consciousness to be born. This does not mean a death of the physical being; it is a psychological death or
clearing of the brain which will bring us back to where we were at birth. I call it born new rather than re-birth. Re-birth assumes that the old consciousness is still active. Born new means never having been before.

You will still have all your memory. You have been educated. You know how to read and write, do mathematics, and all the things needed that have brought forth such marvelous inventions. You will keep the necessary knowledge to function in the world while dropping all the things you do not need. Your mind will be empty until you need to use the knowledge you learned. Your actions will come from intelligence, and intelligence will be using the tools of knowledge and memory rather than knowledge and memories using you to keep the old program running.

Since the core of the old consciousness is embedded in violence, and violence is now embedded in today’s world, the core will be the last to die. This causes people to have awakening experiences and then shift right back into the old consciousness. That happens because their core is still alive. That is why death, a psychological death, is necessary. This death kills the core in the brain.

Self-transformation allows you to create a new life from intelligence, one void of our present manner of existing. This is an evolution of humankind that will save us from the path of destruction we are now on. As you and others begin to transform your lives, transformation will reach a critical mass, and as a species, we will manifest a new consciousness. This is the natural evolution of the human species. It is the heaven, the nirvana, the ecstasy, or whatever you care to call it that transformation of consciousness will deliver to the world, and you are the source of it, not a god, not a supreme power or any kind of belief.

Understanding—Don’t Stop There

There is a distinction between knowledge and intelligence. Knowledge has been learned from books and beliefs. It is the known. Intelligence, on the other hand, comes from the unknown. Understanding something is an intellectual activity, and many people think that once they understand something, like transformation, they will get it. Yet, understanding actually stops you from getting to the point of transformation. The understanding stops it because you then think you know it, and you stop there. You start out and get to the edge of the cliff where you stop and look down; and seeing the bottom, you think you now know it. Then it gets worse. You start repeating and believing what you see, and you keep reinforcing the belief until it is rock solid, and you sit there. In that place there is no more openness for discovery. Understanding is a function of how smart you are, and that is to your detriment.
A new consciousness would move you out of understanding and knowledge into intelligence, and with intelligence everything is presented to you in the moment of discovering the unknown. The unknown is the space of creation, meaning completely new—never having been before.

Without this new consciousness, everything will continue to be the same as it has always been. A new consciousness is the only thing that will shift us out of where we are now, which is world of violence. We cannot build a new consciousness from the old one. It has to be completely new. If we attempt to create something from what has been before, it will always have the same flaws.

Building from the old takes all the problems that were there before and adds to them. It is like the female who puts on a brand new dress, but under the dress is the same body as before. We cannot fix what we already have from the place we have already been. We are always moving backwards while thinking we are moving forward.

One distinction here is with technology. In technological invention, people find the mistakes and look for the solution. Technology has grown by fixing its weakest link, but psychologically, we just keep making the same mistakes repeatedly from the weakest link. The weakest link in our advancement is belief, thought, and history; and that is what we use to try to fix the problem. We go to the past to fix it; and instead of seeing that the past is our failure, we use it as our springboard.

Technology uses thought and history as a springboard as well, but technology actually fixes it, but in other areas of our life we use our belief as a springboard by building on it, believing we are fixing it. We think that if we get a new dress, or a new job, or move to a new city, or get a new spouse, or get a divorce that will fix our problem. We cannot fix a problem from within the problem.

**Dimensions in Consciousness**

There are different dimensions within each consciousness. When I blasted through this old consciousness, I went so fast and so far that I went past some of the beginning dimensions. I then had to go back and go through each dimension at a slower rate in order to operate in this new consciousness.

Some people are now going through these dimensions slower. They are able to move through the wall of the old consciousness without blasting through it. I say they are tickling it. They keep scratching at it, digging and chipping away at it, so now they are going through the dimensions in a slower manner.
After the transformation of self many years ago, I was able to hear clearly everything people were saying. One of the first things I discovered was that people were living what they spoke. That was when I realized that this world is completely insane, and we are the ones making it that way, but we do not see it.

Insanity is a context within our present consciousness, and within that context is the content of normal, crazy, and full blown insane. I call normal functioning people insane, and many people are now realizing we are truly dysfunctional. These are the people walking around thinking they are normal. Then there are the crazy people—the artists, actors, musicians, the new age, etc.—the ones who are on the edge and who live a bit outside the norm. Then there are those who are truly insane. They are not able to function at all, and they are in institutions being taken care of by others. These are some of the dimensions we have to go through in order to get out of the old consciousness and into to the new one. These steps are necessary. If you go through them fast, in quantum, you will go through it all in less than the blink of an eye to a transformation. In either case, this is the entrance to living in ecstasy.
Chapter IV: Taking Action

Step Outside Yourself

Many books written by millionaires state that to become a millionaire you need to discover what millionaires do and then do what they do. Maybe the millionaire first says to get up at 6:00 A.M. and read the New York Times or exercise or do this or that. You read that and say, “To hell with this,” so you don’t get up until 10 A.M.; you don’t read the newspaper or exercise or anything else he says to do. You are already not following his plan, and then you will say his plan didn’t work.

To step outside of your self is to do something new, something different. When you put yourself to the side, which is stepping outside of your ego self, you will find a space, an opening to something new. That is what I am saying as well about transformation. Do it for you. Experiment with what I have to say. Don’t believe it, yet follow the general direction I am pointing toward. This might get you out of your comfort zone and possibly into a whole new you. Yet, most of you think you already know how to do it, so you don’t listen or experiment with what I have to say. I am not saying that what you have been doing is all wrong. I am just saying that it has not worked, so possibly if you do something different, it might work.

If you care to get somewhere, maybe it is best and easiest to find someone who has already been there and find out what they did to get there. I am not saying to do what I say word for word. I am saying to listen with what I am saying and then experiment with it on your own.

Are You Listening or Are You Thinking?

When you are thinking, you cannot be aware of what is going on around you. You don’t even notice the people you are with or what they are saying. You think you hear what they are saying, yet you do not hear it all, or you don’t hear the same words that they said. You interpret it and miss parts of it. Clarity of listening happens with an empty mind. When empty, the mind doesn’t distort anything. However, we are too distracted by our own thoughts to see or hear anyone or anything else. When we are thinking, we are blocking most of the world out. We miss ninety-nine percent of what is going on around us. We are all buried in our own thoughts.

The lack of listening is one of biggest issues affecting us given that it blocks communication. True listening with others entails having no thoughts, especially of already knowing. If you have an opinion, a judgment, or you attack the speaker, that is an indication that thought is present; and when thought is present, listening is not.
I had been speaking with a person for quite a while about transformation and what it takes to transform her life. In one of the workshops she suddenly had an “ah-ha” moment when she saw that what I had been saying had not penetrated her shell. The words had just bounced off. When people don’t see what I am pointing to with the words, they are not listening. Most people just hear the meaning of the words and think they are listening. True listening takes you beyond the word to the actual thing being pointed to.

You are the most important person in the world you need to listen with and actually hear the words as you are speaking them. In yesterday’s workshop, I told a participant that she said one word when she meant to say another. She didn’t even catch what she said because she wasn’t listening to what she was saying. The dialogue in her head was running in the background, and there was too much noise for her to hear anything. So most of her speaking was like turning up the volume in her head and just playing the pre-recorded data that was already there.

If you cannot hear what you are saying in the moment you are saying something, you are not tuned into your life, for life is in the now and now is gone before you can say “now.” Our minds have become so lax, so lazy, that we operate from the program always running in the background. Speaking and listening are a partnership. They need to work together to be complete.

Just say, “I create listening,” and then listen to see if you are hearing everything or not hearing anything. Since words have the possibility of creation in them, it would be prudent to hear everything you say. If you say something that may bring forth a negative in your life, you need to say, “Cancel that.”

Listening requires a blank space in your mind, and from a blank space you can hear everything. From already knowing something, you can only hear what applies to what you think you know. If there is any reaction, you are not listening. If you can catch yourself in the moment of the reaction and are aware of it, then listening could happen. Listening happens only when the mind is silent.

Sometimes people are too busy wanting to learn something so they can teach it to someone else rather than hearing it as a truth for themselves. They are busy thinking they have to remember this, or they will write notes or take mental notes. They want to learn about it so they can talk about what it is rather than actually doing it. We stop listening when we are trying to understand or figure out what is being said.

A lot of people who think they are listening are busy thinking about what they want to say or how they are going to respond to what is being said. They will hold onto that thought while the other person is speaking so they can remember it, and in
doing that, all listening ceases. Even having an agreement or disagreement to what is being said causes something not to be heard, and any internal comments to what is being said cause listening to cease.

During our workshops, you are only present a few minutes of a three-hour workshop. I can tell when you are not listening or just waiting for the chance to say something. You sit there with your arms and legs crossed or your feet propped up. You begin to fidget and squirm, anxious to butt in or interrupt. That means you are only listening to the thoughts of what you want to say. Some people tell me that I’ve already said something several times, and I say, “Yes, and you haven’t already heard me several times.”

In order to listen clearly with an open mind, you must want to go as far as you can go to actually discover something. You have to be willing to go all the way. People only go as far as they are used to going, and then they shut down.

Even though listening is probably the most important thing in relationships, most of us lack that ability. It is also true there aren’t many people who are saying anything worth listening to. People will grasp onto beliefs and want to believe everything they hear, so it might even be hazardous to listen. They might listen, but those they listen to aren’t speaking truth themselves. They are only speaking what they believe. Even those who think they are helping are doing harm, like psychiatrists or psychologists. Those people take a person who is on the way toward transformation and pull them back to make them a better robot than what they were. They want you to fit into an insane world, and you have to be insane in order to fit in.

Be discerning about who you listen to or with. If you are experimenting with life and listening with many others, you will start to be able to hear when truth is being spoken. Don’t try to figure out or understand what they are saying, just listen with an open mind and allow whatever is being said to come in and flow out. Don’t try to grab it and hold on as that will only cause a belief to be formed. Experiment with it and put it in your life. Don’t force it. Just notice when it happens.

The crux of everything I have ever spoken about is tied to linguistics and speaking truth. Linguistics, the aspect of speaking as well as listening, is the key to being free; to being a new human being, if free is what you care to be.

**The Action of Asking**

The adage “ask and you shall receive” has so much depth to it if you listen to the words. Most people think that means they need to ask for knowledge, money, or things they want. However, it simply means to ask a question which opens a space of
what isn’t—the unknown. The receive part simply means that it will come to you. The greater the ask, the greater the receive.

One way to keep yourself clean from belief and programming is to ask questions. If there is no question after your answer, it is probably a belief. Asking questions keeps you alive and growing. Sitting on belief keeps you being a robot. Experiment with life; question your ideas as they appear. That is another form of asking as you are looking in your life for answers as you live your life. It has a greater effect since you are in the action of experimenting.

If you start experimenting with new and asking, you will start to gain energy in your life. You will start to be active and alive because you are in the action of asking. When you are in the action of asking, you are in the present moment. If you are experimenting, you are not doing what you have always been doing, and not doing what you have always done could cause things to be uncomfortable because it is not familiar. Let it be uncomfortable. If you are comfortable, it is the same as you have always had. All of this is doing something new. If you move into the newness and that becomes comfortable, it becomes the same thing; so experiment anew and keep moving.

Living your life from the new is to be truly alive rather just existing. Our minds are dead given we are living from our thoughts and defending our beliefs. Rather than being the robot person who does things by repetition and always has to be right or is a performing a role or being the label, you will be ending the old. The old is what we have always done—reacting out of habit.

Some people never get to this point of actually living until they are just about to die, and then it is too late. There is another kind of death, a psychological death of the ego, the self. That death can also cause this aliveness. It is never too late for this to happen. This death will cause a new you, a new beginning. Ask yourself when you would like to be free, now or at your physical death.

Sometimes we need some prodding to get ourselves moving towards experimenting with all this. You could intentionally cause some drama or trauma in your life in order to shake you from your boredom and comfort so that you can do something new. You might bring up things in your life that irritate or stress you or things people have said that anger you. You would then be a person who is actually seeking discovery of self. I suggest you do this on your own rather than idly waiting for something to happen. Start by asking questions. “What is causing this in me?” and you don’t necessarily need to seek answers. Give a space for an answer to come and experiment with life. The action of asking will keep you alive and free.
Discovering Yourself

The new consciousness lives in discovery, and in the moment of discovery, consciousness is always new. Life is never static. It is a flow of on/off. You discover something in your life and then it ends; then something new enters, and that ends. As life is always moving, you discover something new each time you see it. Life happens only in the moment of discovery and the observation of it completely, 100 percent.

If your life includes getting angry, lying, believing, arguing or any feelings, which I call flaws, you are not actually living. Those flaws are the repetition of your past, and that’s what is directing your life. That is the core of your present consciousness, which needs to die. You will know that anger is complete when it is no longer in your life.

When you discover the thing you are in the moment of being it, in the moment of anger for instance, that blows up your whole life as you know it. That completes it, and you are complete until you notice another flaw, and the discovery of that one ends it. Discovering any flaw ends the duality, and ending duality is the death of your ego. As you go along in your life, if you can catch your feelings in the moment and say, “Wait a minute, I see that I am being anger,” you can catch that space between two thoughts, and that is the place of nothingness or creation.

This is keeping your mind clean and pristine. That is what I say about seeing you are perfect, which is completeness. Then when you notice a new flaw, a new perfect is born. Being perfect is being something 100 percent. Being whole, complete and perfect cannot be constant. It lives until the flaw is observed, and then that perfect ends; and immediately a new perfect/wholeness/completeness is born. That new is not the same as the one before it. It is completely new. The one before has died. You are now actually living in the now, and that is the place of creation.

What Is Your Flaw?

If you throw a pebble onto the surface of a calm lake, it interrupts the calm, and a ripple of disturbance goes out in all directions. The same is true of anything that causes a disturbance in your mind. The ripple affects your entire being. If somebody says or does something that causes you anger, the flaw is in you. They either said something you didn’t want to hear, or they didn’t say something you wanted them to say or do. Want is a flaw. Anger is a flaw. Jealousy is a flaw. Having to be right is a flaw. All of these flaws are your feelings, and feelings are added after you are born. The main cause of discontent and disturbance in your life is found in your feelings.
These ripples disturb all that we look for in the way of internal peace. To see your flaws and speak the truth of them is to end them. So, the discovery of the flaw in your life is the most important thing you can discover, and seeing the flaw in yourself is the last thing your ego cares to see and speak of. Your life is like a garden in which the weeds have been allowed to take over. If you do not see your flaws and remove them, they just get larger and larger, and they take over running your life.

The movement of transformation can be an arduous task. If your life is full of flaws, like a garden full of ten feet tall weeds, the task of removing them may be daunting. You don’t even know where to start. You need to start by saying, “I am perfect.” That perfect, created by speaking it, shows you where to start. Then in removing that flaw you create a new perfect which allows you to see the next flaw.

When people ask me, “How are you today?” I reply by saying, “Today I am perfect.” Because I created being perfect, I can discover my flaw. You cannot fool perfect. Perfection will show you yourself completely.

When I speak about perfection and being perfect, it means to be whole, 100 percent who and what you are. You are perfect until a flaw shows up, and when you see that flaw, be it completely and speak that is what you are being. That ends it. It dies a natural death because you experience it completely. You see the truth and truth destroys the lie. Our flaws are lies because they are not real. They are added after our birth which makes them removable.

Perfect does not mean flawless. In order for something to be perfect, it must include one part of everything on the planet, which includes a flaw, so if you do not include a flaw, you cannot be perfect. Only in the illusionary world can there be something without a flaw.

In the world of reality, the way to remain perfect is to see the flaw. Nothing in life is static. There is always a beginning and an end. The flaw is your lifesaver, so I suggest that you create being perfect linguistically by stating you are perfect. Saying that sets up the dynamic for discovering your flaws. A flaw cannot escape you if you are perfect. You will see it. Seeing your flaw is the only form of actual living there is, otherwise you will continue repeating your past—being and acting the way you always have.

Fake Self

I say that we discover ourselves in context. When you find a context in which to see yourself, then be aware of who is watching it. If you are looking at your fake self from your fake self, don’t create another fake self to watch you watching it. We are
all now living as our ego, a fake self, the one that was invented in order to live in this crazy world. Be careful of inventing another self to watch that watcher.

It gets complicated, and sometimes what happens can drive you deeper into insanity. You start to see there are different tiers or levels of yourself causing more separation. Take a look at it. Is a fake self watching another fake self, and if that is the case, a more powerful question might be “can those two fake selves actually be real?” Is it a dual watching, or is it actually observation which is the self becoming a singular self? You might then ask, “What is doing the watching?” “Asking a what question implies a single movement whereas how questions ask thought for a road map with a multitude of choices, and you don’t want to cause more separation.

You can see whether or not it is a fake self by pure observation. Pure observation contains no judgements, no what if’s, rights or wrongs. If you have a thought or judgement about what you are observing, that is the ego judging the other ego self. Thought preceding an action is always manipulation. The fake self might still be there performing an action that is preceded by a thought, but the observer will notice the thought that precedes the action. The fake self watching the fake self will probably not see the thought preceding the action. When there is no thought preceding the action, then the observer and the observed are one.

The movement towards transformation does not mean there is no more thought. You will just have a distinction of when you are doing an action from thought and when you are doing it from creation. Once you see through your feelings, seeing what is behind them, you will not have thought preceding your actions. There will be a space of nothing whereas in the past a feeling might have been there. This is emptying yourself of those feelings/thoughts. When you empty that space, the feeling is gone. You do not have any more to put into it, and there is not an attraction to attract more of it.

For example, if you see you are jealous and ask, “What is causing this jealousy?” you can follow that singular movement to the depth of jealousy and clear it completely. It is gone, and you will not have jealousy there to attract other situations that will bring jealousy with it. The same is true of any feeling. We create a context for them the first time we have them.

If you can catch any feeling you are having now, the moment you are experiencing it, make that the context for you to observe and ask a what question. Take that feeling to completion, 100 percent.

For example, if when you were a child and in a family you perceived as full of hate, you will create the context of hate. From that time on you will attempt to fill
that context with content of someone or something to hate. If the hate is removed in context, there is nothing there to attract hate. It just dissipates into the atmosphere, and you removed it when you told the truth about it or any feeling or thought you spoke it in the moment.

When the feeling is removed, the only thing left is an empty space. If the feeling comes along again, there is no place for it to hold onto. Yet something that still affects you may be there, but it will not be added to an already existing pile. It will be small when it reappears, and you will be able to see it more clearly. It might be more like “oh, there it is again,” and then it will be gone.

The same is true with relationships. If you clear a manipulation that has been keeping your relationship together, what was holding it together may no longer be there. For example, you are possibly being a mother to your partner, and he is being a little boy being taken care of. That is what brought the two of you together. Now, if you clear the beliefs you have about being a mother and having to take care of someone and that person does not clear his need to be taken care of, then you two might find that common bond gone. The attraction for the same thing disappears, so something new would need to be created.

In order to empty yourself of what is dragging you down, you need to speak the truth of it in the moment as it is happening. When you do that, the problem will no longer be there controlling your life. When you don’t speak the truth of it, it controls you. It controls your next movement, and then it controls the next movement on top of that one, and it keeps getting worse.

Speaking the truth is the most powerful and the most dynamic thing you can ever do, and it needs to be done on a daily basis. Whatever is there needs to be emptied out so that you have no connection or attachments to anything. If there is a connection, or anything you are attached to, it will be a weight; and you will be dragging it along and attracting other similar stuff to it.

**Responsibility Is Not Blame**

Your early life experiences may cause you to blame someone else, like your parents or an abuser if you were abused as a child. If or when those early experiences appear in your life and cause you to blame someone else, do not blame anyone for the hate or anger or any other feeling about what happened to you as a child. We are all products of our parents who were the products of their parents and backwards for thousands of years.
Creating Creation

If something was done to hurt you as a child, the perpetrator is responsible for what he or she did. You, however, are now responsible for everything that has happened in your life, for you are carrying the memory of it. You have accepted it and are letting it direct your life, and now you need to take responsibility for everything in your life so that you can end it. You cannot end it if you are blaming someone else. It is important for you to say, “The buck stops here, now. It is up to me to end this craziness and not pass it on.”

One way to do that is to say to yourself or out loud, “I am responsible for every mistake every parent has ever made.” You have to do this for yourself simply because in a contextual manner, you are every parent. You cannot say this for your parents or your children, for Jesus or God, for religion, or for anyone else; otherwise it will never get done. This responsibility is for you, and has to be done by you. This is an important point to see. If you feel you have to do it for someone else, you are hiding something or blocking it. It cannot be done at all until that is cleared.

If you are doing this for you, then you are the only one who is responsible. There is no one to blame, there is no more drama, and there are no more excuses because it is 100 percent up to you. You can see that you are the way you are because of your parents and their parents, and you made your children the way they are. Then you can say, “Yes, that is true, and I am ending the insanity now. It stops with me.”

In order to make any shifts in your life you have to do things differently. Read that statement over and over until you get it. It has to be you, and you have to do things differently, yet it is important that you say the truth to yourself. That is doing something different, something new, isn’t it?

This may not be easy to do because it requires that you start to take responsibility for your life and stop doing what you have always been doing. The easiest thing for most people to do is to stay the way they are. Even thinking about doing something different causes them to go into a panic because they cannot imagine what different would be. Even people who see that their lives are full of pain and suffering would still rather stay that way than to do something new. The old way is known; it is familiar. They will complain that they want things different but only if they do not have to do it. They want everyone else to change, everyone except them.

You might say that you cannot do this; that you are not responsible for what was done to you, but until you do take responsibility for everything that has happened in your life, you will not be free. You will remain a victim. If you say, “I can’t say that. I can’t do that,” then the saying “can’t never did anything” is true. Can’t is just an excuse. You may think it is saying something negative, and you will block it. The ego
does not want to hear the truth, for the ego feeds on lies, feeling good about itself, and blaming others.

Everyone is blaming everyone else for the wars, the killing, the murders and misery on the planet; and no one can see that we all are doing it collectively. We cause and accept all that because we ourselves are yelling at each other, getting angry and fighting. Each individual is doing it, not just a few but everyone, and that’s what I am asking you to see, see it 100 percent. When you first see you are the one causing all this turmoil, you might go into complete shock, and then a transformation is possible. However, if you go into sorrow, crying, guilt, shame, denial or any other feeling or judgment about it, you will continue to cause all those things to happen.

There is no such thing as partial responsibility. It is always 100 percent. We are all responsible for everything in our lives, and we are all responsible for what is going on in the world around us. That is complete responsibility, 100 percent.

So, I say that if you are not in an active role to transform yourself, then you are part of the problem of the world. Transformation needs to be done by each individual because when people first form a group or a religion, things fall apart and become confused. It is difficult to see what needs to be done first because belief clouds your vision. When you see life through the beliefs you have, you cannot see that you are responsible for the world. All you can see are your beliefs, and those are all based on opinions and judgments, and you are already too buried too deeply to see the truth.

No matter what, whether you know it or not; whether you see it or not, you are always 100 percent responsible for everything in your life and the world. Seeing that can transform your life.
Chapter V: Discover Yourself in Context

Seeing in Context

A young man comes here to visit with us sometimes, and he has no friends. If he is in a group of people, he is often left by himself. He doesn’t see that when anyone approaches him he is un-approachable. He says he wants to have friends and is sad that he doesn’t have any. He is receiving what he is putting out there. That is the way all of us are. We are receiving what we put out there and wonder why it is that way.

We are the cause of our own surroundings and the way people treat us. When we see the context of our lives, we can see the content and what is causing us to be the way we are. The words context and content are being used here to keep structure in our language because the words we use structure our lives.

In context, this young man is unapproachable, and he is spending his life alone because he won’t let anyone approach him or be with him. He is responsible for having no friends because of the manner in which he treats people. In content he is really gruff and rough with people, and he pretends to not want friends because he has no friends. So, he is in a loop. He says he wants friends, and then he pretends he doesn’t want any friends.

If you keep repeating something like “I have no friends in my life,” then you are the one causing it to be that way. You might not realize how you are doing that, and you will continue to think others are the ones causing the problem. You don’t realize you are the cause by repeating and believing what you say, and you will continue to think others are the problem. You are negatively creating your own actions in pushing people away.

When you can see another within their context, you can also start to see yourself in context. As you begin to see things in context, you will see that someone who is fat might be large in other areas of their lives. They not only eat large amounts of food, but they usually have large things around them and speak in a large way, loud or disruptive. A context is something that occurs in all domains of activity, both physical and psychological.

The ability to see in context will assist you in your life. It allows you to see where you are out of balance in one area or another. When you are able to see yourself in context, you will see the content of that context, and you can put together all the things that cause you to do or be what you are.
If you can learn to hear yourself as you speak and listen to what others have to say about you, you can see yourself in context, the large picture and in content, the small picture, which are the little things you do. Listening is an integral part of discovering yourself in context and content.

In most cases people are great gift-givers when they say various things about you. For example, if someone says something to you in the context of your personal growth and you listen to it from the context of criticism, you will hear it as a criticism rather than a truth spoken. If the ego is defending a truth said about you, which you saw as a personal attack, you have lost any benefit of someone speaking the truth with you.

**Putting Structure into Your Life**

Discovering the entire context of your life is like opening a file cabinet and seeing all the folders and all the papers inside the folders. The file cabinet is all of you, and the folders are the contents of the file cabinet which is you. The folder can also be a context with all of its contents. This is one way to look internally at your life in a structured way.

What is the context of your life? There are many of them, and usually one dominates throughout them all. If you are unable to see the whole of your life in one context, you can take one of the contents and see that as it occurs in your life and make it into a context. For example, if you see that you react to something or some word and you get angry, anger would be the context at which you are looking. You can then stop and ask yourself, “What is causing this anger in me?”

You don’t need to answer the question, and, in fact, just wait for the answer to come to you. It is important that you catch the anger in the moment as it happens. Often, the tone of voice used will indicate if there is anger present, and something as small as a frown is the beginning of anger. It is important that you catch the tiniest things in you because they grow into big things. If you can’t catch it right then, but only after, it is okay to ask that question then; but it is not as effective as catching in the moment it happens.

Sometimes it is easier to start with picking a smaller context with which to discover yourself as that might be more obvious and easier to work with. Yet, that could get you stuck in the method of psychology. Psychologists work on the contents, the pieces, and try to fit everything together. If you look at the context, then you see the whole and all the pieces and all the pieces that are not part of it as
well. However, you can take one content and make it a context and when that is seen completely, you will begin to see the context of everything.

If you discover any one of your contents completely, I say you can see the entire context of your life. When you discover your context 100 percent, such as being angry, and see it completely, you are then perfect. Observation of the context in the moment as it is happening is the transformation of it. Sometimes, as you are living without that context, the context will probably show up again, and you will notice it in that moment. This continues until it doesn’t show up any more.

Then once that context isn’t showing up any more, or at least isn’t dominant in your life, another context will show up that is dominant; and the same thing happens again—the discovery and the observation in the moment. Sometimes you might not realize you switched from one context to another, and you think you are still seeing one you already cleared. You might feel stupid that the old context is still there, but you are now really in the context of stupid rather than the original context, which was anger. This is important to notice so that you don’t crash your domains.

A domain is a place from which you operate, the context you are looking at. The two contexts are not the same; yet they are connected, so it seems like they are the same. If you put things in a structured way, you can then begin to handle them. If you don’t, they all crash together and things become overwhelming.

If you have any feelings come up about your contexts as you are discovering them, such as thinking you are stupid, and only bad people do those things; or if you get angry or sad, you are not seeing them 100 percent. You are just discovering your judgments. Until you see things 100 percent without judgment, they will continue to dominate your life.

If you move your context to something larger than yourself, you might discover yourself on the way there. For example, if we each made the context of our life ending wars through our own actions, we might see what it takes to end world wars. Until you see the context you are living, it has total control of your life. Once it is seen, you will notice it in the moment as it is happening, and then it no longer controls you.

You can now start to live with the ability to act freely. Before, you were reacting to an unconscious program every time something triggered you. And since that was in all aspects of your life, you were living it all the time and not knowing it had you trapped. It was running your life. Now you are cleaning out all of the old files you have been storing in your filing cabinet for years.
You Are Responsible

That empty space at birth allowed you to absorb everything immediately and in quantum. You had a multitude of experiences you could not put into words because you had not yet learned language. Later on in life, you will have a similar experience, recognize it, and label it then. You can recognize it only because you have experienced it before. Most of the experiences on which you build your whole life happen prior to you having the language to label them. By the time you have reached the age of four or five years, you have already been programmed for life. You have accepted the program, and it becomes the context of your life.

Now you are grown, and you need to take responsibility for everything in your life, for everything you did, think, say and do. That is why I say to pick a context in your life and take it all the way through to its end. Context means to see a major theme that is occurring in your life. It may be that you are sad a lot, so you need to catch yourself in the moment you are sad, look at it and ask, “Where is this sadness coming from?” Additionally, you may see vanity, arguing, pride or one of a hundred feelings and notice when one is happening in your life and clear it. You might ask, “What is the cause of this sadness? Is it something caused from my past?” You clear it by experiencing it completely now because you never completed it when it happened. You ran away from it. Now, bring it up and release it by speaking out the truth of it. You are responsible for carrying it, and you are responsible for releasing it. It was ruining your life.

Anything that has happened to you in your past, you are responsible for it now. You are carrying it around with you and you may not even know that it is causing your life to be the way it is. To clear something completely, you need to see its beginning, its middle, and its end. This keeps you with a structured mind on one context. Once you clear a context, another will show up and then another. Each time that happens and you clear it, the next one becomes easier to see and clear that one. So in essence, you get a clear view of what’s next; and then there is residue that will show up, and that needs to be cleared as well. It is important to name the contexts as they arise but only long enough to identify them, but not long enough for you to become attached to them again.

Someone said yesterday she had some guilt come up and that she spoke the truth of feeling guilty. Then she had a reaction after that and thought the guilt was still there, but after looking anew, she saw it was fear. Then she saw it was the fear of admitting that she was wrong. If she hadn’t named it, she wouldn’t have known what was going on or what issues or feelings she was clearing. This is going deeper into all that needs to be cleared.
If you can notice a dominate context in your life, or even if it just comes up in the moment, you can look at it and see where it came from. For instance, if you were born and lived in a home where there was a lot of yelling and screaming, you might have said to yourself that you hated screaming and yelling. You didn’t realize that not only was it the yelling and screaming that you created hate for, but that you also created the whole context for hate in your life, and that’s the trap. Once you have created the context hate, or any context, it’s like a vacuum that looks for something to hate everywhere. Each time you find something to hate, hate is reinforced; and you will continue to look for more and more things to hate. Of course, people have different levels of hate raging inside them. Some people may just hold it inside and be eaten up by it, and some may go out and kill several people.

Similarly, you might have been brought up with a feeling of being unwanted, and then you will create the context unwanted and fill that context with all kinds of proof or content that you are unwanted. All of your life you will see proof of you being unwanted. You might not remember the first experience of it since it started before you had a vocabulary for it, but when the experience of being unwanted happens later in life, it will have an awareness of similarity about it. That is when you will feel that same feeling you had as a child. Before you learned to speak, you had many experiences, and you just didn’t have a way to express them with language. Then later on in life when like experiences happen, you are able to put a label on them in order to clear them.

If you can observe and name a feeling in the moment that you’ve experienced before, pause and ask: “Where is this feeling, coming from? What is causing me to feel this way?” It’s not important that you start looking for an answer. Just wait for the answer to come to you and be receptive to it. The important thing is to acknowledge your feelings and speak them out, not with anger or sadness or with whatever you are feeling, but just as a fact that this is what you are experiencing. As the answer comes to you, you might then dig deeper and ask another question. This is getting to the bottom of your feeling, making it smaller, so that you can get it small enough to pull it out by the root. Pulling it out by the root means you have seen it completely, perhaps even experiencing it anew so that it can be ended by you seeing it in its entirety. That is 100 percent or completeness.

Being 100 Percent

You must see something 100 percent before it is allowed to fully manifest. This means that there are no feelings attached to that something—no opinions, no judgments and no should haves or shouldn’ts with it. One hundred percent is pure seeing.
of something without anything in the way blocking the view. Speaking the truth opens the possibility of seeing something 100 percent, which allows creation to manifest.

You might think you are just repeating something that is asked of you to say, such as “I am wrong.” However, that statement will open up a huge possibility if, as you walk through your life, you can see that in almost all instances you are wrong and are able to say that either just to yourself or out loud. Yet, it is a new situation you are saying it into each time, so it is still the act of creation, not invention repeating itself.

The act of speaking “I am wrong” will cause the ego-self to take a pause because the last thing the ego wants to admit is that it is wrong. Saying this will cause a brief pause, and that might give you the opening you need to allow intelligence in. It is necessary to put a crack in the ego in order to let truth manifest. Just do that, and observe what happens.

I also ask people to say “my mistake,” which is similar to “I am wrong.” Sometimes people think that apologizing is the same thing as saying “my mistake.” The distinction is that an apology is needed when it costs the other person something; or they were put out by you, or you took something, or you took advantage of someone. Also, an offer of repaying that person would be included an apology. This repaying doesn’t necessarily mean money, for it could be an action needed or something else. A mistake is just an error made where there hasn’t been any harm caused to another. These two words of an action are essentially the same, yet one is a clearing of a mistake and the other requires something to be done to keep things balanced.

I point out that I am not asking people to say “I am sorry” when an apology is needed. “I’m sorry” is said when there is guilt or sorrow attached to the action, and that drags you down. We have been conditioned to think we need to have sorrow or guilt or remorse included in a mistake made in order for the other person to think we feel bad enough about what we said or did. Yet, if there is any feeling or attachment to what happened or what was said, then the chances are the action will be repeated. So if you say “I am sorry,” you are really saying “I am going to do this again.”

Only when you see something 100 percent, which means with no feelings or judgments, will something end.

**Hearing the Words You Speak**

You need to be careful and aware of the words you are speaking because every word does have the possibility of creation in it. It is important for you to actually
hear the words you are speaking. If you start to listen with yourself, you will be more aware of what others are saying as well, and you will start being able to hear if they are speaking the truth or a lie. This will happen after you hear yourself speak the truth or a lie.

Most people don’t realize they have created their lives to be as they are and now are repeating the same things over and over through thought and knowledge—words. If you are aware of this, you will be very careful of what you say, and you will notice if you are making a commitment, which most of the time you are, to yourself or others. If you make a commitment to keep your word, you will notice how difficult it is to keep your word. Everyone is so used to saying something and then having a reason or excuse why they didn’t do it. Yet, if you don’t allow yourself any excuses, you will be sure that you do what you say and say what you are sure you can do.

Let’s look at the Pledge of Allegiance of the United States which states “one nation, indivisible, under God.” It is saying that the U.S. is one nation which is indivisible, and then the next part causes a division by making it separate from God. This is how linguistics traps us. We have pledged, made a commitment, to be together as one nation and then divided us by putting it under a god, which god they don’t say, and then say we are indivisible. So we end up with massive confusion. This is just one example.

It gets even more convoluted than that. We bring a child into this world which is full of killing, maiming, pain, suffering and misery, and then we say that we love that child. That is showing the child that love is killing, maiming, murder, pain, suffering and misery because that is the world we live in.

I ask you to speak things out loud so that you can hear yourself, and for you to notice if you are speaking the truth or lying or if you are creating or inventing. For example, I have asked you to say, “I am a liar.” You are that already, so saying it is for you to see that you are speaking the truth when you say it. Lying had already been created when you were too young to remember, and now you are repeating lies without realizing it. Saying “I am a liar” out loud gives you the opportunity to see that it is the truth.

We Are Robots

The largest context for all of us is that we are robots. All the other contexts fit within this one. Being a robot means that we are all programmed and conditioned
from the minute we are born, and the people who programmed us are the robots who were also programmed and conditioned.

You live your life as a robot through all the contexts, and it is the robot that develops the automatic syndrome of whatever context you are looking at. We all created these contexts at a very early age. Usually, all of them are created before the age of four. We were told things about ourselves we believed to be true, and we kept reinforcing them until they are now a major part of our lives.

With all the things we encountered as a child, we said “when this happens I will do that, and when that happens I will do this.” That is how we programmed ourselves. This is repeated hundreds of times every day. By the time we are four years old we have thousands of already predetermined plans of action for almost every situation, and we are not even aware of them. So when that same situation comes up again, we go into the automatic plan and re-act. This is the robot in action.

Robots can’t keep from doing what they are doing. They must do what they are programmed to do. Their only movement is a reaction. Robots have buttons when once they are pressed a particular program activates or re-activates. It is automatic, and that is why it is so difficult to discover that we are robots.

You may have times when all is quiet and you are aware; but then when people come around or there are things to do, you forget all the awareness and go into autopilot. That is why I don’t recommend the kind of meditation where you sit quietly for thirty minutes and then go on with your day. Meditation is being aware of your life as you are living your life, not for just thirty minutes of sitting in silence. To be aware in your life requires a lot of energy.

I say it takes are 100 percent in order to free yourself of the conditioned reactions in your life, to break free of being a robot. Anything less than 100 percent is staying the way you are. The robot is 99 percent of who you are, so it would take 100 percent to get beyond it. The energy it takes to get from 99 to 100 percent is equal to the energy it takes to get from zero to 99 percent. Because it takes all of the 99 percent plus the one percent to step outside of being a robot, you must be 100 percent of any context in your life in order to break free.

You can take any context, as all contexts are the same in essence, and they all fit in the context of “I am a robot.” One hundred percent is seeing your life completely as a robot without any attachments to it. There is no sadness or anger or judgment of any kind attached to your awareness of you being a robot. If there is any attachment, then it is not 100 percent.
One way to see your life in context is to notice one area of your life, such as being a robot or whatever dominates your life, and then pretend you are it. Even though the context is your whole life, and this might sound crazy, but you won’t be able to see it because it is your whole life. It is like not being able to see the forest for the trees. Therefore, pretending will exaggerate it, making it visible in your life. Be a robot. What does a robot do? How does a robot act? What buttons does the robot have? This is a way of tricking yourself. You could do things pretending to be a robot, and then notice that is actually how you do live your life. You might be able to trick yourself into discovering that you are a robot by the very acting of acting like one.

The reverse is also a way of seeing your life in context, by doing things that are outside of the way you normally act. If you are someone who has to always be right, then admit that you are wrong even when you are certain you are right. Make someone else right. I am talking about obvious places. If someone else dropped something, you would say you did it. Doing that when there is an argument and you are stuck on being right will give you even more impact. Doing things like this gives your ego a shock. “What? I can’t say I’m wrong when I know I’m right.”

Anything you can do to bring your ego down a notch or two brings you closer to transforming your life. This will also balance all the wrongs you have done, as well as highlight how difficult it is to admit you are wrong and someone else is right. Then it will get easier, and you will possibly notice it isn’t that bad to admit to being wrong. Letting somebody else be right by saying “okay” and dropping it is the way to end all arguments.

There is still another way of noticing the robot, and that is to create a larger context through which you can view your life. I use the word transformation, but you can use whatever word you care to such as enlightenment, awakening or free. You could say, “I create transformation,” or whatever word you care to use, and that word becomes your context. You will notice what is and what isn’t transformed in your life. You will then notice the robot in action.

The way to get out of being the robot is seeing it 100 percent as you are being it in the action of it. That opens the door to intelligence and being free. It would allow the whole world to open up to you. In order to have that transformation, you must see your life in context in the moment of the happening. Catch the thoughts that are causing the reactions you are having, and then speak them out right then, right as they are happening in that moment.
Creating and seeing your life in context will allow you to see the whole and then the pieces. As you are now, you are looking at all the pieces trying to create the whole. This might seem like a small distinction, yet it is huge and will make a huge shift in your life. We are all broken, broken in a million pieces. Each trauma, drama, and program we experienced in life caused a break in us. And, in order to put them all together, we would need 100 percent in order to be whole. The context of something is to be whole, to be it completely.

**The Depth of Context**

If you are looking at something in your life, take it to its completion; see it in all the aspects of your life as you live your life. It is everywhere in everything. Once you are able to see that one thing, keep at it and start to put it in the past. For example, if you are looking at hurt, see it and say, “That is where I used to be hurt,” or “I used to feel hurt when someone said that to me.”

Every now and then ask yourself if you are kicking a dead horse. Maybe you are starting to see hurt where it no longer exists. Maybe you no longer actually feel hurt about something, but decide to put hurt back into it just out of habit. So be aware of what is happening as it is happening. Once you have balance in your life, at least with the one context you are looking at, you can then start to make distinctions in your life. You will now be able to see if you are hurt or if it is something different or nothing at all.

Before you could see the context in which you are living, it had total control of your life. Once it is seen, you will notice that it no longer controls you. You can now start to live with the ability to act freely. Before, you were reacting to an unconscious program every time something triggered your hurt; and since that was in all aspects of your life, you were living in hurt all the time and not knowing it had you trapped. Being hurt was running your life.

**You Are What You See**

The way you are, in a blown up and expanded way, is the way the world is. Most people think they are clear and clean and nice and it is everyone else who is causing the problems in the world. They want to blame others instead of looking at themselves. If we could see that when there is a war on the planet, we are all 100 percent responsible for it. That would be a perfect discovery. We are doing it, each of us. It isn’t them. We allow it by virtue of our own actions. If there is a war on this planet, it is you who is causing it. If it is in the world, it is in you, for the individual makes up the collective.
Creating Creation

If you have a negative thought or a judgment about another person, that is violence. If you have to be right, thus making someone else wrong, that is violence. If you have any anger or discontent, that is violence. Then it expands out from you like a hot air balloon and spreads out over the whole world.

Take the individual violence and multiply it by all the people on the planet and you have a war, or many wars. The tininess of your anger causes a war. It is hard for most to make that leap, to see that is true. You might be saying to yourself as you read this, “Wait a minute, the way I am doesn’t have anything to do with wars. I don’t have anything to do with how the world is. I am not the one sending troops out.” However, you are the world.

You yelling at me and me yelling at you or you yelling at your children is telling the planet that it is okay for it to go to war. Because you are at war within yourself, that makes wars in the world okay. Because you make it just fine for you to be angry, you justify it for yourself which justifies wars for the world. You can justify your own anger and a violent action by saying it was the other’s fault; they started it. They hit me, so I hit them back. That is how it is until we realize that anyone who resorts to violence for any reason—self-defense or defending their home or whatever reason—is just as violent as the one who was attacking them. Violence is violence.

If you see something in another, then it is also in you. If you judge another for being an angry person, you are that angry person. If you judge another for being lazy or messy or greedy, you are that as well. When you add your thoughts into what you are observing, and then say, “It is them,” you are not seeing it in yourself. All you are seeing is your own opinion.

You don’t see another for who they are. You see them for what you think they are based on your beliefs and expectations. You make an image out of that person because you are that image as well. The only way that you can see another as they actually are is for you to be actually who you are.

If you look and see someone who is buried in drugs or any addiction, instead of judging them, look at them and see that is you. You could possibly then have compassion for that person because you see that you are the same as that person is. If you can see that, then you can look to yourself to find out where it is in you. That is the progression of discovery, and you might already be aware that others are the same as you; yet you still hold a judgment on them, which is holding that same judgment on yourself. You see that drug addict, and you see that you have a glass of wine every night and smoke cigarettes or take prescriptions drugs, and then you judge them as bad and yourself as bad as well.
The ending of violence in yourself would allow you to face the violence in everyone else, and you would be undefeatable. It is not like saying “I am going to be non-violent, and I am going to face this violence.” If inside of you is violence, then you are facing the violence with violence, and it is going to kill you. But if there is no shred of violence in you, you are not even facing violence; you just stand there, as an immovable object.

If you care to see something as new or different, then you need to end the old. If you are seeing someone and there is anger in you towards them, then see something new there. That would cause a little glitch in your thinking that puts a space there which destroys the old. That space leaves an opening for something new to enter.

**You Are Never Not That**

You cannot catch the context of your life because it is all of you, and it is so much you that you cannot see it. Others around you, though, can see it simply because it is all of you, yet they are too polite to say anything. They are afraid it will upset you, so they do you a disservice by not telling you about yourself. It is important to catch yourself in the action of doing while you are being a certain thing, and here is a secret: Any action in which you catch yourself contains that context. You are never not that. It is there all of the time.

For example, if you can see that you are vain, thinking you are smarter or better looking or above another, then notice any of your actions. They will all include being vain. When you pretend you are not vain, that is when you are vain even more. It gets tricky because the smaller any control mechanism gets the larger amount of control it contains. It’s not that great big thing which is easy to see. The small ones that are hidden have the greatest control over your life, and the key is to catch each of them as they are happening.

Seeing the way you actually are is difficult because you don’t really want to see it. Sometimes you are proud, or you think you need to be that way as a defense, or you feel a person deserves to be treated a certain way. And if someone points it out, you will probably get angry and yell at them so they will stop pointing it out.

Often you may deny saying or doing what the person points out, or you might say, “I didn’t say that,” or “I didn’t do that.” Sometimes you do notice you are doing it, but you don’t want to admit it, or you want to continue in that manner because it seems justified. You make excuses for the way you are, and those excuses justify your actions, so you cannot see them clearly. You might say things like “that is just the
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way I am,” or “everyone is that way,” and those are excuses that stop you from seeing yourself.

Then we go to a new level with it and want everyone to accept us the way we are so that we don’t have to be the ones to make any shifts in our lives. We want others to allow us to stay in our ineffectiveness. We protect and defend each other and make excuses for each other, allowing us all to stay as we are. We see that if we allow them to be ineffective, then it is okay for us to be ineffective as well. We are all in a conspiracy of ineffectiveness, and we conspire together to keep each other ineffective. That is similar to the saying “misery loves company,” and we are all living lives of misery. Then, when others enter your life, they bring the whole world with them, and that whole world is you, also.

Seeing yourself as you actually are is necessary if you are going to advance. You need to go from being the most important person on the planet around to being the most important person on the planet. The distinction between these two persons is that the first one is selfish, vain and goes around not seeing his stupidity, his craziness, his failures, and his laziness—his everything. The second person sees all of the aforementioned at 100 percent and goes around to being the most important person on the planet with humility.

This is the journey through hell. The journey through hell happens when there is no blaming or justifying or excuses for anything you do. Hell is discovering it is not the other person or the situation or the government or the job or the world. It is all you. You start off with being alone in the world, but you carry other people always with you in your thoughts. You think you have friends. Even if you have people around you, you are essentially alone. That other person is not inside of you. You are the only one there. You have attachments and judgments and thinking about others, thinking you are not alone although you really are alone. You make this complete journey; and in taking 100 percent responsibility for your life, you discover you are alone in the world. There is nobody else, for you are the whole world.
Chapter VI: Freeing Yourself

Emptying Your Mind

In order to be free you must empty your mind, and speaking out what is in your mind is the way of emptying it. Transformation, awakening, being free or whatever word you care to use in the domain of language, has to do with one thing. It has to do with being empty. When you keep your mind full, as most people do, it causes illness and stress and problems in your life.

Speaking does not mean just rambling on with endless thoughts although that is a beginning. Most of what you have in your mind is garbage (all that you have been filled with since your birth), and you need to speak the garbage out before you can get to the truth. Speaking allows you to hear what you are saying, and if you don’t hear what you are saying, you will not hear all the garbage. Speaking and listening are a two-fold action. They go hand in hand. Speaking without hearing what you are saying does very little to aid in your transformation. It does not aid in your ability to distinguish between the truth and the lies, and we live in a world of lies.

Thought is the biggest detriment to being free because our thinking keeps us trapped in our current robotic condition. By robotic, I mean that we react automatically from thought to whatever is going on in our lives. We cannot not think, and thought is always going in a continuous loop. Thought is in the domain of illusion, for it is not real, yet most people believe everything they think is true. Truth is what is real. Belief is not. Belief puts up a roadblock to intelligence and truth, and that is how most people are living their lives, with blocks. They are not open to letting the lies out.

Of greatest importance to freeing your mind could be linguistics, seeing the depth of the words you speak. You are shut down and don’t speak the truth of yourself. You could start by asking permission of those around you if it is all right with them if you speak the truth. Part of shutting down also happens when someone speaks the truth to you, and you get upset at what they have to say, so you stop listening. If anger comes, or you object to what someone says, permission was not really given. If you give permission, then anything and everything is open to linguistics—to speaking and listening.

The most delicate thing about speaking the truth is what is behind it. If you are speaking from a place of clarity, people will hear the truth. If you have any kind of attachment, agenda, or manipulation behind what you say, they will hear that and not
what you are saying. You can say the nicest thing to someone, and if it really is a
snide remark, they will hear the snide in it. They will hear the tone in which it is
delivered. The tonal quality of your voice speaks as much as the words you are
saying, and the truth of what you are saying is in the tone rather than the words.

Most people think they hear what they are saying, but most don’t listen to the
words they are speaking. You often miss one or two words or forget everything you
said. Often when I ask you to repeat back what you just said, you can’t do it. You
will leave out one or two words or even more, and that may be the most important
part you needed to hear. You can learn to listen by hearing your words as you are
speaking them. You could experiment with deliberately lying so that you can hear the
tonal quality of a lie versus that of a truth. The tonal distinction might be a tiny thing,
yet it is important for you to hear so you will know when you are lying to yourself.

Hearing everything you speak is of most importance to knowing yourself. If you
are not able to hear and listen to every word you speak, the probability of you
discovering yourself is practically nil. Hear if what you say includes criticism,
judgment, accusations, feelings, etc. Listen and see if you are trying to manipulate,
get even, take revenge or cause harm, etc. If it is any of those things, it is repetition
and that just fills you with more garbage rather than emptying you. If you are
speaking the truth, that action empties you.

The way you can know if you are speaking a lie or the truth is to listen to the tone
of your voice. Sometimes this is not easy to hear, so that is why I suggest you speak
lies and truths on purpose and listen to your voice as you do. You can begin to hear
your own lies as you speak them and correct them immediately. This is the manner
in which you discover truth. Universal truth starts with speaking the simple truth of
yourself. When truth is spoken, it is healing and energy is created. When you speak
lies, judge or argue, all those things steal your energy. Anything that you are hiding or
holding onto ties you down. You cannot be free when you are full.

If something starts to enter your space of empty, take notice of it and empty it
again by speaking it. If you notice any discord, disharmony or stress in you, or if you
have to be right, then you are not empty. If you react to something someone said or
did, you are not empty. If you get angry, frustrated, confused or sad, you are not
empty.

In most people’s minds, there is a continuous circle of confusion. If you take a
thought and attempt to follow it to its end, you might see that it never ends. You are
in a continuous loop, going from one thought to another and then to another. For
example, if you look at a someone close to you and notice all the thoughts, opinions
and labels you have about them, you cannot see the person at all. All you see is what you think about them.

In order to be free in this massive swirl of confusion, you must start from emptiness. All of your judgements, opinions and thoughts are the reasons you cannot free yourself. You are not empty, and you are starting from confusion. Since you are starting from confusion, you need to cause something new to happen. Just stand up and say, “I create empty.” This will be a beginning, a place to start.

**Are These Feelings or Emotions?**

Some people hear what I am saying about emptying, and they think I am asking them to let go of their most precious possessions—their feelings and attachments to everything in their lives. They do not see that those things are not only tying them down but, also, tying everyone else down with them.

First, let me state that I make a distinction between feelings and emotions because most people mistake feelings for emotions. The distinction is the observation. Observation transforms that which is being observed, including yourself. You will probably notice when you start to speak the truth of your life because it is uncomfortable. Feelings are things like anger, jealousy, envy, sadness, happiness, etc. Feelings come and go, and they can be removed. We cause those feelings in us based on beliefs we hold about certain things in our lives. If we think they are good things, we attach a good feeling to them. If we think those are bad things, then we attach a bad feeling. In the domain of duality, *good* and *bad* are illusions. We need to see things just as they are without judgment caused by feelings.

On the other hand, emotions are real, for they are perpetual and never changing. The emotions of intelligence, love, and truth are what we are born with, and they emit from the space of creation. They are not removable. Most people have never experienced a true emotion since feelings are blocking them. Emotions are the manifestation of the new consciousness, and they are buried or lost in our current consciousness. Creation, the space of being empty, can come to us when we are empty of our feelings.

I am asking you to let go of something that is not real, something that is causing you pain and suffering and, also, pain and suffering in others. Yet, people have an opinion or belief that feelings are good things, and they do not want to give them up no matter what. They think that without their feelings they would be dead when the opposite is actually true. That is what makes it all so difficult. The trap is that everyone wants all the good feelings and none of the bad ones. They don’t see that if
they are in the domain of feelings, the good and the bad are always together. You
cannot have one without the other. They haven’t made the distinction between
feelings and emotions.

Some feelings seem to make us feel good and others seem to make us feel bad, so
we get caught in the duality of feelings. People are at the effect of their feelings.
Discovering your feelings is a perfect action by itself, so there need not be any reason
to do it as reasons set up an expectation. If you don’t get what you expected, you
have added another feeling—disappointment.

When you can observe your feelings in the moment, you will realize they are
attached to a thought or memory you have. As I have stated, feelings are removable
and when removed that enables you to have memories without any sadness or
happiness or any other feeling attached to them. If there were a reason to speak the
truth of your feelings, it is because speaking the truth of feelings removes them; and
you will be able to respond to situations or sadness or any other feeling attached to
remembering.

You don’t need to speak to others about your feelings because other people aren’t
going to understand them. Feelings have to do with the experience a person had at
the time the feelings were there. One person might say that her husband treats her
like a princess all the time and she doesn’t like it. Another person might say she
would like her husband to treat her that way. The first person might have feel she
isn’t worthy of that treatment, and the other might think she deserves it. The
important thing is for you to speak the truth of your feelings at least to yourself.

This is an exaggerated example, but maybe someone once said in a sarcastic tone
and mean way: “You’re such a nice person” when they actually meant the opposite
of the words, and that is etched in your memory. So now, every time someone says
“you’re such a nice person” or just “you’re a nice person,” you get upset because you
relate it back to the way it was said in the past. You may have forgotten the tone of
voice used when that was said and remember only the words that were spoken. Then
you interpret the words to mean that the person who says this to you now is not
someone you want to talk to.

That is how convoluted things can occur and how feelings get associated with
words. It gets more complicated, as in the example above, when the words are saying
one thing and the tone of voice says another. You may forget the happening as a
conscious memory; yet the feeling is still attached to the words used. Just hearing the
words again may be the trigger that sets you off into your feelings. Saying something
nice in a mean and gruff way is sarcasm and it is damaging. That is why feelings are
very personal to the person. They happen in a personal way to the person who developed the feeling, which again I say is a frozen thought. The more the thought is repeated, the greater the belief.

A feeling is a shorthand way for the brain to react, which developed over many thousands of years in the need for survival. Feelings are an automatic response to a situation when you see or hear something, and you seemingly have no control over the feeling that arises. Fear is a good example of that.

For many people the thought doesn’t even have to be there anymore, and they react with feelings just from the habit of being that way. Possibly, that is why women are considered to be bitches by a lot of men. Perhaps the female was mistreated by a male years ago and she unknowingly carries a grudge, so now she is just used to being a bitch automatically in any given situation. A doctor would consider that a pre-existing condition. Most men will agree that women tend to have a lot more feelings than they do.

It surprises me when I point out to someone that they are angry and don’t even realize they are angry. They will argue about it, even yelling at me, “I am not angry!!” They do not see that the anger, as well as all feelings, is controlling them.

The most robotic person in the world is the one who gets angry, yells, screams and hollers. Anger is all-consuming, so you would think it would be easy to see it. Yet in the moment, it is all of a person, so they cannot see it. The part of them that could see the anger has been lost in the anger. That person might point out all the angry people around them, and yet they cannot see anger in themselves. If you can catch the feeling at its highest point, you can then see what is behind it, what originally happened that caused you to be angry in the case of anger. Normally, for most people anger is hurt feelings. It is the ego having been crushed.

Control and Power

Control is the Big Daddy of all feelings. It keeps all the other feelings hidden in it. It is one of the most powerful feelings we have because it does not feel like anything. The only thing control has a resistance to is not being able to control. Control is very difficult for people to give up because it is giving up of yourself, your ego. If you are not willing to give up control, then control will use anger to keep people away from you, and anger is just one handmaiden of control. It will use all the manipulations and other feelings as well just to control. If you have any kind of reaction to something, you can almost guarantee there is some form of control involved. We do
not see the context *control* because it is hidden behind all of the other feelings it uses to stay in control. That is why it is the *Big Daddy* of all.

Power is also included with control. When a controlling person can see other people’s weaknesses, the controlling person will use those weaknesses to gain control over others. The person who has the power also has the control. Power and money go together as well. Both things are ways to control others.

Then there is control of self, which doesn’t seem to include any power from an external source. However, governments, religions, and all the power people count on you having no control over what they say you need to do or have or believe. They count on you wanting money, wanting God or heaven, wanting happiness or wanting the security of government. Those power people use all those things to control you. Most all of the advertisements you see on TV are used to control people. We are so lazy in our minds that we buy into their propaganda, and then they control us.

The tiny distinctions we don’t see in the words we use can cause confusion. For example, people say there are natural forces of power in the world such as volcanos or earthquakes, but I use the word *energy* to describe natural occurrences. I make a distinction between those happenings and the manipulations people use against others, which are forceful. The word *force* includes violence whereas the word *energy* is much softer.

Most people have lost their life’s energy for truth, love and intelligence by wanting the things the power people have convinced them to want. When there is love and truth, intelligence can come about; and with intelligence, we cannot be manipulated by any external power.

**Removing the Ego**

The ego weighs you down and causes you to feel like you can’t. It’s that voice in your in your head telling you what to do or what you can’t do. The ego says what you want and you don’t want. It even tells you what is right and what is wrong. It is all of your memories, judgments, opinions, beliefs—everything that has been added to the brain after you were born perfectly empty.

When you identify with the labels put on you, your behavior is determined by the belief in those labels; and you become unreal, living in a world of illusion where you are trapped in and by words. Each time you take your conditioned ego self out of the way, you take a step up that mountain you are climbing to being free.

The use of the words *me, my,* and *I* are the invention and the continuation of the ego self, the part of you that holds all your opinions and feelings. Perhaps
experiment with removing those three words from your vocabulary and see how
difficult it is speak without them. This will show you how often you use those words
and how wrapped up in yourself you are. You will stumble every time you go to use
them and need to reconstruct your sentence or substitute a different word.

One of the participants of this workshop used the word \textit{it} instead of \textit{I}. Another
started referring to herself as her name, but she kept using a different label of
something she was doing, so that it wouldn’t be just one word that took the place of
\textit{I, me or mine}. Some people use the word \textit{one}, and eventually \textit{one} takes on the same
importance as \textit{I}. Experimenting with doing and saying things differently will help,
and your mind can stay alive and alert break your ego’s robotic responses. It takes a
tremendously aware and alive mind to catch each moment in its creation. That is the
space of being truly alive.

Having an ego is almost like living with another person in your body. If the ego
sees something that will cause its death, it will do anything it can to prevent that
happening. Your ego will make sure you have so much fear that you will stop
moving into the place of the unknown. Your ego is like your first child, and it is
fighting to live. We are taught to have an ego, and then we use whatever feelings we
can to protect it. Any action we can take to wake us up is a move toward
transformation.

Complementing someone is often the worst thing we can do because complements only reinforce the ego and make it stronger. The ego holds all the
negativity and, also, the positive; but when you put all that aside, there is a new open
space in front of you, a new possibility. When you hold onto your ego, the same
things will be there that have been there your whole life.

Let us say that you said something or made a mistake at 10 years of age that
caused people to laugh at you, and it made you feel stupid. From them on you might
get angry when you perceive that people are laughing at you. You had hurt feelings
back then; and even though you might not remember the event, you will use anger to
protect your ego when you perceive that somebody is laughing at you now.

If you can, recall that original event and look at how you felt at the time. Recalling
that can allow you to see how feelings come into being. Those are the frozen
thoughts that cause you to be at the effect of your feelings, your ego. Simply speak to
yourself that what happened to you at 10 years of age is “okay.” It happened and
maybe say, “What I did was kind of stupid, and that is okay with me.” Speaking the
truth and saying that it is “okay” releases feelings, and the release of feelings is to be
free. If you are to be free of the pain or any feeling you have, you cannot run away
from it. You must go into it and through it and make it okay with you so that your ego frees the need to protect itself.

The energy you need to move forward happens when the ego moves out of the way. When you see that you need anger for anger to continue, you will also see that you need new for new to continue. Step out of your way and an opening to a new possibility is there, and that is self-perpetuating. Speaking the truth of yourself in all instances is the manner in which to move the ego out of your way.

If you are referencing I as just the skin bag, then you are referencing the original being, the real self. The other self, the ego, is the linguistic and psychological part. When doing the experiment of removing the words me, my and I, you will possibly experience a greater confusion; and the more confused you are, the better off you are in regards to transformation, to being free. This is opposed to how the world views being better off because this world acknowledges and rewards those who know things. The more things you know, the more recognition you receive, and the more money and rewards you acquire, the larger your ego gets.

The more labels we put on ourselves, the more we increase the separation between us and everyone else; and thus, the more violence we have in the world and ourselves. Once we separate ourselves, it is easier to hate them and kill them. We no longer see others as being the same as us, for we now see others as enemies. This is happening now all over the world.

The same thing is true with our names although on a much smaller scale as it separates us from our real self. Yet, if we could ever get to the point where in the smallest sense we are our name, from there to the being whole is that last one percent. The first 99 percent is getting back to your original name, which means releasing and letting go of all the labels you have attached to it in order to get there. The other one percent is a quantum leap.

**Death to Your Opinions**

We are now ready for something new, and I will assist with this by telling you the secret to life, the secret to fusion, the secret to coming together, and the secret to peace on earth. Peace on earth, fusion of male and female, and love will happen when you see that you are only your opinion and that you think your opinion is the right one. If you start seeing this, here is one simple thing you can do each time you see it: Give up your opinion.

Most people live a life of pain and suffering, and the pain and suffering are caused by one simple thing—having an opinion and thinking it is right. So I ask you to say
out loud to yourself and others if you can, “I give up my opinion. I give up my need to be right.”

We are all so complex in our way of being and so buried in knowledge and opinion of having to be right that we find it a problem to give it up. We cannot give it up because even the act of giving it up is an act of knowledge or knowing we need to do that. The key is to start with making the statement “I give up my opinion.” Then in each and every situation where you find yourself arguing or needing to be right, just ask, “Is this my opinion?” and in the beginning the answer will be “yes” in almost every situation.

If you get to the point where you can say “maybe that was just my opinion,” that would be the start of something new. Until then you will be your opinions, and as I stated above, those opinions were forced on you. So really, they are not even your opinions. They are the opinions forced on you by your parents, by society, by religions, by nationalities, by TV, by teachers, etc.; and there was a place and time you accepted them as your own opinion.

Once you have an opinion of something, you will see only the things which will prove and reinforce that your opinion is the right one. When that happens, you will probably do nothing more, for you are conditioned to the world. In essence, you have put yourself in prison and put a lock on your own door. You hold onto an opinion, reinforce it and then add to it, maybe a hundred times a day. You are putting another lock on the door each time you hold onto your opinion. You can imagine how deep this goes, how convoluted and complex it is; yet the fix is simple: Drop your opinion.

The world of knowledge and opinion is very complex and convoluted and goes back thousands of years as that is how long we have been in the world of knowledge. The world of knowledge is the mirror image of the world of intelligence. Knowledge mimics intelligence so closely that it is easy for us to think they are the same.

I suggest you start to take your need to be right away from yourself. When you find you want to argue, complain, blame or control, look at this need to be right. If you ask the question, “Is this my opinion” and your answer is “yes,” then stop arguing and let the other person be right, or let no one be right. When you start to question your opinions, you might be able to see that they are just opinions and that they are not true.

Sometimes it is important to find someone to listen with who has been to a place of transformation so that you will have a guidepost to let you know where you are and where to go. A problem arises if you make a religion out of it and make that
person a guru or savior. They are just a guidepost. Yet, in the beginning it might be important have someone to follow so that you can step outside of yourself and let them lead for a while. Doing this will not allow your opinions to take the forefront in your life, and then you can set them aside.

You need to give up what you think you know, and often that is easier to do when you temporarily have someone else to follow. It is necessary for you to drop yourself, your opinions, in order to find peace on earth. Again, I say do not fall into the trap of making that person a religion and having to follow him or her your whole life. That is falling into another opinion. At some point you will need to go on your own and fly free.

I am not saying all this will be easy, as I am aware that giving up your opinion is like a small death to you. You hold your opinions as being who you are and giving up just one of them is like dying. That is actually true, for you will be dying—dying psychologically—which is dying to the pain, suffering, and violence of this world.

Fear of death is a large fear in almost everyone since it is the unknown, and we all want to know everything. Yet, this is what I am asking you to do—to die to your opinions. The very thing you are scared to do is the thing that will give you what you care for.

Someone said to me that is probably what all the sages or the first religions were pointing to when they said, “You can go to heaven when you die.” They might not have been talking about a physical death. It might have been this psychological death, a death of the ego, so that you can then live here in heaven.

There is a tiny space between a physical life and death, and the same is true for a psychological life and death. Perhaps you can get to that place between life and death once you drop your opinion. When you do, you will arrive at that space of not knowing anything, and that is psychological death. It has to be a real knowing nothing, though, which you experience. You will see that distinction by your actions, and immediately you will know everything.
Chapter VII: Disturbances in Relationships

Projected Feelings

We all incur many disturbances in relationship with others. When somebody says something that hurts your feelings or makes you angry or even happy, that is your flaw. Nobody can make you anything. You are the one with those feelings, but you probably see the other person as causing you to be those things. The only thing that gets hurt or angry or sad is an ego, and your ego shows up when you think another is causing the problems in you.

When you see the flaw in another person, you can rest assured it is in you first, and it may be in the other person, too. You project your feelings on the other person as though that is what they are being, but it is coming from you. Your flaws are holding you back from progressing.

First, you need to start living your life in the moment by speaking, “I am perfect,” for to be perfect is to have one part of everything inside you. Each experience has its positive and negative, and the one that dominates determines which part has its hold on you. In either case, it depends on each part to keep things moving. Creating perfect for yourself allows you to see your flaws as they appear in your daily life, and the flaw ends the present perfection, which allows a new perfection to be born.

I recommend that all of you take some time to just be by yourself without any distractions—no TV, no newspaper, no radio or anything that will detract from you being alone with just you. It is important that you are able to live with yourself before you attempt to live with someone else. Most people cannot do that, yet they still want to live with another person. They then wonder why it isn’t working. The most important thing in your life is not another person—not your wife nor your husband nor your children. It is you and you discovering your flaws so that you can be perfect for the ones in your life.

When you are able to see the flaws of yourself, the parts that people call their bad parts, and not see them as bad, then you are probably ready to be with another person. Until then, those parts are still controlling you, and they are doing it without your awareness. Those parts of you will come up as being bitchy, or resentful, or full of hate and revenge. When you can get to the point where you are excited about finding those places inside you, you will realize they are the places of real discovery about who you are. Those places are where you can have the greatest gains towards transformation. Those are the places where you hit a wall. Hitting those walls is the opportunity for the
window to open—for you to be able to move on through to the other side. Yet, it is often too painful to get to that space, so you often back away and the window closes.

You cannot change yourself completely. You can discover yourself, and in discovery you can complete yourself; and in completion transformation can happen.

**Personal Relationships**

Sometimes when we are in a relationship with another for some time, we tend to have a picture of them, and we expect them to be and act a certain way. We usually don’t notice if they have shifted in some subtle way because we are still seeing them the old way. We only see the way they used to be. In order for you to not fall into that trap, notice if you are seeing someone as they are now or as they were. You might say to yourself, “This person used to get angry all the time and yell at me. Let me see if they are still doing that.” This way you are able to see them for who they are in each moment, not keeping them in an image you made of them and hold onto.

In almost all the relationships you have, you are the one who keeps the other the way they are because you keep the same beliefs about them. If you start to shift into a new you, the other person might not notice it. You might see life in a whole new way, and yet the other perceives you as the same old person they always knew. Sometimes people get upset if the other does change because then they don’t know how to handle them.

I suggest you check to see if a person in your life is the same or if you are holding them in an image you keep of them. If you acknowledge that you do have an image of another person, then ask yourself if they seem to be the same way. Then really look and see if that is the case. Maybe even notice certain buttons that used to trigger reactions and see if they still do.

**Repair Yourself**

The non-sensitive nature in which we all live now is multi-tasking. Trying to do several things at once is blocking our sensitive nature. We are all distracted and cannot see or hear what is right in front of us. A lot of us were raised in dysfunctional households where people were yelling and fighting and not caring about each other, and we still carry this same conditioning. Our parents didn’t know any other way of being, and we don’t know any other way of being. The only way we know how to be in relationship is to fight, scream, holler and argue. Sometimes people think if the other person does not fight with them that they don’t care and that there needs to be a fight. That is what we pass on to our children.
Creating Creation

You cannot fix your parents or grandparents or your children. The only one you can do anything about is you, and when you break the chain that ties you to generations, either back to your parents or forward to your children, it breaks the chain in all directions. Taking care of yourself breaks the chain of conditioning that connects all of you together. Any chain only needs one weak link to break it, and you are the weakest point because you are observing you are in the chain. You can see that you are at the effect of your parents and that your children are at the effect of you. You can also look around and see that there are many chains and many people bound together, which you can also break. It is up to you to take care of those things, and you cannot do it for anyone else.

Envision your life as this chain and watch it break, explode all of a sudden. Then the chains of manipulation will be gone in all directions.

Wanting Something

The word want is an enormous trouble maker in our lives, and if you are caught up in wanting things, it will be very difficult to empty yourself. Transformation comes to a mind which is swept empty and clear. To want things is to be adding things to your mind, and then wanting to be empty will not work because that very thing is already full.

Although the word want is a huge problem in our adult lives, it is even a larger problem in children’s lives. It is one of the first words we teach children. This introduces confusion into their lives by forcing them to make a choice. Confusion is accomplished by asking them what they want. Here is how it goes: “Do you want to go with Daddy?” “What do you want for breakfast?” “Do you want to go to the park?” We actually teach them the contextual action of want, and then for the rest of their lives, they drive us absolutely crazy with their wants.

By asking your children what they want, you are teaching them an action; you are giving them an action inside a word. The action inside the word want is want, and want is not something we need or have to have or is necessary for us to live. In other words, want is not imperative. It is a weak sister of need. Want is usually based on choice, not a need, and it has its own energy.

Marketing people invest large sums of money to study what people do, what makes people move, and what makes them shake. We are robots because we can have our buttons pushed just by a word. A word by itself has its own energy, and once that word is elicited, it takes on the action of itself. We think we are taking the action, but the word has a life of its own, and each button pushed by a word will bring forth that action in the person. That is the reason you see banners in stores with a single word Want on
them and commercials that tell you to “call now.” The experts study people to see what words cause us to take action. Also, once you live in the context of the energy called want, you can walk into a department store not having any idea of a particular item, and when you see an item on a shelf, immediately want pops up. When we learn to live from the context of want, our lives cannot be fulfilled. Want can only do one thing—want more.

As an alternative word for the word want, you might consider substituting the word care in its place. Care can cause the user to stop and say, “Do you care. . .?” The word care has some warmth to it. If you first introduce this word to your children, it will be somewhat a shock to them because then they have to look a little more carefully. That word elicits a somewhat careful looking. Even though at first it may sound a little out of balance in your language, it will perhaps begin to extract you from the trap in which want places you. If you care to experiment with and use the word care in your language, it is possible to end the want syndrome. You could start with the simplest request to replace the word want with the word care: “Would you care to read this new book I’ve bought about how we create our lives with words?”

As each generation develops the next generation coming up, the new generation is set up so that it is the same as the generation before it. No one ever seems to ask what is causing the problems in our generation. We keep passing down the problems hoping the next generation will fix them for us. Yet, they do not have a clue what they can do about it. They don’t even realize there is something to do something about.

Duality

Children see everything around them, and they see it whole, with intelligence. They learn from their parents’ actions and tone of voice much more than from their words. They experience everything from their senses—what they hear, see, smell, touch and taste. They are viewing from the place of intelligence and seeing a world of insanity; and without realizing it, they move into it anyway and are stuck in the duality of it all.

Doing or being the opposite in moving away from something is being the same as the thing you are seeing. If you see the violence of people and go away from it by moving towards being a peaceful person, you will fall into the same trap as the violent people. All dualities are the same, just different extremes of the same spectrum.

That almost happened to me when my mother told me I was getting to be just like my father. I saw that I did not want to be like him, and I almost fell into the trap of being the opposite. There was a spark of intelligence still alive in me which let me see that would be the same as he was. Instead I said that I didn’t know what I wanted to be
like, and I knew that I didn’t want to be like my him. Saying that left an opening for something new to enter.

We live in a world of opposites, and that is duality. Many words have their opposite such as good/bad, right/wrong, happy/sad, etc. Then there are words by themselves that have almost opposite meanings, which adds to the confusion. For example, the word *responsibility* is a word that can bring us to transformation or drop us to the bottom of the pit. Responsibility is usually associated with the word *blame*, and thus people have a mistaken idea of responsibility.

The whole context of the word *responsibility* does include the words *blame*, *right/wrong* and *good/bad* as you are responsible for all of it. You can say you are responsible for the mess on the floor. That is a true statement, but it does not necessarily include blame even though many people add that to the meaning. You can say you are responsible for grocery shopping, and most people would not include blame in that unless you didn’t do it.

**Keeping Your Word**

Keeping your word is the same as being responsible for everything you do. For example, when getting a driver’s license, you make an implied commitment to obey the rules of the road. In a sense, you are giving you word that by virtue of this license you will perform certain things and will not perform some other things. So if you go out and speed, you are literally breaking your word. You are literally making yourself a liar. The smallest and everyday actions you do are things you need to be aware of in order to keep your life structured.

In breaking your word and seeing that you are breaking it and then acknowledging it, you would then be keeping your word. If you notice you are speeding and you say to yourself aloud, “I am speeding, and I am breaking my word,” then you would slow down to the speed limit. In the moment of discovery and correcting your mistake, you are keeping your word.

So the same is true in every action in your life. When you give your word, you are taking responsibility for your life. Once you break your word in any form, you have lost your life; you have lost your energy for living; you have lost that spark. If you directly gave your word to someone, or you just implied that you would do something, that is still giving your word. It can get very convoluted and often does.

Let’s take the example of someone here who was brought up believing she needed to be a good little girl. That is a fake personality the child created in order to fit into
society, and yet it was her word to be that good little girl. So she has been living her life attempting to be this good little girl which is impossible.

It is hard enough to keep your word in a real sense, but when you start off with a lie like the fake self, then all you can do every time is break your word. In essence—lie all the time. In trying to be a good girl, you would be dealing in an ethereal context because there is no such thing as a good girl. It all depends on what other people say a good girl is based on belief of what it is.

If you are talking to a Christian, a good girl is someone who goes to church on Sunday. If you are talking to an atheist, then a good girl doesn’t go to church at all. So in one of those cases you would not be a good girl. It is impossible to keep your word on this since it depends on too many variables, and each one is just an opinion to begin with. The definition always changed, and you could not possibly keep up with them all.

Now there was one possible way you could have kept your word in that situation even though it was a lie to begin with. You might have been able to see that all of it was what you accepted in your life to be true even if it was not. You would have then been the arbitrator of what a good girl was and what it was not.

We need to keep our minds constructed in such a way that they work in a balanced fashion, in a structured way; not structured like in concrete, brick and mortar, but structured in dealing with one thing you are going to deal with. This means not to multitask. It means to stay with just one thing at a time; so if you are going to live in the context of good girl, you need to appoint an arbitrator who says what a good girl is. You are the moderator who will have the final say as to what a good girl is and does. Even though the good girl was a fake entity, you could have kept things in a structured way as to not be so confused by it, and then other people could not have swayed you with their definition of a good girl. Instead, you allowed everyone else to dictate what good girl was, so you could never be it and could never keep your word. Therefore, you lived your life always in confusion. If others had not swayed you, it would not have taken long before you noticed that you were working out of a false premise and would have noticed it was impossible to do. That would have probably ended the lie you were living.

You are 100 percent responsible for yourself. The only person you can keep your word with is yourself because there is no one else you can keep your word with 100 percent. You might not be aware of this, but almost everything you say or think implies some sort of giving of your word. This is very difficult to see. If you can start to be aware of everything you say, even in jest, you will notice that in some way almost
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everything you say is about keeping your word, and then you will often see how crazy the things you say are.

The Men’s and Women’s Clubs

My father used to say “The only thing dumber than a woman is two of them.” Even though I was a child, I saw that statement was stupid. I also saw there is some truth to it. We are all dumb, be it male or female. When there are two people, it doubles the dumbness; and the more people, the dumber the group.

We are a whole world of conditioned robots. If the group is homogeneous, such as a group of women, they will tend to agree with their beliefs and reinforce them. I call that the women’s club. Also, there is the men’s club. When men or women congregate together, they usually agree about certain things, especially about the opposite sex.

Females throughout history have been beaten down, downtrodden, and been made to feel stupid. All females are at the effect of this history. It has been part of our society to consider females dumber. This is part of the male domination to make sure women do not try to take over. This bias has been passed down from generation to generation, and it doesn’t come only from the males, it comes from the females of the prior generations as well. They bought into the conditioning and passed it on to their children. Although it is not true that women are dumber, many societies believe that is true, and both sexes perpetuate that belief.

This gender gap in our society is changing as women have gotten more involved in business and government, hold higher positions, and are seen as authority figures. Many females are trying to compete in the man’s world made up of men’s game with their rules. They are bringing in the female energy by virtue of them being female; but rather than creating a new way, they are actually strengthening the male way. The only females who can really succeed in the male world have to give up their femaleness in order to do it.

Often males do not want to be with a female who is smart, especially if she is smarter than they are. They feel uncomfortable when this happens. They don’t want a female to have a better job or make more money than they do, so females may dumb it up to keep their jobs or find a male to be with. Some of these things appear to be changing now, but are they really? Females are competing in the male world on male terms. The female energy is being lost, and they are trying to be males rather than be a female in business or politics.

The dumb blonde jokes did not help things either. Many females may have felt they had to act dumb in order to be with a man. Maybe some females bought into the idea
that they are dumber and believed it themselves. Television also fosters this with many shows, especially the reality TV shows of females being dumb, petty, and gossipy, such as the “The Real Housewives” shows. Females also receive a benefit for acting dumb. They aren’t expected to know how to do a lot jobs, and they use that as their excuse for getting out of doing them. This is especially true when they want something done around the house.

It is possible that males actually feel inferior to females, so they need to put them down to make themselves feel better. Those males have to keep beating, either verbally or physically, that belief into the female until she finally believes it herself.

Money is another gauge of who is the smartest, and males tend to have that, which reinforces that belief. It seems that rich males tend to be more attracted to females who are pretty and dumb. It’s a man’s world that men have put together, so obviously they will be the ones they would make as superior. It was put together in the manner in which men operate—the men’s club.

The term “wears the pants in the family” is another conditioned belief indicating that the male is dominate in a relationship because men always wore pants. Then the confusion comes in with the assumption that if he is the dominate one, he is the smartest one as well. The female often pretends to be dumb in order to stay in the relationship, and then she will fall into the trap of actually believing that she is the dumb one.

Competition and control are prevalent issues existing between males and females. Both sides are working on control issues rather than getting along with each other. It is a constant battle of who has control, and actually working on the relationship might mean losing control. To get along they would have to work on cooperating, but many folks would rather be in control than get along.

**Giving and Receiving**

Males and females have been in competition with each other since the beginning of time which makes them both equally dumb. In order for the male and the female to be together 100 percent, I say it takes giving yourself 100 percent to the other person. The problem is that no one knows what being 100 percent is. If a person is not giving 100 percent, they are giving a partial gift and holding back the rest. Giving all you have would also require trust on both sides. That could mean equality in sexual activity of two in partnership together, to give to each other 100 percent. A total giving would increase the energy of both people. If there is only a partial giving, there is not much satisfaction on either side.
The only manner in which you can give yourself completely happens when the other person can accept it, and the only way they can accept it is if they are also giving 100 percent. If they are just taking, there is not complete giving. Often, one of the partners feels obligated, prostituted, or even forced to have sex. This is definitely an imbalance in the partnership; therefore, it is not 100 percent anything except perhaps dominance or duty.

To give and receive from each other requires giving up control and competition. Accepting something with grace is often difficult for some people to do. Most people seldom say “you are welcome” when someone says “thank you.” They often just say “thank you” back without really accepting the original thank you. I often hear that on TV when a host says to a guest, “Thank you for being here,” and the host receives a “thank you” in return. Nobody received the compliment 100 percent.

Many females have a fear of giving up control to a male. They have been beaten down and forced, often physically and almost definitely psychologically. Therefore, they fear that in giving up control, they will be hurt in some manner. In order for them to receive, those barriers need to be taken down.

Sometimes there is an issue of attraction between two people in a relationship. Many people want to be accepted for who they are, not for what they look like. If you have that thought, take a look at who you are. I am not talking about physical attraction. I am talking about your anger, your pettiness, your need to be right, or your control issues. Would you want to live with someone who is like that? Would you have a friend who is like that? Would you accept yourself that way? Yet, you want them to accept you because you cannot accept yourself. Before anyone else can accept you, you first need to accept yourself. When you can see your true self, the self without all of the added feelings, you will attract someone who will accept you as well.

I had someone tell me when she was married she realized that she could not be happy until her husband was happy, and she thought it was her job to make him happy. How could she make him happy if she was not happy? Not only is it crazy to want to be happy, which is another duality (the opposite of sad), but wanting something you don’t have definitely keeps the craziness in a perpetual cycle, going nowhere. She wasn’t happy, so all she could give was misery and suffering—what she was feeling.

Everyone is willing to let the other person do whatever they can for them. If it is considered a job, then it isn’t really giving. That’s slavery. She said she realized it was a wife program she was reacting to, and she felt stuck in it.

Even those who are givers and those who are takers can come together if they invite each other in rather than pulling apart. All you can do is make yourself available, spread
your arms and invite others. You cannot make another take you in because that is in love, not love. Making someone do something is violence, not love. This is the world’s way of being.

Sometimes when people touch each other, they experience a void, a distance. They aren’t aware of what they are doing, which is pulling away. Ironically, they cannot see that the person with them is giving him or herself, and yet they will complain that the other is not giving at all. The person who can’t receive has conditions on everything. If something isn’t given in the manner in which they want or expect it, they cannot even see it happening. They will continue to look for someone who will give themselves to them and not see that it is right there in front of them to accept.

Sex is a barter tool, a manipulation that females use more often than males because it is one the main tools females have to gain power in a relationship. It is the final thing that will work if all else fails. If you give or receive fully from another, you have lost control of yourself.

The greatest orgasm happens when you lose control, when you give yourself completely to another. I am inviting you all to have an orgasm with life, to let go of control, for control is only in the mind. If you live your life as an orgasm, you will live in ecstasy; and that would require letting go of control and listening completely. Everything is heightened and all senses are alive when you drop your control. That is the sensitive nature of listening and being open.

If you care to experience another person completely, you would need to offer yourself to that person, and most people are not willing to do that. Usually, fear is blocking you from letting go. You need to care to go all the way, 100 percent. If any fear is present in that, you are blocked. You cannot give and you cannot listen. When fear is there, you will not feel safe opening yourself to another, and you will cause a fight or something else to happen that will give a reason for not opening yourself to that person.
Chapter VIII: Things We’ve Become

Are You a Victim?

After 27 years in prison, Nelson Mandela made the following statement: “As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison.”

For 25 years of his imprisonment, that hatred and bitterness had filled his mind. When he was able to let that go, it emptied his whole mind leaving him open for something new to enter.

You make a victim of yourself by holding onto anger and other feelings. If you feel someone did something to you in the past and you hold on to the anger, pain or shame, it keeps the abuse alive. If you were abused as a child and hold onto the feeling, you are allowing that person to continue abusing you for as many years it takes until you can let it go.

The victim needs the victimizer, and the victimizer helps the victim stay a victim. It is often done very subtly, often in the guise of helping someone. We can keep a person a victim by not allowing them to be responsible for their life and continuing to take care of them. We don’t need to accept their reasons and excuses based on knowing their history.

Sometimes you may blame another person, thinking they did something they didn’t even do, not even realizing the blame is unwarranted. Someone told me about a situation where she was abused as a child, and she blamed her father even though he wasn’t even there and had no idea of it even happening. She didn’t realize until she re-experienced it many years later that she blamed him for not protecting her. She was making him a victim of her abuse by blaming him, and neither of them was aware of it. So sometimes we are holding energy against someone who was not even involved.

You also keep yourself a victim by feeling guilty about something you did or didn’t do. You need to drop victim as a context, as a whole, and not be a victim of something or someone. Once you have put that label victim on yourself, it will be in everything you do. Even using the word survivor when talking about being a victim brings back the victim. The context of victim includes being a victim, victimizing, abuser, and being a survivor. It is now time to allow the whole context of victim/victimizer to dissolve so that it goes into the ether. Ether doesn’t hold onto anything. It dissolves it.
Some people suggest that the victim take back the power that was taken from them, and I say it is not power that was taken. It was the person’s energy. To imply power is to imply violence and force, and to want that back is to keep victim alive. If you are seeking power, you are seeking to be greater or stronger than another. I say it is energy, the energy of you that you didn’t have in the moment of the abuse, that you are seeking. Energy was taken from you in that situation; and by holding onto the feeling, you are actually allowing the abuser to have your energy. Now you can release the feeling and get your energy back.

Victims use their victim situations as excuses and reasons why they behave certain ways. Victims become victimizers. They call it defending themselves or protecting themselves, but actually it is abusing and controlling other people around them. It is the “kick the dog” syndrome. The husband is yelled at by his boss, so he comes home and yells at the wife, who then yells at the child, who then kicks the dog. Someone who feels they have been a victim of abuse will victimize someone else.

When you allow victim as a context to dissolve, a huge level of energy is made available to you. All the energy that you use to control other people, or being controlled by other people, or you use to control yourself will be freed. All of that was energy that was stolen from you, and then you kept it going. Now you have the opportunity to get it all back.

Remaining a victim is not getting you anything. It is releasing something. It is releasing the context of victim from your life. Each time you release, it leaves the energy to you that being a victim was taking up. You can leave victim by simply making the statement, “Victim is gone,” or “I release victim.”

Once you make that statement, you will then notice where victim is still holding onto you in life, and you can release it as it shows up again. It is not fearful to have it show up again. You will actually be looking to see where it is so that it can be cleared by simply saying, “There it is again—me being a victim.” You no longer hide it, but highlight it. It will be more obvious and easier to see. You will live your life and notice the things in your life as you go along. If you have any feelings about past situations, that keeps the feelings active. So see the things in your life as they are occurring without any feelings or judgments attached. If you have judgments about something and see them, say, “I see that I am judging.”

All that I speak of or suggest only makes a difference if it has an impact in your life. You might read this and say, “Oh yes, I get that,” and off you go doing the same things you have always done and getting the same painful results. To live your life in
the moment as it is happening, being aware of it, and experimenting with things makes a difference.

**Wake Up to Your Addictions**

Most of us are not aware of what is going on in our lives. We need a psychological whack with a 2 x 4 board over the head to get our attention. We create illnesses, dramas and traumas to get this whack. These are all self-made whacking tools to wake us up, and sometimes we do feel a whack, but immediately we go right back to sleep. Most of the time, though, we do not see what we are doing, so we have to keep on whacking ourselves repeatedly. We are conditioned to see only what we want to see. The whole world can be falling apart around us, and we only see this one thing or that one thing.

There is such a thing called bliss where you think you are content. Then there is the state of “ignorance is bliss,” or a state of “I can’t do anything about it anyway.” Cigarettes, alcohol, drugs, and most addictions give us that bliss state because they give us a state of numbness or an escape. An addict sees the good part of the drugs they are using and ignores the bad parts.

If the consequences of the things you do are not immediate, it is easy to ignore them. If you have self-administered consequences, they need to happen in the moment of doing something. In the case of being a drug addict while you do a drug, notice the things it does, both the negative as well as the positive. Take the responsibility for doing it while you are doing it. Then when you come out of your drug induced stupor, you can then see and notice if the effect you expected did or did not happen.

If you admit what is happening in the moment of the happening, you are then taking responsibility for it. That is telling yourself the truth of it. I am not talking about excuses. Don’t give reasons for doing drugs. Just notice what happens when you do them. You will see yourself doing them, but mostly people who do drugs are trying to escape from seeing themselves.

Mentally, you can be self-administering the consequences in every instance in your life. If you have a thought of wanting to kill someone because that person upset you, then say to yourself, “I am a murderer.” The instant that thought comes up, you take responsibility for it. Responsibility does not mean blame or shame or guilt. It means to admit the truth and take action if possible.

See the things you are doing, and see what is going to happen when you do them. Then see what happens and take responsibility for each of those things in the
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moment. For example, if you smoke cigarettes, say to yourself, “Okay, I am going to have a cigarette, and my throat is going to hurt; my mouth will have a bad taste; I will feel sick and have a headache all so I can have this cigarette.” Then you start to look at the pros and cons of what you are doing and see that the cons outweigh the pros. Look at what you are getting out of it. Many people say that a cigarette gives them a chance to take a break from whatever they are doing. It is a distraction from their life. It is also a drug that causes a small shift in your reality. A cigarette alters your life. You are going along, clicking away, and then you want to have a cigarette, and as you smoke your mind goes up in smoke with that cigarette.

Some people get very sick when they smoke, and yet they continue to smoke. One person told me that that she gets a headache every time she smokes, and she said, “I must like being sick.” However, she couldn’t accept that she wanted to be sick even though she said it. Getting sick seems to give some people something to talk about because it gets them attention. If you are willing to give your body up for attention or to get an altered state, you might at least acknowledge that you are doing that. Speaking the truth of that is a self-consequence: You are making yourself sick so you can get attention.

There are some products which advertise that you can continue to smoke while you take this product; and, of course, quitting is what everyone who smokes wants to do. They want to continue smoking and look like they are quitting. Just thinking about the thing you are addicted to is the same as it happening. As soon as you think about it, even if it is about not having it, you are having it.

We are all at the effect of years and years of never having any stop time, so many people fill their relax time with addictions. They over eat, shop, do drugs or drink alcohol as something to do or fill their void. We live a life of “do,” “do,” “do.” It is difficult to turn off the “do’s” without mind-altering devices. Many people have an addiction to having lots of money so they can sit around and do nothing; but then if they get it, they sit around and wish they had something to do.

Years ago many of my workshops were full of alcoholics, and I would ask them not to start their day with the saying “one day at a time” because as soon as you say, “I’m not going to drink today,” you are bringing up drinking in your mind. That causes you to fight the drinking. They even kept track of exactly how many days and hours it had been since they had their last drink.

For most people it is difficult to be aware in the moment. If you are thinking, you are missing ninety-nine percent of what is going on around you. How much of the time are you thinking? Probably all the time. When you are thinking, you are not in
the present. You are wherever your thinking is. If you are thinking about drinking, you are drinking.

**Prayer**

Prayer is the mirror image of intent or creation. Prayer is for people who do not have their entire life invested in what they are doing. They are putting their life in something or asking someone else to do something for them. People who are putting their lives into what they are doing are creating. When you give your life up to anyone or anything, even a god, you are trapped in thinking, in belief, and in the past. You are no longer taking responsibility for yourself; therefore, you can easily kill another as it is no longer your responsibility. Your god told you to do it; and the other’s god, if they have a different god, also tells them to do it. You now use God as your excuse and justification to kill another. We can see easily see this today with the different religions fighting and killing each other all over the world.

So speaking things out will show you what is going on with your life. If you are a vain person, you will notice every time you are right since a vain person likes to see that they are right. There might have been fifteen times you were wrong in between every right, but you only see the ones in which you were right. Notice that, and then notice those times you are wrong. Speaking them all out will assist in your seeing it. Notice if you have pride when you are right and shame if you are wrong. Also, the more people you can speak your truth to, the greater the benefit it is for you. You will notice a greater opening in yourself, an opening for creation and intelligence, a transformation.

Also, when you speak things out, they do not get all cluttered up in you. Transformation is about letting go of things in your life, not adding things to it. Speaking gets it all out of you. If you notice feelings that come up when you speak or a reaction you get from speaking them, an opportunity is presented for you to look at that. Any feeling, judgment, attachment, opinion, etc. is a block towards transformation, a block towards being free.
Chapter IX: True Emotions

Love, Truth, Creation, and Intelligence

We are born with the emotions of truth, love and intelligence, but in this ugly, cruel world they are soon stamped out. We now have only the mirror image of love, which is being in love. I say there is no love on planet earth now because there is only violence, and two things cannot occupy the same space at the same time. Only when there is 100 percent is there love, and right now we are fragmented into seven billion pieces. Being 100 percent and love are the same energy.

Love is an action, and we can act like love in the old consciousness, but our actions show that there is no love on the planet. You could say, however, that the action of love could possibly be seen here in that which is bringing forth something new, a new consciousness with no violence in it. Love would be something like heaven on earth, and yet that doesn’t describe love because everyone has a different idea of what heaven is. Most people think heaven is someplace they get to only after they die, and I say it is something we have if we have love.

There is the possibility of love on this planet, and it is in the action being it. You could also say that a truth spoken is a manifestation of love. If you care enough to speak the truth about something or to someone, you obviously care enough about yourself to discover what love is for yourself. You cannot have love for another until there is love for yourself. People who care for themselves would not lie to themselves or others.

Truth and love are half in the old consciousness and half in the new consciousness. Truth can be spoken in the domain of duality and invention, which is what I call the old consciousness of violence and pain. If you say this is a world of violence and pain, that is true, and it is spoken into that world of violence and pain.

Creation is only in the new consciousness although you can create the possibility for it in the old consciousness if you say, “I create a partnership with myself.” That is creating the possibility of it even though it is not the creation of it. Then there is the action of it. Actually doing what it takes to create a partnership is creation. Only when you are in partnership with yourself can you be whole, complete and 100 percent. Only then are you transformed. When you are in a partnership with yourself, you are not divided in anything you do. You are not conflicted. You don’t have one voice saying “do this” and another saying “no, don’t do that.”
Transformation will return you to that empty space—creation—from which you can create a new life, a new way of being, one void of all fragmentation.

Intelligence is similar to creation. It hasn’t fully manifested here on this planet, yet there are some possibilities being manifested. Intelligence is also in the action of the now. Intelligence, truth, and love all come from that vast space of nothing, not believing or already knowing. If intelligence were to manifest, we would not have wars; we would not have fights or violence or religions or marriages or any beliefs. We would be free.

Completion

Because we are all fragmented, we do not take things to completion, and completion, or 100 percent, is the only way to start something new. This may be the most difficult thing for people to do. Completing anything ends it.

Being something 100 percent is essential for transformation to happen. When you see completely all your failures, lies and violence, the core of you dies; and in its place is a void, nothingness. Since violence is what your life emulated from before, it would now emulate from nothing, which will be completely new. It is like having your computer completely crash, and instead of rebooting it with the same old programs, you start with a brand new, completely clean computer.

Self-transformation is a new birth, a self-birth, which gives you 100 percent responsibility for your life and everything in it. There is no one to blame; no one to tell you what rules you need to follow or tell you what to believe—all those things we blamed on our past and our conditioning. When you are born new, you will see there is no one and nothing to blame. You might see you made mistakes in the past, and now you just state that you made a mistake and blame no one for it.

In the old consciousness, we live based on rules that are programmed, and that is the invention of the ego. The new consciousness has no set rules. It is not “this, therefore that,” which is what we have now. The new is “this, therefore that, maybe.” If we see an argument coming, we say “okay” and just walk away.

I say you need to throw the baby out with the bathwater. You must throw out everything of the old consciousness. All of it must die. There cannot be choosing this or that to keep. Maybe you think you like one part and not another part of the old, or you think it is full of good things; yet you don’t see that any part, even the teeniest part, has a core of violence in it. No matter what it is, how good it looks or feels, it has its core in violence. Even all the good causes and good deeds and
philanthropy like “saving the whales” or “saving the earth” are all in reaction and resistance to the thing you are saving them from, which is you. We do not need to save the world. It is ourselves we need to correct.

We think we need to be in resistance to things in order for them to end. How many times have you heard the statement “you get what you resist”? You see someone doing something and you say you are not going to be like them or like that. The very resistance is what makes you like them, but you cannot see it. In a negative situation the “I’m not going to be that way” is the invention of being that way because it is all negative. You get what you resist because the energy needed to resist comes from violence, and resisting is violence.

If you think you are saving a cow by not eating a cow, that is violence. I realize this is an extremely difficult thing to see. If you are a meat eater by nature, which humans are, and you resist eating meat because you think you are saving some animal, that is violence to both you and to that animal and to everything else in your life. Resistance keeps the violence going. So violence must end at all levels, not with just the big things, but at the very tiniest parts as well in every place you discover it.

The new consciousness comes from nothing, so it has no content in it. Creation happens in the space of nothing, meaning not having been before. That is why I say to throw the baby out with the bathwater. You don’t want to bring any part of the old consciousness into the new one. In the new consciousness, unlike the old consciousness, you do not hold onto things. Then as you start to fill up your new life, you can look at the baby and see if that baby belongs in the new consciousness or not. It is now up to you what you include and what is to be left out. You might bring something into it like memory of how to do something, and when you are done with that memory, you let it go. Each time you need something, you bring it forth; and when completed, you let it go and it dies. Then after that, it is new each time you bring it forth. If you keep using the same thing, that would be repetition, and repetition is how we live our lives in the old consciousness.

Knowing, learning and remembering things are not going to transform your life. The death of all that you know in order for something new to be born is what will transform you.
Chapter X: Complete Your Transformation

Trust Yourself

The world of knowledge and the illusory world of language are the mirror image of intelligence. The mirror image of trust is belief. When we believe something, we trust that it is true, and we put our trust in it.

If we lived from the reality of intelligence, we would do something and then look at it. If we do it the other way around, which is the way knowledge operates, we study it first and then do it. We are using thinking to guide us. From the belief of our studies, we think we know what we need to do, and what we think we need to do has brought us to the brink of destruction. So if we continue to think we know what to do, then all we need to do is look around and see how dangerous this world has become.

Doing something from the reality of intelligence requires trust, which is really trust in yourself. Often people will look at the action you took and ask how you could be so stupid to have done that. That is a way of forcing you back into the world of thought to figure out each step along the way. But if everything is figured out before you do it, then you will always be repeating your past. Someone who is not repeating the past is going to look really stupid to someone who is living in the world of trusting intelligence.

We have gone from trusting ourselves to wanting to trust other people. And then, to make it more confusing, we want to trust that these other people are going to do and say all the things we believe they should; and if they don’t, we feel betrayed by them. It is a lose/lose situation.

You may say to another person that you trust them to treat you with respect, and you assume that they will know what that means and that they will be able to accomplish it. Chances are you don’t even know what that means, and you are hoping they do; and if they don’t, you punish them. See how crazy it is?

There is a way to be nice and caring to others although it is not what you might expect. That way is to always tell them the truth even though they might think you are attacking them. As someone said, “The truth will set you free, but first it will piss you off.” You might be pointing out things they don’t care to see or look at. Now there is a caveat to this, and that is to make sure you do not hold any animosity when you are speaking. If you have any anger, judgment, or a want for revenge in what you say, then it is not speaking the truth. You are just cutting them down.
It is important to tell the truth to yourself first before speaking it to someone else. Often it is easier to see something in someone else and not realize that you are that as well. So, first look at yourself and speak the truth to yourself before you speak it to another. When you speak the truth to yourself, it cuts like a knife; it hurts because you are seeing the truth of yourself, and sometimes it is not so pretty. You may even deny it. Everyone has a lowest opinion of themselves, and that is what they want to hide.

Once you open that door of speaking truth with yourself, you discover the true ecstasy of being free, and you can see more clearly. Then when you look at someone else and speak the truth with them, it doesn’t include any attachments because you have cleared it in yourself first. That is where trust is, that place you have cleared yourself; and when you trust yourself, you can see another person clearly.

People often ask me questions, and I start to answer and wonder about what I am saying; and I say it anyway. It then makes itself clear as I continue speaking. I trust that it will do that, and it does. I do things without any expected result. I am speaking in the psychological now. In the physical, I often have some expected result in a job that I am doing or something I am building.

There is also a factor of keeping your word. If you say you are going to do something, make sure you do it, or let the person you gave your word to know if you cannot. I am in charge of keeping my word, and no one can knock that out of me. That is part of the trust I have with myself.

Things went all haywire with the issue of trust because we started looking at the mirror image of it, which is belief; and all beliefs are illusions. Then we got the notion that trust relies on someone else. So you hold a belief that the person you are in a relationship with will treat you respectfully with all the shoulds and should nots you believe are true, and you call that trust. It is really expectation, not trust.

Another aspect of trust in dealing with other people is trusting that they will be exactly who they are. Don’t expect them to be anything or be anyone other than who they are. If you are with someone who is messy, then you can trust that person to be messy. If you are with someone who stays out late and drinks too much, then you can trust that person will stay out late and drink too much. Yes, this is also expectation, yet it is more realistic than expecting them to be someone they have never been.

So you can trust them to do whatever they do. Trusting them to do anything else is ludicrous. You can open this up a bit and trust that they will do and be who they have been, and watch without any expectation and see if they continue to do and be
the same. This is being open to them. When you trust someone to be exactly who they are, it allows you to see them more clearly, for you don’t have false expectations of them.

As I have stated, trust is really in ourselves, and that is often very difficult because we all have been conditioned by the conspiracy of ineffectiveness. We have been forced to conform to a society and its rules that are contrary to our natural self. When that happened, when we finally gave up and followed the rules we were forced to follow, we lost the trust in ourselves. On some level we all know our lives are a lie, and since we know we are lying, it is difficult to trust ourselves. We know we cannot trust a liar, so how can we trust ourselves? When you don’t trust yourself, you always doubt the things you do. You often keep changing your mind or second guess what you do or not do anything at all.

Trust is really only in regards to yourself. Once you have trust in yourself, all the stuff of the illusory world goes away because you trust that you are not those things.

**Possibility**

Millions of years ago a fish jumped out of the ocean, and immediately it saw there was something other than water. That fish decided to see what land was like. It would go on the land a little at a time and maybe stay longer each time. What if that fish, or whatever creature crawled up out of the ocean, had decided after only a few times that it was impossible and decided it couldn’t do it? But if that fish said “maybe,” that would have given it the motivation to keep going and created the possibility for eventually living on land. If that creature had decided to be negative, the possibility is that we would still be living in the ocean.

The manner in which you enter into the situation makes a difference. If you enter it as a victim, you will be victimized. If you enter a situation with negativity, you will see all the negativity. You could give a negative person a solid bar of gold, and the negativity in the person will complain that there is dust on it. When you say something is not possible, you are blocking yourself from the possibility that all things are possible.

It is possible to create love, truth, and intelligence for the planet, and it starts with you. You are the source of it by creating it.

**The Quantum Leap**

Being given a name was the first flaw of your entire life, and getting back to that beginning flaw is 99 percent of your journey to transformation. However, in the
movement between your name and that perfect entity, a chasm is still there, and it will take a quantum leap to get over that divide. That is the point where the real meets the illusion, a chasm built by you and by society.

The quantum leap is similar to jumping off a cliff without looking to see where you are jumping and not knowing where you will land or even if you will land. The quantum leap I speak of does not know what is below, above, or around you. It is the jumping out of your false self. It is the action of moving to someplace new psychologically, meaning never having been before.

In order to transform, you have to have a new way of being, and transformation is a new way of being. When you are at the top of that mountain that you climbed on your way toward transformation and you take that final leap, you are falling free; and right at that instance of the completion, the falling is the new. That is when you have left everything you know. You might notice then that you are falling, and the fall started when you took that leap. Transformation is in the action, in the doing, as you live your life day to day and completing it as it comes up.

In one of these conversations we discussed the two selves. One is the psychological self which is your personality, the one that has all your knowledge, the ego. The other one we were speaking of is the perfect entity that was born of pure intelligence. The perfect self has been so smothered by the ego that it hardly exists any more. It is just a tiny speck buried inside, and it is actually the only part of you that is real.

The real you—the most powerful part of your being—is intelligence, and that is deeply buried. Intelligence at its smallest point is love, and love cannot force anything. Love can open as a flower does, but it cannot pull or push or manipulate or force in any way. The world of knowledge can use manipulation and violence to push and pull us into the insanity of this world. The world of knowledge has taken us over and smothered love and intelligence under a ton of belief. When you leave all of your knowing and belief on the cliff and jump into the unknown, that will be your transformation. It will be the death of all that is holding you back from life.

When I experienced a transformation at 36 years old, I was facing a psychological death, and for me there was a familiarity about it. I had been close to a physical death as a baby and as a young boy, and those memories had been stored in my body somewhere before I had language to label them. I didn’t know exactly what the transforming event was I experienced at age 36, but for some reason I didn’t have any fear about facing death. It was like I was going home. I had been there before, and this time I went through it. I went off the cliff into not knowing where I would
land or even if I would land, and I still don’t. That is living in the unknown. I do not what I am going to say in these workshops until I hear what you say or see you speak with your body language. Then I meet each of you in the moment of truth, and that is where I care for you to be with me.

If you care to create the possibility of jumping into the unknown, just say out loud, “I create not knowing—anything.”

Is Courage Needed?

Sometimes when you get close to another person, walls come up, and you may feel like you have to get away. It is too scary to go any further because you are afraid you might lose yourself. You get close to the edge of the cliff, and you are afraid of that last movement which I say is to jump off—to go into the unknown. I say the energy it takes to go from zero to 99 percent is the same as from 99 percent to 100 percent because that final step is huge. It takes a lot of energy behind you in order to that that final leap.

Some people think courage is needed to take that huge step, yet courage is the mirror image of possibility. Mirror image thinks the domain of knowledge is the same as the domain of intelligence. That is not true, yet images are as close as we can get when we use knowledge.

To move out of the place of being stuck in the ego, in knowledge, the question is: “Does it take courage to take that last step”? Actually, the ability to take that last step means that courage has to disappear because courage is steeling yourself against the fear you have. So if you simply drop the fear, why would you need courage? Courage is a feeling. It is not real. It is a mirror image of what is needed to counteract fear.

Within the military, courage is encouraged to overcome the fear of being shot or even killed. If you are working within the domain of knowledge, then courage would be what is needed to overcome fear. It is a manipulation.

However, once you have the courage to do something, courage itself is gone. When you move into the domain of intelligence, courage would need to end there as well, for it cannot be the thing used to move you into intelligence. Courage might be able to take you to the edge, yet it is not the thing needed for you to take that leap.

Just as courage is a kick-starter to overcoming fear, being in love is the kick-starter for love. Yet, people move away from it and have a fear of love rather than opening to it. If you care to experience love, you can neither move away from it nor towards it. You are just open to it, and mostly we are all blocked from being open. Most everyone says they don’t want to be hurt anymore, so they are not going to
open. The very thing needed to not hurt any more is to be open. When you are open, you hold onto nothing.

Yes, sometimes even a fully open being will get hurt if it is battered and beaten enough times. If you notice that is happening, you can clear out the cause of pain by speaking the truth of it. If you are completely open, it will be easy for you to notice when something is there causing a problem. Then you will be able to deal with it in the moment, thus ending it.

The same thing is true when dealing with everything in your life. When you start to clear things out, you will start to have a clean garden in your mind, and you will notice the weeds as they come up. When you are with someone who is trying to manipulate or control you, you will notice it immediately. It will disappear if you clear it by speaking it to the other person. They might then try many different and new ways to get you to do what you had always done before, but you will be able to see the new manipulations easily since they are new ones. Your whole life will start to shift.

As mentioned earlier, courage is the mirror image of possibility, and possibility means being open to whatever will happen, whatever is there. No one can show you that next step. It is yours alone to take.

Your blocks have been invented or negatively created by you, and they are the things stopping you from moving forward, from taking that leap. Courage is a false build up. It is like the enthusiasm that is built up by a sales manager in a meeting.

So when you are faced with being on the edge of that cliff, you will need to be open to whatever is there for you to see or do. There is no pre-planning it, no thinking about it, and if you miss that opportunity, just be aware that it will come around for you to see anew. You can then do whatever you do and notice it anew. You will be either open and move with it, or you will close down and allow fear to take you over, thus moving away from it.

When you miss an opportunity, just say, “My mistake. I missed it.” Then just wait, and it will come around again. This time you might be more aware of what is happening and maybe not be so afraid of it. It is a now or never thing, for as I often say, “He who hesitates is lost.” You act in the moment of it happening, as it is happening.

You cannot go into the unknown knowing what to do. Just be open to whatever is there for you to do. Knowing something will block what is happening because you will only see that which you know, and that will cause you to miss something
important right in front of you. You might be very tenuous in your movements as you are in the unknown. You have never been there before, so you do not know how to move or act. You might take one step and then look to where you need to step next. If you think you already know the step, you are just repeating the past, which has never worked.

When you are in the unknown, there is no prior footprint there for you to follow. You are there all alone, by yourself. Now if you are in the domain of knowledge, you will need courage to move forward; but once you get to the place where you move into intelligence, courage cannot go nor push you there. You can use courage as your leaping spot, the place to jump from, but the movement to jump is then intelligence, and you will no longer need courage.

Once you take that leap you will be free. You will remain in that leap, and every moment in your life is new.

Be at the Core

What I speak of comes from the core. It comes from the common man, the everyday person who is toiling away at his or her life. You do not transform from the top down. It comes from the bottom up. That is why I have asked you to say you are the “world’s worst,” but say it without drama. Be at that core level. If you look at all of this directly with humility or being meek as in the Bible, it comes from the people, the least of us who are modest, those who have a low view of their importance. They come from the core, the soil of the ground.

Some people think they want to help others, and they think that is their purpose in life. Yet if you are lost in belief, can you help anyone else? The only way you can help another is to help yourself first. The greatest gift you can give your children, yourself, or anyone else is to heal yourself.

The complete observation of your mistake is the eradication of the mistake. Complete observation does not include any sadness, sorrow, or feelings of any kind, any opinion, any excuse, any judgment or any attachment to anything at all. Choiceless awareness means to see everything that is in you and others without judgment.

Speaking the truth is the observation of the self in the now and speaking whatever that is being. Observe it and put a name on it just long enough to recognize it, though don’t identify with it. For example, if you are observing negativity in yourself, then call it what it is. Don’t make an excuse for being it or doing it or having a reaction. If you continue being it, then it is an excuse.
If you say “I am angry” and then yell at someone, that is continuing being angry. But if you say, “I am angry. Let me watch that,” it is a whole new situation, isn’t it? That is watching it rather than continuing it by using an excuse.

Here is another way of looking at it. Saying “I did that because I am angry” is an excuse, but saying “that was an action from anger” is you observing being angry. The word because makes the difference because all causes are excuses.

You can create the possibility of anger disappearing by saying, “I create that I am no longer angry.” That creation begins to manifest as you see yourself being angry and observing it in the moment it happens. Each time you discover your anger in the moment, that one ends. Then when you are no longer angry, that is the full manifestation or the creation of not being angry. In its completion, anger dies.

Meditation

Some teachers or gurus have recommended that we sit quietly and watch our thoughts and find the end to them as a kind of meditation. I don’t recommend that kind of meditation, for meditation is in living your life. A real meditation is doing whatever you are doing in your life—cooking dinner, going to work, walking down the street, or doing whatever you are doing with a quiet mind, a mind without any judgment. Meditation is living your life with peace, not just taking 30 minutes or an hour to do an exercise. Meditation is finding an end to your thoughts in that space between two thoughts.

If you have ever done the experiment of finding an end to your thoughts, you might have found that it is almost impossible to find an end. The thoughts go on and on, one right after another, and you can’t find a space between two thoughts.

You could say, “I cannot follow thought to its end because it doesn’t have an end.” Even the act of acknowledging that causes a glitch in your thoughts, and that is an opening to creating that space.

We are stuck in a continuous loop of thinking. If you can follow just one thought to its end, then you have found the end of thought, and there is a space. The ending of a thought always has meditation in it if another thought does not start. That would be a quiet mind.

When people talk about meditation, they are usually talking about sitting quietly and telling themselves to bring their mind down to not thinking, yet that is just the mind thinking it is not thinking. A quiet mind is not done by forcing it or by demanding or wanting thoughts to end. That doesn’t work. A quiet mind has no judgments or comparisons in it. It has no want of anything.
The Space Between Two Thoughts

We are told as young children to tell the truth, and then we’re told to be polite. When we tell children to tell the truth, we are teaching them about lying. Children are born not knowing what lying or telling the truth is. They just speak what they see.

Some time back, a child came to visit when we had some people here who were quite over weight. When he saw them, he blurted out, “You guys are really fat.” He didn’t yet know what being polite meant.

What is it to be polite? We are taught to say something good to someone even if that is not what we see is true. That is a lie, so in being told to tell the truth and then told to lie causes enormous confusion in the child, and we grow up with that confusion, and then thought takes over. We have to think about when we are supposed to lie or tell the truth.

Children are told that good children are polite, and then they want to be a good child. Many parents tell their children repeatedly that being polite is being good. Young children will accept anything their parents tell them as the truth. We are all brought up in this confusion of thinking—making excuses and reasons for doing the things we do or don’t do.

In being taught what our parents and their parents before them thought was the correct thing to do and say, our thinking became confused, and confusion is a huge problem. I say thought is our only problem, so what can we do that will solve the problem of thought? You could ask yourself if thought is the only problem we have, can there be thought that isn’t from thought? If there is, what might it be?

Creation is the possible answer you might get to that question. Creation is where new thought comes from, something not thought before. It is a thought that comes from nowhere or nothing. Most of our thoughts come from other thoughts.

The way to distinguish creation from thought is to find a blank space, a space between two thoughts. If you say something you haven’t said before, that is creation because there was no reason to think or say it. You didn’t say it with an expectation or manipulation to get something or prove something. If it is a thought you had before, it is from thought repeating itself. Creation is saying something from the space of nothing.

Speaking the truth of yourself will empty your mind so that you can find the space between two thoughts. Speaking the truth means to speak without judgment, criticism, feelings, an agenda, manipulation, a need to be right, an argument, or any attachment to what is being said. If your speaking is tempered with any of those
feelings, you are not speaking the truth. You are speaking from the ego, and that is thought repeating itself. If you are going to say something from nothing, you first need to get rid of all those feelings by speaking the truth of them. That is emptying the mind.

**Experimenting**

You might experiment with the things I say. Don’t just read them and believe or not believe them. There is no need to agree or disagree. To experiment is to see something in your own life and test it. In experimenting with all this, you might discover yourself.

For example, if you see a context of your life, let’s say control, you could do an experiment to see what it is like to be controlling. You could deliberately experiment with that by taking over something your husband or wife is doing and speak to the other person as though you are the boss, all the while doing it on purpose and seeing yourself doing it. In that manner you might discover how silly it is to control things.

It is like fixing up a house. Maybe you start out not knowing how to do anything, and then as you experiment with things, you start to figure out how to do those things. You do what needs to be done first, and that is the thing right there in front of you. You don’t need to tackle everything at once. That is impossible. Don’t make this more difficult for yourself. The secret here is to throw everything else out and do what is in front of you. Even if this sounds impossible, you can do it.

Sometimes you want things to stay the way they are even if you are in pain and suffering. That is what you are used to, and even though it is causing you discomfort, you feel comfortable with it. It is the known, and you know you will get what is expected. You are getting some benefit from that thing you might not be aware of. This is important to discover as well. What is it giving you? What benefit do you get for doing or being this way?

Many females have been treated badly by males and feel like they are a victim. Males have been beating on females psychologically, physically, and every way they can for thousands of years. Males are more overtly violent than most females, and everything that females do is at the effect of that. You females are a victim of it, and you males are a victim of the females because anything that you control controls you. Females think they are counteracting the violence of the males, yet they are causing it to continue by trying to control the male.

In order to clear that, I ask all the females to give up being part of the woman’s club and all the males to give up being part of the man’s club. This means to drop all
the beliefs you hold about being a male or a female and to end perpetuating and passing on those beliefs. We need to end all the anger and resentment and revenge that we hold against each other.

In order to break this chain, to end this cycle, rather than emulating men’s and women’s actions, I suggest that you fix their flaws, but do that from within yourself. If you fix the flaw in your way of being, you would fix the trap of belief. The flaw is belief. Belief is a frozen thought. Belief comes from memory and all memory is faulty.

Speaking the truth in each moment will cause transformation to happen. Speaking truth is speaking not from thinking; it is speaking from the unknown without any repeating. Repeating comes from belief.

The thing blocking you is so large that it is a challenge to see it, and it is your responsibility to see. It is presented to you constantly, and whether you block it, attack it, or open and visit it is up to you. You are the only one who can get it because it is too huge or too small for you to see, whichever the case may be.

Therefore, I suggest that you sit down and take the time to write your life story, however long it takes. Make it as long or short as you care to. Write it out and maybe have someone else with you do that, also, and then exchange your stories with each other. It is important to have someone else see it, no matter what it says.

**Telling Your Life Story**

You can become empty in illusion or in reality. What I mean by illusion is the exercise I asked you to do with saying, “I create empty.” That was not real, yet it happened. It was a psychological beginning. A real empty is to have a transformational experience. Emptying done by illusion can be easily reversed or filled whereas the real one will be more difficult to reverse or fill back up. The illusionary or psychological has a stronger hold on you, so it will be easy to fall back into the robotic world since that is the stronger muscle, the one you have been using your whole life.

In order to maintain the state of empty, start emptying yourself by telling the story of your life, keeping in mind it is just a story. All the words about your life are in your mind. They are stored inside of you. You do not need to go into detail about it, just write the things that come to your mind. This is to get it out of you. Telling your story needs to be done without any sadness, anger, regret, judgment, pride or any attachment to it at all. Just relay it as a story. The idea is to get all of your feelings about your life out of you.
Sometimes people write out their life story and get stuck in the drama and trauma of it. That is not getting it out. That is wallowing in it. They get caught in all the pain of it, so that is where it stays. If you feel even after writing it that you are still stuck in it, go back and look at how it was written. Look to see if you are still stuck in the drama and trauma of it. If the story of your life continues to make you sad or angry or jealous or full of pain, then possibly do the exercise anew and leave out the drama. Just state things as facts, and even though it is based on memory, realize that memory is faulty.

Now that your story has been written and sent to someone else to read, it can leave, float away. When you clear that, perhaps it is gone and nothing has taken its place. Now you can put it all in the past, and speak of it as “I used to feel that way.” It is important to start putting things in the past tense linguistically so that you don’t keep putting them back in your present. Once it is seen and expressed, let it go. You will then be something new without the attachment to those things.

To keep from creating another story, speak everything out of yourself as you live your life on the go. Speak the truth of it, and that will empty it. Thought comes in and goes right back out, like the tides of an ocean. If you add or attach anything like feelings or beliefs to what you are saying, everything gets stuck and cannot get out, and you will fill back up. If it is a possibility to live from nothing, from empty, there needs to be a flow in and a flow out kind of situation. Life is never static. Flow is to live your life. Belief is to end your life because belief is static.

It seems that almost everyone feels they had it worse than others in their family and that their family life was dysfunctional. You might tend to go into a poor me when you write your life story. If you get stuck in that, possibly write your story anew, and where you might want to go into a poor me scenario, turn it around and make the other person right. All of you see your life in the context of being right about things, so if you turn it around to make the other person right, you might start to see things clearer.

After you have written and sent your story to another person, you could ask them to do the same. This could be the beginning of opening yourself so that you can release what you have been holding onto. Many times we hold onto our past as though it is something we need to remember or lament over, and that weighs us down. After you have written your story, delete it. Carrying all of your past around with you is like a carrying an additional person with you day after day.

Stay away from the pride, the shame, the drama. Stay as much as you can with recounting your story as it happened without embellishing it. And, if you can, where
you might normally slant it to yourself, slant it to the other person. For example, if you felt you were the victim, make yourself out to be the aggressor or make another out to be the victim. Notice the way your memory stored it because most people don’t think they ever did anything wrong in their whole life—that it was always the other person who was wrong. Your story does not have to be very long and drawn out, but make it very personal. For example, “These are the forces that made me be the way I am.”

Writing your story might open up things that you didn’t already know. You will be telling it from one context, and the other person will be reading it from another. If you do that you might find out a lot of new things about yourself. The more something controls your life, the more difficult it is to see because that is what you are going to protect the most. It seems that people want to stay the way they have always been, not what they can become.

Telling your life story is a way to empty yourself, to get those things out that are stuck inside. Creation requires that you start from being empty, and empty is the beginning of transformation.

**Motivation for Transformation**

Some people say they want transformation, yet want is not a strong enough motivation. The next step up from want is need; then comes necessity; then essential; and then “I am either going to get this or die.” That is the progression towards motivation. In your motivation for transformation, you probably need to get to the latter stage or have no motivation at all. Having no motivation at all comes spontaneously from complete discontent if there is no part of your life you are content with.

If you are struggling for breath and you cannot get it, you will do anything to get it. That is the place you need to be in order to transform your life. It means that you care to discover your life to the point that you are willing to give up your life. When I use the word death, I need to be cautious as I am talking about the death of the ego, a psychological death. I mean to die to your personality—the conditioned program you invented in order to live in this world. Die to the attachment you have to the illusions of your life.

It’s strange that people have such an attachment to their ego that they find it difficult to give it up since the ego is where all the pain, the suffering, the agony, the misery, the defeatism, and all the problems of this world live. Most people who have
had a transformational experience stated they had reached a point where they wanted
to die to end their suffering.

There is a way of reaching that point, and that point is to speak the truth. If you
always speak the truth, you are always cornered, so to speak. I mean cornered by the
truth. When you lie, you are not cornered, for you can always tell another lie to get
out of things. It is almost impossible to corner a liar. They have many excuses or
another lie to cover up the first lie. When you speak the truth, you are cornered; and
that is when your ego explodes. It’s not like it is a choice, but you look at it and say,
“I either lie, or I speak the truth and possibly die.”

You are the only one who knows the truth. When you see the truth, admit it to
yourself each time you see it. The first time you speak the truth is the death of it.
Each time it appears after that, it will be residue which needs to be cleared out by
speaking the truth anew because each little piece of the residue also has the
possibility of re-manifestation. Each little piece gets harder and harder to see because
each one gets smaller. So you need to speak the truth each time it appears, or you
might fall back into the residue.

The truth gets more difficult to see if you are still lost in the world of the
conditioned program. In your conditioned state, you are not aware of what you are
saying and doing in the moment, so these pieces are not seen. This is where self-
consequence is so powerful because if you have made a commitment to speak the
truth and then you tell a lie to someone, you know you are going to have to turn
right back around and tell them the truth. You are going to have to say, “I just lied.”

That will probably keep you from telling lies, and that is what I mean by self-
consequence or giving yourself a consequence in the moment. So you have put
yourself in the corner, at least in terms of speaking the truth. When you catch your
lies in the moment of speaking them and speak the truth that you just lied, you are
speaking the truth. Keep at it, and don’t give up on yourself.

Sometimes it is difficult to see the truth, and by that I mean that we lie so much
that we don’t even catch our lies when we tell them. Therefore, it gets difficult to see
those smaller pieces that arise. If you have a partner in your life or someone with
whom you have a relationship, possibly they can assist you in seeing these things, at
least until you can see them for yourself. But do not become dependent on another
person, and do not make them responsible for doing it for you because you need to
be able to do it yourself.

People can get used to others doing things for them, and then they become
dependent on others and cannot do anything on their own. Some people think they
are helping people by helping them and giving them advice, yet it is detrimental because then they expect it and become dependent. If you catch yourself doing things for your children or others that they themselves can do, you are actually harming them; and if you accept people always doing things for you, you are harming yourself.

You could liken all this to someone throwing a life raft to you if you are drowning, and then they start to pull you ashore. You can either just let them drag you along, or you can assist by kicking and learning how to swim along the way until you are able to let go and swim to shore by yourself. You will then be free, no longer dependent on a life raft or the other person.

You need to be responsible for speaking the truth in your life, and that begins with seeing your untruths, your little white lies that you think don’t really matter.

You are the source of all things in your life. You can live your life in the invention of the ego and lies, or you can create your life from nothing, the space that appears when a truth is spoken.

**Living Life in the Present**

Most of the time we are in the past, and we speak of the past. It is extremely difficult to stay in the present because we have to very aware of what we are thinking and saying. If you can hear every word you say, along with all the meanings attached to the words, then when someone else speaks, you will be able to hear it in them as well because we are all one. We are all the same. We have the same basic senses, instincts, and blood running through our veins.

Now we do build a fake life around ourselves. We put on fake personas that separate us from another. Even the words *woman* and *man* are fake personas because after we give ourselves those labels, we attach meanings to what a woman or a man is. We then have a *real woman* or a *real man*, and then we add even more labels to those labels. We then have a *really good woman* or a *really good man* just for starters. All those labels do color or change the way we see ourselves and others.

Having the intent to speak in the present tense is a perfect experiment because it puts everything in the now. Obviously, there are times when a reference to the past might need to be made, but if there is, you then state that you are in the present referencing the past. This keeps you current. However, it is very difficult to do because you have to hear what you say. Notice when you start to speak in the past tense. You might not realize that is how you are speaking most of the time, but now you will. We live in our memories which are always of the past, and that is where we
are coming from, always bringing forth our past into the present to decide our future actions.

If you are in conversation with another person, most likely you want to be right in what you are saying. If you notice that you are arguing or defending yourself, then it is for sure you are wrong and don’t want to admit it, and chances are you cannot see it. The only thing that needs to be defended is the ego not wanting to be wrong, for the ego always wants to be right. If you argue with another person, you have already lost because you have lost yourself to the need to be right.

Someone might say to you that you are the ugliest person in the world. Only an ego would get upset and argue with that. It is either true or it is not true, and getting up and taking a careful look at yourself will tell you which is which. There is no need to get upset or argue and defend whatever is said. When you feel that someone is attacking you verbally, that is when your feelings get hurt; and then an argument starts. That argument always comes from the past—from a memory of what those words did to you as a child, how they hurt you back then and are still hurting you now. If you feel you are arguing or defending yourself, maybe take a moment to look at what in the past is bringing up this hurt instead of arguing with the other person.

If you can listen to what another is saying, even if you think it is all a lie, and if you see that it is bothering you, you can know there is a shred of truth in it. Take that opportunity to look and see it. Even gossip has its benefits if you use it as an opportunity to see the truth rather than getting upset about it. It is all in how you allow the words to affect you that matters. If there is any feeling at all, it is always a memory from the past that is causing it, and you are no longer in the present.

Everything I need to know about life I learned in kindergarten: “Sticks and stones can break my bones but words can never hurt me.” The only thing that can be hurt is an ego.

Actually, there is no good or bad as those words are just labels. You will experience a large shift in yourself when you start to be okay with seeing what you call the bad things in your life and not allow what others say to cause you pain and suffering. When you can admit to yourself all the ugly things about your life, what could anyone possibly say that would get you upset? Nothing. You already see it yourself. Then you might notice that you are not only okay with those discoveries of yourself, but that you actually start to look for them. Looking for the beauty in you is not what is important. Discovering the ugly is the important part because that is where all the blocks are, and those blocks can be washed away like water running through an open vessel.
The tricky part of this is to see all your flaws without having any feelings attached to what you discover. See them without having any embarrassment, shame, guilt, remorse or anger. See them without any judgment at all. They are something that is in you and in everyone else as well. We are all in this together. If you can see another person and see their flaw, it is also in you to see. It might be smaller in you, but it is there.

You might find yourself with people who are very difficult to be with, and sometimes they are your greatest teacher. They will probably show you all the places where you are hiding yourself. If anger arises towards them, they are showing you where you have hidden your anger. Sometimes it is a greater benefit to be with someone like that, for they will show you where all this is at its deepest level in you. In seeing into your deepest level, you can clear a whole lot at one time. Others who are nicer might tickle these places, and occasionally those places might come to the surface; yet it is often only the surface stuff coming up.

I prod those deep places, as most of you know. Often it will hurt, poking that which I have seen is true. It is a matter of this: Do you prefer to have a short period of intense pain or a lifetime of bearable pain? That is what I am speaking of and offering you.

In order to transform your life, you need to, have to, and must experience a certain amount of psychological pain. You can either suffer that pain your whole life, or you can experience it in one condensed, shrunk down space of time. Once you are committed to transforming your life and see there was more pain in your past than what is in front of you, you need to burn your past bridges. Burning bridges makes it so that you cannot run back to your old life. You will start to live your life from the unknown, from the present moment, and without the past there to guide you. Every moment is a new experience.

You might then find it difficult to talk or even walk because it is all new. You might be tentative and not know what to say or do, and that is perfect. That is what living in the present is all about—not already knowing. The past was full of pain and suffering, so why would you want to be guided by it anymore? You don’t. Live your life by taking a step and then look to see if that worked. Don’t figure things out beforehand since that would be using the past. If you repeat the past, you are always going in the same footsteps as before. You do not have to know what you are going to do, but step and then look. You are the discovery of the new, something that has not been before.
Living your life in the present means to do something and then look to see what you have done. To live in the present means “I don’t know—anything.” I don’t know where I need to place my foot or what to say or what to do. I do it and then see. Doing that needs to be difficult to do because if it is easy, it’s a religion or a rule; and you are back where you started. That is what happened to us all as we started to believe things in order to make life easy. We got lazier and lazier and kept just living from beliefs instead of living with aliveness.

Being alive always means to be in the now, to be aware of your life, what you are doing and saying. Yes, it can be difficult and yet not painful. It is difficult because it is new. It is also very exciting and exhilarating. You will be alive rather than just existing.

When you hear me or someone else talk about transformation, you might understand it and know what is being talked about, but until you discover it for yourself, it will not be part of your life. Some of you said you had an original experience of something and then later realized it was something I had said to you, but until you saw it for yourself, you didn’t actually hear what I was saying. You thought you had seen something that has never been seen before, and that is true as it is now yours, your life.

When you experience something new, it cannot be described or defined or even recognized, as there is nothing to compare it with. There is nothing in the past to guide you. The past is where all your pain is, and you can now leave it in the past and move forward to the present. In the present, there is nothing except what you have created to be there.
Words have a life of their own.
This glossary of words is not meant to change the meaning of words.
It simply defines the words as I use them.
This can assist in seeing words and our world in a new way.

Anger – A feeling, not real, removable
Assist – A partnership, moving together
Belief – The death of a truth, the birth of a trap
Care – An emotion, not a feeling
Change – A shift in awareness within the same consciousness
Compassion – An emotion, not a feeling
Complete – Perfect, whole, actualized
Content – The parts of a context
Context – All of
Create – An act of speech, a beginning, new
Creation – The context of life, complete
Dysfunctional – Society, all of us, used as a manipulation
Ecstasy – An emotion, something beyond happy
Effective – Perfect action while seeing
Emotion – Creation, Intelligence, Truth. Real, no feeling
Excuse – What we use to show others we were not wrong, ineffective
Experience – What is happening now
Explanation – An excuse, explained away
Father – A figment, image, projection
Feeling – Not real, ego protector, barrier
Female – A provable entity
God – May or may not be, does not need to be believed
Happy – A feeling, one-half of sad
Help – Something the helpless need, does not work, ineffective
Ineffectiveness – The way of our world
Intelligence – Love in action
Intent – A movement towards, is created
Jealousy – A feeling, not real, removable
Justifiable – An excuse, justified by oneself
Know – A frozen belief
Knowledge – Thought in action, memory, faulty
Lie – The smallest part of truth
Love – Ever alive, no feeling, has lost its meaning in today’s world
Male – A provable entity
Man – A figment, image, projection
Manipulation – The way of the world, a function of thought
Maybe – The beginning of a possibility, suspending a belief for a moment
Mistake – A place to learn from when seen and spoken as a mistake
Money – Bankrupt, a trap
Mother – A figment, image, projection
Need – Something we may not have to have and think we do
New – Not having been before, not recognizable, created
Normal – A figment, cannot be defined
Pain (emotional) – A feeling, not real, removable
Perfect – Complete, actualized, includes a flaw
Creating Creation

**Possibility** – A small opening which may or may not expand, a place to listen from

**Power** – The highest form of manipulation, money is at its core

**Real** – Something seeable, true, not of belief

**Reasonable** – An excuse, made reasonable for oneself

**Right/Wrong** – A figment, all right includes a wrong and vice-versa

**Sad** – A feeling, one-half of happy

**Shock** (psychological) – When a small negative energy meets a small positive energy

**See** – To look without the mind interfering, aware

**Society** – The black hole, cannot be filled

**Thought** – A function of memory, faulty

**Transformation** – The birth of a new human. 100% negative energy meeting 100% positive energy

**Truth** – Ever living and dying, immortal, includes a lie

**Try** – A reason to fail, always trying, never doing

**Violence** – That which thought invented, confusion

**Want** – A weaker meaning of need, a negative energy

**Woman** – A figment, image, projection