



# **The secret life of me and I**

by Dan van Wylich

## **In the beginning...**

This book is meant as an eye opener.

It is supposed to flip your lid and make you start seeing your life in a new light.

If you during the reading of this book come across terminology that you don't agree with don't worry. That is just language. Try to understand the actual object or situation that I am trying to explain and then translate it into a language that you are more familiar with.

Notice that I didn't say '...that you are more comfortable with'.

This is not about exchanging empty pleasantnesses.

It is about direct observation of the inner life of you.

If you at any point think that I am pointing the finger at you, then just know that what I am asking you to look at is what I am looking at in myself every day of my life.

If you can learn to be totally straight with yourself then you are more than half way to your ultimate goal. I am not saying this to be clever. This really is the point that decides whether you are going to be successful or fail miserably again and again.

Let us look at an example... let us look at you.

Remember a time when you tried and failed. Really try to remember how it felt to believe that you could do it and then...you couldn't. The pain and the embarrassment, the feeling of not being as good as you hoped you would be.

Now remember the next time you had the opportunity to do somewhat the same thing. But you didn't even try!!!

What stopped you from even trying?

What made you feel so bad inside that you didn't even give it a go?

Fear.

Fear.

Fear.

This fear is more than an unknown feeling. It is like another being inside you doing its best to make your life miserable. It always tries to make you give up and feel bad about yourself.

This inner voice is very real. And in order to be able to identify it and talk about it I would like to give it a name. A lot of people have given this voice different names like The Devil, Satan, The Beast and so on. All of these names are so emotionally loaded that they create even more fear. So for this purpose I would like to give it a name which describes its position in relation to you and your happiness.

I would like to call it The Adversary.

The Adversary is very very smart. It will do whatever is necessary to remain in power. Notice that I say 'remain in power' and not 'come into power'. The Adversary is the ruler of the world as we know it. The 'form world' is totally controlled by The Adversary. The 'form world' is the world that you can See, Hear, Smell, Taste, Feel and Think. So if you are New Age spiritually minded then it involves the physical, etheric, astral and mental levels.

So, if this Adversary is so powerful how do I overcome it?

**'Be in the world, but not of the world.'**

What does that mean?

To understand this we have to look at 'Me', 'We' and 'I'.

## 'Me', 'We' and 'I'.

This has got to do with the way we perceive ourselves. Normally we look at the world and think that the world is outside ourselves. We then look at ourselves and think “ I am me!”.

Who, or rather what is this 'ME'?

Your personality is a big bundle of different parts that you have come to know as 'Me'.

Other people have come to know the same bundle as.... 'your name'.

Me is the part of the form-world that you inhabit.

Me is the body, the emotions and the thoughts.

Your 'Me' is a vehicle that you use to live your life.

Me has got a life. It has got it's own life and you use it to experience the world.

The life of 'Me' is like the life of any other animal on planet Earth.

The 'Me' lives according to it's instincts. It gets hungry, tired, sad, happy, angry and afraid.

It is born, breathes, moves, eats, drinks, goes to the toilet, reacts to it's surroundings, maybe procreates and dies. (Just like that!)

### **Hey!**

Wait a minute. I have been told that humans are different from animals because we have got a soul.

That is correct. But what does it mean?

The soul comes in two versions:

The Soul (The Higher Self, The Christ Self, The Self) and the I Am Presence (the Spirit, the Id, the Oversoul).

The Soul (Higher Self) is the 'Observer'. This means that it is the consciousness part of you.

To experience this 'Observer' is fairly simple.

Try this:

Look at your body (simply become aware of the way your body moves).

Become aware of your emotions as they run around inside your body. Look at these emotions instead of being trapped inside them.

Become aware of your thoughts as they race around in your head thinking “Where the .... is he going with this?” Just observe your thoughts for a short time.....

Who is observing???

The Personal Soul is observing, and like the personality the Soul has got different 'levels' so you can experience the Soul from detached observation all the way to a beautiful burning fire-love which can totally change you personality.

The Soul is 'We conscious'. It is aware of the beauty and specialness of all life. It is not egocentric because it is not governed by fear but rather by love. It understand that all life is one and that all life forms have got an equal right to life. (All life forms = Humans, animals, plants and minerals).

The more you become Soul, the more you are willing to sacrifice your personal wants for the good of everyone (and everything).

Living in a world between the personality and the Soul makes you the focal point of the battle between good and evil. Every decision you make comes from the struggle between 'Me' and 'We'.

The I Am Presence is 'I conscious'. It is aware that all life springs from awareness and I Am That.

It is the point at which 'I Am' is the only fact.

Bodies come and go. Emotions come and go. Thoughts come and go. Even consciousness comes and goes (like in deep sleep). Only 'I' remain.

Let us go back to the question of 'the Adversary'.

Because the body, the emotions and the thoughts are part of the form world and basically are structured like any other animal ie. ruled by the instincts, then they are ruled by the Adversary.

The Adversary is the survival instinct of your personality.

It is a direct consequence of having a physical body.

The Adversary is the 'I want' that rules most peoples lives.

Often it feels like it is a good thing that you can want and then satisfy your want.

I am not talking about need, but only about want.

The real needs of your body are quite simple. It needs food, drink, sleep, exercise, mental stimulation and love/nurturing. Apart from these very basic needs then everything else falls into the category of wants.

The main problem is not that 'wanting' exist but that we have lost our identity to the wants.

The Soul, the conscience, the objective consciousness has only got abstract wants such as wanting peace on Earth, happiness and love for all.

The 'desire wants' are all created artificially by the Adversary.

It again is ruled by fear and it is trying to do whatever it can to prevent fearful situations from arising or alternatively to block out fear by using various stimuli (drugs, fatty/sweet food, sex, television etc.)

So when you (in reality the Adversary) want to be;

-popular

-rich

-beautiful

-powerful

-add you own vises here!!!

then it is really to protect yourself, out of fear, from a perceived/imagined threat of ;

-being alone / unloved

-poor / unprotected

-ugly / unloved

-weak / unprotected

-add your own fears here!!!

As mentioned earlier, the problem is not that we have got this fear and that we (at least sometimes) allow the body to build whatever protection it feels is appropriate.

The problem is that we have lost our identity to the fear and that our entire purpose for living has become a long endless struggle to protect ourselves against this fear which is made up in the first place.

And because we have lost ourselves to the fear we have completely missed the point!!!

The whole point of the human evolution (or intelligent design if you are so inclined) is that we are equipped to rise above the struggle (which, by the way, never ends) and realize that 'I' am not that.

And that is what makes us different from the animals.

This struggle to combat, protect yourself against and trying to avoid fear is total illusion.

Why?

Because the fear if made up by your mind facing imagined obstacles in life.

If you are in physical pain right now then it makes sense to take steps to change the situation to something less painful (if you can). But if you imagine horrible thing that could happen to you and you act to protect yourself from this imagined horror then you are paranoid (medically certifiable).

If you accept my last statement and then look at the world as we have built it, then you will see that most of what we humans do is made up. In other words it is not real. We live in a dreamlike state where imagined fears govern our lives. And the main problem is that 'that's what you do' to be normal!!!

This way of living is also termed 'the left hand path'. You don't have to be evil to walk the left hand path. You just have to believe in the illusion.

In order to solve the Riddle of Life (To be or not to be, that is the question) it is important to look at the basic essence of life. I am here not talking about life as a physical appearance or as a philosophical theory, but Life as an experienced reality.

What makes you 'You'? What is the difference between being and non being?  
How do you know that you are alive?

And this consciousness, this awareness of being (separate from others)... is that the only option?

Do you remember yourself in the womb of your mother?  
Do you remember when you were born?

No, very likely you don't.

But at some stage you became aware enough of yourself as an entity to start remembering 'things'.

That process which made you aware... what caused that? What is this awareness?

When did you realize that you were an individual, different from, say your mum?

And what were you just before that process took place?

Who is 'I' without the 'Am'?

## Truth

To many people the question about “who is the I without the Am” would be too big a jump too fast, so let us begin with the beginning.

You consider yourself to be a person who is an individual, which means that you are separate from other individuals.

This sense of I'ness that you have got...

What is it?

Where is it?

How big is it?

Can I borrow yours for an hour?

We have got so identified with a certain part of our personality that we find it difficult to observe it.

We call it 'Me'.

This 'Me' is very protective of its position as the reality maker.

Most people find that if they try to enquirer into the whereabouts or the validity of the 'Me' then the 'Me' will immediately ridicule the process.

“How ridiculous, I am me and that is the end of it” or

“I am only a biochemical process in the brain and this question is religious and therefore only a belief system. I only deal with real stuff, not this pseudo science babble” or

“I am a soul and the soul is created by God and you shouldn't ask questions about such things”.

What are you afraid of?

What are you protecting?

The 'Me' is protecting itself from being found and identified.

Why?

The 'Me' is a part of 'the Adversary'.

It is the part of the Adversary that you are made to identify with.

OK! Back to the Adversary again.

I repeat:

The Adversary is the survival instinct of your personality.

It is a direct consequence of having a physical body.

The Adversary is the 'I want' that rules most peoples lives.

The Essenes used to talk about that we are inhabited by two spirits:

One is love which means that it is helpful, brave, honest, open, patient, practical, accepting, giving and always willing to sacrifice anything to help love grow.

The other is a bit like Gollum from The Lord of the Rings; scheming, calculating, a coward, protecting, avoiding, lying, cheating, hiding, sneaky, full of excuses, lazy, procrastinating etc.

We have all got these two sides in a constant battle inside.

## Honesty

Right!

Let us become practical.

How can I start this process of spiritual development?

Better arm yourself with some courage because this journey (into honesty) is not going to be a pretty one!

Step one: From now on... be Honest!

Step two: From now on... be Honest!

Step three: From now on... be Honest!

Do this every day, every minute, every split second from now... Now...NOW!

It will take quite a while before you can do this (believe me, I still try to lie to myself).

I am not talking about so called blatant lies that are easy to see. I am talking about all the small almost invisible, almost insignificant ways that you and I deceive ourselves every day.

Imagine that you convince yourself of a single little lie each day (most of us do lie to ourselves much more than that) but just for now, look at yourself and accept that you are probably lying to yourself about something at least once a day. You might not even know that you are lying but you are not willing to face what is really going on.

That is more than 300 lies per year!

Imagine what that is doing to your sense of reality if you are lying to yourself more than 300 times a year.

As you practice conscious honesty you will discover that there are literally 100s of 'omissions of the real truth' that most people take for granted (just look at politics).

So, let us start with a little exercise. Next time you talk to someone (anybody) observe how you behave and what you say (and think). We have got ways of interacting with other people that are really dishonest. For example; if you meet someone in authority (your boss, teacher, police, the Queen, whoever) then you would probably behave differently from if you meet a young person,

a poor person, a handicapped person, a person with a different religion etc...

**Why?** (can you feel the uncomfortable feeling?)

We are not very good at being put on the spot.  
It makes the little 'Gollum' inside uncomfortable.

And THAT is the key to your success.

When you can identify the Adversary (Gollum) inside yourself then you are a huge step closer to being able to do something about it.

If you cannot go into the places in yourself where you feel uncomfortable then you will not get anywhere.

Self Development and Spiritual Development is not just about singing devotional songs and 'meditating' to some pling pling New Age music.

What is meditation anyway?

Meditation is the art of focusing your entire being into reality to such an extent that all illusion falls away.

So most meditation is not really meditation but rather a relaxing and an avoiding of interference in order to learn to focus in the first place.

You can learn to focus in many ways: You can sit down and stare at a candle or a dot on the wall, you can focus on a mantra, you can focus on different energies/colours in and around your body, you can focus on different symbols or other visualizations, you can focus on a mandala or a guru, you can call it prayer and focus on the divine (or whatever your God is called) or you can simply accept that focus is focus and then do that.

In other words there is only one way of doing it.

And that is by doing it!

Meditation is not religious, and...

Meditation is religious.

It depends on who is meditating.

During this book there will be things that you are not willing to accept as truth... that's cool.

I am not writing this to convince you that I am right and you are not.

I am trying to make you open your eyes a little bit more and take upon yourself to walk your own path, take your own journey.

**So... Focus!**

Focus on what?

Focus on NOW.

Focus on whatever you are doing, feeling and thinking right now.

Never mind the past (it is gone anyway)

Never mind the future (it is just a fantasy in your mind)

Only NOW have you got the opportunity to be present. Only now have you got the power to create reality.

How do I focus on now and not think furiously about the past and the future?

By claiming the right to focus. By taking back the energy that the mind (the thinker) is using to create thousands of stories about what reality could be like if...and when...

Right now look at yourself. You are fairly focused (you are reading). But every time I suggest that you do something then your mind makes up a little day-dream where it imagines what it would be like if...

Clever Gollum!

There it was again. You identified a place where you are cheating/lying to yourself.

Great stuff!

(are you trying to convince yourself that you are not really cheating)

Clever Gollum!

Great stuff! (gotcha!!!)

Can you see how we automatically (again and again) try to avoid looking at the way things really are?

This little avoidance creature inside is running most of the show and you are not even aware of it.

If you want to make real changes inside, then you have to start with reality the way it really is even if it is difficult and embarrassing.

Do you remember being not quite one year old. Maybe not but follow me anyway.

You suddenly became aware that your Mother was not crawling like you were. She was...walking?

So... Embarrassed to be the only one in the family who was not walking you decided to give it a go.

You crawled to the nearest support, clambered to an upright standing position and took your first step.

BOOM! Crash. WHAaaaaaaaaaaaaa!!!

In comes Mother to see what is wrong and she understands.

She picks you up and kisses you better and... puts you back on the floor in a standing position holding on to the support. And then she does something that would baffle your inner Gollum.

She encourages you to try to walk again!!!

Has she got no respect for fear and pain? Is she cruel?

You don't know. Mother seems to be such a nice person so you want to make her happy and proud by showing her that you CAN walk.

Here we go...BOOM! Crash. WHAaaaaaaaaaaaaa!!!

Again Mother picks you up and puts you back in a standing position so you can try yet another time.

By now the Adversary (Gollum) is almost hysterical with fear and frustration. But Mother is so nice and she so wants you to try again. So you muster all your courage and get ready to do it one more time.

Here we go... one step, two steps, three steps. BOOM! Crash.

WHAaaaaaaaaaaaaa!!!

You think that you are a complete failure but Mother picks you up and kisses you and tells you how big you are and how good you are at walking. And because Mother keeps on believing that you can do it, even though the Adversary keeps on trying to convince you that you are an utter failure, then you try again and again and again until, bit by bit, you actually learn to walk.

Today, in present time, I would like to ask you a question:

Can you walk as well as your Mother can?

How did you learn if you couldn't do it at all when you first tried?

Start. (This is the most important and the most difficult part)

Accept the failure, the fear and the pain. (Shut up Gollum!)

Stay honest about the reality of your situation.

Keep on keeping on... till you get it.

Which brings us back to the issue about honesty.

Whenever you attempt to do something and you can't...

That is ok.

As a matter of fact if you cannot do it and you try a second time anyway then you should be applauded.

So let us make a deal here and now.

If I ask you to look at yourself and be honest then try your very best to see what is actually going on inside.

By now you are probably thinking that I am way over the top about this honesty stuff.

Clever Gollum!!!

Can you see what I am getting at? Can you see that in order for us to learn to be completely straight with ourselves then we cannot let our guards down even for a minute.

This process is not an instant decision making.

It is a rigid, almost fiercely stubborn process of holding yourself to your own promise.

Will you fail?

Of course you will fail.

As a matter of fact in the beginning you will fail far more than you will succeed.

So what?

How many attempts did it take you before you could walk?

You don't know?

That is because it doesn't matter.

The fact is that these days you are pretty good at walking and you did the work necessary to learn it properly without cheating.

## Purpose

Why are we doing this?

Why are we trying to do something without even knowing if it is the right thing to do?

Is it worth it?

Are we there yet???

Allow your Adversary to doubt and question every step of the way.

It is what it does. (and it does this part really well)

Sometimes it is helpful and sometimes it is not.

The helpful part is that it can help you define what you are doing, where you are heading, which precautions to take and basically keeping you from falling asleep.

The not so helpful part is that it never shuts up. It will keep on questioning, keep on trying to avoid, keep on trying to procrastinate and keep trying to confuse you so you lose your momentum and even sometimes grind to a halt all together.

What can you do about it?

You can learn to identify when it is the Adversary who is talking in your head and when it is clear inspiration/intuition which is guiding you.

Be prepared for, in the beginning, that first you can't tell the difference, then you think you have got it, then you discover that you are just kidding yourself. Then you work hard for a number of years to really get a grip on the Adversary and when you think you have really got it this time, then you suddenly discover that the Adversary has changed its game and is now sounding more like a supportive voice inside your head; but is still playing the same game of persuading you to have the day off, have a little puff of that cigarette or have a couple of drinks because you don't want to turn into a fanatic, do you?

What is a fanatic?

According to the dictionary a fanatic is a person motivated by irrational enthusiasm (as for a cause);

"A fanatic is one who can't change his mind and won't change the subject"--

Winston Churchill

So with that in mind let us have a look at the Adversary:

The Adversary will change tactics but it will never change its mind, nor will it

ever change the subject.

The goal for the Adversary is complete control over your entire personality. You will probably claim that you are not under anybody's control, so let me rephrase that...

The Adversary wants to have you under complete control as a pet or a slave. Look at a pet dog; it is well cared for, it can run freely (within the owner set boundaries), it gets to feel good when it behaves (according to the owner) and likewise it is made to feel bad when it tries to show a bit of individual initiative (like digging nice big holes in the garden or chew a corner of that lovely rug). If a dog starts to get its own ideas about what it would like to do with its life the owner will punish it severely. The owner feels powerful and strong and in control.

Every day the Adversary is doing exactly the same things to you.

All your life you have been groomed by this 'creature' which claims to own your body, your feelings and your thoughts. Through almost everything you do the Adversary has built a pleasure/pain system to make you do exactly as it wants you to. It has built hundreds of subtle small addictions into you so you automatically follow its lead.

Right now you will probably question that.

Clever Gollum!!!

No, seriously, please gather up all your courage and go on a little journey with me.

A journey into your own life as it looks from the inside. The secret life of you!

In the morning you wake up.

What does that mean?

It means that at some stage (enforced by an alarm clock or not) you change consciousness from a sleep state to an apparently awake state.

In the sleep state most of us are dragged around by a reality that we don't seem to have a lot of control over. It is though possible to gain full control over your dream state but that is a different story.

Right now you have just woken up. For some people this is an instantaneous process and to others it takes a bit of time before they are fully awake.

You stretch (to enter your body fully) and get out of bed.

Why?

Already here it is important to be aware of what is going on.

If you are getting out of bed because you are so happy and totally aware of the miracle that you are alive then you can skip this chapter. But if you get out of bed because you 'have to' (for whatever reason) then please read on. Most

people START their day with the feeling of having to do something. Sure enough, if you have to go to the toilet then by all means go. But come back quickly so we can continue...

Most people begin their day by feeling compelled to do something, whether they feel like it or not.

The same people would argue that it is their duty to get up and....

Clever Gollum!

How can we ever learn to overcome the inner 'slave driver' if the very first thing we do every day is to bend our heads and try to accept our fate as slaves of 'somebody else's' wishes.

The following short story is inspired by Friedrich Nietzsche's view of spiritual development.

You are born an innocent child, totally unaware of anything and then slowly you gain the knowledge of Me and Mine.

With this knowledge you develop into a roaring Lion, proud and loud (and still fairly ignorant). This is the adolescent stage. You get into fights physically, emotionally and mentally and develop some wounds and scars.

As you mature you learn to develop weapons and armour to keep you from harm. With this you march through life gaining more and more strength but also becoming a bit rigid (the armour).

As you travel further your armour gets heavier (and more protective) and you start to grow weary and tired. You start to reflect on the meaning of all this. At that point you begin to see a large threatening shape approach you from far away.

In the beginning you are not sure what it is, but it is making you feel uneasy. There is just something ominous about that shape. As it gets closer you can see that it is breathing fire and that it scorches everything in it's path. You are now realising that you are facing a massive big monster dragon and that there is not a lot of hope that you are going to survive the encounter. Many people at this point turn around and live the rest of their lives as rigid, mistrusting beings who protect themselves from everything and end up being very afraid of dying.

Because you are getting tired of the journey, and because you are proud of your own abilities you decide to face the dragon and give it everything you have got.

This is a chance to, at least once in your life, fight the good fight against evil. The dragon attacks. The fight is on.

You duck and dive and use every trick that you have learned. But as you start getting tired and therefore slower, the dragon seems to gather strength and

speed. The dragon lashes out wounding you, again and again. You begin to weaken and lose your faith in your own strength. And as the dragon speeds up and it becomes more and more apparent that you cannot possibly win this battle if you rely on your strength and determination to slay the dragon. Instead you start studying the dragon, watching its every move and you notice that it is covered in large shiny scales. On each scale is written 'You should...' or 'You ought to...' or 'You have to...' and you realise that the dragon is built by your own demands on yourself. Its fire and strength is fueled by your fear and loathing.

This realisation gives you an incredible strength and with one big slash of your sword (of Truth) you behead the dragon which disappears in a puff of smoke. Your strength has left you and you collapse bleeding on the ground. As you hit the ground the armour falls off and you lie naked bleeding to death on the bare ground.

As you accept your lot and the fact that it was your own pride that got the better of you you give in and welcome death as the fair outcome.

But instead of dying you begin to glow. Slowly but surely your body changes into that of a young child full of life and vigor.

Bewildered but grateful you stand.

Life through a child's eyes is again exciting, beautiful and full of promise.

A new life begins.

## Action

In your life, what compels you, what drives you?  
Of the many passions that you could imagine yourself having, how many do you actually live?  
Are you a truly spontaneous person or do you have to consider even that?  
Where has life brought you and does it make sense to you?  
Are there dreams that you don't allow yourself to dream?  
Do you ever stop yourself and if so ... why?  
Do you wish for more than you have?  
Do you wish you were different from what you are?  
Do you love yourself?  
Do you love your neighbour?  
Are you free to do as you wish?  
Look at yourself, would you choose to be your own best friend?  
Are we having fun yet???

The biggest hurdle you are going to have is following through.  
I am saying this because that is still my biggest hurdle.  
Time and time again I find myself having stopped.  
I actually managed to stop my flow before I noticed that anything was going on (my clever Gollum!!!)

Overcoming a whole lifetime of letting the Adversary run the show is not easy.  
It is however simple!

The Adversary is quite a complicated creature. It uses everything that you have ever learned to stay in control. Most people find it difficult to identify when it is the Adversary that is the voice in your head and when it is the Soul.  
The difference comes down to a principle.  
If the voice in your head is trying to avoid hardship, pain and discomfort then it is the Adversary.  
If the voice is trying to 'get stuff for me' then it is the Adversary.  
If on the other hand the voice is trying to make you overcome your fear and resistance and just do whatever comes naturally then it is the Soul.  
The voice of the Soul is like a young child loving the moment and the potential of now.  
So, give yourself a break. Don't worry so much about things that you cannot do anything about anyway.

Right now stop reading and do one little thing that you have been putting off. Put on the washing, do the dishes, call your Mother, or anything that will make you feel better in 10 minutes from now.

**DO NOT READ ANY FURTHER** until you have done one thing that you have put off.

Right!

Let us analyse what just went on.

Did you do the thing I asked you to do?

If no. Then you cheated and the Adversary just won another battle.

If yes, then what made you do it?

Was it the 'Dragon of Ought To' (me) that 'made you' do it?

The Adversary just won another battle!!!

Or...

Was it; 'I really can't come up with an excuse for NOT doing that thing, so I will just go ahead and do it.'

Congratulations. You just entered the 'Halls of Fame' for winning a battle against the Adversary.

It really is that simple (and that difficult).

You will actually find that doing the thing is much easier (and faster) than being crushed again and again by the Adversary. The Adversary is laughing every time you cower in fear. It will keep on torturing you, every second of your life. Until one day you either die or stand up for yourself and claim back your life.

That moment of standing up could be now.

What? Right now?

Yes RIGHT NOW!

Not later, not tomorrow, not maybe, not halfhearted. But fully, totally, heart and soul...NOW!

So, what do you say? How about it. You and me against the Adversary... right here, RIGHT NOW!

**Go to the next page if you are ready.**

**If you are not ready to go inside and be totally honest, then:  
It was nice to talk to you.  
I hope that you will have a good life and I wish you all the best.**

**So, what's it gonna be?**

**Yes or No?**

# Welcome to the first day in the rest of your life.

I am truly honored to have you on board. You are a 'one in a million'.  
(I am saying this to make sure that I have got the Adversary's attention!!!)

See, in order to succeed with this you will have to gain the confidence of the Adversary.

As long as the Adversary holds the major part of your personal power, it will be very difficult to carry on if it is constantly opposed to what you are trying to achieve.

Remember that the Adversary is a very cautious and sneaky being. It is constantly afraid of pain and discomfort and it finds it very difficult to trust. So, if you try to go 'cold turkey' and starve the Adversary to death by becoming a fanatical purist, then you are likely to lose the battle. Maybe not now, maybe not tomorrow, but at some stage the Adversary will find a way to trip you over so bad that you give up all together.

But if you can learn how the Adversary works and what makes it 'tick' then you can learn to loosen up a little and live a very honest and rewarding life at the same time. And, bit by bit, the Adversary will discover that you are not so bad after all. Maybe at some stage it will even come to see that your way (the straight way) is far more rewarding than the way of 'small addictions and fears'.

Let us begin.

Are you ready?

## **Step 1.**

Promise yourself NEVER to give up.

The Adversary is a coward. If you can live with this firm promise to yourself to NEVER give up then you are well on your way to absolute freedom.

This is about finding some of the core ways that the Adversary normally trips you up and turning them around so that it cannot happen again.

You know and I know that at some stage in the future the Adversary is likely to do its very best to make you give up. Even if you **do** give up (on whatever). When you discover that you have given up, return to your promise

that you would NEVER give up and from this place make a CHOICE about what to do about the situation.

**'Life is choice'** (in New Zealand this is slang for 'Life is great/cool')

But it goes deeper than that. Life is all about choice. In every situation you are faced with a choice.

You can choose 'Yes' or you can choose 'No'.

You can also choose to be neutral and alert, waiting for the right impulse to say 'Yes' or 'No'.

And then you can choose to give up!

Choosing to give up is not the same as choosing 'No'.

Choosing 'No' is a firm decision based on whatever facts you have got at the moment.

Choosing to give up is an emotion based on refusal to have a look at the facts.

Do you see the difference?

This fear of the facts, this 'making things up'... that is the Adversary.

So if you are hanging on a vertical cliff, it is starting to give way under you and you are deciding to turn around. You are not giving up, you are deciding that it is not worth the risk with the facts that you have about the cliff and your own physical ability.

If you hang on the same cliff with the right gear and the ability to make it, but you imagine all the things that could go wrong... and you give up. Then the Adversary got you.

This is a very important point that a lot of people get wrong.

If you hang on the same cliff and you are so afraid of giving up that you ignore the facts and make up stories in your head to make the situation look in a certain way... then the Adversary wins again!

So practise ALWAYS to look at reality, and not to look at your opinion about how reality 'should look'. (Remember the 'Dragon of Ought To'?)

And don't be afraid of realising when there is something that you want to say 'No' to.

I have worked in sales and one of the first things you learn is that

'The most important word in the English language is 'No'.

So, let us practise that right now.

Are you a chicken?

(You are supposed to yell ' No'. Let us try that again)

Are you a chicken?

**- NO! -**

Good. (It feels great to yell doesn't it)

Now that we are yelling and having fun, try this.

Get out of your chair and stand up.  
Stand up straight (come on).

Take a massive deep breath and feel the potential strength of your body as if you had all your energy available right now.  
Fell your feet firmly planted on the ground and your connection with the Earth.  
Take a minute to get to grips with the fact that on this planet there are billions upon billions of other living creatures and here you are... a human, the most advanced life form on the entire planet. And not just that. You are working towards becoming a truly conscious human.  
You are at the very top of the pyramid... and you are aiming even higher!

Now feel the Universe above and around you. You are a creation so magnificent that the entire Universe is aware of you.

And while you stand there aware of yourself, with the planet under your feet and the Universe above your head, affirm inside yourself;

**I AM THAT I AM**

(Stay with that as long as you want)

This exercise was to show you that you don't ever have to give up.  
You are a superhero in disguise and you are strong enough to make a choice.  
Any choice, any time.

And by the way if you are not doing the exercises when I ask you to, then we are both wasting our time. So if you didn't do the exercise PLEASE go back and DO IT!

Life is what you make it and if you don't then you don't have a life.

If you did the exercise then GOOD FOR YOU!

More and more you will have to learn to take action and take control of your self.

If you are not controlling your emotions then they are controlling you.

Imagine this:

You wake up in the morning and it is raining.

You can think

- 1) 'Oh no, I hate rainy days'. If you work hard at it you can even make the rest of your day a crap day because it is raining!?! (Depressive, self-pity mode)
- 2) 'Hm, at least I don't have to water the garden today.' (Acceptance mode)
- 3) Great day. The rain will clean the air that we all breathe. (Mentally Positive mode)
- 4) Fantastic day, I am alive! (Spontaneous Excitement mode)

Do you see that it is the same day we are talking about?

EVERY single situation in life can be approached in the same way?

You have got absolutely free will. From feeling like a victim all the way to absolute awe and wonder about the amazingly unexpected situations that this wonderful life can dish out.

It is TOTALLY up to you what sort of life you would like for yourself.  
But whatever path you choose, you will have to actually do the walking.  
Nobody else can do it for you.

On the other hand if you suddenly 'get it', then where is the question of going anywhere? You will simply discover that if you only do what is right then you are already 'there'.

'There' is a state of mind.

'There' is actually here...and now!

It seems a bit like a riddle...I suppose that is why it has always been called Esoteric (meaning 'hidden') or 'Life's Mystery' (as in 'mystery schools').

The whole secret is so simple that we cannot understand it.

The main problem is that we see ourselves as 'only a person'.

## Cosmology

All the old religions tell us that God is One.  
Most of them also tell us that God is manifested as three.

To understand this we as individuals have to go through a process from being one, to being three, to being One.

We start this conscious spiritual journey believing that we are this personality (one), separate from everything else.

In this state we feel like victims. Life 'does things' to us. We struggle against the odds and we either 'make something out of life' or we buckle under the pressure and become disappointed with 'our lot' as we see it.

But no matter whether we are rich or poor, successful or openly depressed, life still feels empty and meaningless when we get older and discover that we are mortal.

Yes I know that a lot of people cling to some belief system or religion, but deepest down life is a disappointment. Life can never deliver the 'filling of the cup' when you are alone and longing for more.

At some stage in your development you will discover the truth behind the world religions; That we are made in the image of God and that God manifests him/herself as three aspects.

The First aspect could be called The Initiator.

It is the aspect which religious people think about when they say God, Yahveh, Brahma or Allah.

It is the non physical part of the Universe from which the initial impulse comes.

This is the what the Christians term 'The Father'.

The Third aspect is the Universe itself (the form world). As you would know if you have seen 'What the Bleep...' then physical matter is not really solid but rather interacting energy fields. This energy is known as the Holy Spirit, even though most Christians don't know what that means.

The Second aspect is the interaction between 'The Impulse' and 'The Energy Fields'.

This, the original Christians called 'Christos' which refers to a level of Consciousness.

Because Consciousness is what happens when Matter (on any level) is infused

with Purpose.

On the physical level this is the principle of sexual procreation, where matter and pattern (DNA) meets and creates new life.

'What has that got to do with me' you might ask.

At this stage we better start a new chapter.

## **The Inner Bodies of 'The Human'**

This chapter will describe (in increasing depth) the way a human being is built. The reason I say 'in increasing depth' is that if I start with the distilled version then you will call me an absolute nutter.

You might even think that the end of chapter one was a bit too esoteric/religious/out there/mumbo jumbo/New Age/pseudo-science or whatever term you use when you are faced with a statement that doesn't fall inside your normal view of reality.

Let us start afresh... from the beginning.

You and I are both human beings.

We are composed of matter.

This matter gives rise to consciousness.

HOW?

Today's mainstream science will tell you that consciousness is a result of a chemical process only. What they don't tell you is:

- 1) If you mix 50-100 liters (12-25 gallons) of water with some Carbon, Calcium, Nitrogen, Phosphor, Sodium and all the other ingredients then it still does not turn into a human. Obviously a 'secret' ingredient is missing.
- 2) On the other hand then scientist have created the first virus artificially. But if you talk to them then they will admit that a virus behaves more like a self replicating robot than a true life form like a bacterium.
- 3) Life is like electricity. You can observe it doing it's stuff but nobody can really explain what it is.
- 4) I you get a fancy electron microscope and observe nuclear and sub-nuclear particles then you will discover that physical matter is nothing more than a whole bunch of swirling electromagnetic fields interacting. In other words we are back to electricity again. You can observe it, but nobody knows what it is they are looking at, where it comes from or what makes it behave the way it does.

In other words: 'What the Bleep do We Know?'

If you study ancient religions you will find that they describe the godly forces of the Universe in somewhat the same way as modern physics describe the basic building blocks of our physical world. There are positive and negative forces (and neutral). They interact (fight!?! ) and it is this tension/struggle that keep the balance in this world.

But beyond these fiercely interacting forces there is a...One.

This 'One' is the Initiator behind the pattern of electromagnetic forces which makes up the physical Universe. And that is the piece of the puzzle that science cannot grasp.

They know that 'it' is there...something is causing these atoms to do their stuff. But they cannot measure it because 'it' is not part of our physical reality.

'It', 'The One' is therefore put in the 'too hard basket' and called religion!!!

So, instead of getting into a discussion about the relevance of religion in science, let us do what we did in the beginning of chapter one. Let us observe.

Look at your hand. What do you see? You see skin which you know is covering muscles and bones, held together by tendons, fed by blood running in blood vessels, reacting to impulses via the nervous system and continuously fine adjusted via the lymphatic system and the endocrine system.

But basically you see yourself as you believe yourself to be: A physical body in which you move and have your being.

Let us start here... with the physical body.

What is the body? It is an organized array of physical matter that was conceived sexually and by it's own volition (by adding food) grew into the body you have got today. The building of the body is apparently not something you need to worry about apart from maintaining it by feeding it some reasonable substance. There are certain substances that don't 'agree' with the body (poisons) and would make it stop working. Also make sure that you don't smash the body up too badly as this could make it stop working too. But, more or less, the body looks after itself. It sleeps, it wakes, it eliminates waste, it breathes, the heart pumps and all the different parts get on with what they are supposed to do (mostly without any interference from the consciousness). So the body seems to be a very advanced self adjusting system that works best if you leave it to work according to the 'factory settings'. Fine chemical adjustments can sometimes be beneficial (like medicine) but all in all it is better off left to it's own devices.

Right! If the body is such a fancy machine that works best if I don't interfere,

then obviously 'I' am not the body.

What about the emotions?

We have all got them and as long as we are ordinary personalities we are affected by them. Some people are completely ruled by their emotions while others hardly know they exist. Emotions are very powerful and can give strong bursts of energy to the person when activated.

But the fact that we can talk about them, turn them on and off and work with them indicates that they are different from the 'I' which is experiencing them. I am not my feelings.

What about the thoughts?

If you can observe your thoughts... who is the observer?

There is obviously a 'something else'.

I am not my thoughts.

OK, who is 'I' then?

## I Am

I is the term we use to describe a sense of beingness, a sense of awareness that is confined to a special individual unit... namely myself (your 'myself' as well of course!!!)

This 'I' which normally mistakes the body for itself believes in the validity of it's own existence. Therefore it claims 'I Am'.

The 'I am' bit is experiencing 'reality' through the form (in this case the physical body of a human).

The 'I am' of a human is capable of looking at itself and ponder upon it's own creation. As it does this it creates Consciousness which can be used to create understanding.

This conscious understanding is stored in something we term 'The Soul'.

I am not talking about memory which basically is a database where you store everything that ever happened to you.

I am talking about understanding which comes across as a human's ability to abstract from the immediate situation and imagine various different scenarios. Like creative thinking and daydreaming.

So all this 'creation-power' that you have got as a human is stored in a special part of yourself which we call 'The Soul'. From the Soul you are able to look at yourself and still be yourself. It is 'the conscience' or as some people call it 'the Higher Self'.

This is the part Jesus referred to when he said: 'Be in the world, but not of the world'.

You as a being are not this body even though the consciousness is a result of 'I' experiencing through the body.

But the Observer or the Soul is capable of seeing the body as 'not itself' but as a vehicle that serves to provide the 'I' with a tool to experience the physical world first hand.

The way 'I' has decided to experience reality is absolutely ingenious. Instead of just appearing out of nowhere and try to gain anything from observing inert material, it decided to enter 'from the inside'. By doing it that way it created life. This life does it's own stuff (like the body) and it is happily unaware of it's origin. Life has developed mechanisms to maintain itself and it even develops into new forms whenever the opportunity rises. At some stage (and for whatever reason) 'I' entered life again and by doing that it created Consciousness which is unique to humanoids.

Consciousness is a funny thing. You either have it or you don't.

In deep sleep we are not conscious.

And then there is the question of 'Daily Consciousness' and 'Higher Consciousness'.

Daily Consciousness is, strictly speaking, not consciousness at all.

When we sleep and dream we react spontaneously to outer stimuli and the dream continues according to the feelings and the wishes which we make up while dreaming.

For most people being awake works somewhat in the same way.

We wake up, yawn, stretch, get out of bed, blah blah...

All of these actions are a stream of learned behaviours that we have fine tuned in order to build the next step of the dream in accordance with our wishes.

Normally our wishes are very simple, like; no or as little pain as possible, no hunger, pleasant environment, occasional sex etc. These wishes all come from the survival instinct of the body and have nothing to do with Consciousness.

The difference can be described as the difference between Action and Reaction.

Reaction is the behaviour of constantly arguing with yourself about any given situation.

Like the situation of getting out of bed in the morning: Waking, want to sleep more, I should get up, just a couple of minutes more, go have a nice shower, it is so warm and snug here in bed, I better get up or I will be late for work, maybe I could call in sick, etc.

Consciousness works differently. There is no discussion. There is only actions needed in order to do the right action.

So with consciousness there is an overview of the situation and a detachment which makes it possible to do things that most people wouldn't even dare trying.

Consciousness is not emotional. Consciousness is not even always logical. Rather it works with pure intuition of the next step to be taken.

Consciousness works only in the NOW.

It is unaffected by past fears and future desires. It simply works with what is. Now!

So, for Consciousness it is not about consequences. It is not about rewards or punishment. It is not about what other people do (at all!). It is not about right or wrong.

It is only about living out the intuition as it presents itself in the moment.

So as you can see there is a major stumbling block which keeps most of us from fully experiencing Consciousness in the moment.

That stumbling block is the Thinker (the inner Gollum). This inner part of yourself will do anything (ANYTHING!!!) to keep you from becoming Enlightened.

To be 'Enlightened' is just another term for living the light of the Soul.

The Thinker is what most of us believe ourselves to be.

Cogito ergo sum (I think, therefore I am) is a Greek term which in fact removed people of the west from their intuitive Self. This statement gave the ultimate power to the Thinker, when in fact the realisation of the fact that I AM comes before (is beyond) thought of any kind.

But most of us are totally ruled by the Thinker (and we don't even know it!)

If someone asked you to make a choice in a situation where the outcome could make a lot of difference in your life. Would you say 'Yes', 'No' or 'I need to think about it'?

You (or rather Gollum) would argue that in an important situation like this, with the high stakes blah, blah, it is important not to rush in, because only fools rush in and you are not a fool are you?

So, (and never mind what the facts of the situation actually are) you are immediately discussing the right action in your thoughts, which means that the thinker is running the show. Yes/No?

This point is vital to your ability to identify when you are not in the Now, when you are not acting from Consciousness and when you are not trusting the Universe to come up with the right answer.

Because this (trust) is exactly where we fall again and again.

If we look at the original story of the loss of innocence in the Old Testament then we can see that some of these stories, even if they seem banal to the modern human being are in fact totally accurate descriptions of the human condition.

When Adam and Eve ate of the apple of knowledge in the Garden of Eden then they developed a Thinker which started to rely only on its own judgment (because it now had knowledge) and therefore developed mistrust in the immediate answer which is given. (call it the voice of God or call it intuition).

They lost their innocence. For that reason they were cast out of Paradise.

That problem of being denied access to Paradise because of the belief that the Thinker is God is the exact same problem that every single human being have been facing since the beginning of time.

The snake in the story (which by the way in certain ancient Persian versions is a lizard-person) is the Tempter/Temptress and is therefore our inner Adversary.

Some old mystery schools use the snake as a symbol for Wisdom. This makes sense in as much as when you realise what the Adversary is then you develop Wisdom. Which is therefore different from knowledge. The vertical snake also symbolises the Kundalini, but that is a different aspect of the same story. Wisdom is the realisation that knowledge has got severe limitations. Wisdom can utilise knowledge but is never ruled by knowledge.

This leads us back to the question of how to recognise when the Adversary is running the show.

Basically it is very, very simple.

If you can step into NOW and make decisions purely from intuition and you can openly accept everything that life throws at you in the full awareness that I Am not this, then you are living the life of your Soul.

All else is the Adversary!

As you can see then any kind of Spiritual Development or advancement comes purely from your ability to throw away your fear-thinking and start trusting in the rightness of what already is.

I know that there are hundreds of different disciplines and exercises and skills that you can learn which supposedly is going to help you towards spiritual enlightenment.

I am not going to tell you that all of it is useless, but I have been a Clairvoyant Spiritual Healer, a Meditation Facilitator and an Earth Healing Channel for about 30 years now. In the beginning I was sure that doing this exercise and that workshop was going to make me into an amazing being. Much to my surprise it didn't happen. Yes I have developed some skills that a lot of people would see as 'spiritual'. But honestly they are just skills that most people can learn with a bit of hard work and determination.

And most importantly, because most of these skills (including playing with

energy and auras and chakras etc.) are all part of using knowledge of the form world then it has not in itself got anything to do with Consciousness.

Yes you learn to focus in different ways and you learn a lot about how a human being is made with all the different Etheric/Astral/Mental levels etc.

But tuning in to another level is not going to 'get you there' unless you use the experience to convince yourself that I Am not that.

Only the change in your own state of consciousness is of any lasting value.

Everything else is glamour and illusion.

It doesn't matter if I can see your Aura or if I know the difference between the different energies and lifeforms in the Universe...It really doesn't matter.

It doesn't matter if I know Jesus, Mohammed, Krishna, Kali, Sri Whatshisname or not and it certainly doesn't matter whether I am religious or not.

What does matter is very simple.

In the beginning was the word. And the word was with God and the word was God.

Which means that the ability to communicate using words (according to the Bible anyway) is an indication of the presence of God.

In order for anything to be perceived there must be an 'I' to perceive it.

The first concept therefore must be 'I'.

In the beginning was the word (concept).

That word must be 'I'.

In the beginning was (the) 'I'. And (the) 'I' was with God and (the) 'I' was God.

Or as Jesus put it: "The Father and I are one"

## The Real

It can be quite difficult to come to terms with the way things are.

The way we consider life to be is the way we think and feel about it. But the thinking and feeling part of us is basically only a reaction to stimuli, so it really is an artificial subjective experience of life. An experience that we are continuously making up.

Why?

Why would we go through all this trouble of making up our view of reality instead of just being in it as it is?

What is it that has got such a grip on us that we make up all these ideas about reality and we don't even notice that they are made up?

How come that we are so trapped in our made up 'reality' that we find it hard to even consider that maybe, just maybe we have got 'the wrong end of the stick'?

The problem with breaking through the illusion is that we have to question the entire concept of 'reality'. We have to question our own judgment. We even have to start questioning what it is to be an individual, as in an 'isolated consciousness'.

These are not popular questions and a lot of people will immediately dismiss the mere thought of questioning reality as ludicrous and lunacy.

Then again (if you want truth) you would have to ask what makes these people react so violently to such questions.

If you are a real seeker then you cannot under ANY circumstances afford to have preconceived ideas about what is possible and what is not. All you can do is test all viable options with an absolutely open mind. You will soon find that some of your belief systems simply do not hold water and that some of the things that our society claims are illusions may seem like a more viable reality than the reality we all agree upon in our daily lives.

Instead of talking directly about what reality is, it seems to be easier to define what it is not.

There is an ancient Vedic scripture that translated says something like this:

Not This  
Nor That  
Nor Both  
Nor Neither

If you try to understand this saying you will discover that either:

- a) The mind will dismiss this saying as ludicrous.
- b) The mind will race around in circles trying desperately to find a solution to what 'obviously' is a riddle to be solved.
- c) The mind goes blank.

These reactions are all valid from a certain point of view.

A bit like when Copernicus looked up in the sky and saw a round moon with the shadow of another round object which he logically thought was the shadow of the Earth.

Copernicus was of course rightfully executed by the clergy from group a), who knew that the Earth was flat and that the man was an insane and profane blasphemer who therefore had to die.

The people who belonged to group b) tried desperately to understand the ramifications of the discovery and while some of them went insane others managed to move themselves into group c) where they stopped thinking all together and found that the world kept on doing it's stuff anyway.

In other words: After the event the world was exactly the same, only not.

Which is the way it is.

The world doesn't give a hoot about what you and I think or feel about it. So, at no stage does the Real change. Only your perception of it changes.

**The distinction between opinion and knowledge can be easily lost.**

This causes opinions to be used as arguments for reality as expressed through science, religion, politics and culture.

At this point we all nod politely and agree that most other people are indeed full of opinions and therefore deluded.

But what about our own view of life. What about your personal belief system? Is it possible that the very fact that we are conscious, intelligent people makes us live in an illusion of our own creation?

Are the emotions and their reactions, as well as the thinker and its theorising the real obstacles to enlightenment?

If so, what can we do about it?

Is there a doing or undoing that reveals the Real?

## Awakening

This part of the human evolution is also termed enlightenment because in the beginning it involves the perception of becoming light; of the light starting to shine from the inside. To begin with this process is sporadic and the sense of light is perceived as something that enters the body and brings happiness. The person would often be attracted to spiritual healing and meditation on light as a conscious way of becoming 'that'.

Later the light starts to leave a residue inside and in glimpses this light becomes the place of identification rather than the the normal identification with the personality. If the seeker focuses on the light (which is the observer inside) then a more stable shift starts happening and the light becomes an increasingly permanent point of focus.

During this process which can take a short or a long time (several lifetimes even) it is normal to have all sorts of experiences, such as being out of body, spontaneous bursts of love, seeing auras, experiencing streamers of light connecting all life, visitations from otherworldly beings etc.

These experiences are great 'signs' that show that you are on the right path. Just know that they come and go... and that it is ok that they come...and it is also ok that they go again.

They are though 'roadsigns' only. They are not the real thing.  
As a zen master put it: "The finger that points to the moon is not the moon".

As long as you return to the process of 'observingness' then you are in the process. Every time you loose your self in believing that the outer world is more important than your inner emerging reality you are loosing your way. This struggle between the Soul and the personality is a cosmic event which is an essential part of the journey.

It is important to understand the difference between the analysing observation of the thinker and the direct unfiltered experience of the Soul. This is where a lot of intelligent people spend a lot of years being led astray by their own brain, believing that they are becoming very spiritual.

On the 'negative' side, it is possible to:

- train to channel a lot of energy/power and still be ruled by the personality.
- practice meditation and experience energy and light, and learn to stop the thinking without gaining the awareness.
- become very clairvoyant without being spiritual at all.
- feel free and happy and full of light, and not be aware of the Soul.
- learn a lot of 'wisdom' without becoming wise.
- believe that you are born to serve, and just be self sacrificing.
- believe that you are very advanced, and have not begun.

If the shift in consciousness can happen while the above processes are going on, then you have got the opportunity to learn a lot about yourself and become a real help to others as well.

The point is not what you do so much as how you do it.

The primary aim must be the way you focus rather than which technique you use.

How do you know when you are doing it 'right'? Is there a right way and a wrong way?

In the beginning it is not easy to know when you are doing it (being it!) right. Because reading involves the thinker, it is not easy to learn it from books either.

It is recommended (some say it is necessary) to learn directly from a person who has walked that part of the Way themselves. It involves the principle of absorbing the Way directly/energetically, instead of having to think about it. This can of course be done without a teacher, but it can be difficult to distinguish between the illusion and the real by oneself.

Basically the process is like this:

(It is so simple that the personality refuses to believe it)

Inside your body there is an 'observer', a consciousness.

This observer is conscious of the body (ok that part is easy)

It is conscious of the feelings as they run around your body.

Further more it is conscious of the thinker doing the thinking.

When you become aware of this observing part of your self, you can move

closer to it until you fleetingly 'become it' and start experiencing what it is like to BE the observer, watching the entire personality doing its stuff.

If you practice this for a while you will discover that your perspective is changing. You will start experiencing reality without having to have an opinion about it. Peace occurs.

And on top of that, the light starts becoming a reality inside your body. After a while you will begin to identify with the light. You will discover that the light is a much more real 'you' than the thinker ever was.

You will also begin to sense that this light is the basis for all life. Reverence occurs. Your light will begin to reach out and greet the light in other life forms. (Hello, brother apricot tree!!!)

At this stage it is important that you become aware of the consequences of taking this process any further. (Smile)

When you go through a genuine opening process it can be difficult to relate to the normal reality in a normal way. What happens is that you are not gaining enlightenment as much as you are shedding the personality. Because the personality is the part that we use in everyday life to interact with other people, it can be confusing for the surrounding people if this (your) personality is disintegrating.

So before you decide to 'go all the way' it is important that you are willing to work with the changes that will happen in you and in your relationships. The relationships will change.

Your friends and family will find that they no longer know who you are. They have come to rely on meeting a personality that is the same every day. You might choose to keep the relationships going in the same way that they have always done, but as the inner changes take place it will be more and more difficult - and meaningless - to keep up appearances.

You will find that it is much easier to be totally honest about who you are and what changes are taking place in you. This honesty can cause friction in relationships because your friends and family think you are going crazy or you are being brainwashed by a religious sect.

They want you to stop this nonsense immediately and become your good old self.

If they are willing to listen and you are willing to explain, some of them will realise that you are on an inner quest that is earnest and real. Others will leave the relationship.

As the process goes on you will experience that the real challenge is not going to come from your surroundings; it is going to come from yourself!

Some people are fortunate to have a personality that crumbles and dissipates spontaneously, leaving the 'I' as the only presence.

Other people have got a strong personality which is not going to just roll over and die willingly. It has after all been in charge for most of your life. So now that you have got this pull towards unity with the Universe, the personality will do anything in its power to remain in control.

Don't beat up your personality if it becomes difficult. It is just doing its job.

After all it has protected you from all sorts of trouble until now, so why should it stop now?

Instead have compassion with this personality that is supposed to give up its individuality and disintegrate, leaving the One to rule the roost.

"Who is this 'One' anyway" the personality will ask.

And as the personality cannot ever grasp the 'One', it has a very valid point.

Only the observer/I can experience the Oneness. The personality can sense the friction and the enormous emotional swings that follow major light experiences.

But the identification with Life is reserved for Life itself.

The personality will forever be 'of the world' as well as 'in the world'.

This part of ourselves, the personality, does not disappear as the identification with it diminishes. Rather it is seen for what it is, a small part of us, and treated accordingly.

But, at a particular point in your process when you are making the decision to ACTUALLY aim to go through with this, you will have to act in a different way inside.

This part cannot be discussed with others because it cannot be measured or compared to anybody else's experiences or opinion.

At some stage you discover that you are a fraud. I am not saying this to offend you in any way. I am saying it because all along, during your spiritual progress, the personality has remained intact - and in control.

We have learned about all the different spiritual teachings. We have learned a lot of different meditation and visualisation techniques. We have turned ourselves into nice, insightful people. And we believe that enlightenment is gonna come to us any minute now. "I am almost there!"

We believe that we as personalities can enter the 'Kingdom'.

If you observe some of the people who live and teach the Real then you can see that they are not all the same. They are in fact very different because they are allowing their personality to be whatever it is without having to change anything about it.

An enlightened person is not necessarily the same as a holy person, and a holy person is not the same as a believer.

Most religions seem to focus on having a relationship with a God or Gods.

What is not so common is the understanding that we are made in the image of God.

Which is the same as saying that we are holographic carbon copies of the Universe itself. This also implies that nothing is happening in the Universe that is not happening in you, in me, in all of us.

Or to put It straight: "I Am That"

There are three distinctive stages in spiritual people.

1) The believers who believe in a God.

The personality is the part of us that sees itself as separate from others.

2) The holy people who experience the presence and the energy of God.

The 'I Am' is the part that experiences the one flow which is all there is.

3) And then there is the option of letting go of 'I' and allow the 'big IT' to happen without the interference from an isolated individual consciousness.

That is what is meant by awakening into enlightenment.

Allowing everything to be as it is, and allowing That to be I. (Not; me to be that)

The 'That' which is everything and no-thing.

The timeless nowness of presence.

The unborn that is.

How is that achieved? (Not; How can I do that?)

This place is the 'Neti, neti' (Not this, not that) part of The Way.

It is also known as 'the Renunciation' or 'the Dark Night of the Soul'.

During this process all has to be negated.

What does that mean?

It means that in the search for the Soul, the Grail, God, Love, Peace, the Higher Self, Enlightenment or whatever you believe that it is you are searching for, it all has to go.

You can't take anything or anybody with you.

You will have to hold on to the only truth that you know.

I Am.

What is 'truth'?

Everything in your life is made up of the brain's interpretation of what is. Everything made up will have to go.

Observe yourself and inquire as to the validity of your 'reality'.

If you come to the conclusion; that you are not the body, that your emotions are re-actions and that your mind keeps taking over and force feed you it's own interpretation ... if you want the truth, then the illusion will have to go.

How?

Simple! (But not easy)

Go inside. Be aware of observing. Actively detach from your body, your emotions and your thoughts. Go to the sense of 'I Am'.

As you do this you will discover that your entire personality will rebel. Just remember that whatever you can observe, you cannot be.

Detach yourself from the body's want to move.

Detach yourself from the emotions that will do anything to distract you... including making you feel relaxed, tired, dreamy, upset, stressed etc.

WHATEVER the emotion, it is NOT who you are.

Detach yourself from your thoughts.

Every time you observe yourself being pulled in any direction. STOP, return to the sense of 'I Am'.

Every time you remember something. STOP, return to the sense of 'I Am'.

Every time you observe something, colours, light, beings, anything. STOP,

return to the sense of 'I Am'. Turn your attention backwards into 'I Am'.  
Allow 'that which is looking' to turn around and look into itself.  
Continuously be aware of the fact that if you are looking for the 'I Am' then  
you have to turn your focus around and look at that which is looking for the 'I  
Am'.

Fine tune.

Fine tune.

Fine tune.

At some stage your focus will dissolve and you will 'give up' looking for ...  
anything!

You will find your sense of self irrelevant and the act of looking will seem to  
take place by itself. There is no longer anyone looking, just looking happening.  
Allow this to remain for as long as it does without interfering.

Remember this way of experiencing reality and start implementing it whenever  
and wherever.

This will one day cause 'The Observer' to collide with 'I Am' permanently.

The 'thinker' will cease to be the point of identity.

The 'dreamer' has awoken.