The background of the cover is a photograph of a sunset over the ocean. The sun is low on the horizon, creating a bright glow and reflecting on the water. The sky is a mix of blue and orange, with some clouds. A seagull is visible in flight on the left side of the image.

Simplicity of Life

Why Does Being Human
Complicate Everything?

Steve Leasock

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Dedication

I wish to express admiration and respect for my son. He has always been there for me, first as the student, then as the teacher. Life is a sharing experience as both student and teacher. My son and I have gone full circle; united in life and love.

I wish to share my gratitude and appreciation to everyone that has shared ideas and insights about topics within this book and so much more. We experience the gift of life together as one.

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Epigraph

“We should not define, nor limit, the experience of life with mind details. Therefore, acceptance and non-attachment are essential in the experience of fully living life. Walk the path of life with consciousness as a walking stick. Thus, you will always walk a path that is known and true.”

There is no one that can walk the spiritual path for you, although people and things may accompany you, it is you that must take each step. It is an inner journey of self-discovery. The blossoming of conscious awareness will eventually reveal that you have always existed in this state of universal energy. You have always been at home.

“Life is really simple, but we insist on making it complicated.”
– Confucius

Foreword

What has humankind done with the simplicity of life? The evolution of our species has induced complexity into our existence. This doesn't necessarily stem from our ever-changing and developing mind-made environment, but from our misuse of the wonderful gifts of evolution, such as creativity, intelligence, and a higher level of consciousness. Which, just barely, surpasses any other known living being such as the great apes and dolphins. Dolphins are almost equal to our cognitive level. There is a somewhat discouraging downside to our species development. We are plagued by thoughts, feelings and the ego as a result of a conditional mind. These manipulate, restrict, and corrupt many areas of our existence because we mostly live in a state of unaware beingness. This combination of characteristics forms the basis of our complexity. The irony is that most of these self-imposed confusions, fears, and complexities are not needed in our daily activities. And, this demand to dominate life has imposed an illusion of separation from it.

The objects and details of our existence are mostly an illusion. However, the mind does its best to convince us that thoughts and feelings are real. Likewise, we progressively maintain a behavior that enforces patterns developed throughout our history. We hold on to unsubstantiated assumptions, beliefs, and dogmas that often only divert our consciousness from the natural flow of universal intelligence. We find it more and more difficult to find peace and joy in living. Thus, we seek materialistic content to fulfill our supposed emptiness. Many people; including family, friends, and institutions wish to dictate how we should live and what we should think. We are no longer able to enjoy the simple and blissful experience of life. So, we search and reach for something, anything, to fill a void, which we ourselves created. Mind behavior and the collective bodies of our society nurture this illusion. Yes, happiness seems to appear from time to time. But, this happy feeling is too often temporary. Most of our endeavors lack depth and fulfillment.

There are traits and contents in our existence that cause confusion on both personal and collective levels. And, mind domination suppresses conscious evolution. These influences on our behavior are so predominate that we cannot perceive what is truly occurring in our life experiences. This state of unconscious beingness thrives in our societies. Still, there was a stage of our evolution when the truth was apparent. And, this truthful state of presence was acknowledged in each moment.

But, then we forgot. Why? Who can say for sure. Alas, a stage of evolution began for us and still dominates our life experience. This is the age of advanced intelligence. We became more creative, more intellectual, and we achieved a higher level of self-awareness. We assume that the evolution of our mind aptitude makes us superior. This is, however, part of the deception we have placed on ourselves as a species. And, because of this, we have been paying a terrible price. Sadly, we buy this price and call it our life. So, we

continue to define, judge, and accept an unconscious state of being. We think and assume that this is what it means to be a person. Thus, the temporary aspects of our existence cause confusion and fear. Ultimately, life that is not the possession of any species. Instead, it is of universal significance as an experience of being. We share this beingness with all objects throughout the world and beyond.

Introduction

Living life, and moreover, the beingness within life is simple. Whether we believe it or not. This simplicity is within every molecule of the universe. No, I am not oversimplifying nor making an inaccurate suggestion. Life is. Being is. We are. This is the equation of beingness. Thus, we are part of a universality that is essentially simple. This simplicity flows through all objects in a state of being. But, we have somehow lost touch with this enlightening knowledge. Likely, the confusion, fear, and manipulation apparent in our existence are a direct result of evolution and social development. There is a very dark shadow hovering over humankind, which is mostly unknown to most of us. Its influence and overwhelming power are, however, very real on the level of our experiences. Evolution and mind-conditioning cause us to be unaware. Thus, we usually live in a state of unconscious beingness. Remember, being is. Nothing more and nothing less. Life is a manifestation of being. We can call life a frequency of the universal. This frequency, as with all energy, is of one source. So, why do we take this simplicity

and twist it into complex structures. Complexity, which we deem as being a true reality, is only a mind-made construction. We have generated a very misconstrued state of being. The mind does this by manufacturing a world of mind abstracts and illusions. A dominating mind causes difficulty and suffering due to misinterpretations of living here and now. Thus, our evolution is both a blessing and a curse. We are part of a continual developing process. Our and all objects originate from the manifestation of one beingness/isness. Our rapid evolution caused a dislocation from our essence as a universal being. Thus, the mind took control of our life experience. We lost touch with the innate universal presence within us and all things. We know exactly what life represents. We know of our manifestation in the oneness of life. But, the mind distracts us. The advancement of our self-consciousness restricts us from accepting presence/living without attachments. This fact also restricts us from choosing to accept the unfolding of this moment, regardless of the form. This quote illustrates what I have written above. The excerpt from the American Declaration of Independence accurately expresses our dilemma:

"...all experience hath shewn that mankind are more disposed to suffer, while evils are sufferable than to right themselves by abolishing the forms to which they are accustomed."

This is quite significant as it represents our tendency to continue down a path that has proven to be very destructive. We see this in our individual and collective behavior. We experience this in the pervasive and manipulative power of groups and organizations. Many times, aggressive dominance for control can be felt when one or two people share a common purpose or belief, which can literally be seen in all areas of our existence. This tendency is predominating in religious beliefs and government dictation. These areas of our existence endeavor may have a relative importance at a given time frame in our history. It may not be

possible for us to find solace and true gratification unless we see life for what it truly is, and not the illusions which have been generated over millenniums of our history. We have told and retold stories that are in truth, often only stories. Sadly, we continue for so many insignificant reasons, to *believe* in these stories and we accept manipulating factors that have become a part of our existence. These factors and attributes appear so significant when viewed from a man-made existence. The truth is they represent no actual significance over what life wishes to give us in each moment. This would be truth. This would be the inborn knowledge that we all feel, however faint. This is something that we know, but either does not or cannot accept.

Chapter one Endless Searching

A Mind Dilemma

We are all familiar with the word *belief*. We hear this word each day and we experience the repercussions of belief structures. We are constantly reminded about the significant role that believing has played in our past history. We are told that without a belief our species will not survive. We are taught that *to believe* gives us the strength to move mountains. We are instructed that a belief will give us the power to overcome any obstacle. Every day, we are conditioned to accept these belief assumptions as facts. We are manipulated into following a path based on so many suppositions. We are practically forced to trust the mostly dictated undertakings that we participate in each day. In all actuality, what has all of this effort from individuals, groups, and organizations given us? Has anything that a person or organization thrust upon a given person or the world of humankind in general, ever brought us closer to this given belief? Has it truly brought us closer to a valid fact or truth about life or the supposed belief in itself? It would seem we are chasing our own tail, but we will never catch it.

There is, however, still a chance our species will awaken. We, as a species, are opening up internally to the very essence of life. This slow awakening has come with an expensive price tag in regards to our existence. The development of our consciousness to date has transpired through a process of leaps. There have also been many periods during our existence when our consciousness has remained quite stagnant. We have been in such a stagnant period for the last few thousand years.

You may say, this is not true. We have made marvelous advances in many different areas. However, what is really happening might become clearer when we slightly turn our point of perception. We then see that our many technological and social advances have not given us anything other than a very complex living environment. And, we are always searching for something.

No one truly knows exactly what, but we continue searching anyway. These unquenchable needs and demands plague our experiences. Here again you may say that being inquisitive and wanting to find something is good for our development. I would like to ask you if it really is good. It may be true that being inquisitive and searching for answers in given areas of our endeavors have a relative importance in our existence. Science and medicine are two possible examples. These are components or content of our existence.

In such cases searching for something (answers, definitions, and so on) is part of our daily functions. Being curious and striving to obtain something in a given area may have some qualified benefits for mankind. Still, it has not given us anything substantial. We seem to have a void in us that can't be filled with the luxuries and commodities in our existence. There have been problems since the beginning of social structures, such as religion and government. There

has been manipulation and control associated with individuals that represent these governments or religions. These individuals and/or organizations' convictions to a belief or beliefs have given them the right to inflict much suffering and even death in the name of this belief, God or country. The structures, which are implicated by the power of believing, can be very unstable.

This phenomenon of *believe in something* together with our excessive wanting and demanding lies at the root of our denial of life.

We have reached a timeline in our development that consists predominately of senseless longing and unhappiness. We are no longer able to enjoy being just to live. We are desperately trying to find peace and salvation. Furthermore, we constantly reaching for something, anything which could bring us answers, contentment, and happiness.

Sadly, mind-made concepts and answers are usually nothing more than illusions. Thus, balance, happiness, and harmony are short-lived and superficial. Basically, the ideas (often assumptions) and materialistic objects leave us feeling separated and empty. When our species was still very young it is probable that we experienced a one-to-one relationship with life. We could feel the universality within being and we understood it simply by accepting it. We didn't question it. Then something happened to our species. We were given the physical and mental capacities to move forward rapidly in relation to the process of evolution. Our brain slowly became self-aware and we could suddenly adapt to our surroundings.

The mind took control of many aspects associated with our interaction with the world. This statement is quite significant because it illustrates mind dominance. This is when we started to reflect on our existence and it clashed with our nature reasoning process of surviving. Within a very

short clock time frame, we acquired the abilities to see, ponder, and manipulate the world from a perspective no other known living species could accomplish. We started to express life from a self-perspective standpoint, and in addition there was suddenly *something else* we could not understand. This *something* no longer fit into the mind's puzzle of life. We were sadly unaware, from the very beginning, that our own mind was the instigator of our suffering. Perhaps we evolved much too quickly in terms of evolution. Many people view our rapid evolution as a blessing. I am compelled to call it a curse. We were suddenly able to control many different areas of our existence in a way never imagined before. This is when the development of our mind and self-consciousness became dominate in our life experience.

Then, all manner of ideas and feelings erupted due to this new source of thought domination. We became very expressive, both as individuals and social groups, which opened new doors to our constructed world. We had no way of knowing or understanding the implications to such insight.

This would have been very difficult to determine in the earlier stages of our evolution. And, these implications are still mostly unknown and definitely still not understood. This is one of the reasons we live full of confusion and fear. It is almost completely self-generated. These plague and life dissatisfaction are a result of losing touch with commonsense. Finding the way back to the essence of living life seems almost impossible for us. But, it is easier than we *think*. Still, we are lost and looking for anything we *believe* will give us this knowledge of life back. We demand and need to find what we assume is lost. And, this puts a heavy burden on our existence. As a result, we have become truly blind to life. It is in our nature to complicate everything. We dream of simplicity but have become naïve to its real meaning. Here again, our very nature twists everything around to make something that is quite real and simple into an illusion. When

we use the concepts and contents of illusions, we are invoking much difficulty into the experience of life. We want to believe the mind and are convinced that we must. We are conditioned to understand that not believing in a given object, person or deity will result in devastating consequences for us. The world has been and is still presently filled with people who are mind-dominated. The search for peace and enlightenment these individuals. We will do anything for a moment of bliss. We are taught that thinking and believing are necessary to experience life. This demand and need are very strong and it is used by the ego, manipulating and adding even more disruption and misery to our daily experiences. The real truth is, we spend our life believing in so much, but never finding anything, much less any absolute answers.

There is also a second category of collective mind behavior. These are the people who are basically the same as the first category. The conclusive difference is that this category of people has, through whatever opportunity, obtained an influential position in a group, community or nation, which allows this person or people to exploit the mind-made demand to find and explain something that usually cannot and does not need to be explained. These very people or institutions prime the conditioned collective unit (society) to have a stronger need to continue the endless search. We can paraphrase this with the following insight. *The wool is pulled over our eyes again and again. This keeps us confused and fearful. Thus, we believe and accept. Although, deep within we know something is wrong.* Strangely, we even become passionate and committed to a given idea or belief, refusing to accept anything which exists outside of our belief structure even when facts contrary to our ideas or beliefs are presented. This is a self-inflicted mind disorder. Why do we allow ourselves to continually be manipulated? It would appear that, due to our mind-conditioned vulnerability, we are in a no-win situation. We are very steadfast, even relentless in living an existence based

predominately on beliefs and thought imposed assumptions. Coincidentally, we have many frustrations, anxieties, and fears that cloud our the natural isness of being. We have lost touch with the simplicity of life. Let's expand this by giving examples of our behavior. These areas are all part of our minds engineered ideas, concepts, and beliefs. We have become vulnerable due to mind dominance that overshadows consciousness. Our lack of awareness, combined with our disconnection to the source of life, allows our experiences to be manipulated by the mind, individuals, groups, and institutions.

There is even a worst predicament that has developed during our evolution. This is the fact we are not aware of how factors such as emotions, ego, and conditioning destroy our life experience. Let's consider a few individual and collective exploits, which are readily accepted by the majority of people. My wish is to illustrate how confusing, manipulative, and insignificant the details of our mind-made world has become. The consideration to make while reading the examples is the misuse of resources, which include nature and human resources. We should ask ourselves how much universal energy is wasted. Most significant, we should attempt to determine the result these beliefs, assumptions, and thoughts have on object consciousness.

This means becoming more aware of how the daily experiences, with all of these influences, keeps object consciousness blind and misled. I have generalized the examples which will be presented. There is also no given order or significance placed upon the examples. The only one deciding significance is that all of these influences are absolutely insubstantial to the experience of life. Their apparent importance derives only from misconceptions that our we place on them. We have become overwhelmed by the tempting variety of supposed solutions, which we hope will relieve the unresolved emptiness we feel inside. There are many individuals, groups, and organizations who wish to

exploit this searching and hoping.

There are many reasons why people (personal and collective mindset) wish to hold the world in a state of unconscious limbo. Our dominating and self-center behavior as become our trademark as a species. The tormented mind and ego that thrive in each person dictates how we act. Then, there is also our social structure, which permits a person or institution to set rules and guidelines for the majority. This is done in such convincing methods that the general populace either conforms or is forced to abide to the given situations. Persuasive control and conditioning tactics are used throughout the world each day. Yes, I understand, two people come together and rules are established as a code of conduct. However, a consciously active person knows without needing rules. Also, our talent as a profound storyteller is used to inflict an assumptions, belief or superstition unto the populace. Additionally, our species intelligence has given us a world of technological wonders. We use these *magical tools* to spread information over the globe. This is done in the same manner as a plague would spread out to rot all it touches. The mind without conscious awareness contaminates our life experience.

Our early history indicates how this process started. A small group of prehistoric humans banded together. This gave the tribe more security and protection. This small group developed social and belief structures. The group, at first, thrived in a generally productive manner. Then one day, a stranger came to the same group and told stories of other people, places, and Gods. The small group was torn between fascination, doubt, and fear. This one storyteller upset the continuum that had been established within the group. Then the next storyteller arrived. This person brought new assumptions and beliefs to cloud the group's established structure. This is how the snowball of social propaganda and manipulation began.

I was unfortunate enough to view a television program at my friend's house last night. This program implied we should be willing to accept that there is a creature on this planet, which we have called Bigfoot. The program's producers / sponsors picked several pairs of people to hunt down and provide proof of this creature called Bigfoot. A bounty was placed on Bigfoot. Proof of his existence had to be in the form of DNA, pictures or a Bigfoot (dead or alive).

Then I heard something that was quite difficult for me to put into perspective. The bounty on the Bigfoot was set at ten million dollars. This group of Bigfoot hunters was confronted with a presence during a night time hunt. A supposed creature made strange howling noises and the group tried to surround the creature. The group was rather large. There was a camera crew with many technical resources, which should have made it easy to locate and film the creature. This all proved futile in successfully showing any proof of there being anything other than the people in the forest.

I feel it would not be correct to write about this publication in any detail. I only wish to express how sad it was for me personally to see a story about such a fictitious creature used and exploited.

Such superstitions or *beliefs* are so fascinating but they are also restrictive to our consciousness. Here I wish to emphasize the word *story*. This is an example of how people exploit primordial emotions, such as fear. This is done in combination with our over-imaginative creative intelligence to illustrate a story based on nothing but hearsay. It is our willingness to believe in something that has no genuine reality that makes a delusion take on form and substance in our existence. There were materialistic resources and life energy used to enhance this particular *belief* or *superstition*. An alarming amount of money (ten million dollars) was also used to inject a sense of authenticity to the show. I only wish

to ask if that money could have perhaps been used for a simpler and more humanitarian purpose.

The use of beliefs and superstitions has always been a part of mankind's history. We have countless monster stories from around the world based on nothing but people who have a strong commitment to a given story or belief. The origin of many of these stories may be based on experiences that truly occurred. It is the translation, manipulation, and interpretation of the original experience that can cause so much confusion. Most of the stories are nothing more than an idea, assumption, or belief that started and spread throughout our social structures like a wildfire. Stories have been twisted and altered to fit the needs of people and institutions, such as the story of Dracula. The factual story was eventually altered and dramatized to show the significance of faith and trust in the church.

Vlad Dracula was a king who fought for Christianity. His methods were brutal in the eyes of mankind, nonetheless done in the name of God. Later he was betrayed by the very people (Christians) he had tried to protect. His barbaric methods of justice were condemned by the church. Eventually the church used the story to curse Vlad Dracula's life. In the modern version of the story, Dracula is only to be defeated by the word of God. This can be in the form of a cross, holy water or a wooden stake driven through Dracula's heart.

This really magnifies our *belief* in God and the power of the church. It also serves to fascinate and frighten the people who have heard the altered and manipulated version of the story. Unfortunately, it serves no substantiality in our quest to find that one element which will fill the emptiness that we consider a normal part of our existence. Such beliefs and superstitions can only truly serve to withhold us in everlasting sleep. Staying within these self-imposed limitations over our universal consciousness results in darkness filled only with a

glimpse of a delusional interpretation of life.

How many aliens have you seen today? This may appear to be a rather absurd question when first read. It does, however, imply how we treat this man-made nurtured "belief." It would seem there is an alien around every street corner. We read about countless people in our modern world that have seen something which can only be alien. This ties in directly with our need to explain our own existence. The fascination with a topic that has no remote validity given the supposed evidence that has accumulated worldwide suggests we are possessed by it. The world of science is delighted by the possibilities. Religion and the church are appalled and very frightened by the idea of other living intelligent beings. This topic has been present for millennia. This belief continually plays an active role in our existence. We read of encounters and visions of aliens and spaceships in the Bible. We have been given examples of powerful godlike beings in Greek writings. These beings; we are told, could only have come from the stars or another dimension. We have found writings and pictures that we view as signs of alien life. There are cave paintings that apparently show spaceships and astronauts. There have been interpretations of hieroglyphics from different cultures that supposedly depict alien astronauts and technical machines. The examples are many. And, we can conclude that the writings, symbols, and pictures are real. This is fact. What we don't know is what these things truly represented to the individuals or groups that made them.

Have you ever experienced a situation when you were fascinated by an idea that suddenly appeared in your thoughts? The marvelous trio of creativity, intelligence, and object consciousness often erupt when a thought is suddenly the center point of your concentration. You will usually imagine a variety of fantasy nurtured possibilities depending on your personal and social influences. This is also when our conditioned nature can corrupt and deteriorate our

knowledge and unity with life. Such aspects as emotions, conditioning, and the ego also wish to add to the idea, assumption or belief that we have focused on, usually not in a beneficial way. This is when the storyteller, both personal and collective, uses past beliefs, assumptions, and even facts to collaborate a story. Many of these stories will exceed the normal dimensions of our understanding about life. We basically project our assumptions and beliefs into the world in the form of fantastic stories. If we read any fiction and non-fiction books or view a movie our point of discussion can be verified. My question would be why we find it so difficult to once again accept the simplicity of the whole? Could it be possible that primitive people were also able to conjure up fantasy invoked images and writings? Perhaps, our early evolving species did not have the intelligence level or consciousness level equal to *modern* humans. (I suggest our primitive species was more *in touch* with life than modern people.)

However, this does not mean they could not express their visions and fantasies. They surely were quite capable of structuring fantasy objects, creatures, and other dimensions. Many of the writings, symbols, and pictures may simply be how primitive people expressed fantasies. And, modern day individuals are capable of filling our brain with ideas, images, and beliefs. This is the basic dilemma we experience in all areas of our daily activities. This was also most definitely possible and probable for primitive humankind.

The many different ancient writings, symbols, and images might be nothing more than advanced intelligence and over-reactive creativity in prehistoric individuals. Nevertheless, scientists ask how would it be possible for early humankind to express the imagination and level of detail seen in many cave drawings and statues. Why would it not be possible is what I ask.

Is this, however, not the same opinion we have over much

of the modern day fictional and non-fictional books and movies? We are fascinated and overwhelmed by ideas, books, and movies which illustrate a topic that exceeds our intellectual boundaries. (Please note the reference to intellect/mind boundaries. Conscious presence does not have such limitations.)

So, individuals or groups transform the unbelievable into a supposed reality. We watch a movie about existence in the year 3000 A.D. When the movie is finished, we ask how it is possible that a person or group of people could design never before seen or imagined buildings or spaceships of such magnitude. How was it possible to create such a storyline? Modern mankind is amazingly proficient at altering, excluding, and adding content to the simplest idea, assumption, or belief. There is a profound need and desire for us to complicate everything. The littlest and most natural experience turn into an elaborate illusion. This manifestation reflects outward. Universal intelligence; in accordance with our self-imposed complex species' existence, seems to then give us back exactly what we have projected into the universe. Naturally, I cannot guarantee that is how universal energy manifests. However, this is accurately expressed from a strictly mind-oriented perspective. Object consciousness has been mostly restrained by mind factors in our life. That is also why most of what we perceive is contaminated to such a degree that there is no true actuality in somethings existence. We unknowingly have become victims of the mind's development and evolution.

How long do we truly wish to remain in an existence of illusions? There is an element to be found in each of the areas that have been mentioned above. It is this element that corrupts all mind-made factors of our existence. This element I am writing about causes much controversy, confusion, and misery.

Our existence is based on thoughts, beliefs and dogmas.

Simply written, everything we experience is of the mind. The mind, as mentioned previously, overshadows the vastness of conscious awareness. The mind, for example, often uses a belief structure to manipulate or even restrict conscious awareness.

We can also insert the word assumption for belief to illustrate our discussion. A belief is just a word until its conception is motivated and enhanced by our species-oriented vulnerabilities. These are the sinister three (emotions, conditioning, and ego).

A belief is and will always be only an assumption. You may now say that there are beliefs that have validity. Then this is, however, no longer an assumption or belief. It is a fact. This holds true for any spoken or written word. A word has mind derived content, nothing more. A word or symbol is relatively useful in daily activities. But, Ultimately, does not benefit our conscious evolution.

For example, it is a fact that a belief can move mountains. Rather, we believe that a belief can move mountains. The significance lies not in the concept of a belief. The relevance lies in what a person or group of people do with the framework of a given mind concept or belief. Have you ever taken a moment to be truly aware of your state of being in relation to different aspects of thoughts and mind development? Are you really conscious? really clear and receptive to life's grandeur?

The importance here lies in our perception. It is so easy to fall back into the comfortable patterns that have been placed upon us due to emotions, conditioning, and the ego. These areas are exploited and intensified by individual and collective elements of our social environment. It has become quite easy for our self-consciousness to become clouded over by concepts and influences of the mind-made world. The development of our consciousness seems to be the key

needed for the disentanglement of the mind dilemma. Where did the entanglement and confusion really begin? We may never really know the answer to this question. We can, at best, make theoretical deductions compounded through the use of actual evolution artifacts. These can perhaps give us generalities based on the evidence. It is something to work with, instead of assuming or believing that we know the real story of humankind's development. I continually see, hear, and read countless debates about our story as a species.

Science, religion, and the mind control our existence structures. In itself, each structure becomes quite valid and representative of the given thoughts, assumptions or beliefs, which are practiced by a person or group. I constantly ask myself if the controversy and debates between these structures are helping us to resolve anything truly significant to our species development. I feel it would be correct to say that these persuasive discussions do manage to influence individuals or collective groups to reconsider given assumptions or beliefs. I am still apprehensive that this is actually getting to the core of the our existence difficulties. Do you really feel that changing sides from religion to science, or the other way around, will get our species closer to a God or an early man artifact? What I wish to ask is whether taking a given standpoint; science, religion or indifference is truly beneficial to the development of our species? Could this pattern of behavior simply be a part of this mind illusion? To be aware of the truth may mean mentally stepping out of these man-made structures. We could use the animal kingdom to illustrate this idea. It is true that animals have instincts, which result from the given species' development and evolution. We may use the common mallard duck as an example.

The ducks have a cooperative instinct that allows them to fly great distances. The ducks usually always fly as a group when traveling greater distances. The group, as a structure, implies that one duck flies and the rest form up behind the

leader in a V-pattern. We can deduce that the ducks don't have a discussion or debate about who will fly in the front or what the destination of the flight will be. This is instinctively determined.

The duck, shark or any other living species reacts to a given instinct or behavioral pattern based on that given species state of developed consciousness. I feel we are different from all other living organisms only because of our level of consciousness. There is the innate consciousness in all objects in the universe.

This is the one universal intelligence that can be felt by all living things both on a conscious and also unconscious level. Most of the known universe doesn't ponder this fact; the universe simply follows through with the natural development of events. The universe lives, it does not question. There will be a time in the non-existing future when the universe will also die. It will do this without pondering or asking the question *why*. This inquisitive questioning behavior is a product of our evolution.

It is both a blessing and a curse in relationship to our evolution development. Universal flows through everything. It is the source and perhaps the essence of being. We have the capacity to acknowledge this source in ourselves and the universe through object consciousness. However, the brains conditioned evolution overshadows our active awareness to conscious. And, the brain is always asking why. Thus, thoughts and emotions overwhelm our interaction with life as we live. Throughout our history the mind has continually exploited and undermined conscious evolution. And, this repetitive cycle results from our unconscious interaction with the mind.

The question to ask when reading the following pages is whether the beliefs or imposed assumptions are beneficial to life? Here, we are not speaking of our mind derived version

of life, but life in its true form. Secondly, we should ask ourselves if following the guidelines of a certain superimposed belief structure will truly help us to reach the truth, which is actually desired, or does it only lead us down a man-made path of illusion?

Could it be that these very beliefs and assumptions are only restricting our species' very evolution? These, many times institutionally reinforced beliefs and assumed truths, are actually keeping us in the dark. They are misleading, and are counterproductive to true growth as a species. There is such a vast array of beliefs and assumptions common to our existence that I could spend years listing and discussing them. I wish to make only a short reference to a few of these conditioned assumptions in an attempt to understand what has happened to mankind's development as a species.

In addition, I would also like to pick one or two such man-made beliefs or supposed truths that have been imposed into our personal and social existence. Let's start with a variety of beliefs and superstitions that have been a part of our social structure for countless years. There are many examples of how strongly the creative intelligence of the mind influences people. We seem compelled to explain our existence and life through unsupportable assumptions and belief structures. We have not yet been able to grasp the simplicity of life. This may be why we use the wonderful resources of our species development to implicate our existence. We don't really want this to be a constant scenario. But, there are too many mind-made influences that contaminate our connection to the source of life. That is why we use so much energy to illustrate a world of nonsense and misinterpretations.

We waste so much in the pursuit of nothing. Worldwide, in example, there are dozens of legendary creatures that have been sighted again and again over centuries. The stories of these creatures seem all too convincing to the mind. The Loch Ness Monster, Bigfoot, and Dracula are three prime

examples of our capacity to believe strongly in a mind illusion. And, the mind uses such illusions to express its intelligence. However, let's not put too much emphasis on the mind being intelligent. More accurately, the mind is an incredible tool when a person is conscious awakened and aware of the mind's faulty conditioned behavior.

Conscious awareness offers countless possibilities. These stories of monsters and fantasy mentioned above have one element in common. They originate in the depths of our unconscious, unaware interaction with the mind and living life. This mind-contamination is obvious in all areas of our existence. Is there good to be found in the wonders of our species' evolution? There are, of course, countless benefits in experiences that inspire us. But, we should consider both the standpoint of mental and conscious development in our evolution. I found a common denominator in the three examples from above. The content of the stories was based on hearsay. The origins of basically any mind derived example can only be either fact or fiction. Here we must use words to give our discussion content and definition. Fact and fiction can probably both be viewed subjectively.

We should consider why people and organization insist on manipulating our understanding of situations and way of living. It was the church that influenced the continuation of the examples mentioned. The first known records of the Loch Ness Monster and Bigfoot were made by the church. These creatures were used to help substantiate the credibility of Christianity. I do not wish to be biased in this discussion. There are other assumptions or beliefs that have remained constant throughout our development other than religion. However, religion and religious based stories have resulted in an unstable foundation for humanity. And, conscious evolution has stagnated due to mind-conditioning factors. Our need for and commitment to these religious ideas, assumptions, and beliefs has been blinding people for

thousands of years. Religiously oriented structure and content are present in many different facets of our development.

It would seem improbable that the Loch Ness Monster story has religious implications, but it does. The story of the Loch Ness Monster was first told (happened) in 565 A.D. The story was first recorded in the seventh century by St. Adamnan, a holy man. The story is told that a man encountered the beast during one of his journeys.

This man was St. Columba. He established monasteries in Scotland and Ireland. He was credited for evangelizing both countries. St. Columba came upon a group of non-believers, *barbarous heathens*. The group was burying a man that had been killed by something in the water. It is written that St. Columba instantly sent one of his companions across the water to get a boat on the other side. In his book St. Adamnan writes that the swimming man was instantly attacked by a beast. This is when St. Columba raised his hands and made the sign of the Christian cross. Then St. Columba told the beast to stop the attack and return swiftly to the depths of the river. It is written that the beast immediately stopped the chase and disappeared under the water. The story from St. Adamnan concludes with an interesting twist. He writes that all non-believing barbarous heathens that witnessed St. Columba's holy intervention were so impressed that they *magnified the Christian's God*. This is a good example to indicate how the assumptions and beliefs of a man who is, in this example, representing an institution, can have a strong manipulating influence on individuals or groups that are easily persuaded. I feel it would be correct to say that the group of "barbarous heathens" had a somewhat more simplified understanding of life and the universe before this encounter. The interventions of St. Columba obscured and complicated the simpler existence rationality within those people. This is an infective pattern that repeats itself continually in our species' development.

There is an interesting phenomenon that has accompanied humankind's development, which is in direct correlation with two primary aspects of our species' evolution. These are mental (mind) and consciousness (beyond mind). Nevertheless, firstly we should understand that the mind has taken dominance over our interaction with living life. Furthermore, the mind uses assumptions, definitions and labels to in attempts to explain everything. In other words, the mind is a great storyteller. However, this does not mean that everything the mind tells us is true. I would go so far as to write that the majority of what the mind tells us is false and delusional. Still, the mind excels in its ability to conjure up a reality based on nothing but thoughts and emotions. What does this represent for our conceptual world?

It means that we base our interactions on mind behavior patterns. In laymen's terms, the mind invokes a separation from life and living through the countless details it superimposes on our life experience. We, through the mind, have taken the totality (Universal Oneness) and tore it into separate parts. The unbelievable consequences are that we have determined (through these mind-made concepts) that we are separate or different from the source of life. This is, of course, something that almost no one will admit openly. Our species' conditioned egoistical behavior would never allow us to admit such a thing openly. The fear generated by our conditioned social environment is too great to view the actuality with openness.

The actuality is that through species' developed characteristics and consciousness evolution we have decided our species is somehow different or special in the tapestry of life's oneness. This plays a significant role when it comes to our demand to search for and find answers to questions that should not be asked. The questions we ask are generally irrelevant to life. The mind derived our consciousness from blossoming. And, yet, we almost gladly

accept the mind's version of how we should live life. The simplest equation (being one with life) is overshadowed by mind inflections. The mind uses persuasive storytelling abilities to manipulate simple facts.

There is a dimension within the universe that we can express as *unmanifested emptiness*.

We seem compelled to invoke suffering onto ourselves, which has resulted from a form of species conditioning. Many would say that our species' desire to ask questions and find answers has catapulted our evolution forward very quickly. I do not wish to deny this thesis. It is only the manner in which we have been nurturing and projecting our assumptions and beliefs that should perhaps be criticized.

Our inadvertent separation from life has established a great void in our comprehension of the universe, and we are conditioned to fill this void with man-made content. Well, it would be more precise to say that we attempt to fill this void with a species-invoked illusion. Our development, which essentially placed our species' existence outside of life, generates much confusion in our daily experiences. The fact we have unknowingly separated ourselves from life is not enough. Our species' evolution has made us very dominant and self-righteous. We continue to follow this madness by forcing separation on a global scale. Countless individuals, groups, and institutions contribute to this separation each day, all with different beliefs, guidelines, and rules to validate their understanding of life and the universe. These assumptions and definitions have been explicitly established by a given person or group. How can any idea, assumption, or belief truly unify us with life? Everything is already bonded. We constantly ask ourselves why the world of humankind seems so senseless. And, the very same people that ask this question continue to accept what religions and science dictate to us about wisdom and enlightenment. We are generally unable to see the magnitude of the misconceptions

and manipulations within these patterns.

This is because we are imprisoned by mind-made detail factors as a result of our own species unconscious behavior patterns. The imposed assumptions and guidelines are mostly as irrational as the supposed view about life. This is very relevant in our collective behavior. The collective mind tells us that our inner *unmanifested emptiness* (inner universe) needs to be filled with something – usually a falsity that we have taught ourselves to believe. Nevertheless, it feels very real to most people who are too overwhelmed by the mind. For this reason, we continue to follow behavioral patterns that are meaningless.

These conditioned patterns bind the majority of mankind to a life of disillusion. The need to find an answer to our self-inflicted pain is very pronounced in our society. We seek the answer by constantly contributing more anguish to our daily experiences, mostly without us even being aware of its true nature. We portray the continual misgivings of mankind by repeating the same flaws given to us by our forefathers. Generally, we don't even question these inherited beliefs or behavioral patterns. We may add individual or collective alterations to a pattern or belief structure, but we don't deviate from any given established existence pattern. There are many examples of this in daily experiences. Social behavior and egoistical tendencies thrive on our unaware state of living. We live in a type of mind-inflected madness. The majority of our behavior illustrates insanity. So, what is one of the results of this irrationality? We continue to search for a resolution to the mind's questions, fears, and beliefs about our life and the universe. There is no essential difference between you, I, them, and the universe. This state of one beingness is still difficult to understand for the majority of people. Therefore, the populace continues to search for something as a reaction to the minds wants and demands. This content input consists of beliefs, superstitions, and lies; it's basically an illusion. We continually suffer due to this state

of existence. The body deteriorates due to factors which are placed on it through the mind's chaotic attempt to put things into categories. The mind eventually fails and subsides to an existence of denial. This has occurred and continues to occur on a worldwide basis.

Our species continues to rotate in a repetition of delusion, and the continual denial of life's simplicity invokes a conditional mind behavioral pattern of constant resistance and separation. Separation in our experiences has not been given the significance needed to truly determine its destructive influence on us. Mind-made separation from the universe is the one real problem. We have fooled ourselves into seeing a life full of problems in our man-made constructed world of beliefs, concepts, and objects. Living an existence of separation from practically everything is accepted as *being* human. Thus, we don't acknowledge this as being substantial to our endeavors. However, it lies at the base of our mind-made complexity.

We evolve in a continuous pattern of search and demand for a truth that is already known. There is no if, ands, or buts in life's unity. Our species is conditioned based on complexity. Most of our existence is spent defining or defending what we believe is salvation – or truth. A perplexing dilemma is present in the structure of humankind's development. We are constantly telling ourselves and the universe that we know about life. This is a true statement. We living beings do know the secrets and beauty to life. Unfortunately, we have a creative egoistic mind that manipulates us into living life based on illusion and denial. The core of our existence, which is coincidentally the core of the universe, is aware of the unity of life. We are now a person manifesting life through our being.

A state of awareness to life's unity is practically non-existent in most of us. This could well be the cause of our confusion, and at many times, our fanatical searching,

wanting, and demanding. This state of unawareness binds us to complexity instead of the nature state of simplicity. There is a background static of insecurity, frustration, and loss in our existence. This unnatural phenomenon is primarily due to two factors. The first is the innate knowledge that all of our mind-made developments and undertakings are doomed to failure; retrospective to our constant searching and demanding. The second factor is non-acceptance. We have been disillusioned into living an existence that promotes non-acceptance and attachment. Specifically related to our topic I am referring to the knowledge that we already have inside. The development and mind-manipulation of our species masks the unity, peace, and enlightenment that should be our true-life experience.

This, among many other reasons, causes people to live a life of lies, judgments, and illusions, shadowing a life experience of balance and harmony. Sadly, this misinterpretation of our beingness constantly manipulates and restricts the stimulation and flow of active consciousness. Our species traits such as creativity, intelligence, and consciousness have greatly advanced during our evolution, to a point where life (living in a nature flow) is taken for granted. Thus, misused. We do, however, constantly and continuously try to convince ourselves and the world that understanding life is our ongoing desire. This commitment is sadly part of our confusion; part of the grand illusion. We have progressed to a point where the questions, assumptions, and beliefs which are constantly being repeated, have possessed us.

The needs and demands associated with the questions, assumptions, and interpretations are more important than knowing the Truth. This possessing tendency has occurred on a personal and collective level. We have become so manipulated and lost that we can't accept life on a simple basis; to accept life for what it is. This denial has

contaminated our minds. We have made our existence in the universe into a struggle for answers and salvation. The awakening of self-consciousness, which brought about our mind-set separation from life, causes an illusion of emptiness. This mind-generated desolation is part of our misinterpretation of life.

We continually and progressively view life only by how the mind defines and labels it. We are generally unable or unwilling to admit that we see life as nothing more than something that must be understood and dominated. The complexities of our languages and symbols often causes a misinterpretation in the essence of being and living. We cover up the essence of our being with a blanket of judgment and illusion. We innately know that everything is not what we see, think, or believe. But, we are simply not able to cast off the burden of humanity's mind-evolution. Species attributes contribute to a second factor, which restricts us from accepting that we are, in essence, everything. The mere thought of us being universal as an enlightened being with the potential of a God is overwhelming, frightening and for most people, unacceptable. On the other hand, conscious awareness offers the gateway to universality, enlightenment, and inner bliss. But, the populace as not as yet consciously awakened to a level that allows acknowledgement and acceptance of our true essence. The other aspects of our evolution corrupt and dissect our consciousness awareness about life. Social development also has a devastating impact on our conscious awakening. There is an upside and a downside to basic functions of our species, such as constant interaction, which occurs on many different levels. The upside is that through interactive communication we have established words, symbols, and definitions to help humankind relate to itself and the universe.

The downside is that the seemingly incomprehensible advancement in mind and ego has disrupted our fundamental innate knowledge of life. The words and

definitions we use to express life and the universe become equally distorted and misinterpreted. Then misinterpretations occur as our creative intelligence continues to search for new words and definitions to explain something that should not be explained.

This mixture of creativity, intelligence, and conditioning patterns constantly initiate new complexity into our existence. We take the simplest thing, which is life, and make it mysterious, confusing, and scary, continually adding insignificant details and variations to our story.

Many basic and fundamental assumed aspects of life have been passed down from generation to generation. The passing of time has led to overemphasis being placed on our interpretation of past writings and events. The simple misinterpretation between cultural languages has resulted in the misuse of countless assumptions and beliefs. The original idea, assumption, or beliefs probably had no real substantial validity. They were only expressions used to rationalize experiences, ideas, or assumptions.

This lack of validity has unfortunately been magnified by continual attempts to interpret, define, and categorize life, as well as several other ideas or assumptions, which has resulted in entire groups and cultures misconstruing and manipulating assumptions and beliefs to fit a given need. There have been entire original scriptures excluded from the Bible and other religious writings. There has been a constant revisal and redefinition of content, structure, and meaning in many writings and beliefs of the past.

There is such contradiction to be found in the symbolism and form-based meaning, which is presented in many assumptions and beliefs. The structure of languages has distorted any true connection or understanding of past writings and teachings. Different cultures communicate using different structures and emphasis, which is placed on the

words and meaning of that given culture.

There is no way of determining what a person may have wanted to express though an idea, assumption or belief that was told or written hundreds or thousands of years ago. We established and use definitions, symbols, and other forms of expression since the awakening of self-consciousness. These instruments of mankind naturally include communication, both spoken and written. The first written language is dated at around 5000 B.C. which is when the complexity of humankind really began. Suddenly, we could express an idea or assumption onto a tangible object, and these vary greatly. An example of this is the belief that walking under a ladder will bring bad luck.

There are also spoken or written words and symbols, such as the Bible and other religious scriptures that have had devastating repercussions on conscious awakening. Let's consider the Bible as an example. There are an estimated six billion copies of the Bible in circulation, written in two thousand different languages and dialects. The Bible is a storybook told by storytellers.

Our desire to express, interpret, and understand life can be seen in the stories of the Bible. These scriptures or chapters consist of ideas, assumptions and beliefs originating from a person or group of people. The one significant binding factor, which gives the words such reverence, is the emptiness and confusion that we feel. The words take on significance for so many people because they express the void and fear that we cannot usually deal with in us.

The written words and our interpretation of the words give us something to hold on to. There are thousands of viewpoints and interpretations over what was said, done, and intended by those individuals and groups that wrote the Bible, which is supposedly the word of God. How is it

possible then that the Bible has been changed, dissected, and reinterpreted again and again since the time it was puzzled together? The very origin of the Bible should be reevaluated.

The New Testament and any reference to Jesus were not written down until forty or fifty years after the death of Jesus. There were indirect passages about events that could be connected to Jesus in the Old Testament.

The Old Testament was established through individuals expressing their interpretations and assumptions over life. The New Testament reflected on these interpretations and assumptions to form a new *supposedly improved* version of life. There are many factual and beneficial lessons for our daily existence within the Bible's pages. This is also true for other religious writings. However, our interpretation and application of the written stories within the Bible and other written scriptures have resulted in an almost stagnation of our awakening to conscious awareness.

The Bible, as an example, was and is manipulative to an unaware person that needs to find purpose and salvation. Strangely enough, both naturally manifest when we stop searching and demanding. You ultimately have no purpose. Furthermore, being is enough and consciously living benefits you, the world, and the universe. Nevertheless, a consciously unaware person stubbornly searches for bliss and enlightenment. People are skilled storytellers. They interweave mistranslations with elegant misinterpretations. The mind turns any experience into a thought. An unaware person will readily believe that thoughts and emotions are true. But, these ideas and assumptions generally have no tangible merit to our existence. There is one significant factor which gives the Bible and any other scripture its validity, with perhaps one exception: that we believe that what we read in the Bible and other such writings is valid to life. However, this, of course, does not make any such spoken or writing

idea or insight true. Similarly, you will either listen to your thoughts and belief what I write is unsubstantiated, perhaps even bias. Or, you will consciously and innately know that various ideas and insight that I share speaks to the universal being within you.

Either you will conscious awaken and allow life to flow. Or, you will remain attached to the minds illusions that involve demanding, searching and controlling.

This has only added to our separation from the simplicity of life, and this is a burden that each of us experience. This eternal searching prompts our readiness to accept ideas and assumptions without any substantial reality. We make an idea or assumption into a belief. One of the culprits attributing to our confusion is our lack of true presence. Our difficulties started when we awakened and became self-aware. Self-consciousness is too often overshadowed by the mind. It is important to mention that there is also wisdom, joy, and inspiration to be found in our spoken and written words. There were many things written in the Bible. The inspirations, generalizations, and assumptions were expressed by people who were essentially no different than we are now. These individuals spoke and wrote about the world as he or she interpreted it. A crucial factor that influences the significance of such writings as the Bible, Qur'an or any other written works was our evolution chronological timetable and social development. The development of our evolution was very progressive. Creative intelligence, together with self-consciousness, manifested new dimensions in the world. Our species attributes, such as emotions, conditioning, and ego slowly, but surely, dominated or existence.

Social structure development began around 10,000 years ago. More people were sharing ideas, assumptions and beliefs on a day to day basis. This era possibly marks the beginning of our dilemma in reference to the mind dominating our life experience. Humankind has been

searching, assuming, and labeling for most of the latter period of our evolution. The beginning of written symbols/words and the increase in verbal communication overwhelmed our natural conscious communication with life and our state of presence.

Thus, one primary factor remains constant throughout this later period of our mental and social development. We do not acknowledge or accept the essence of living and being. We innately know that we are here and now. We feel the beingness of our being. Yet, the mind causes interference and we attach our sense of being to these thoughts and emotions. Thus, we mistakenly accept the mind...thoughts and ego to be our true self. Thus, universal energy and the experience of being is repeatedly consumed by emotions, conditioning, and the ego.

A consciously unaware person has no other alternative but to reflect this *state of mind and body* back into the universe, which permits a deadly repetitive cycle to manifest itself over and over again resulting in faster more intricate developments of creativity and intelligence. Thus consciousness cannot truly blossom and evolve in such a mind-dominated environment. It continues to inherit and *give back* a reflection of this mind-imposed understanding of life. Universal consciousness has the knowledge we so desperately seek. And, it could give us this knowledge and unity with us in any given moment. But, this never happens in the majority of people due to the complexity of our minds' intervention.

Object consciousness is the stepping stone to universal consciousness. However, consciousness remains a slave to our mind-made delusions of our beingness. We have the key to oneness and peace but we don't know how to use it. This has been relevant throughout our history. There have only been a few who have let the illusions fall to reveal life in its purity. These were such individuals as Jesus, Buddha, and

Lao Tzu.

These individuals were not concerned with worldly affairs, such as power or greed. They were people with all the pros and cons of humanity. They were, however, aware of what life truly represents. Moreover, these individuals they acknowledged the true essence of their beingness. They allowed consciousness to break free of the restrictions placed on us by our mind behavior. These individuals were able to go beyond the limits of the mind.

Clarity and enlightenment are obvious when we let go of the attachment to mind behavior. We need to disregard the old patterns of mind conditioning thoughts, emotions and ego. The repetitive cycle consisting of searching, interpreting, and judging must be revealed for what they are, which is nothing significant. These factors only contribute to strengthening mind-made illusions. We have become so disillusioned that we have replaced common sense with redundancy and fear.

Additionally, we have unknowingly but willingly allowed ourselves to live a life of darkness and confusion. This has resulted from our species' evolutionary development deducing complexity from simplicity. We are no longer capable of feeling life in its entirety.

The mind is indifferent to whether conscious awareness flourishes in our existence. When we openly view our development, we would be inclined to say that consciousness was a side effect of evolution. Typical mind and body attributes of our species are not compatible with conscious evolution. The attributes responsible for this are vast. We have discussed these before. Among our species attributes are emotions. One such emotion is fear. There is also mind conditioning and the ego. These and others are interwoven in the personal and collective structures of our existence. Humanity's habitual behavior has made us

susceptible to conditioning elements in our life experiences. Object consciousness is pure in its essence. It cannot be otherwise because it is the universal consciousness. We simply gave it a name when we were awakened to this level of existence.

The state of consciousness we had before self-awareness became apparent was a type of uncontaminated or uncontrolled consciousness; the source of unity. The dawning of self-consciousness was immediately engulfed by our species' evolved traits, many of which are counterproductive to consciousness, both on the level of species evolved consciousness and universal consciousness. The two are actually one and the same. The mind, in its present state is still susceptible to many corrosive species evolutionary characteristics. These characteristics restrict and exclude any unifying awareness between mind, body, object, and universal consciousness.

There is perhaps one release for our consciousness. This portal could free it from the slavery invoked by our mind conditioning. Our salvation from this mind-made world will come when we accept life and living on its terms. This would be the opposite of our definition of life that we placed upon ourselves. Have you ever considered how much life energy is invested into our definitions and beliefs in each moment? These only add more to the illusion we think is our reality. How do we become aware? How do we set the perception shift in motion?

This would imply accepting what is, and not demanding that life be something it is not. Content restrictions and demands placed on our consciousness have blocked out our awareness of life. Consciousness is the totality. Therefore, any eventual manifestation of consciousness in any given species that becomes conscious of consciousness may be impaired by this awakening due to thought content, emotions, and conditioning. Any real separation from life or

universal consciousness is not possible. But the mind does its best to convince us otherwise. We have spent millennia convincing ourselves that we are not worthy of the gift of life. Our form, and any other form, doesn't have a separate life in itself. Life oneness channels itself through each form. A form manifests life.

It would appear we are unable to cope with various evolutionary species developments. Perhaps we evolved so quickly that it forced our species' consciousness to be overrun by conditioning of the mind and body, resulting in us assuming to have a dominating all powerful role in life. We are thus controlled and manipulated by a mechanism of our own construction, which is the type of energy we release into the universe. We often feel the need to control – just another part of our self-created illusion. The ego, however, loves this, and it feeds on this energy, doing all that it can to support and encourage this type of behavior. There are situations when we can clearly feel that we are not truly living in the moment.

It is often very difficult to acknowledge this, and even more difficult to shift our state of awareness. We often conform to conditioned patterns and thus repeatedly experience a state of fear or confusion in any given moment. The assumption is that we are powerless to understand the uneasy feeling we have inside us again and again. We unknowingly accept that it would be impossible to change in any way concerning what we have been taught to understand about life. These patterns of behavior developed early in our evolution.

This behavioral conditioning concerning life has been repeating itself throughout our history. No real improvements in regards to our understanding of life or the true awareness of the potentials to be found through this awareness have been achieved.

The level of our species' consciousness after the

awakening was too overwhelming and issues and gaps suddenly appeared in our conscious thinking processes. We had questions; we could suddenly assume, define, and judge. Our creative intelligence quickly filled in the gaps which appeared after the awakening of our consciousness. We began to imagine concepts of life that could explain everything, and we fantasized about possible explanations for our existence.

This could be seen as typical reactions from our species as we tried to relate to a higher level of intelligence and an expanding field of consciousness.

Our consciousness was quickly overshadowed by too many other evolutionary traits. This is when we forgot. We became possessed with understanding and defining life, instead of simply living it.

Let's return to a more specific area of interest: the influence of the evolution on our consciousness. Evolutionary attributes have most definitely played a substantial role in the misinterpretations and the misuse of our consciousness.

I feel that certain aspects of our development have been plaguing our consciousness and thus our existence for thousands of years. We should, perhaps, criticize what humankind has done with the wonderful ability to be consciously awakened and aware. We delight in assuming that our characteristics and mind make us superior to all other living things; a generalization that is mostly accepted by both religious and scientific individuals, as well as people in general. Unfortunately, we have been wasting the real potential that lies within our species' creation. I feel that the very things that we, as a species, such as mind and ego, are responsible for our miscomprehended version of life. Firstly, the mind alters the actuality of any moment. Thus, we are conditioned to react and to belief that a thought is real.

Therefore, thoughts, emotions and the ego seem so real. These are specific characteristics of our species and responsible for our dilemma.

The very things which most people consider make us dominating and unique are responsible for our dissatisfaction of life. Let's attempt to understand the impossible. When did this self-inflicted, confusing mind behavior really begin and why? Evidence suggests that our species behavioral tendencies evolution occurred between 70,000 and 130,000 years ago. Generally, again based on evidence, many scientists and anthropologists agree that the actual explosion of modern-day creativity and social behavior began around 40,000 to 50,000 years ago. This is the time frame when our behavior was first ignited in the people of that era. There had been a period in humankind's history prior to this time when our species had almost become extinct. Our prehistoric ancestors had dwindled down to a very small number in population, which was followed by an explosion of events. This is when our species experienced many changes in living habits, social networks, and population. Suddenly, there were people everywhere and they adapted to living in larger social groups. Accordingly, their behavior and creativity adjusted to this new social environment. There was suddenly an exchange and sharing of ideas, visions, and experiences on a much larger scale. Something happened during this adjustment period in reference to self-consciousness. Our consciousness has always been the essence of our beingness. However, changes in our mental and social development shifted from instinctive/survival to creative/curious. The mind began to question everything. Assumptions and labeling became prevalent during this shift from survivor to philosopher.

It would seem that the development of humankind's personal and social structures suddenly initiated a very rapid expansion of creativity causing the mind to thrust forward at an alarming rate in comparison to our species' development

up to that point. The newly established family and social structures allowed a constant exchange of ideas and assumptions, often derived from fears and fantasies of the unknown. We began to dream the impossible. It then became much easier to share such mind-made illusions. The size of the social structures allowed a fast and significant influence to occur in many people within a very short time.

Did this somewhat rapid species development cause us to feel fearful and isolated? The continually changing socially oriented environment might have enhanced the expansion of creativity and intelligence, but with a great cost. People of that era might have then seen themselves completely dislocated from the surrounding world. People suddenly felt alienated from nature and life itself. We suddenly looked to the stars and asked what are we and what is our purpose in this universe?

This alienation is still very present today, and continues to exist due to our mind-made beliefs and concepts of reality. The connection between our intellectual brain development and a very rapidly developing mind made us superior to our surroundings and the other creatures in these surroundings.

It gave us insight we had never experienced before as a species. This is when the complexity of this mind illusions started to take hold. Our quickly advancing mental capacity showed us a world illustrated through new ideas and mind details. The rather abrupt transition from a primitive, survival-oriented species to a creative, social-oriented species caused us to feel dislocated, isolated, and empty. This is when the continually developing products of our species' creativity and intelligence began to fill up this need and emptiness in us. In other words, we became increasingly dependent on such things as materialistic objects. We also became vulnerable to suggestive and influential forces, such as group and institution manipulation in an attempt to fill this empty and demanding isolation. We became more

disillusioned in all areas of our existence.

These aspects of evolution during this period complimented each other. Mental development, combined with self-consciousness, made us feel unique and superior. But the very fact that some things in life cannot be explained has been an antagonizing and destructive factor in our existence due to mind dominance.

This *not able to answer some questions* is undermined by our genetic gifts of creativity, intelligence, and object consciousness. The deciding factor in this confusing state is our species' consciousness. There are, of course, two sides to this induction. Yes, a developing mental capacity enabled progressive advancements in our species' evolution from a practical and purposeful viewpoint.

But, the fact that self-consciousness has the capability to reflect philosophically over itself and the universe has caused our species to become very curious. We have taken on a predominate role in the universe, by our own accord. This was due to our fast-evolving mental capacity. Three aspects; creativity, intelligence, and self-consciousness first sound like a winning combination. This being said, I would only like to add a consideration relating to these last few sentences. It is our species' creative intelligent and still predominately self-center perspective that has made us so blind and unaware of living as a state of beingness in presence. I wish to continue by concentrating on the progress of our consciousness over millennia. I offer this insight in an attempt to unravel the characteristics that have held our species in a confused and often isolated state of existence.

How did it really begin so long ago in terms of our mind-made time frame? What initiated the transformation of a survival-oriented species with fundamental but strongly established reasoning capacities to a species that defined

life from the standpoints of mental, self-centered thinking.

It seems this is a pattern that has existed for millenniums. Yes, we are creative. Our intelligence steps in and helps creativity to define what has been visualized. But, there is a down-side. The mind also uses prior experiences as a basis for living the present moment. These thoughts and emotions usually have nothing to do with the here and now.

A factor to consider is that the mind has a great influence on our creativity and overshadows any true active consciousness. Also, the mind is very misconstrued by past personal and interaction with itself and the surrounding world. So, the mind starts to interpret, often using assumption and beliefs to validate its influence on us as a species. It may be difficult to establish what occurs first and what pattern it truly follows, if any.

We can hopefully agree that creativity and intelligence have been beneficial to our species. They have, unfortunately, also been accompanied by characteristics, such as emotions, conditioning, and ego. These, in turn, have been used by groups and institutions to manipulate and dominant creativity and intelligence for specific desires. This has many times caused these two areas to be susceptible to failure. The area to consider now; for point of discussion, is our self-consciousness. The development of our species consciousness has also suffered tremendously, primarily due to lack of simple awareness and mind dominance. The one thing that we persist in repeating is the idea or belief that our object/self-consciousness is separate from universal consciousness. How can this be when both are one and the same? We analyze consciousness on so many different levels.

We refer to the individual as having a consciousness and believe that each living organism has a consciousness. Here we say that each species or living thing has a consciousness,

but on different levels of understanding. Please allow me to express what I mean. It is true that we have a consciousness, which is determined by our species. We have an object consciousness. We are one-of-a-kind in reference to living or non-living organisms. The blessing of our consciousness lies in the fact that we can go beyond the mind and body, which can be verified by the knowledge that we are conscious of consciousness.

This is what we will be talking about throughout this book. I feel that the real interest I have in writing this book is to determine if we can break the barriers of such restrictions as emotions, conditioning, and ego. If we could better understand the totality of consciousness we may find a middle ground. This means attempting to view self-consciousness from a different perspective. We could then realize our role as a species, and at the same time accept life in the flow of universal consciousness. This flowing, vibrating energy is our innate essence. What is consciousness? *Ehow.com* describes consciousness in this way. *Consciousness is an awareness of one's existence, thoughts, sensations, and surroundings.* If we accept this definition we can continue by saying there may be other organisms with different aspects of consciousness.

These may even be in the form of a one-celled organism or such objects as stones or trees. We will find that everything in the universe is based on a universal intelligence if we are willing to take the next step in acceptance. This idea is becoming increasingly common among people. That would indicate that everything living or non-living is doing what it should do in cooperation with the universal flow of energy. In accordance with this I feel it would be more suitable to say that all things in the universe are a particular expression of the one consciousness. Every object has its own level of consciousness consisting of evolutionary patterns. Naturally, we are also an expression of the one true consciousness. However, we are unfortunately compelled

and manipulated by our characteristics, which adds to our species misery. We took a quantum leap in species evolution and development forty or fifty thousand years ago.

This resulted in us pondering over details such as the purpose of our existence and the universe in general. I would like to keep it very simple. Why must there be a reason or answer for everything? We may say for point of argument that it happened naturally. It is happening naturally. Everything simple *is*. There does not need to be any categorizing or defining of this fact. Being simply happens within a universal process.

Nevertheless, we always try to give things symbols and definitions. It is in our species' nature. This may be a side effect or an expansion of our early species aptitude for reasoning. We needed reasoning in our early existence to survive. The continual desire to give everything a label and meaning has taken on new dimensions for us over thousands of years. We are no longer trying to define something because our survival is dependent on the conclusions. We now symbolize and categorize everything simply because the mind insists. Here I am referring to the expansion of our brain's intelligence combined with our self-consciousness. Our consciousness has developed unique characteristics. We have become very curious and we are motivated by the continual results of our curiosity and its endeavors.

Our evolution is predominately overshadowed by a mind that wants to rationalize our existence, life and the universe. And, yes, our species is highly evolved, but flawed characteristics such as mind conditioning restrict our conscious awakening. These three (emotions, conditioning, and ego) have done their best to abort and destroy many other aspects of our life experience. Consciousness, or simply the state of our awareness to life, has suffered the most because of these mind factors. We have been placed

in a catch 22 situation which indicates that the very fact we are conscious of our consciousness demands that we understand this consciousness.

This is an underlying driving force in science and religion as well as other areas, including personal and collective. This driving force has its good and bad influences on our species development. This is where the catch 22 comes into play.

Our mind has developed much too rapidly in an unconscious state of being. Thus, traits, such as conditioning and ego, cause us to be very ignorant, callous, and separated from the unity of life. This package of characteristics appears to have made us very superior to life, adding to the misinterpretation of our existence.

Our superiority is undermined by lack of acceptance and confusion. We are often insecure, malicious, and fearful. These are some of the species conditioned patterns that we do not wish to openly acknowledge. We are not aware enough to understand the nature of our own behavior. We complain about others actions but do not see it in ourselves. We claim to be so conscious. We wish to proclaim our individuality given to us by our state of higher consciousness. We search, we ask questions, and we demand so much from our own existence. If we are truly so superior then why are we so confused and unhappy? It would seem that we are not satisfied with just existing and living. Instead, we are so miserable that we need a God or creator to tell us that we are unworthy. We use an all-knowing father image to validate that we are unworthy.

Humankind also adapted the belief that we will be told the answers to all our questions when we die. We have been taught to believe that the Creator will judge us, and if we are worthy, he will tell us the secrets of life and the universe. The form of this creator is very different worldwide. More interesting to discuss is the global development of our

mentality in reference to our beliefs.

Mind conditioning give us an uncomfortable anxiety that we mostly accept. The awakening of self-consciousness caused us to ask questions about why we live and to what purpose. Simply living and being in a state of aware presence become secondary. This is because the mind never truly accepts this moment. The mind is usually projecting you into the past or the future. Both of which, do not exist. Truthfully, simply being and living is still overwhelming for modern humankind. That is why the majority of people exist in a mode of passive consciousness.

We are generally willing to conform to this state of unawareness. We are not happy or peaceful, but the mechanics involved with accepting the unity of life is too great. Accepting life and living it in its natural form would be in contradiction with our species development. This is where the influences of the collective body have such impact on our personal consciousness development.

The ever-repeating existence delusion of humankind has restricted us from obtaining a simpler acceptance of life on a personal and social level. This non-acceptance and mind derived separation from life probably began at the earliest stages of our evolution. Its impact on our species became very pronounced during the rapid species development of intelligence and consciousness. The complicity of its influence on our species increased at an unbelievable rate during the explosion of our self-consciousness. We were simply given too much insight over ourselves and the universe within a very short span of evolution. Mankind tried its best to find answers and salvation for our life experiences. This surge of creative intelligence combined with our self-conscious perception enabled us to figuratively reach for the stars. People searched everywhere to hopefully find answers for the overflowing abundance of ideas and questions that had become an intricate part of mankind's existence. This is

where our wonderful talent as storytellers was used to spread new found ideas, assumptions, and beliefs. This process is also literally predestined to failure.

The social developments of humankind allowed an idea or belief to create a strong impact on our species. When put into the hands of different groups and institutions this can have global effects on our very evolutionary development. Our newly acquired gifts of creativity and consciousness was too much for early humankind. And, we are still not able to grasp it as a modern species. The people of that period of time used the best symbols, definitions, and words to categorize and justify what was felt. This is when the concepts of Gods and demons appeared. People needed and wanted to find a reason for all of the clattering static that was building up inside of their minds. In an attempt to clarify this newfound awareness of life and the universe, early humankind used its creativity to formulate concepts of forces, Gods, and life intervention to explain all that we could suddenly imagine. The capacity of speech and communication gave the content of a single word great power. This power was then used to convince and manipulate our internal universal knowledge into believing almost anything that was presented. Is this not exactly what we are still doing at the present time? We have lost touch with what is rightfully ours. And, we still try to explain live and living through assumptions and beliefs. However, we deeply sense that there is more to life than what the mind tells us.

Furthermore, the continual development of creativity and self-consciousness makes this possible. However, and equally, confusion and anxiety continue for anyone not firmly anchored in conscious presence. This lack of conscious presence did and does restricts active awareness. I feel this is when an unconscious, mind dominated sleep started that still overshadows our experiences. An example of this unaware state of being was depicted many thousands of years ago in the Bible. The story of Adam falling into a deep

sleep is the actual written account of how humankind pushed its birth-given knowledge of universal oneness/beingness aside.

Humankind did this because it could not deal with the simplicity of life and the difficulties of our existence. Strange as it may at first seem, the conditioned cleverness and reactions of the mind are an overwhelming temptation. We choose to unconsciously sleep, instead of accepting and living life on its terms. This started with early humankind unconsciously listening to the mind. This is much the same way as when we dream at night. And, we have been asleep for a very long time.

The story of Adam depicts what many people feel inside. That this story was first used in the Bible and later for the purpose of Christianity shows our species influential and manipulative powers. Assumptions, suppositions, and beliefs are often based on an attempt to explain something. The manner of explaining a given content is for that same reason, often done through a story. Back then, as now, we base our behavior and our very existence on assumptions and beliefs that were often established through a simple story.

There are countless viewpoints and interpretations over the writings of individuals during and after the death of the man Jesus. This is also true in other areas of our past. That which was written but cannot be proven. And, using any manner of mind conceptual validation is inconclusive. Even that which we can supposedly prove to be accurate is only proven through mind-made concepts of life and the universe. That does not mean that these rules, formulas, and concepts have any purpose or validity in reference to life, except for our own justification or purpose. These things only apply to our interpretation of life because we say they do. Many of our assumptions, superstitions, and beliefs are borrowed. I would prefer to suggest that almost all are borrowed from

past generations. We appear to constantly find new fascinating and indefinable objects and events in our experiences.

What constantly happens is not a first time or original occurrence. We are only borrowing or inheriting from an ongoing process. The basis of our assumptions or beliefs does not alter. It is only the content of these assumptions and beliefs that vary. The storyteller in our social structure is very active. The capacity of our intelligence has increased enormously over the course of our evolution. Our species' ability to create correlates with our intelligence. However, these components can often be more restrictive than productive in relationship to conscious evolution and our species development, as a whole. When I use the words *species development* I am not referring to our science or technology. I am referring to the essence of our beingness and the unconditional realization of being. One of the reasons for this might be that our baseline conditioned behavior keeps us stuck in this stage of our evolution. The creature that we are has not moved forward that much in terms of consciousness awareness. The first truly significant development of our consciousness took place sixty or seventy thousand years ago. These estimations slightly vary among scientists, anthropologist and archaeologist. This is an estimate derived from the artifacts and development of our species since that time.

The individual and collective storyteller had already established an active role in our existence. The influences which occurred as a result of the storyteller greatly affected our subliminal thinking process. I strongly feel that a type of subliminal storytelling anchored itself in the mind during the rather rapid and explosive expansion of our self-consciousness. There are physicists and evolutionists who have verified through science that humankind has not made any gross evolutionary movement since around one hundred thousand years ago. It is interesting that this almost

coincides with the awaking of our consciousness (self-awareness) as we know it now. Is there a significance to this timeline transition? It would appear that this contributed greatly to the later development of our intelligence, as well as the expansion of creative self-consciousness. Although we continue to evolve as a species, it is on a minimal scale.

An interesting phenomenon took place during the transition from primal evolution to creative self-consciousness evolution. We no longer needed to evolve solely based on aspects of species survival. Here again it is interesting to know that this all took place at the time when a shift in humankind's living habits took place, around fifty thousand years ago, when the social structures and social interaction of our modern world started to take shape. The many wonderful aspects and characteristics of our species development eventually became a cauldron of poison in regards to our consciousness.

We could say that consciousness existed and developed through a natural species process up to this period fifty or sixty thousand years ago. Might we conclude that consciousness is a development process *side effect* of a given species? The use of the words is perhaps wrongly stated but worth considering. The increase in intelligence and creativity harbored the blossoming and flourishing of our species mental capacity and self-consciousness. Then why is our consciousness dominated by the mind? Aware presence and conscious living offer us countless possibilities that cannot flourish due to mind behavior. This invokes confusion and suffering in our experiences because we innately know there is more to living than what the mind tells us. Nevertheless, why this suffering occurs, and how and when it started, are irrelevant and insignificant. We may simplify everything by acknowledging that this occurs in a consciously unaware person. We have created our own hell. However, this species phenomenon has placed our species in a situation unlike any other known species. The transition

that initiated the expansion of self-consciousness is nothing mysterious or frightening. Unfortunately, the mind has done its best to complicate the beauty and simplicity of conscious awareness. And, this contamination reflects out into the universe.

It was only after the first initial self-consciousness awakening that the difficulties of our existence took a hold on daily activities. Consciousness is a constant in the universe. It is the beginning without an end. It is ever-present. It is only the manifestation of consciousness through life-forms that appear to take on different content. We cannot truthfully say that all things in the universe do not have a consciousness. Religious teaching and scientifically deducted conclusions imply that consciousness is to be found everywhere and in everything.

An ever-occurring factor that we should consider is our perception of life and the universe. We have developed rapidly. The awakening of self-consciousness opened up dimensions that are not easily, if at all, understood. The development of our consciousness since this self-conscious awakening has confused us into assuming that the minds methods and equations about life and the universe are explicitly correct. We base our understanding of consciousness on These strictly mind-derived conclusions. Scientists and religious scholars debate using different mind-made concepts and tools. Science uses formulas and equations to analyze and deduce a probable solution for any given situation. Religion uses faith, beliefs, and fear to produce a state of limbo existence.

We can say that both areas are nothing but detail structures of our existence. Every concept or content which has derived through our development has significance only when we remain restricted to these conditioned behaviorisms. We deny ourselves the beautiful simplicity of life because consciousness is confined and/or manipulated

by these reactions and repetitive behavior. I do not wish to say that one perspective used to govern our existence is better than another.

However, I suggest that all are insignificant other than for practical uses in daily activities. I feel that many, perhaps all of our species' endeavors, are only components based on an illusion. These take on a relative importance but not an absolute importance. It would appear that the mind-made instruments of science and or religion have had a devastating impact on our consciousness development. Sadly, it seems religion has contaminated this development more than science.

The role of religion in our personal and social development may be detrimental to the development of our self-consciousness, especially concerning totality (oneness). These controlling influences have resulted in a lack of *true object consciousness development*. The vast possibilities that have been given to us through the awakening of our consciousness are truly beautiful to behold.

Religion and various species characteristic factors are constantly implying a reality that has no true basis in life. And, these factors are denying the full potential of our conscious awakening and expansion. We search for a truth to life, which is generally based on our mind-made interpretations of living. And, these assumptions and interpretations are what we constantly convey to the world and the universe. We try to convince ourselves and others through such implications that these are actual and substantial to our existence. Every such content in humankind's existence only has an underlying relative significance.

Our species has been submissively conditioned into accepting the world as it is presented through mind-made misconceptions. This also contributes to our resistance of the acceptance that life is to be lived and not dissected. It is as

if we do not want to accept life. We continually claim that life is unfair and complicated. We do extremely well in using excuses to explain how difficult it is to live. The fact is, life is neither fair nor unfair. It is neither complex nor simple. Life is life, just like consciousness is continual.

During our continual evolution, we have been manipulated into accepting that our beliefs and conditioning factors are constant variables. Fear, for example, is an instinctive emotion. Its function in any species' existence is innate and essential. What we should consider is how the development of our conditioned intelligence has affected this emotion of fear. The mind basically exploits it.

Fear is used by individuals, groups, and institutions to induce a state of vulnerability in our personal and collective experiences. A fear of life, which originates in the primordial development of our species, still resides deep within us. Many areas of business, government, and religion have grasped concepts that nurture this fear. The reason for this is to harness the fear in people for existence purposes. The development of our intelligence and an ever-expanding social structure, however, changed the experience of fear. Yes, the primordial fear is still an underlying component, which was/is needed for our survival. The problem is, our instinctive fear has been overshadowed by the manipulation of this conditioned emotion. Fear still represents fear but the details and reason to fear have shifted. The very early era of our evolution consisted of pure survival. The primary function each day was to find food and water. The secondary function was to not be attacked or killed. This may seem like a strenuous and demanding existence for a species. And, no doubt, it was. However, we usually view this strictly from the minds interpretations of what was or what will be.

These were cut and dry life experiences for our species during that time period. We experience fear, as do all creatures. This flight or fight fear was/is useful to our survival.

However, the necessity for flight or fight behavior is no as predominate as for early humankind. But, the mind, in countless aspects, still thinks as it did long ago due to conditioning factors. Our species' innate fear instinct is still present within us, but the daily role of fear in our experiences has changed significantly. Let's view science, religion, and any person or group that uses conditioned characteristics to achieve a given goal or desire. I would like to remain as impartial as possible in this comparison, but I find it difficult. Science is a wonderful content area of our existence, as are many other content areas of mankind. It provides insight into several areas of our life experience. Science, when used properly as a man-made tool, can provide facts.

This is where I personally reject the bigger picture relating to science and basically every other conceptional detail construction created by the mind. There are different uses for almost any established detail aspect; some good, some bad. Even how we view aspects of our existence as *good* or *bad* are mind-made concepts. The overwhelming problem that occurs constantly is that we become possessed and dominated by our own creations; such as science and religion, and emotions, conditioning, and the ego. These conditioned patterns have remained primarily unchecked for many thousands of years. To perhaps find clarity we need to simply ask one question.

What Are We Hoping to Find?

This question is appropriate when asked openly and neutrally. It should not be asked from scientific, religious or preconceived notions, which have been influenced by our behavior traits. There is a long list of assumptions and beliefs that dominate our existence. It is rather difficult to view any given area derived by the mind in an unaware person. This is true for science, religion or any concept. Religion is a concept of humankind, which encourages and many times forces people to follow its beliefs and guidelines. The original

essence of many of the guidelines that involve humanitarian aspects were not truly established by a God that has been used by the church to maintain awe, fear, and control. Throughout our history individuals have expressed insight based on many different personal and collective factors. Some individuals have glimpsed the universe in its totality, and have been aware of the oneness of the universe. Some of these individuals have been in a situation that allowed their universal insight to be recorded for all mankind. Here it is significant for us to also understand that the ideas and assumptions were not based on a universal unity.

There were many individuals who simply wrote down what they were feeling or experiencing at a given time. Then, due to the person's influence on a group or social network, these feelings or assumptions became superstitions or beliefs. A typical example here is the Bible. The Bible contains both; writings based on true universal oneness, and individuals' assumptions and experiences, which people have established to be the backbone of humanity. We are basically structuring the entire understanding of ourselves and the universe on storytelling. The stories told by different individuals have and continue to be super-imposed onto our existence as a way of life.

This is done through the use of assumptions, superstitions, and beliefs. A serious aspect to consider is how individuals, governments, and religions use our genetically implanted traits to hold us in a conditional and controllable pattern. An organism living outside of our mind constructed world of beliefs and illusions would consider our species to be insane, and the implications of our insanity are worldwide.

The multitude of our insane behavior is vast. Manipulative assumptions and beliefs hold conscious evolution in a state of limbo and denial. I do not feel it is possible to pick a starting point. According to religious writing and scripture, the very foundation of our existence should sincerely be taken into

consideration. Why is it necessary for mankind to differentiate, dissect, and corrupt life by placing labels on it? There may have been a time when a label such as “God” was appropriate in defining life. This definition of life has been used for thousands of years. It has become a conditioned response used to explain our existence and the universe. Unfortunately, this is still present in our existence. We have achieved nothing more than establishing a fabricated definition to explain our role in the universe.

This self-defined role that we are told to play has only given us fear, confusion, and a superficial level of happiness. Our consciousness has been over-shadowed by a state of ignorance.

We are told there is a God that understands life, but we are not given this knowledge until we return to Him. There is a veil of misinterpretation present in this statement. Religions have placed a Godly mask on a simple fact that has nothing to do with a belief of God. We simply need to reconnect to life’s simplicity. Then we will remember the knowledge of life. Placing a label such as God on this fact makes it fascinating and empowering, but it also defines, manipulates, and corrupts our true connection to life.

We are form-based. One of our difficulties is to accept that the breath of life has manifested this object we call human. But, life is not invoked mystically, scientifically or by a god. Thus, the weather, your neighbor or God is not responsible for this manifestation of life. However, the mind questions everything about living and life itself. We do this repeatedly and continually. Mind behavior conditioning and the ego would rather have us believe there is a purpose or a greater plan for our species, the universe, and life. Our species’ original separation from the one life source causes us to live in constant denial of life’s truth. We stubbornly assume there must be a creator that can explain everything. This is absurd. We know the truth to everything. We only need to stop living

in denial, be aware, and then accept. Early mankind loved to tell stories, often based on pure conjectures, which were formed by emotions and intelligence. Our species eventually developed from spoken and painted storytelling to written storytelling using letters and symbols. This development resulted in such literature as the Old and New Testament.

There are many chapters in the Bible which clearly indicate that early mankind was overcome by the possibilities obtained through our rapidly developing emotions, creativity, and intelligence. The early writings, such as the Old Testament, show that humankind attempted to explain itself and the universe from the level of our species mind. And, the mind was and is determined to explain what it means to be human.

Our ancestors were compelled to define the why's and how's. What early humankind did not realize is that we were, and are, responsible for the questions. Therefore, it is obvious that we, and we alone, provide the answers. We established the why's and how's through our own definitions. No other known living or non-living form would ask a question such as, *why am I here?* Our intelligence and creativity were still raw and partially unconditioned during the earlier stages of modern mankind development. It was easy for people to use these virtues, which were fueled by emotions and the ego to explain life. We did this through the concepts of the universe and/or through objects which were mind-created.

We are very vulnerable to the aspects of our species' evolution. We have the need to search for answers, and ultimately the demand to find salvation. However, this mentally increases our separation from the source of life and the essence of being. This is also reflected in all of the beliefs, faiths, and religions. The teaching of any religion holds us back. The good words and good intentions illustrated in such teachings keep us obediently turning around on the hamster wheel.

If a God made us in His own image then why are we not already saved and whole? Many of the beliefs and teachings continually contradict themselves. We will expand this discussion in Chapter Three. Our species separation from life's oneness established itself during the transition from prehistoric/early humankind and modern people. The development of our creativity and intelligence have become catalysts for progressively active traits, such as emotions and the ego. The different aspects of our characteristics continue to fuel each other, which caused a continual and aggressive mind-conditioned chain reaction.

We somehow sense the connection to life and the universe. Likewise, we instinctively know how-to live-in accordance with this alignment (beingness = universal life energy flow). But, the mind's behavior causes interference. This is what initiates the wanting and demanding that the mind places on our existence. Here again, common evolutionary species developments tend to initiate complexity instead of simplicity. We make assumptions, beliefs, and guidelines during the relentless search for reasons and purposes. Definitions, labels and beliefs are meant to comfort us. But, this comfort is, at the most, very short-lived. We overlook the fact that everything is within us. And, aware presence offers a portal to our act of beingness. Equally, aware presence allows us to focus on the energy manifested through our beingness. This consciousness is in its purest and simplest form. It is also our true essence. When viewed as a comprehensive concept, however, it is complex. The very foundation of our social structure has caused personal and collective influences that have manipulated us into a continual "searching" mode of existence. We have forgotten that which we already possess: the universe.

I understand you feel I am being very dramatic and somewhat abstract yet this is where the Truth of simplicity is to be found. We already have all that we could ever desire.

There is a conflict in our understanding of this statement due to our nature. We read or hear about war, disaster, and famine every day throughout the world. And, we curse various gods in any given situation where the result of this situation does not meet our expectations. The time is now for us to look within for the answers that are there already.

We devise mind-oriented definitions, labels, and assumptions in attempts to explain the unexplainable. Science and mathematics use mind-made variables and equations to justify our assumptions. Holy teachings and religious institutions use the power of belief and manipulation to enslave individual and social conduct and behavior.

Science and religion both claim that each holds the key to understanding the universe. Both claim to view the issues of the universe from two different levels. Science uses man-made problem-solving concepts to deduce answers. Religious groups and institutions use misconception and fear as tools to enhance faith and religious commitment. We manifest a world mostly based on these two areas of society. Thus, conscious awareness of the truth to our own beingness and inner universe remain in a mind-generated illusion.

We continue to search for answers to the mind's questions. The mind's power over our conscious state of being is overwhelming. Our mind continually determines the worth and boundaries affiliated with our endeavors and existence structures. We apply physics and belief systems to govern our life experience. A terrible injustice has occurred due to our species-oriented understanding of the universe. We have evolved with the presumption that our species intelligence and creativity govern the universe. We must first concentrate on two factors that are much interwoven if we wish to interrupt our species' actions. The first is that our species has the highest level of self-consciousness in the known universe. The second factor is that our consciousness

can and does influence the universe. This second factor contributes to the constant dismay and disillusion that is such a part of our existence. We have so many other species developed characteristics integrated in our daily experiences. These elements are the sinister three (emotions, conditioning, and ego). It is significant to note that emotions are a normal part of any species development.

Emotions are not necessarily damaging to our existence unless they are corrupted by the conditioned ego. What we can determine is that as long as we refuse to take the next step (consciously) the universal intelligence will mostly give us back that which we give out. We will have continual misery and confusion until we are willing to release conditioned patterns of existing as a species. Science and religion continue to assume, speculate, and proclaim. Each side feels the need to validate something. This “something” can be one’s countless concepts or beliefs that are established through mankind’s quest for answers.

This *something* has the force of countless years of species development enslaving it. This *something*, which both science and religion wish to validate, is merely an illusion based on misconceptions of life. Science and religion are determined to clarify and enforce the purpose of the universe, which is done through the process of assumptions, definitions and labeling. All of which are mind-generated details of our life experience. We design the questions, principals and rules governing life and the universe. We substantiate these issues by saying that because we can design these concepts the existence of the universe must have a meaning.

We initiate these concepts to explain our existence. The creative intelligence demands that there must be a higher purpose for us. I detect one constant in this formula. We, we, we; it would seem that the universe was made to rotate around us as a species. Our species development has constructed this illusion to have substance and actuality. We

are confident that our self-determined superiority assures that this is correct. A proper question would be to ask what the universe feels about our assumptions and beliefs.

I would like to drop a bombshell on our disillusion. Our intelligence and creativity have given us the capacity to initiate questions and concepts over life and the universe. This does not, however, support their validity. Every question, concept, and belief are based on our assessment of the universe. Our existence, to this date, has misconstrued life and the act of living. We have, instead, illustrated a supposed variation of what we think life should be. But, this is not necessarily the Truth of life. We have been fooling ourselves for a very long time.

Can there truly be any validity in any attempt made by science or religion to explain why the universe exists? Perhaps, but this is only from our irrelevantly mind conceived existence. Our species is always trying to understand, manipulate, and control. Conditioned behavior governs what will manifest in our realm of reality. Perhaps the a conscious evolution will allow us to shift away from mind details about living.

The beingness of universal consciousness is omnipotent. We do have the capacity to mold and change the universe. Unfortunately, our self-consciousness is restricted by too many conditioned characteristics, predominate in our species. The mind conjures up unnecessary details over our existence as a species. These mostly unsubstantiated details govern our existence and constantly shadow the development of our conscious awakening. Religion and even science are examples of concepts or structures that restrict and inhibit actual awareness to being and living within the flow of life. This is generally true of any concept, symbol or definition that uses mind details to alleviate the longing for clarity. What is this longing or demanding in us? It derives from our evolution and social development. And, it is based

on ego and conditioning. Our desire to reunite with the universal oneness is warranted. It is the manner in which we try to obtain this supposedly lost knowledge of the universe that should be questioned. We have been running around in circles for thousands of years and there has been no true development on the level of consciousness. The underlining misconceptions are constant; only the content varies.

We overlook the obvious; that our species has never really separated itself from the universe and life. The minds behavior and our lack of presence restricts the blossoming of our conscious evolution. The concepts and values we are taught to believe inhibit us from ever truly finding and accepting the truth – that there is no absolute truth. There is life. What is...is. And there is the beingness within what is now.

Should we continue to stay in a conceptual mind-made illusions of life and living? We will stay in a no-win scenario if we continue to live strictly from the mind. The pre-programmed difficulties result from the direction our species has undergone throughout our evolution. What have we done, both willingly and unwillingly, since the awakening of our self-consciousness? This may be a significant question to ask ourselves. And, it may be beneficial for generations to come.

Explaining the universe and our purpose gives the mind more chatter and illusional thoughts. But, thoughts and details about living are not the same as simply living. Being is the ultimate fulfillment of our life experience. Perhaps even more important for our evolution is the acceptance that what is...is in any moment. The brain operates on a purely natural basis. Species consciousness is normally also a natural process. However, how the mind, not the brain, uses us and how we use our self-consciousness complicates everything. There may be two methods of interpreting our self-consciousness. One interpretation is to be physically

conscious. This is a state of mind in which conditioning and ego control our state of being. The second method is to live in aware presence consciously being. We need to fine tune into the universal consciousness flow. Aware presence allows us to look beyond concepts and labels about living. Then, it is easier to simply live.

Then, traits such as the ego might fade away. These characteristics are used by us in daily activities. But, they are not truly significant to our live experience. Beliefs, ego, and conditioning are then seen for what they are; which is nothing substantial in regards to consciously being here in this moment. Oddly, the mind tries to divide consciousness. We say there is a normal consciousness, a collective consciousness, and a spiritual consciousness. Would it not be easier to say that these reflect the one universal consciousness? The separation of oneness has come about via the mind's evolution and our lack of awareness. All things are truly a manifestation of one consciousness. Dividing and defining as such is redundant and results in these definitions being non-substantial.

Still, it is difficult for the majority of people to even acknowledge consciousness. The separation from aware presence happens due to simply unawareness of the here and now. And, the minds behavior to interfere and manipulate our experience of presence. The manner by which we have separated ourselves from universal consciousness is part of the illusion that has been established and nurtured by humankind.

We were doomed to an existence filled with confusion and despair from the moment we became conscious of a consciousness. Our species' remarkable evolution in creativity and intellect continues to open up new ideas and questions. Self-consciousness has been corrupted and mislead for thousands of years. This could well be the predominate influence which contributes strongly to our

excessive need to search for a cure for the insatiable longing for peace which we have self-imposed upon ourselves. Mind-oriented needs and wants contaminate our life experience. Consciousness, at all levels, could advance forward in leaps and bounds without mind restrictions. However, conscious awareness is held down by heavy chains, resulting from conditioned behavior traits and tendency.

A beneficial guideline is to practice awareness and break the self-inflicted restrictions placed upon our existence. Then, we would more readily accept the isness of any moment. Thus, defining, assuming, interpreting, and judging everything would fade from our existence. Equally, the minds' dominance in our activities would stop.

Nevertheless, for now, predominately influencing factors, such as conditioning and the ego continue to lead us astray. The development of conditioned behavior and the ego still remain mostly unobserved. Therefore, it is inaccurate to suggest that people live life. The majority of people *existence* and that is all. And, existing is not the same as living. The mind portrays illusions that manipulate our conscious observation of living. Hence, we feel an emptiness and want to fill it. We are driven by a force that is comparative with our need to return to the safety of home. But, the continual growth of our consciousness depicts a mind generated world. We constantly searching for a way to calm the distorted mind-invoked framework of problems. The wanting or demanding can never truly subside or disappear if we remain in this mental framework. This has condemned us to live a mostly frustrating existence. We will never reach the serenity we so desperately want to find if we remain strictly within a mind box called reality. Mind attributes, such as creativity and intelligence, are inadvertently responsible for much of our misery due to our state of conditioned unawareness.

Self-consciousness has suffered greatly since its

awakening because of our characteristics, which is perhaps why we can never find the fulfillment we desperately need. The very attributes that define our species also restrict us to the implied boundaries set by those very attributes. This conflict in interest continually multiplies and extorts the minds separation from life that began as we became self-conscious.

This is why we have the continual need to fill a void which we have convinced ourselves exists within us. This feeling of desperation is also ongoing due to the conditioned elements in our life experience. Consciousness wilts due to species' characteristics that are rooted deeply in the mind delusion about life. There are two ways of understanding the birth of our species consciousness. The known world and universe have life everywhere. We are the only known species that has obtained a higher level of self-awareness. The other forms of life simply live and die in harmony with life. I had already mentioned the beauty that is to be found in this harmony. Life forms, for example, on this world live, reproduce, and die. The process from start to finish is also obvious in in any life-form. There is life, health, sickness, disease. There are many experiences. But, there is only one state of being.

We find it necessary to define an experience as good or bad, happy or sad. However, there is no need for contemplation, definition or judgment. The beingness of living without restrictions is enough. This allows a form of life to live in harmony with the source of life. This lack of consciousness allows life to flow through the form. The universal energy flow does not lose any momentum because an object or life-form inadvertently misuses this energy. However, misinterpretations and false manipulation of universal energy prevents any true awareness to and expansion of our conscious awakening.

I would again like to emphasize that our species

awakened consciousness is not the problem. It is truly the other attributes of our development and evolution that have corrupted, misguided, and suppressed the beauty of our awakened consciousness. The state of consciousness found within us offers an opportunity to glimpse the eternity of beingness, regardless of the form. We stand on the edge of this eternity in each moment.

Compare this to standing on the edge of a cliff. This cliff is so high that you see nothing but clouds below you. An inert feeling assures you that you may jump without any harm coming to you. You impulsively know you can trust this feeling. You are unfortunately also aware of much static in your presence in that some moment.

You want to jump but the static (personal and collective conditioning) manipulates the enlightenment of living. Thus, you spend most of your existence swaying back and forth knowing but unknowing, willing but unwilling to simply jump. Conditional influences condemn us to this type of behavior. We walk on eternity's edge but never accept and never let go. We are taught by individuals and institutions (government and religion among many others) that to see the truth beyond our species established *edge* is a contradiction in our and the belief in a god.

Therefore, our consciousness cannot truly flourish and blossom. We continue to invest universal energy in areas of our existence that have no significance. People unconsciously choose to remain in a mind-made box. This continues solely because people define the universe primarily from the aspect of the mind. We manipulate and corrupt areas of our existence to produce a desired wish or goal. This is done on the smallest scale to a scale so vast that its damage is felt worldwide. It would be interesting to find the common denominator involved in our mass delusion. Is there only one factor responsible or many? It would appear we must consider that many factors are intertwined

within the complexity of a mind-made existence. It is important that we understand that these complexity factors are self-established by the mind. We started down this path perhaps a few hundred thousand years ago (clock time).

We live a personal and collective mind madness that is restrictive and destructive. We can all contribute to ending these collective entanglements by understanding the essence of our beingness. The manipulating and dominating collective body wish to disorient us from life. We need to acknowledge the manipulative assumptions and beliefs that influence our existence. The more space we achieve in the mind-constructed understanding of life will allow more space to be felt, universally. This continual contentment and resolve will reflect out into the universe and back to you.

I view self-consciousness as an unwilling partner in regards to our evolutionary mind development. Surely it is possible for our species to live and still have peace and serenity in daily experiences. We may even discover that obtaining this space and existence freedom does not require any concept or method. It does not require searching, wanting or demanding. It might first sound contradictory, but in order for us to truly live life from its source we need to forget who we think we are. Who we really are is not the self-image or the collective image that our conditioning prompts us to believe.

Our evolution is faulty in given aspects, such as emotions, conditioning, and ego, as these cause us to feel superior. We assume that our consciousness makes us unique and dominant over the universe and life. There could be a relative truth to this sentence. There is a glorious beauty to be beheld when we cast our self-image and mind-made structures aside. There is the superiority of life to be enjoyed when we are aware enough to live from the grace of consciousness and not from illusions. Nevertheless, we continue to search for the ultimate answer to life. We are prompted to find a

salvation that we never lost. Religions and belief structures are consistent in telling us that we must be saved. We demand a cure for the self-inflicted suffering that we *assume* is our existence. We believe that continuous searching will eventually bring us closer to freedom.

Have you ever considered nullifying this unquenchable demanding by accepting that your very existence is salvation? You, now as the person, are only a vessel. The beauty is that through this vessel flows everlasting life. You are, in actuality, already everything that you seek.

People, especially religions, speak and write about the reality to be found in God. When we witness and experience this *God* reality we see that it is based on hearsay, interpretations, reinterpretations, assumptions, and beliefs. This very illusion of a god reality has only increased our separation from the true self within our beingness. Fear, unworthiness, and supposed sin are a few examples of what we use to justify our separation from life. We are adept at allowing anxieties and confusion to magnify a given assumption or believe. This behavior is, and the corresponding beliefs are, deeply implanted in our daily existence. We have become entrapped in a framework of interconnected illusions. And, most people are convinced that such behavior and belief structures are the true guidelines of living.

But, these assumptions and beliefs are mostly based on mind-made interventions. We have taken simplicity and turned it into a struggle. Conscious enlightenment is masked with a type of mind damnation. The self-image (personal and collective) that we have constructed for ourselves is not real.

Any and all assumptions and beliefs about needing a god for salvation is nothing more than mind-made illusions. We are pure, peaceful, and *saved* from the moment of conception to the moment of bodily death and beyond. What

any person does between these points is nothing but a mind-made conceptual interference of life's continuity, so this mind interference and misinterpretation has no true validity.

We do not want to accept this fact, but it is true.

Universal consciousness *is* and it experiences itself naturally, without the need to define, explain or question. Our species' self-consciousness awakening invoked an obsessive need to separate itself from the oneness. We question, define, and judge everything. We cannot simply accept. There is a life potential in every moment that we can no longer really feel.

We have become hugely disconnected from what we really are in life. This separation reflects out into the world and the universe. We are destructive to ourselves, others, and the planet because of this disconnection. We have forgotten what life really represents. The universe reflects us. We are bonded as one. We would eventually enter a new experience of totality if we could let go of the conditioned behavior and responses. We may then see the simplicity even in the most supposedly difficult experiences. This, in turn, would allow our species to find true fulfillment in almost everything. There is a consciousness on the level of physical consciousness, which is the brain functioning and interacting with the world, both in us and around us. Then there is a consciousness at the level of awareness resulting from a realm that we cannot grasp or understand. It is unique to our species.

Unfortunately, we are unable to feel this consciousness on a continual basis. This consciousness is universal and something we will never truly understand. It should not be understood. It should be experienced. The functions of our brain are contributed, of course, to species and evolutionary developments.

We love to interpret, define, and judge everything in our experiences as a result of this particular development. We cannot, however, relate to the fact that this species development in its entirety is a natural occurrence; a natural development. This natural process has never needed our interference.

Life has never needed humankind or any other species to define, interpret, or label its existence. The universe has most definitely never needed a god, gods or creator to initiate or maintain its energy field. Mankind dignifying a god or gods to explain life and the creation of life is simply the best manmade attempt used to explain the universal consciousness. Our object consciousness is also a part of this natural process. A deterrent to this natural process occurred when we awakened to self-consciousness. Self-consciousness is not the destructive element in our development. It is the combination of traits which overwhelms our awakened consciousness and has caused our supposed miseries. The dawning of our self-consciousness should have brought a breath-taking joyous experience to our existence.

Unfortunately, other factors in our species' development continually throw monkey wrenches into the simple unfolding of life. Our existence has been tormented by conditional characteristics since the beginning of self-consciousness. There was an evolutionary stage when we were all very *aware* of the universal oneness or source of life. The characteristics associated with our species have conditioned us into ignoring or even completely forgetting our unity with life. I have mentioned before that in actuality we are life. However, we continue to choose living from the mind instead of simply being one with life. Conditioned behavior patterns manipulate our relationship within the beingness of this moment. We choose to forget. We have been persuaded to accept life as it is presented to us through thoughts, emotions, conditioning, and the ego. All of which, are strictly

mind aspects.

These traits absorbed and denied our awareness to presence and conscious living. Universal consciousness expands and contracts. It is eternal. However, the beingness within this state of being is constant. Only the form changes. Our evolution has caused confusion and uncertainty to prevail in most experiences. However, it is possible for us to once again return to a state of equilibrium between our person, other life-forms/objects and life. It is time for us to consciously awaken and choose how we wish to live life.

The elements contained with the form of our species give the illusion of grandeur because of our unawareness to mind behavior. These development tendencies are, in fact, manipulating and restricting our species.

Our higher levels of creative intelligence and emotions can be used and valued in our relationship to the source of life. We only need to allow a growth of awareness to flourish, instead of restricting and manipulating it through mind contamination. We should be more aware of the boundaries of our species' behavior and development concerning the actuality of life. Then we may continue to expand our consciousness. Even a slight increase in true awareness will ignite more freedom of space in our existence and assure a feeling of consciousness unity in our life experiences, instead of fear and separation.

This realm of true understanding and freedom will reflect from our form-based consciousness outward to the source of life. We could then initiate the unfolding of a new reality based on life and not based only on our limited interpretation of life.

Chapter Two

Beliefs, Conditioning, and Their Effects

A period of wonder and fascination occurred during our development. This was the evolution of our species' consciousness and it was and is a true miracle. But, mind behavior and our lack of presence changed all of that, corrupting this miracle with the virtues of our species. We allowed higher intelligence, creativity, and countless traits to mask the beautiful simplicity of life. This was when ideas and assumptions that support different beliefs became very predominate in our life experiences. We began to manipulate and restrict ourselves because of the thought pattern content, which demands dominance in our person. We have been paying a terrible price ever since.

We became very vulnerable to suggestions from individuals, groups, and institutions. Individuals including friends, family members or even strangers have always played a significant role in the acceptance of beliefs, persuasive in convincing us that a given assumption is correct. An awakened awareness would be very practical in

freeing us from such persuasions. This is when an awakened awareness is very important. The individuals in our immediate surroundings can have a strong influence (not always good) over our acceptance of ideas, opinions, and assumptions. Here our capacity to deal with a given individual is often corrupted by old misbehaving companions; our emotions, conditioning, and the ego. It is often our own conditioned ego that adds its demands to the opinion or belief that is presented by an individual.

Group manipulation and influence on the level of assumptions and beliefs can also be misleading as we find it very difficult to stand our own ground when two or more people come together in support of a given belief. Naturally, this is when our personal conditioned emotions and ego can play havoc with our birth-given understanding of the universe.

Institutions, such as governments and religions, that have gained a socially accepted momentum in our history, are the most dangerous, as they typify a major drawback to the evolution of our conscious awakening. To a given degree these institutions even hold back the development of creativity and intelligence.

These organizations are very restrictive to the partnership between creativity, intelligence, and consciousness. I have an example to demonstrate how a simple assumption can become a belief. Any given belief has the potential to snowball and thus greatly influence people. This experience happened during the slow seasonal change of summer to autumn. One day, I noticed a rather large beetle glide and land on a protective metal railing outside my window. It was a hot day late in summer. The beetle remained on the metal railing, although the metal was very hot.

An hour or so later I looked out of the window. The beetle was still on the metal railing, but it was no longer moving. I

instantly determined that the bug had remained on the metal railing until it had literally exploded from the heat. The explanation for the beetle's action may be difficult to determine. Perhaps from its own level of consciousness (instinct), it knew it was time to die. It could also be that the beetle simply could not estimate the intensity of the sun. I wish to use this experience as an example of belief structures in our social network.

I had been contemplating ideas about assumptions and beliefs that day. I decided to try an experiment.

The next day, I called a good friend who I have known for years. This person is very religious. We made small talk. I then introduced my experiment into the conversation. I told him I had experienced something strange the day before: the bug on my windowsill.

I altered the experience I had to fit the needs of my experiment. I expressed the occurrence with the beetle to my friend as though I was in a confused and fearful state of mind.

I told him how the beetle had behaved after it had landed on the metal railing. I also made references to stories from the Bible about insect plagues as a result of doing something sinful. I also mentioned curses involving bugs that have been told throughout mankind's history.

Then I initiated a *belief* into the experience in the form of an assumption. I told my friend that it may sound crazy to him, but since the bug did its dance of death outside my window, strange things had been happening to me. I did not initiate a "belief" into our conversation. I simply repeated stories about a belief based on bugs. I then told my friend that I had been experiencing bad luck since the beetle died. I used a few examples of bad luck that were not based on actual experiences. The next day I spoke with him again, repeating the story of the bug's death. I then told my friend

about a few more personal experiences that I considered to be strange and unlucky since the beetle had died. The next day, I repeated this conversation, adding a few more examples of unluckiness. I was approached on the fourth day by two other people I know; mutual friends of both my friend and I.

Both asked me to share my experiences with the bug. I did so. I had the opportunity to share this make-believe story with them on two different occasions. A mutual acquaintance of me and the others overheard our conversation on the second occasion. The next day, I heard this person sharing these assumptions concerning the bug and curses with others. I determined a high level of acceptance of this "belief" in three of the four people involved. These three people were convinced that such experiences dealing with bugs and curses really happened in our history. Furthermore, they readily expressed acceptance and commitment to my experiences relating to the beetle on the window railing.

This may seem like an invalid example of mind conditioning and belief structures. However, I feel that it is quite significant. I turned a simple experience into something fascinating and believable just by applying emotions and conditioning elements. And, this is fundamentally how our species behavior functions. Aware Consciousness and active presence are an expressing of life. Consciousness is the act of meeting the universe on a one-to-one basis. Unfortunately, our species' conscious evolution has been subjected to other components of our mind development. Object consciousness has suffered terribly, which is continually multiplied through lack of presence and mind conditioning. This manipulates our consciousness into playing the mind game of life. The weight of our species conditioning is a heavy burden on our personal and collective experiences. The belief structures have the destructive impact of a runaway locomotive. Perhaps the one attribute that can save us would be the simple acceptance of our

existence as an act of beingness as a universal being. It is only our defined and judgmental concepts and beliefs that seem to have separated us from this universal oneness. There is no division, except in our mind-made delusion.

Our species' natural habitual desires to mimic, restrict or modify self-imposed concepts of life have greatly complicated the development of our conscious awakening. It is true that there are many advantages to our species' evolutionary traits. Unfortunately, dark and elusive patterns of constriction and denial have arisen from our developmental growth. These side-effects continue to hamper the acceptance of our state of being in life's oneness. That is why we have mostly remained confused. We live the one true moment of life in a state of anxiety and fear.

We understand life which entails constant existence dissatisfaction. Our species' evolutionary development combined with the eventual awakening of our self-consciousness has resulted in us believing that life is there to be questioned. We assume our species development happened because we were chosen to answer the *big questions* of life. One of the best-known self-imposed question is, *who am I?* This and all other questions are only man-made assumptions. Life does not wish for us to ask any questions. Life does not wish for us to answer any questions. Life essentially only wants to give and be experienced. The fact that our species has evolved to its current stage does not mean we should or even have the right to impose such demands on ourselves and life.

Any assumptions or beliefs, as well as questions, are based on illusions. This is true whether you are an atheist or a God-fearing person. Any conceived interpretation of life is, in essence, non-existent and delusional. This is solely because all mind-made constructions, concepts, and contents are non-existent or at the most not essential to *living* within life's oneness. Why do we feel compelled to use

religion, science and other concepts to define and label life?

We could, once again, refer to our basic evolutionary species traits. We have developed an adaptive and surmounting talent to survive and flourish. During this development our self-consciousness awakened.

Our species' traits, which include such emotions as curiosity, thrive on the emptiness that our species consciousness awakening has created. There is a space (dimension) that self-consciousness has created that our behavior tendencies cannot accept. Furthermore, although it incorporates our species' entire history, we have not been able to fill this supposed void with any mind-made assumption, concept or belief. It is quite absurd for us to even attempt such a task. How can you define, fill or replace something that is everything? This is how active awareness could eventually reignite the transfer of universal knowledge between our consciousness and the universal intelligence. This knowledge transfer has become very dormant and almost non-existent in most people, which is the price we have paid after our species *fell into a deep sleep*.

Our species-evolving characteristics have made us inquisitive, which as we have already discussed, has its good sides and bad sides. The real dilemma may be that we are stuck somewhere in the middle. We can no longer distinguish assumptions (conditioned beliefs) about our understanding of life and the actuality of life in its entirety.

Our awakened consciousness feels the separation caused by its own self-acknowledgment. Its desire would be to reunite with the universal intelligence. Yet our very behavior and actions dictate exactly the opposite. We form groups and institutions comprised of people that *believe* in supposed definitions or interpretations of life. These definitions, assumptions, and interpretations are nothing more than shadows or phantom images of life's reality.

Religion was the first real influential institute that united individuals together (willingly and unwillingly) for a common cause.

And, our rational intelligence continued to grow in correlation with other aspects of our species. Eventually science emerged into our society. These two institutes have been responsible for more manipulation and confusion than most other areas of our existence.

The religious repercussions on our individual and social structures and existence have been overwhelmingly restrictive to our conscious awakening. Science has been able to establish itself in our society. However, this was reached with great controversy and impairment from the religious communities. The ongoing conflict between the two is still very present in our modern world, although the religions have become more tolerable to scientific conclusions, but still not very supportive of these conclusions.

It would seem that religion and science wish to offer resolution for our inner static, which has been continual since our species' self-awareness developed. Religions and their conflicts with science have only complicated and manipulated a simple equation. This is to be *one with life* in every moment, which is also possible for everyone. These two institutions, along with associated structure implications, have been designated as knowing the answers to questions about life. Nevertheless, we should ask who is asking the questions?

The mind asks the questions, and the mind interprets and answers the questions. We assume that the very fact we can think validates the minds' assumptions and beliefs as being absolutely correct. This process is in accordance with our species' conceptual and self-imposed definitions about life. Religion and science ignore (willingly and unwillingly) the fact

that *life* does not require a definition or proof of existence; it simply *is*. This may be what Moses wished to express after returning from the mountain. Moses supposedly spoke with God, which is virtually impossible to prove or disprove. This is convenient for those people who support this story.

Moses wanted to know what his people should call God. God supposedly said, ***I am who I am***, and He continued with the sentence, ***thus you shall say to the children of Israel, I AM has sent me to you.***

This sounds similar to topics we discussed in the first book I wrote. As well as similar topics in many other books and writings throughout our history. There is an *I* and a *me* in our mind-defined structures. The *I* should be seen as universal. The *me* is individual and egoistic. The sentence that Moses claims came from God sounds like Moses expressing his insight on the universal oneness of life. Life does not have a name or definition; it just is. Moses may have come to this enlightening insight after spending a longer period of time on the mountain top.

These words do, however, sound wonderful in a storybook. Its content is definitely inspirational for a given religion or society. Science has given possible theories to explain the *burning bush* that Moses supposedly encountered on top of the mountain. There are doubts to the actual representation of the term burning bush. Perhaps this has nothing to do with a bush that was burning an eternal flame.

It may be a misinterpretation of early writings that were referring to the mountain Sinai where Moses was said to receive the Ten Commandants from God. The Bible refers to this mountain as *being on fire*. There may have never been a burning bush, but the misinterpretation does inspire awe and fantasy in people. Religions have used this wonderful story of Moses to support the magnificence and eternity of a

supposed god. The reality and actual event may hold a much simpler fact. Moses may have felt the inner innate connection to life's purity that consciousness has given us. He may have also been inspired to use this insight to help the Israelites establish a new existence in a troublesome period. He may well have simply gone up onto the mountain to **reflect and meditate** on the task he had been given, then expressing his conscious awareness of life's oneness to his followers. He used terms and symbols, which were reflective of the mental state of that era. This was a mental state full of uncertainty, assumptions, and superstitions. Moses, being a man of faith, had no other choice but to believe that his insight came from a god. This God was the God of Abraham.

Many people during that period viewed the collection of stories from Abraham and others to be fact. This holds true in our modern world today. Belief structures are becoming more prevalent and dominating than ever before. It is as if the dark elements in our species' development sense a new leap in our consciousness is impending.

These manipulating forces in our species appear to be invoking a last *do or die* attempt at keeping mankind in a state of unawareness and control. Have you ever asked yourself what is truly meant in the King James Version Bible scripture: John 3:16 *For God so loved the world, that he gave his only begotten Son, that whoever believes in him should not perish, but have everlasting life.* This one small phrase has been translated, redefined, retranslated, and redefined many times, suggesting one thing. It would appear that the apostle John viewed Jesus as a gift from God. Apostle John conveyed that Jesus was the only true son of God. Apostle John's assumption was that Jesus was the only "man" who was divinely connected to God. Why would John think and suggest such an assumption? He did this because he *believed in* his assumption. His belief resulted from the insights that Jesus the man had about true life.

We (the believers) were also children of God, but only by adoption. Does this imply that no other person is worthy of God? The implication is that we (those who choose to believe) must earn the respect and salvation of God. Why would the only one true God send his only one true son to Earth to save us? Everything is supposedly in accordance with God's design and plan. It doesn't seem logical that He would create us in His own image and then later decide that we must be saved. Does this mean that God Himself needs to be saved?

Here, again, I am not convinced of the validity of such writings. I understand that in Genesis we read that, *God made man in his own image*. Let's expand on this statement. How much more connected to a God could humankind be? This very statement indicates that we must essentially be God.

Did God perhaps make man in his own image but decided to let out different *Godly* features and characteristics? This is unlikely.

Would a god really find it necessary to create a universe, and then out of boredom or loneliness create us? Then after he created us, he decided that this creation was a mistake and determined that we are fallible. We could go on and on. The contradictions and discrepancies to be found in the Bible are so vast that only a person of blind faith and belief will find substance and truth in these words. The individual that wrote, *God created man in his own image* may have simply been in a state of confusion that is still present in modern humankind. What he meant to write was, *Man created the gods or a god based on his own delusional image*. Our personal and social egoistic structures, in regards to materialistic demands, have caused a shift from many gods being responsible for us. The responsibility and judgment of mankind has basically been given to just one God over the last few centuries.

This *one God* still takes on many different identities based on a person's religion or belief structure. I may be going out on a limb when I write that there seems to be a correlation between our behavioral development and our interpretation of a god.

We could say that the endorsement of this one God reflects a deep-seated need to see ourselves individually as the center of the universe. Thus, we are unknowingly driven by a need to control ourselves, our surroundings, and life. We want to be the true creator of our universe, each according to his or her own individual interpretation. These interpretations originate from our emotionally conditioned egoistic perspectives. There is, however, a flipside to the above perspectives.

There is the unity of life or oneness to be found in these underlining factors. Here we should once again understand that this has two sides. We can relate to this idea from the conditioned mind-made side or from the universal side. The first injects separation, uncertainty, and illusion in our existence. The second allows space, growth, and unity to be felt in our experiences. A given god theory can never be substantiated as fact. We blindly reinsert established beliefs, both religious and non-religious, in our daily existence.

The theories of any god or belief structure are conceptual as products of our minds' illusions. Religions stubbornly insist on teaching and behaving in accordance with these illusions. Beliefs and belief structures dominate our existence. The result is continual debates and conflicts, which continue to enslave us. This vicious cycle restricts the development of our consciousness. A belief nurtures complexity. This was true during the life of Moses and Jesus. It is also relevant for the needs and demands in our modern world. We have spent thousands and thousands of years basing everything on our perspectives, assumptions, and

beliefs. This is how we see the world and how we want it to be. Strangely enough, the ideas and assumptions over life never quite assure peace or fulfill us.

We continue to interpret and reinterpret. The manipulative and interpretive tendencies involved in our belief structures leave us feeling unsatisfied, judgmental, and often resentful. Beliefs and belief structures began during the period of our conscious awakening. It may be more accurate to say that the *act of believing* established itself during the period of our separation from life, which occurred at some point after our self-consciousness was awakened.

This process probably occurred over a period of thousands of years, which is essentially saying that during this time frame we separated ourselves from our own consciousness. This is where the ego and so many other traits have contributed to our delusion. Here again, as mentioned earlier, there is no real distinction between object/self-consciousness and universal consciousness, except in our minds. There is perhaps an additional idea which could be taken into consideration.

The complexity of belief structures may have developed as we started to question and define life according to mind interventions. Thus, questions, anxieties, and fears about life and living were slowly integrated into our existence. It is plausible that this very reason caused the mind to need something unique to believe in. Unfortunately, this produced a wider gap between our species' understanding of life and life in its true essence. The wanting and demand for an enlightened existent through mind interpretation actually complicated an already complex existence. We needed something to give us answers. This gave the mind an opportunity to dominate us. We suddenly became dependent on the mind to instill a given need, want or cause justification. Early humankind channeled its curiosity, questions, and fears into tangible and non-tangible forms that probably

started very innocently. Our species was still young and there were few people widespread through parts of the world.

The first devices to be used to channel and justify our mind development were such things as crude tools and weapons. These primitive individuals consequently and coincidentally started to channel typical attributes, such as creativity, intelligence, pattern conditioning, and ego through these very same objects.

This started the snowball of complexity to roll downhill gathering speed, size, and power with each new turn. The complexity of mind-made attempts to understand and justify the universe and our existence increased considerably within a relatively short evolutionary time frame. The dimension of our consciousness appeared to be growing in relationship to the other characteristics of our evolution. Unfortunately, this was not true. What transpired was an ever-increasing non-acceptance of the beauty and simplicity to be found in life. This is when our self-consciousness started to experience corruption and manipulation. The other attributes of our species were too manipulative and demanding. Creative intelligence during these early stages started to demand more elaborate explanations for the questions about life.

The rather rapid expansion of social structures added to the input of the mind's detailed thinking structures. More and more ideas and assumptions were added to our personal and social networks, contributing to the lack of fulfillment in our life experiences. We continually needed more and more input to verify our *misunderstandings* about life. The weight of mind-developed characteristics became too great of a burden sometime after the initial stages of self-conscious awakening. Thus, there came a point in our earlier evolution when something snapped. We generally denied and exempted ourselves from the simplicity of life after this point. We had also already become quite pertinent at expressing our creative intelligence in the forms of vocal and eventually

written content. The mind storyteller was already very active in the earlier stages of development. We had unknowingly achieved devolutionary tendencies in our consciousness. Mind creativity, intelligence, emotions, and ego all wanted more extravagant explanations for our existence and the universe. These demands were fulfilled through intricate stories, which became more elaborate and complex with each new generation.

Thus, we were no longer satisfied with channeling our lack of awareness through simple content such as a tool, weapon or piece of jewelry. We started to assume. We convinced ourselves that creation, in reference to ourselves or the universe, can only come from deities that were responsible for our fate. We explained in detailed stories how these deities were the creators of all that we can comprehend. We also were all too happy to give the frustrations and burdens of our consciousness to these deities as an explanation for our existence.

The fact that these deities did not have any true validation was an insignificant detail for our newly developing species. And, the lack of validation in our assumptions and beliefs is apparently still an insignificant detail for us to this day. This channeling of our overabundant creativity and intelligence is directly associated to the assumptions and beliefs used by the mind in our experiences. This started roughly four or five thousand years before the birth of Jesus as a result of everyday experiences. These strictly mind derived speculations over life were engulfing our sense of beingness. This is also when our consciousness began to suffer. The intricacy of our species' intelligence combined with creativity and the ego resulted in us wanting to define and explain everything.

When we could not do this, we assumed or believed that something or someone must be responsible. We let our fantasies run wild. We created reflective images of ourselves

to take on the indefinable questions, ideas, and assumptions about life that we could not understand. This became a vicious repetitive cycle that obscured our essence. The interaction of larger and larger social groups, and communities allowed the mind delusions to establish itself in the backbone of our personal and collective structures. This is also the period of our development when we were no longer satisfied with a self-induced object reverence. The use of assumptions in our minds or objects in our surroundings before this period had been few and mostly a personal symbolism of something.

The coinciding expansion of creativity intelligence, together with a steadily growing populace, resulted in mankind demanding new and more profound ideas and objects to justify different questions about life and our existence. This was the period of idols, demigods, and gods, which basically multiplied mankind's unique ability to conjure ideas and assumptions based on creative fantasy, hearsay, and actual events, further increasing our separation from the essence of life. It did, however, contribute greatly to our fascination with storytelling.

The multitude of our species' characteristics: creativity, intelligence, emotions, and ego obtained an even stronger hold on mankind during this development phase. We became lost in the passion caused by mind-induced details that overwhelmed us. We entered a stage of development that inspired our personal and collective ideas and assumptions over life.

When viewed from one perspective (superficially), it all appeared so wonderful. But, this type of development increased the manipulation and contamination of our conscious awakening. And, it became prevalent during the period roughly ten thousand years before the birth of Jesus. The population of that time spread further throughout the known world. Social structures started to develop interwoven

networks. The backbone of our evolution started to become fragile.

The complexity of mind attributes, creativity, and intelligence established an existence mixed with anxiety, assumptions, fear, and intermediate periods of happiness. The supposed happiness or contentment during this period was already based on superficial and delusional interpretations of life, and this is still the mind condition at the present time.

The expansion which engulfed all areas of our development initiated the need for conformity and control. The transition to collective defining and interpretation of ideas and assumptions also increased greatly during the period before the birth of Jesus, which may have been when larger groups of people felt a compelling need to express and thus manipulate other people with ideas concerning life. This was also the period of the Old Testament when stories which were based only partially on facts or experiences were written down and submitted as one book, eventually called the Old Testament.

The Old Testament tells a story of God speaking with King David of Israel through the Prophet Samuel. Supposedly God (Prophet Samuel) told King David that his house and kingdom would always be safe. Eventually this story and other similar stories were interpreted as the coming of a savior. These stories were told, retold, translated, and retranslated hundreds of years before the birth of a man that would eventually be chosen to bear this title.

Ideas and assumptions were continually spoken and eventually written down. It is impossible to prove, but I have an intuitive feeling that this is also the period of our development when definition, interpretation, judgment, and mistranslation of ideas, hearsay, and assumptions increased dramatically. The ideas and assumptions over aspects of life

were being defined and structured by regional and cultural development. Some individuals during this period expressed their ideas, philosophy, and assumptions into written symbols, so shortly after we entered into the age of written languages.

This was the time when the stories of help, guidance, and salvation became increasingly appealing and appeared in our spoken and written experiences of living. Ideas and assumptions that had been handed down from generation to generation were now being defined and redefined on objects in written form. There were different areas of interest to many different cultural groups then, just as there is nowadays in our modern world.

A distinct diversity, separation, and pattern developed in ideas of cultural groups. The Roman and Greek gods and demigods are best known in the history of mankind. There were stories of the gods doing both wonderful and terrible transactions our species. Demigods were given to us from the gods to hurt and aid our endeavors. These stories were continually passed down from person to person and generation to generation. The mass of individuals and the cultural differences became an overwhelming contributor to the anxieties, confusion, and fear that were growing in the background of their life experiences. Self-inflicted conditions, such as emotions, anxiety, and ego should however, not be confused with the primordial instincts that can be seen in most creatures. Our species' developmental tendencies turned these primordial inert responses into aggressive counterproductive factors in our experiences.

The newly awakened (in terms of species evolutionary timeline) self-consciousness began to suffer greatly because of these demanding conditions. These patterns continued for many centuries. Early civilized people continued to develop structures and concepts to explain, manipulate, and control our *state of being*.

Then came the period when Jesus was born. The birth and life of Jesus has been interpreted, translated, and retranslated as being a crucial turning point in the history of religion and mankind. The facts, however, reveal insight into the story of Jesus that many especially religious oriented people and organizations do not wish to acknowledge or accept.

The life of Jesus was firstly only known to a small group of people who shared a common interest in understanding life. This understanding arose strictly from a selective interpretation of life. This is when our species illusionary conceptual understanding of life intensified.

Jesus had simply regained insight which reunited him with life. Then he used the best terminology to express this with other people. These were his teachings. Those few individuals closely acquainted with Jesus may have understood the life wisdom of Jesus better than others. Still, the conclusion we should neutrally consider is that the world of mankind only used the birth and life of Jesus as a means to an end. The life and experiences of Jesus were only known within a limited geographical area. His travels were limited to a small radius. Many scholars suggest that the desire of Jesus was to reestablish the life philosophy and moral structure of the Jewish people of this period. His words and behavior were never intended to start a new religious belief.

His teachings and reputation did increase during his life. Still, even his death was only known and acknowledged within a limited spectrum of early humankind's interactions. Jesus was practically forgotten by the general public after his death. There were only a select group of followers that continued to refer to the words of Jesus with any reverence. Two of the most influential and best known were the apostles Peter, Paul, and John.

These three and several other followers of Jesus initiated the *belief structure* in the spoken and written stories of Jesus. It was not until an estimated forty years after his death that the teachings of Jesus developed any significance for the growing populace of that period. I feel Jesus was indeed an insightful man who wished to help people become more aware of life's simplicity. He hoped that people would once again become aware of living within the flow of life and not against life. He wished to share that we are not of this world.

His teachings were, however, used by individuals and groups that were very misguided in their interpretations of Jesus and his words. Humankind used the life of a common man to twist our individual and social structures into conformity. It is a reality based on supposed experiences. It is an understanding of life established mostly through stories.

Many of these stories had a hidden agenda and were written in the purest of convictions only to later be used for personal or collective gain in one form or another. These experiences and stories were and are contaminated with misconception, misinterpretation, and illusions. Jesus was respectfully a person just as you or I. He knew love and anger. He experienced joy and sorrow, pain and pleasure. The only true difference between him and others was his level of awareness. He knew and felt his relationship to life. He experienced it instead of continually trying to defining it. It should be emphasized that Jesus himself never told people to believe in him. He was simply expressing his state of being with the oneness of life.

He used the language and symbolism of that time period to share his union as a life form with the oneness of life. Unfortunately, very few people during the life of Jesus understood the essence of what he was sharing. His teachings were continuously misinterpreted.

His insights were often applied for strictly personal and collective purposes. This was first possible after the death of the man named Jesus, which allowed individuals and collective bodies to misuse the details and teachings pertaining to his life. The death of Jesus inspired the movement of Christianity, which is not based on the truth. What is this truth that is not really a truth? This is the simple act of your beingness. This is the very truth interwoven in each of us; a truth that we continually choose to ignore. We replace truth with conceptual mind content structures.

This was the era in our development when beliefs became prominent in our social structures, which additionally reflected downward to our personal interactions with life in a manipulative manner. The structures of believing were more prevalent than at any other time in our species' history up to that point, which may be associated with the continual expansion and population of the known world. The ramifications of accepting or not accepting a given belief structure were very real for the people living during this time period. The crucial problem was, and is, that all beliefs are misinterpretations of life. A belief (existential) can never be truly fulfilling. It is not really the given assumption about an event, object or a presence (deity or non-deity) that we *believe in*. It is rather the concept of a given belief that we believe in. The power of any belief lies in whether a person or persons choose to *believe*. This choice-making process holds the validity or invalidity to all beliefs. The combination of our state of awareness and our choice-making determines if our consciousness may blossom or not. Mind development has greatly clouded and mostly hidden the true significance of our consciousness.

There are a few examples we can use in reference to belief structures in religion. John the Apostle is considered a very influential person in the early period of Christianity. People worldwide are continually interpreting parts of the Bible that John supposedly wrote; supposedly because it

appears to be difficult to know who wrote what during the early periods of mankind.

We will never know who John was or what his motives truly were in life. We only have assumptions. There are a few accounts of John and his life that we may conclude as being factual, but these are vague.

The interpretations, translations, and reinterpretations of John the Apostle have resulted in mankind having a delusional image of him. There are people who are continually trying to prove the place of John's death and his bodily remains are worshipped as religious relics. The search for the remains of John has continued for hundreds of years. How could the remains of a man from two thousand years ago benefit our understanding of life now? The point I wish to make is that no one really believes in John.

It is more correct to say that many people believe in the belief about the stories of John. This may sound like a word trick, but there is more insight in these words than trickery. In some place's bones have been found around the areas where John lived and died. Scientists have even tested and proven that the bones originate from the period when John lived. Scientists and religions can only assume that one or the other bone had belonged to a man named John.

The church has done this in different situations resulting in reinforcing given assumptions with these belief structures. People worldwide pilgrimages to these holy places that the church has sanctioned as the resting place for the bones of a man named John. It is true that the memory of John the Apostle should be honored. However, it is sad to see universal energy and human resources being used to support something based only on stories, assumptions, and beliefs. I listened to an interview from a scientist discussing the worship of and belief in bones from a man who has no proven identity. The scientist stated, *people aren't interested*

in whether the bones are actually from John the Apostle or not. The significance and importance of these bones are that people and the church believe that the bones are from the Apostle John.

Does this belief really benefit us, living and our consciousness? We are conditioned to generally reply, yes, *it does*. But, to say yes is inaccurate.

This will repeatedly be our reaction if we remain in limbo (unawareness) and can't break the mind restraints that have held us for thousands of years. Many individuals, regardless of location or religious background, insist that a belief consists of unconditional faith. Although, our history has clearly indicated that a belief (existential) consists primarily of ignorance, stubbornness, and fear. We masquerade these with ceremonies, events, and excuses that are, at the most, vague in their representation. These are indistinct attempts to make the illusions we have made, pliable. Some religious, and perhaps even some non-religious communities, share the conditioned belief that earth came into existence around ten thousand years ago. This estimate is based purely on stories from the Bible and other writings. There is also a firm assumption that the Bible is responsible for humanity. The truth is, humankind was here long before the Bible, but there is something that connects the two.

The Bible stories were being told and written during a period when humanity was first blossoming. It is easy to confuse the two and give the Bible too much credit, which it didn't truly earn. The blossoming of humanity gave those who told and wrote such stories the opportunity to express and structure a still very immature humanity. Long ago, people wanted and we still want to interpret, define, and redefine everything. It seems that this is one of many evolutionary traits. And, such traits do not necessary benefit us when we remain unaware.

This is also one of the reasons why the religions of that period gained so much recognition, allowing them to establish momentum and strength. This, in turn, relates back to our discussion about the need for humankind to want and search. The fast blossoming of humanity and the structuring of factors relating to our species created an inner darkness that needed to feel the light of enlightenment through aware beingness. Our species has always used any given spoken or written belief to gain something; gains usually based on people having needs which must be satisfied. These needs stem from basic traits that have evolved in accordance with this vicious cycle.

Mind behavior tendencies are responsible for restricting our consciousness. These behavior patterns also apply to thoughts, emotions and the ego. Yes, one trait might influence our behavior more than another. However, all are mind influences that dominate due to our state of unaware presence. This consciousness dilemma caused by our behavior remains active and prominent for two reasons: lack of awareness, and lack of acceptance to the unfolding of life. The very beginning of humankind consisted of it shaping and structuring a self-existence; a world and way of existing according to our intelligence and creativity. The latter two were first enhanced by our newly awakened self-consciousness. But, self-consciousness quickly became the slave to the mind's behavior. A large portion of our history is based on insignificant thoughts and belief manipulation.

In example, stories conceived through creative intelligence were and are used to express thoughts and beliefs. And, the mind in an unaware person insists that these thoughts and beliefs are real. This has continued on and on throughout the our personal and collective species development.

This would indicate that our existence over the last hundred thousand years has consisted of misinterpretations,

and insignificant phantoms of the mind. This is something most people are not ready to accept. However, there is much to be found within this acknowledgment. The Bible can be used as an example to explain this statement as it contains many stories generated from a select group of individuals, which only hold a relative and conceptual truth. This conceptual assumption can only be understood from the person who defined this experience or assumption. Let's use an example to illustrate. I look outside and say that the weather is very warm, sunny, and comfortable today.

I share this self-imposed truth with the world. I first give this assumption to my best friend. I tell him about the weather. He tends to agree. He even *believes* what I have told him. Then he tells another friend about the weather. This friend agrees with some of the details within the conversation, but not everything. He then redefines the statement that had started with my individual observed truth concerning the weather. He then tells a friend: the weather today is too warm. The sun is too bright and he doesn't feel comfort with the weather today. This is a simplified example but the pattern generally remains the same. The truth, according to my interpretation about the weather, was both partially or completely accepted and or also redefined each time it was shared with someone. This type of behavior is prevalent in all areas of our existence. This is what has transpired with the Bible and other writings over centuries of our existence.

Let's consider the statement above without making any premature comments. Silence and non-attachment might then offer space in an otherwise thought congested inner universe. Letting go of so many conditioned behavioral patterns is a difficult task. We constantly misconceive many things according to definitions and interpretations, both conditioned and non-conditioned. The Bible and other such writings, in example, are vague regarding the start and development of life and living as a person. The story of Adam

and Eve is once again a typical example of written flaws and misconceptions. The story, from my personal viewpoint, was nothing more than an attempt to clarify how awakened consciousness fell into a deep sleep. Perhaps, the storyteller of Adam and Eve was simply trying to convey his ideas and feelings about the loss of life's simplicity. We will never know because we were not there in that moment. It was the storytellers' interpretation of the separation that had occurred between object consciousness and universal consciousness. Let us (just for fun) reflect on and summarize the time period and story of Adam and Eve. There is the birth of Adam. The story written in the Bible is as follows:

This is the account of the heavens and the earth when they were created, in the day that the LORD God made earth and heaven. Now no shrub of the field was yet in the earth, and no plant of the field had yet sprouted, for the LORD God had not sent rain upon the earth, and there was no man to cultivate the ground. But a mist used to rise from the earth and water the whole surface of the ground. Then the LORD God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being. The LORD God planted a garden toward the east, in Eden; and there He placed the man whom He had formed... Then the LORD God said, 'It is not good for the man to be alone; I will make him a helper suitable for him.' ...So the LORD God caused a deep sleep to fall upon the man, and he slept; then He took one of his ribs and closed up the flesh at that place. The LORD God fashioned into a woman the rib which He had taken from the man, and brought her to the man." (Genesis 2:4 - 8, 21 - 22).

Let's summarize the beginning of humankind. God created man; he supposedly did this for some unknown reason. Many people assume and proclaim that there are reasons for our creation; other than normal species evolution. The fortitude of Christian belief is based on God having a purpose for us. These are only assumptions that

are nurtured by the power of blindly believing in something.

Another typical interpretation/assumption is that God made the us in his own image. Shortly after this, he decided that his newly created *self-image* must be lonely. This newly created male needed a female.

Why would God suddenly think, this male is alone and needs a partner? God is supposedly the Alpha. He made man in His own image. Most religious faiths assume there is a God. And, that this God is a male. Firstly, this suggests a strong degree of male chauvinism. Secondly, does this imply that God is lonely? Would there really be a need for a partner? If God was lonely then why didn't He just create a woman for His own companionship? There is a third point for us to neutrally and logically consider. Was/is this God a person? I ask this because otherwise why would this God appear in our form? Equally, were Adam and Eve beings of our species? Unlikely. Or, was God the first person on Earth? We are one species and there is one state of being for all universal objects. We can designate the first male and female of our species as Adam and Eve. But, this really has not significance to our state of being. Still, most Christians' as well as other religions, believe that there is a god and that the Earth is only five to ten thousand years old.

How is it possible to explain the evolutionary development of our species and all other objects in this universe? Additionally, let's consider another aspect. The only way that humanity could have originated from Adam and Eve would be through incest.

The Bible tells the story of Eve having two sons, Cain and Abel (and there is also mention of a third son, Seth). Humanity only could have flourished if Cain or Abel had sexual intercourse with their mother. This is incest according to our modern-day definition. There are no accounts of Eve having daughters. Even if we make the story more interesting

by assuming that Eve had a daughter it would still be incest. Christianity and other religions tell us that God is all-knowing and perfect.

Why would a perfect God create man and woman? Why would an all-knowing God create man and woman to have children so the children could have sexual intercourse with their mother, father, brother or sister? Religions (a God) and moral/medical influences tell us that incest is wrong. (Please understand that the medical implications of such sexuality have shown that it is wise to resist such behavior.) Then, why would a God create this and then later insist that this type of behavior is not acceptable.

Furthermore, religion dictates that such conduct and behavior is sinful and such people must pay the price of God's judgment and a guaranteed damnation. What plausible reason or logic could justify the story of the forbidden fruit? Why would a loving God, who just created something in his own image, put a fruit in front of Adam and say, *you can eat all other fruit, but not from that tree.*

Many people and religious institutes have dictated the purpose God had for doing this, but these are again only assumptions used to manipulate and control. What the original storyteller was really expressing through his story is unknown. The female Eve is typecast as evil or the gateway to evil because she was able to convince Adam to eat the fruit.

The actual ideas or intentions that the storyteller wished to express or share could be numerous. The storytellers' intentions will never be known. The man that wrote the story of Adam and Eve may have simply had something against women. Throughout our history women have sadly and continually been looked down upon as objects of possession. Women are viewed as weak and inferior. Many of the stories in the Bible indicate this fact. The story could

also have been individuals that were simply trying to express their awakened level of consciousness. There was definitely a correlation between our development and the dawning of self-consciousness. We could go on and on, stories upon stories throughout our history. My wish is to express invalidation and misinterpretation concerning most of our thought patterns, beliefs and belief structures. Most of these conditioned thoughts and beliefs only restrict us even further from consciously awakening to our universal beingness.

The stories of early humankind had nothing to do with a god, at least not the God that the church or religions have conceived and promoted. Our species' separation through evolutionary development caused us to see universality as a god thing. Thus, we defined *life and living according to the* symbolism associated with A god figure and religious administration over our life experience. Then through the gradual development of traits, such as intelligence, emotions and ego, we convinced ourselves that we must earn the right/privilege to reunite with universal consciousness (state of aware beingness). Humankind as been conditioned and taught to give the responsibility of conscious awareness to an illusionary god. How could we have become so misguided and manipulated? The Old Testament reveals how different individuals attempted to express their newly found ideas and philosophies about life during this initial self-consciousness waking period. The New Testament was written long after the death of Jesus as Christianity was establishing itself as the one true faith. It is possible to see the patterns of belief structures that modern humankind was developing. These demanding belief structures grew rapidly during the first century after the death of Jesus. The New Testament was written under the pretenses of assumptions, beliefs, and stories from the Old Testament.

It was an attempt to structure the Christian faith according to beliefs established during the time of Jesus. This may have been the first large scale redefinition, reinterpretation,

and amplification of our experiences and situations recorded in one book. It was the starting point for group and institutional manipulation and control through the simple process of using mankind's own characteristics against itself. Religious foundations established and grew deeply into the concepts and purpose of how we should live life.

These are now so deeply rooted that humanity cannot image existing without some form of religion or belief. We, in general, are incapable of functioning without the conditioned need to believe in some type of a god. And, to say that a god does not exist is blasphemy. Our species mentality was and is perplexing, especially in religious aspects. Individuals were tortured, stoned or burned if they did not confess a belief in the one God. The very earliest writings over ideas and assumptions about the universe, life and God have been distorted, manipulated, and retranslated so often, at a terrible cost to humankind. If someone should ask the following question. *If religious writings, beliefs and institutions are so wrong, then why do so many people conform, follow, and believe that these are true?* Then the answer is quite simple. Fear, deceit, and mostly conditioned behavior oblige us to conform and belief.

We are taught and manipulated into believing we must be saved. Thus, we strive to find salvation. This is one of many behavior patterns that repeatedly occurs because of our conditioned mind. Nevertheless, enlightenment is a conscious state of being. Furthermore, enlightenment is not something to find through endless searching. Everything is within us. And, we must not fear living. And, a god is not necessary to experience enlightened salvation. Suffering is also not a requirement for conscious living. We are and always have been whole. Awareness consciousness is possible in each moment. And, we are the manifestation of the totality as an enlightened being. Any trials, torments, and misgivings are based solely on mind interpretations and delusional concoctions.

There are two additional examples which may help to awaken our awareness to the misgivings caused by our belief structures.

The first is *Our Lady of Lourdes*. This is the story of a young fourteen-year-old girl who supposedly saw and spoke with an apparition of the Virgin Mary. The girl was named Bernadette Soubirous. She went for a walk with two sisters to find firewood and bones to sell. She took off her shoes and waded in the water near the Grotto of Massabielle. Here, she supposedly had an encounter with an apparition.

According to the young girl's story, a dazzling light and a figure in white appeared from a dark alcove of the grotto. Bernadette was alone when this happened, but later told her sisters. The storyteller tells us that Bernadette wanted to keep her confrontation a secret. Her sisters, however, told their parents. In turn, her parents gave all three girls corporal punishment. Three days later, Bernadette returned to the grotto, once again alone. It is written that she used Holy Water to prove the provenance of the apparition. According to Bernadette (she was alone) the apparition bowed its head and allowed her to pour Holy Water over it.

Bernadette was supposedly in a state of ecstasy as she spoke with her companions about the encounter. She said that the apparition had told her, *I promise to make you happy, not in this world, but in the next*. It is written that the girl saw the apparition several times over a two-week period. Bernadette explained that the apparition asked for prayer and penitence for the conversion of sinners.

The story tells that on the next day the apparition told Bernadette to dig a hole in front of the grotto and drink from the spring water that she found there. This is where the story becomes even more discredited. The story about the apparition and the water spread throughout the village and

neighboring villages.

The water was said to have special medical qualities that could cure people. There was even supposedly a *miracle* which took place after a woman drank from the spring. Several of the supposed cures could not be medically explained by a professor. It was established that most of the cures that supposedly occurred would have happened naturally with or without the water. One such miracle was when Bernadette, in a state of ecstasy, held her hand over a candle flame and was not burned. This happened on Easter Sunday. I wonder if it was planned for that day by the Church. These experiences were witnessed only by one or two people and could not be validated. Bernadette's encounters and conversations with the apparition were never experienced or heard by any person other than Bernadette.

The story continues year after year but we can summarize the history of this assumed miracle. The Church initially did not want to express any acknowledgment of Bernadette's experiences. The story of the apparition, the grotto, and the water continued to grow, although almost all of the cures or miracles had been proven to be hoaxes or at the most, short-term health improvements. The spring water became the focus point of many pilgrimages. Years later, a statue of the Virgin Mary was placed in the alcove of the grotto. There were twenty-thousand pilgrims present during this ceremony.

The Church was bombarded with questions and issues about the apparition and the grotto. An investigation was made by the Church. A few months later, a bishop from a local church declared that, *The Virgin Mary did appear indeed to Bernadette Soubirous*.

The Catholic Church eventually made Bernadette Soubirous a Saint. These events based on invalidated and questionable events have made this grotto one of the most popularly visited shrines in the world. Four to six million pilgrims travel there annually. I recently saw a documentary

which included the story of Bernadette Soubirous and the grotto. I was truly shocked to see the power of an unconscious belief. There were people pushing other people who were sick or unable to walk, up the pathway to the grotto so they could drink from the spring. I saw one man, who was bald, splashing the spring water over his head.

It seems the man believed that if he splashed the spring water on his hairless head he would regain hair. People have been worshiping and believing in a supposed apparition since the Church announced that what Bernadette Soubirous said was true. Let's ask ourselves. Should we remain so vulnerable and tolerable to the influences of any given religion, scriptural writings or church? What benefits can be obtained by seeking, wanting, and demanding gratifications for life experiences in such a manner?

People are blindly placing faith in the Church and a belief system. We have been conditioned and influenced (manipulated) into expecting and believing that what we want (good health, new hair, a new car, and so on.) are gifts that come from our faith, obedience, and devotion to any given religion or belief. We have been corrupted and misled for a very long time. There is a need to change our perspectives over life. Here again, awareness is the key. We label the experience of living life according to structured thought patterns. We assure ourselves personally and collectively that these are that a given God gives us. And, we use blind faith and countless resources to aid in seeking and expecting a god to give us everything. Our mind has been used to create a world of mind illusions.

They come from our species' content frame of existence and not the universal intelligence (we can use God or any other deity to substitute universal intelligence). These are meaningless and self-made gifts of deception. We have been made vulnerable through our own species' evolution. We

have confused the desire and demand for gifts (mind-made) that we want to gratify our needs, for the gifts which are a part of our true being.

Our consciousness could show us the wonders of the gifts which have always been there for us, but it can only do this if we become aware enough to stop allowing the contamination we have been conditioned to accept. There are millions of people who travel to this common grotto, which is nothing more than a small cave.

These same people use vast amounts of life energy, money, and resources to obtain a cup of spring water. The spring water was originally claimed to have special medical properties. However, the water was tested in 1858 and it was proven to be simple spring water with no special mineral qualities and no medical healing properties. The *faith or belief* that started with a girl's story has continued for 156 years without any substantiality. You may say that this happened because at that time we were more superstitious.

We *believed* almost any story told with creativity and imagination. Although the Church did not officially sanction the grotto and spring water; it did support the story told by the girl, which was enough to turn even non-believers into believers. God fearing and Church fearing individuals did not dare stand out as non-believers.

It was unthinkable to openly challenge the opinions, judgments, and proclamations of a given faith or institution. This *acceptance* of many things was done to avoid problems with the Church and/or social implications. The results or implications for those individuals or groups that defied a belief, faith, or Church sanctioned word or object was quite severe. This is also the behavior in modern day activities and situations.

There are so many contradicting stories to be found in

both spoken and written words. The fact we have become such talented, clever storytellers has only added to the veil of misinterpretation and dysfunction over life in our interactions. We could continue on with countless examples of both religious and non-religious illustrations that clearly indicate a state of denial and bewilderment in our understanding of living life. However, let's look at two additional examples from our history to assert the invalidity of storytelling.

The first example needs to be mentioned to signify the lack of substantiality to be found in the writings, which include the Bible, during our early history period.

Have you ever neutrally and unemotionally considered the Bible story about the resurrection of Jesus? There is much concerning this one event/story in the Bible that could be discussed. Many of the writings, including the Gospels of the New Testament, were first written thirty-five years or more after the actual death of the person named Jesus. The stories of the New Testament were first compiled around two hundred years after his death. We should first discuss the four Gospel interpretations of the death of Jesus. There is a fifth resurrection interpretation written by disciple Paul to the Corinthians. This account of the resurrection is considered by many to have more validity than the other. Let us forget any other such accounts about the resurrection and discuss the Gospel's interpretations of the resurrection. There are four separate Gospels, which refer to the resurrection of the man called Jesus.

All four stories are based on the experiences of each man that wrote the different Gospel stories. These would be the Gospels from John, Matthew, Luke, and Mark. This indicates that the stories are only as credible as the man who wrote them. We know nothing of the true motives, reliability or mental state of these individuals. Each storyteller wrote the experiences connected with the resurrection using different

content. Every story involves different people during the witnessing of the resurrection. If we view this factually and logically we must conclude that this makes each of the stories confusing, inconsistent, and invalid. Normally that would also be the end of our discussion concerning the actuality of this event. We have determined that the stories are interwoven with interpretations and implausible questions and arguments that cannot and should not be used for the foundation of our existence.

The story of a resurrection is the anchor that gives Christianity its significance and controlling power in our personal and social existence. Without the resurrection story, there would have only been the death of an influential Jewish revolutionary named Jesus. Each story in the Gospels is so abstract and obtuse that our intuitive consciousness can easily detect the falseness underlying the stories. It may be more proper to use the word "fabrications," instead of "falseness." The individuals who wrote such stories may have been very sincere in their endeavors. Their motivation to construct this story is what we should question. We have no way of knowing the real intentions of these early storytellers during this period of our development. More importantly, we do not truly know to what end these stories were used by other people or institutions. I feel that we do know the reality concerning these stories and the aftermath connected with the use of these and many other stories that appeared during this period of development. We are, however, conditioned not to become too aware of the true actuality behind such fictional and non-fictional events. This is the terrible state of limbo consciousness that I have written about earlier. Many contributing factors hold us in this state of unaware existence. There are many questions concerning the resurrection story that we should openly consider. We read that in all of the different stories of resurrection there were only a few selected individuals who supposedly saw Jesus after the tomb was discovered to be empty.

Some of the stories indicate that the individuals who supposedly saw Jesus were not even aware that it was Jesus. The stories tell that the individuals eventually determined that it was Jesus through the manner that the person or apparition spoke. An influential element or person in this story of resurrection is Mary Magdalene. Strangely enough, this person has the same first name as Jesus' mother. Mary Magdalene is depicted as discovering the empty tomb and seeing Jesus. Four of the five resurrection stories include Mary Magdalene.

Why would Jesus want to only appear for Mary Magdalene? We should consider that Mary Magdalene fabricated this story out of her *belief* and passion for what Jesus had symbolically become. It may also be possible that Mary Magdalene was instructed to initiate such a miracle story. She may have gladly done this due to her relationship with Jesus. This could have been a planned attempt to manipulate support for given individuals and the Christian movement. Mary Magdalene used this empty tomb and the supposed meeting with Jesus to promote the concepts and teachings of *faith*, which equals *belief*. Mary Magdalene was also present during the beginning of such faith movement. This belief conspiracy eventually transformed the western cultural and social structure. The resurrection story gives the Church its power, which is based on believing nothing more than a story.

The Church eventually sanctioned Mary Magdalene as a Saint. But we don't know who she really was and what her intentions were. No one knows the reasons, motivations, or delusions behind her actions or story. What we do know is that it gave individuals and institutions such as the Church an opportunity to inflict fear, control, and belief conditioning into our existence. The stories and life of Mary Magdalene are used as *humanity* symbolism and are interpreted as true *Christianity*. These facts support the invalidity of this story regardless of the circumstances related to her experience.

Do we really want to continually ignore our innate inner awareness of life and living? Do we want to continue to *have faith in* or *believe* a story or stories we *know* are not real or true? The next example that I wish to discuss is crucial for a broader understanding of the circumstances involved in the stories of Christianity and similar writings.

I mention the events related to the years after the death of Jesus earlier in our discussion. The stories of Jesus and his teachings were shared and taught to a small population within a limited geographical area after his death. We can generally accept that Jesus was mostly forgotten after his death. The stories of Jesus in addition to other faiths or beliefs started to grow, approximately forty years after his death when the Jewish sect initiated the first structures of known Christianity. The Jewish faith began during the original Abrahamic religion, which originated from the stories of Abraham and the Old Testament. Increasing population and the development of larger social structures allowed the accessibility of such teachings and stories. This, in addition to our behavioral tendencies, caused more and more friction between individuals and groups of different faiths or beliefs.

The driving force behind the different stories and beliefs was the ego's excessive need to dominate. This developmental pattern continued for centuries with different faiths determined to validate their belief.

A Roman Emperor, Constantine the Great, eventually changed the course and influence of Christianity in the third century. By this time politics was already a significant part of our culture. The beginning of the third century was filled with religious *faith* conflicts and contradictions. It sounds very similar to our present-day situations and experiences concerning such topics as religion. There were self-acclaimed holy men and priests traveling from village to village interested in convincing people of the *supposed truth* of a given faith or belief. These individuals told stories of

supposed experiences resulting from the power of believing in a given faith.

The validity of these men was based on their ability to tell a better story than the other men. There were bitter arguments and debates between the different faiths. The debates happened frequently and often ended in strong clashes and violence between the different *storytellers*. There were public meetings and competitions used to influence people and territories into accepting a given *belief* system.

This is when Constantine the Great realized an opportunity to manipulate the acceptance of a given belief structure. He decreed that the *faith teachers* be sent to the city of Nicaea. These Presbyters, Priest, deacons, sub-deacons, and exorcists were told to decide on the definition of Christianity. They were *commanded* to agree on what *stories* would represent the faith, and which God would represent Christianity.

There was a long and conflicting debate over what Christianity was to represent and eventually a *vote* was taken. It was officially recorded that 161 versus 157 wanted to proclaim God and Jesus to represent Christianity, so Constantine the Great made God and Jesus the official *lawful* representation of Christianity. All events structures, books, and statues after this vote were based on these beliefs that had become *law*. This event gave the New Testament an even stronger anchor on our personal and social transactions.

The Emperor wanted the different stories from the Presbyters of that period as well as the original writings from earlier periods to be condensed and bound together into a single book for Christianity. There is something very significant to understand in the development of Christianity. It is spoken, written, and assumed that there is only one God

and only God's word.

We may of course take this assumption as a true *belief*. It does, however, seem very strange that the Christian world was without this understanding of God and Jesus until the year 325 A.D. This *assumption* became the Christians' *official God*. In actuality, it feels more like control and manipulation than peace and salvation. I have used several examples of assumptions, stories, and beliefs which speak of one God, associated commonly with such faiths as Judaism, Christianity, and Islam. I am, however, not selectively using only the Christian Bible and such writings to scrutinize and discredit the teachings and idealism found in the Bible stories. There are words, sentences, and paragraphs in the Bible that are authentic and represent factual knowledge and truth.

Our problems lie not in the words that were spoken or written many thousands of years ago. Instead, we should practice living in aware presence. Thus, we would observe words, thoughts and living from a conscious space of presence. Some of the stories and words in the Bible and many other spoken and written intuitions are worthy gateways for us to enter conscious awareness, if we are able to escape the confines of mind interpretation and assumption. However, the assumptions and beliefs concerning this one God, have held our conscious evolution in a state of deceit and limbo for thousands of years. This is generally true for almost all assumptions, superstitions, and beliefs whether religious or non-religious in nature.

The invalidity and misconceptions concerning assumptions and beliefs can be seen in these three faiths. All three stem from a common assumption that the Patriarch Abraham was the knower of the Truth. The Apostle Paul supposedly viewed Abraham's stories of faith in God as a prototype for all believers. The Christians' faith in God thus originates from Abraham's stories. One or more of these

three faiths see the stories of Abraham as a covenant between God and a given faith. That would indicate that the stories of Abraham are responsible for the belief (essential) and belief structures development in our species. However, I have an intuitive feeling that Abraham is not solely responsible.

These three faiths base the belief of one God, and coincidentally all other assumptions/stories derive from the prehistorically verbal and written accounts of such individuals as Abraham. Strangely, these three faiths (Judaism, Christianity, and Islam) have been in constant disagreement. There has been dispute and even war with each other since the establishment of each individual faith. How can mankind find such interpretation diversity in these stories if there is only one God, one Word of God and one Truth? This is because it is based on our species' creatively intellectual and emotional interpretations of the oneness (unity) of life. All of these create the world of illusion in which we have convinced ourselves we must suffer and pay a price for our existence. We have unknowingly allowed the wonderful gift of consciousness to remain asleep or at the most docile in our experience of life.

Nevertheless, our practice is to become more aware of awareness (consciousness), which is accessible at any moment. Unfortunately, it remains in the background of our delusional mind conceived existence. Our consciousness is a seed of comprehension and acceptance. It can bloom within any moment of universal awareness. We must only be aware of the vast spaciousness of presence.

This awareness cannot be found in mind interpretation of life. It can be accessed when we step out of our habitual, conditional behavior and view life from a new angle of perception. We must rid our species from these confining conditional habits and behaviors. Obscure and invalid belief and thought patterns restrict the expansion of our

consciousness. These thoughts and feelings give delusion to our life experience.

The patterns of the mind are constant and repetitive. The mind derived structures of science, religion, and life are interwoven with variations of content, which are also components of our beliefs and belief structures. These detail variations in our existence are only masks which we choose to use in each moment. These masks are conditioned and they become our reality. But, they only serve to misguide us. The illusion is based primarily on unawareness. This manner of interpreting life is how we relate to the world. We have been conformed into accepting that to believe in something is enough to justify its existence. Nevertheless, there is no god, alien intervention or magical supernatural forces controlling us.

There is no father figure named God that nurtures and judges us. There is life. There is nothing that can be compared or substituted for life's radiance. Life is the catalyst for all objects in the universe. All forms, once engulfed in life, have free will. A species evolution is based on either mental or conscious development. Life is the catalyst. But, your unaware or aware observation and participation determines how you will live. Ultimately, it is your choice. Most people are, as yet, not ready to acknowledge this responsibility. Thus, the majority of people still experience a life filled with confusion, denial and fear. The factors and contents pertaining to a species existence are founded firstly through evolution; not life. Secondly, the level of consciousness in a species would normally have a significant role on a species' life experiences. This is true only if and when a given *conscious* species can remain aware. Here it is important that the awareness originates from the life's source. It will not help to be aware if the awareness remains clouded by mind intervention. Universal energy and Life are not bound by the evolution of any given species.

This vibrating, flowing energy and life as a universal frequency are continuous and perhaps, eternal. Equally constant is the act or state of beingness within this universal energy flow. And, we and all things have an underlying connection within this flow. Thus, we can understand the original personal and social impacts associated with such persons as Jesus, Allah or Buddha. We feel the oneness and the peace within the stories of these people because these individuals had become very aware of the truth concerning life. Sadly, almost all people continue to push this truth just out of humanity's reach by interpreting and redefining the oneness of life. We insist on using our wisdom and life energy to support the content related to stories, beliefs or a person or persons. This results in a continual resistance to life's presence.

We continually define and thus separate ourselves from the actuality of life. Oneness cannot be separated or dissected. Humanity has, however, convinced itself that there is always two and not one. We always interpret life as us and some God, deity, or unknown force. We invoke separation; it is in our species behavioral nature. We are conditioned to view life's beauty from a dominating mind perspective. Our mentality consists of me, us, and the universe. We never contemplate the fact that each of us is the universe.

The stories of humankind are all generated from a common source, and we struggle each day because of this fact.

The conflict is solely a battle between our innate awareness of life's unity and our species' delusional interpretation of life. The source of life and our beingness are sadly misinterpreted and exploited through mind contamination. Jesus, Allah or any other person are all one and the same. Just as you and I and all people and things. Unfortunately, our species aptitudes disorientate conscious

awareness into a state of mind influenced suffering and delusion.

The unity and truth of life is felt in every life form. It is subliminal, but ever-present. It is inadvertently the content of our ideas, assumptions, and desires that are at the root of our consciousness dilemma. The defining, interpretation, and reinterpretation of countless stories has only widened the gap between our consciousness and the universal consciousness. Object consciousness is an extension of the universal intelligence. It has the potential to give us all that we have every dreamed and searched for in life. We feel intuitively who we really are and how life functions.

However, our consciousness has been beaten into submission by mind-conditioned behavior. And, these mind derived mechanics are the properties associated with our evolutionary development.

Our species attributes such as creative intelligence and ego have devised a wonderful plane to trick our consciousness into accepting the role of a co-pilot in our life experience. This gives self-consciousness a glimmer of hope and faith. Thus, the mind remains dominate. Consciousness accepts these two traits more readily than many of the others. This may be how the fundamental concept of searching for our salvation came into existence. The ego and other traits can use this game to confuse and manipulate our consciousness, which is constantly being compelled into submission by interventions. The ego is perhaps most responsible for our misconceptions of life, but other conditional aspects of our development are equally interwoven and responsible. There appears to be a strong parallel between a mind-made God - Devil syndrome, and our mind – thoughts, feelings, ego phenomenon dilemma. Is it possible that these two comparisons represent a complex illusion about life and living.

This conflict between conscious awareness and our mind-oriented characteristics has established the backbone of our personal and collective life experiences. We feel compelled to believe and want to believe. Furthermore, we insist on having many assumptions, beliefs, and concepts in our existence. We are willing to invest energy, clock time, and resources into upholding our support of a given belief. Many people have died throughout our history for the simple reason that they *believed*. I do not wish to say that we should entirely forget this mind bound concept of believing. This word and concept are as tangible as any defined word or structure in our existence. The importance lies in the fact that we become more aware that a belief or *believing in something* is strictly a man-made concept conjured by our traits as a result of the developing characteristics of our species. It is a real catch 22.

Attributes (good and bad, if we wish to label such things) were present in the evolution of humankind before the awakening of consciousness.

It is, however, possible that the development of our evolutionary traits and our consciousness coincided up to a given period. Then our species' conditioned attributes took the upper hand in our existence. We speak and write about our species' consciousness awakening within a seemingly short period. However, the awakening of our self-conscious is a continual process.

This self-awareness awakening did, however, happen very quickly in evolutionary terms. The dawning of our self-awareness can be dated back to sixty or seventy thousand years and it occurred during the leaps and bounds of our evolution. We have already discussed these topics in chapter one. We may ask ourselves, *what happened?* There appears to be a time frame of *three or four thousand years ago* when our species traits overwhelmed our state of conscious being. This is when and why a notable type of separation took

place.

This is when we as the storyteller used spoken and written assumptions and concepts to indicate, define, and justify our existence and living. Thus, we ignored the sheer beingness within life. Instead, we wanted to dissect and describe everything. The Bible is one example of our attempt to emphasize reasons for living and why we are here in this universe. The reasons for being and the need for a purpose to live resulted in us forgotten the simple joy of being alive. The Bible was an attempt made by individuals and groups to explain the tragedy of our own evolutionary tendencies. Unfortunately, people took these ideas and assumptions and translated, misinterpreted, and redefined these writings to fit their own desires and goals.

They did this in accordance with personal and social development at any given period throughout our history. Thus, a mind - consciousness dilemma was interwoven into the fabric of our existence. We feel the essence of simplicity in life, but it is heavily obscured by mind intervention. Furthermore, belief structures in many different variations have become a main component of our delusions about living life. Nevertheless, we unconsciously continue to use the mind to assume, interpret and define living life.

Believing in *something* gives you a false level of understanding and confidence. It can also give you a mind generated feeling of power and control, which can be dangerous and damaging to how universal energy manifest through you. Groups and institutions, such as religion or government, can and often do use the power of a belief for their own manipulative purposes. This insures that our inborn traits, such as intelligence, ego, and so on continue to dominate our life experience. It, unfortunately also condemns our consciousness to an existence of shadows.

We base our existence on illusions of darkness and

permanence. Hence, we chase after the brightness of life without every realizing that we are this light.

These patterns of our existence do not allow consciousness to blossom into its true potential. We remain isolated from our very self. I am not referring to the mind-made self that we *assume* we are in this life. Instead, I am referring to the one *self*, the one state of beingness.

The beliefs and belief structures in our mind-made world are particularly complex. And, they have been a part of our existence for far too long. Many given beliefs cannot be substantiated. Nevertheless, countless people will continually insist that their way of thinking (belief) is right and good.

We continually define, interpret, reinterpret, and manipulate given ideas into an assumption or a belief to continue to make any given assumption or belief more attractive to our limited comprehension. We then become very vulnerable and easily influenced. We are compelled to connect unrelated circumstances or events to a given assumption or belief, basically seeing or hearing only what conforms to our interpretations.

Most people believe that searching for conformations to assumptions and beliefs will get us closer to the Truth. But is it possible that beliefs only restrict or conceal the reality of life? Life is not defined by any form or intelligence. Life manifests through every living object. We only strengthen our separation from life when we assume, define, and believe (existential belief).

If we truly wish to find Truth or acceptance we must realize (become aware) of life. Accepting life may mean not assuming or believing anything. We can build our understanding of life from the foundation of acceptance and not delusion. If you have a belief then you are searching for

a confirmation for your assumptions. When we do this, we sacrifice any real opportunity for our consciousness to expand. The ego loves contaminating our existence with such things. The ego, in many ways, is a self-functioning entity, which thrives on our conditioned responses to life. The conditioned ego constantly uses any given belief in an attempt to confirm different understandings of life, including personal, collective, religion, science, and so on.

The ego tells us that our assumptions are correct but a confirmation is still needed. This behavior is responsible for much of the conflict in our world. A release from our incisive demanding and searching depends on our awareness and acceptance without presupposition. This can only be achieved by disregarding our belief structures (existential).

We should ask ourselves if the insistent searching and redefining of assumptions and beliefs will bring us closer to the actualities of life. Believing in something and sharing this belief with others may give it a sense of validity. This is superficial.

A thought or belief have a relative importance to the mind. But, is of no significance to living an unconditional existence within the flow of life. Thus, thoughts and beliefs keep us isolated from the pureness of life. Life should be perceived without presumptions or belief structures, which only obstructs our conscious awareness. Any attempts to cling to, proclaim, and defend a thought or belief will at most make the ego feel satisfied and powerful. However, this is short-term and is not real. And, a thought or belief only seems to change how something manifests in our existence. The only thing that may be altered through such attempts would be the continual interpretation and reinterpretation of life according to mind concepts. But, this only complicates the intricacy of our life experiences and it is the predicament of almost any thought or belief when a person lives in a state of conscious unawareness.

It is an open wound that most people apparently do not want to heal. Our attempts to prove a thought or belief won't benefit our conscious awareness awakening. The fact that we constantly choose to believe or not to believe is redundant in any situation. A belief (existential) should be completely removed from our life experience. But, we continually want to support or redefine a thought or belief to fit our wishes. There are such beliefs that we view as new beliefs, which are prevalent on personal and collective levels. We often assume a belief is completely new to the world of mankind. But in such situations, we are committing ourselves to a new belief that is nothing more than a derivative of any given long-term existing idea, assumption or belief structure. We usually never become aware enough to see this.

Belief structures have been handed down to us through the evolution of mankind. Claiming to "believe in something" is as invalid as the belief itself, and it is usually a misinterpretation. The foundation of believing confronts you from all sides: personal, family, community or nation. Your assumptions and beliefs don't originate or belong to you. Most are an illusion. Many, perhaps even all, are not productive or beneficial to mankind. These are facts and still we support, interpret or insist on the validity of beliefs. This behavior has lasted over thousands of years; a time period of confusion and turmoil when it comes to beliefs. These actions and reactions are an attempt to confirm a given belief. Our searching and demanding has never been about verifying a belief. It has only been the need to confirm our own interpretations or misinterpretations of any given belief. We, on an individual and group collective level want to be right; however, it would be more appropriate to write that the ego and our conditioned state of existences want to be right.

No assumption or belief is based on originality. We have been nurturing blindness and ignorance throughout history. We give this conditioned ignorance to each newborn baby and each new generation. Beliefs have a strange manner of surviving from generation to generation. Humankind's

populace remains unaware of the senseless waste of life energy, which is needed to support assumptions and beliefs. Most people are content to simply believe in “something or someone.”

The complexity of our behavior in such areas as beliefs or belief structures is mind-boggling. Our evolutionary mind patterns have established an existence based on living in denial of the universal energy flow within life. Three, almost sinister developments in our evolution are mind conditioning, feelings and our lack of awareness to the presence within our beingness. Our conscious awakening would allow consciousness and the mind to coincide within the flow of universal life energy. But, the mind's dominance remains overwhelming. And, few people are able or willing to go beyond the mind and bask in the light of conscious awareness.

Thus, we continue to build our existence on an unstable foundation. We remain divided, isolated, and fearful. A contributing cause of this is our susceptibility to seek something to believe in, restricting us from the portal to life. We are constantly competing with ourselves, other people and even life itself. We demand that the universe accepts us as an individual, and secondly as a dominating individual among other individuals. This is sadly a result of our egoistic personal and social development patterns.

So, how did we lose our identity as a universal being? It is because our true identity has nothing to do with the form, the person you are now. Perhaps, other than the person you are is a gateway to the beingness of this person now. There is not a single form or object that is that which it appears to be. It has been proven that the universe had a beginning and will supposedly cease to exist. This is humankind's interpretation and definition of the universe. You may now ask, *well, how else should we define the universe?*

The universe does not need defining. And, ultimately, our true significance as a person is to allow the universe to become aware of itself through our conscious awakening and acceptance. Our other choice is to learn to observe the universe and life from the source of this beingness. This is done through presence and conscious awareness. Structuring our understanding of the universe strictly from mind aspects will generally result in continual abstraction, separation, and confusion. Our species' evolutionary habitual ability to imitate, mimic, and modify has complicated the beauty of our consciousness. It is true that humankind has developed a spectacular world abundant in many things, including technological wonders. Mind content structures contribute to our delusions of life, due to many of our attributes.

Unfortunately, this mind-made understanding of life has shadowed the portal that can be accessed through consciousness. Thus, contaminating the flow and unity of object consciousness with universal consciousness. Please note that consciousness/presence are one state of being. Only the mind separates consciousness into categories such as object and universal. This is due to mind development without aware consciousness.

We (the mind) convince ourselves that we must search for the reason for living. Our evolution has developed many devices in an attempt to justify life. Our development, both on a personal and collective level, uses the power of beliefs to facilitate its needs. The awakening and eventual separation of our consciousness from life started a chain of events, which have led to complications in our existence. Object consciousness is not to be blamed for our confusion and denial of life. Our consciousness, when observed and applied correctly, is a portal to living in a state of enlightened beingness. There is a evolutionary process, which is continually occurring without the interventions of the mind that is a derivative of the natural flowing vibration of the

universe and life.

Additionally, mind clutter such as thoughts and feelings cause confusion and fear. The details of our existence add static to the flowing vibrations of the universe. This dampens the clarity and restricts our awareness to life oneness.

We are predominately confused, anxious, and fearful about our existence. These patterns continue as our predominate state of existence for millenniums. Very few people have reestablished an acceptance of universality from within the flow of universal energy.

Our tendencies are to blindly mimic or interpret the contents of our mind-made existence to fit our conditioned thought patterns and behavior. Behavior traits are escalated by creativity and intelligence, repeatedly resulting in a person, group or institution to express given ideas or assumptions connected to one or more perspectives in our experiences. This pattern has not changed for thousands of years. Nevertheless, the true significance of our being is available through conscious aware living. Unfortunately, it mostly remains just out of reach due to our unawareness.

Heaven or Hell... You Decide!

The attempts at explaining life and ourselves have been conformed into something demanding and wicked, which may have resulted from a lack of awareness.

There are stories of paradise and damnation, and these are not only depicted in the Bible. They are found in the history and literature of most cultures and known throughout most religions and non-religions.

It is a *belief* that is shared by 51 percent of the populated world and regards the assumptions concerning Heaven and Hell, which are found in many religious writings. The Bible talks about Heaven and Hell. The Quran talks about Paradise and Hell. The beliefs over Heaven and Hell are poetical, imaginative, and full of visions both beautiful and ugly. Do the *storyteller* images of Heaven and Hell validate these two realms as fact? The answer can only be *no*. Heaven is perhaps a descriptive definition for the awakening of our consciousness; perhaps nothing more and nothing less.

This interpretation was the best primitive humankind could do to describe what was felt. One example of creative mind dominance over conscious awareness is the symbolic reference to the resurrection of a person named Jesus as the rebirth or reawakening to life. Using divine symbols such as Jesus and God are how primitive humankind attempted to describe what they could not understand. The parallels between humankind, Jesus, and God become very apparent when we remove the fascination and manipulation caused by the illusionary stories of these two figures. This is perhaps why early humankind gave us these concepts of God.

This was already a period when humankind's consciousness was being devoured by such mind development traits as thoughts, feelings and the ego. Humankind, at an even earlier stage of development, was apt to choose animals or nature occurrences as their gods or god. Nonetheless, we should not blame early humankind for the misconceptions they super-imposed on our species.

Modern people still don't understand the simplicity of living life. Entering Heaven is viewed as going home to salvation. What would happen if we consider this assumption without the concept of a god or any other belief? We would then be waiting to live and to return to life. But, we already are life. Our form (body) exists because of it. How then would it be possible to return to what we already are?

Deep within we have always known that something is wrong with our conceptual ideas and contributes and enflames our continual demanding and searching. We are unable to feel the obvious and we are generally unable to initiate a change. Early humankind's creative intelligence needed answers. We naturally interpreted then defined the vast amounts of mostly uncontrollable output coming from our brain. Sadly, most of our defining, interpreting, and reinterpreting has kept us from seeing behind the illusion. Creating a fictional Heaven and Hell was established due to

a dominating mind and our lack of conscious awareness.

These interpretations of salvation and enlightenment (Jesus and God) released a flood of new concepts, generalities, and fear. But it was we, that is to write, the mind, that created Heaven and Hell. And, not a man named Jesus or a god.

Nevertheless, people and institutions did and still interpret, define and reinterpret this understand of life and how to live. This indicates that people constantly attempt to define the truth with illusions based on more illusions. Will this method bring us back to the truth of our beingness? It is not likely. However, this type of thinking and believing holds us in a spiraling, confusing, fearful state of existence.

The use of such words *Heaven* and *salvation* are appropriate words to use for daily practicalities. Still, they only describe the mind's interpretations and definitions of life. Salvation and surly Heaven were and are there for us in every moment. This will likely happen when we consciously acknowledge and accept the true essence of our beingness. Unconditional being is the natural order of living. A so-called Heaven blissfulness and an enlightened existence will spontaneously occur when we have once again reached a state of aware conscious being. This is the natural state we are constantly engulfed in. This state of being will be predominately free of mind restrains and manipulations. Salvation is the reuniting of our object consciousness with the universal flow of being. Thus, this initiates a reawakening to the simplicity about living life. We have, throughout our evolution taken a mind-induced fictional journey filled with illusion.

The truth will remain elusive because we can't and don't want to see it. But it is there in all of its glory hidden by the layers of deception we have placed on life. Humankind has always known the true origin of such definitions as Heaven

and Hell. Our state of awareness; consciously speaking, would benefit greatly from the acknowledgment of this simple truth. But, we have been conditioned to refuse the simplicity of life in general. Our creative intelligence uses emotions, ego, and conditioning as allies to fight against any true awakening of awareness; this greatly restricting the release of our species pure consciousness. This, in turn, banishes any real unity to develop between our consciousness and universal consciousness.

Hell, and damnation of the mind are the opposite of the terms above. Here again, these are the best storytelling attempts that primitive humankind used to describe our state of existence. These visions of Hell and damnation are based on our state of deep sleep unawareness to the one true consciousness. Early mankind did and still does its best to signify our numbed life consciousness with storytelling. These stories describe an existence of evil, fire, and brimstone for those who are damned.

If that is what we wish to believe then that is what we will experience. Hell, and damnation as well as another creation of mankind will be the state of existence for all of humanity that cannot or will not awaken. All individuals will either be saved or damned according to each person's own creations and definitions. One's level of awareness to life's oneness will determine our own Heaven or Hell.

Why Sin and Salvation?

The interpretations of God as our creator and his wish for us to live sinless are based on something very real. Primitive humankind used available mental resources in a manner that reflected our developing characteristics. We often did this through stories to express what we felt. This has not changed in hundreds of thousands of years. Sadly, this mode of expressing is based on creative imagination, which is accompanied by mixed emotions, conditioning, and often

ego.

Most people, due to a conditional mind, would prefer to say that a deity engulfs our body and thus, existence. However, let's use conscious presence as a point of clarity. Universal energy will never weaken or cease to exist, as far as we can determine. However, all object, our bodies will weaken and fade away. Life does not want or need for us to do anything. The concepts of good or bad, thinking right or wrong, and assuming yes or no is derived from our necessity. We generally only view life through association with our mind and body. But, this is not based on the absoluteness of our being and the totality of this beingness. We consider life (God) generally only from assumptions, thoughts and feelings.

We dictate that God (life) expects us to live sinless. We assume that we must live with good in our heart. The presumption is that we will earn the right to reunite with (God) life. But, sin and salvation are mind-made concepts deriving from misinterpretations and misconceptions. They are based on truth but have been used in the wrong content for millennia. Humankind assures that we can always return (join) God (life) whether you are a sinner or not. This, again, is based in part on a truth but has been misinterpreted over thousands of years. The Truth may entail something other than the concept of sin. We created the term sin to justify why we can never truly live in peace until we accept life. This has nothing to do with God. The misinterpretation of the word sin is very misleading. The origin of the word sin was used in a completely different context other than what is used by religions. The populace has, however, accepted the religiously redefined structure of sin.

Our species will never return or join life (God). This is because our very existence is life (God). This life essence does not originate in this or any other life form; although all forms are a part of it. The fact is that we are God (life)

regardless of what we do or how we behave. We determine the next step; not God. This fact lies within the depths of almost all scriptural and non-scriptural writings. We may not openly confess it, but we are all aware of this fact. The sins and salvations of this world stem from the restrictions that we impose on our existence. We unknowingly reflect this out into the universe. It is our level of consciousness and what we do with this knowledge that influences the universe. Our consciousness is comprised of universal consciousness; simply said: If people want sin and salvation then this is what the flow of universal energy will give them. We influence the manifestation of this energy in each moment whether we are aware of this or not. The universal consciousness will never truly interfere or demand anything from us. It will logically give back to us what we give to it. When will this pattern of destruction stop? It will occur when we see the universal intelligence for what it is and not what we have defined it to be. It is not that which we assume or believe. It just simply *is*.

And, universal consciousness is always there. This is to write that the potential for universal consciousness is always there through the awakening of an objects/life-form's conscious awareness. Thus, the flow of universal energy engulfs us and provides many opportunities when we have consciously awakened to our true beingness. Does this sound familiar? Such as in a religious scripture or philosophical writings. Similar statements such as this have been writing throughout our history.

This one fact is what the verbal and written stories of humankind have always tried to express as an expression of our existence. Unfortunately, much has been lost in the interpretation. Sin and salvation are only mind-made conceptual labels in attempts to explain living. These interpretations have only as much or as little validation and influence on our existence as we want or allow or don't want and disallow. We have accepted sin and salvation as concepts of life. But neither, nor most other mind concepts

truly express the nature of our universal beingness.

These assumptions and concepts are exclusively mind-generated. And, this mind reality exists only within the realm of our own illusions about living life. Sin and salvation, Heaven and Hell; all of these will continue to seem real if that is what you continue to co-create within the universal flow of your beingness. And, you will remain in this illusion until it no longer exists. If it does or does not is your choice. There will still be universal energy and life when your body ceases to exist. This body and mind can never truly dominate life. However, an unaware person will continue to accept the mind, thoughts and feelings and the body as reasons for their existence. Would you really rather continue to exist thinking that you must wait or earn conscious awareness and enlightenment? We do not need to wait or earn the right to live.

It is, to our knowledge, only our species that defines and labels right and wrong, good and bad, and Heaven and Hell as absolutes to living life.

We interpret, and then we define life according to mind generated emotions and conditioning. We insist that there must be two or more choices in life. We give symbols for these assumptions such as: Ying or Yang, sin or salvation, and life or death. Our life interpretations are all based on choices that are non-existent. Life (universal intelligence) knows of no such choices or structures. Mind development aspects have devised a clever, but not intelligent means of distracting our awakening to consciousness. Thereby any release from these traits and conditioned behavior is greatly restricted. Perhaps we choose to remain in conformity with and confined to our own interpretations of life because we cannot envision a universe without choice.

We continue to live this illusion. We excel in blindly using objects of illusion in an attempt to reach supposed truths which are also illusions. We keep demanding and searching

without realizing that these needs persist because of two factors.

We continue to search because the objects of our illusionary world that we find are never what we need. These illusions depict a sense of supposed reality for us. The truth is quite the contrary. We are never able to step out of an awareness that is also based on these illusions. We think we are aware, but this is not true. We only believe that we know what is to be sought, therefore we constantly demand that the universe functions according to our misconceptions. We will know the lies hidden within our searching when we have awakened enough to accept that we have always "believed to be true" is not true. Then we will no longer need to search, expect, and demand. We will no longer be a slave to our own misgivings. This is true enlightenment. It is freedom from all mind restrictions and conditioning.

It is told and written that God is sinless. The use of a symbol (God) was how early as well as modern man defines life. Life (God) is everything. How could anything of life (God) be of sin?

All objects/life-forms are what they are, neither sinless nor full of sin. We created gods and eventually a God, depending on race and geographic location. Humankind formulated sin, together with the definitions of any gods, sin and sinless aspects of our existence.

There may actually be one true sin. That would be our conditioned, delusional vision of presence and our mind-inflected separation from life. We can, if desired, call this separation a *sin*. The truth is, sin has nothing to do with evil. It is suffering. It is frustrating. However, it is only a mind-imposed impression that we have placed on the simplicity of life. The realization of what actually is in any moment would allow conscious enlightenment. Thus, we would commonly experience what is often called salvation.

We are constantly spinning around and around in our activities. And, the majority of people still think and believe that complexity is the foundation of our existence. It seems impossible to envision an existence without the mind demanding, interpreting and labeling. Additionally, there is something we have forgotten and continuously fail to acknowledge. The universe has been doing fine without our interpretations and interference. Salvation means knowing you are not of this world. This world that appears so tangible is not as real as it seems. This simple truth can be found in different scriptural and non-scriptural writings.

One example would be Genesis 1:27: *God created man in his own image, in the image of God he created them; male and female he created them.*

Let's say that you are still confident that there is someone, out there, pulling the strings by protecting, punishing and blessing us. Then, according to this thought and belief, God is not of this world. Therefore, according to God's origin as writing in the above scripture, we are not of this world. The obvious logic suggests that we ourselves are indeed the gods or God that is sought by so many individuals.

Perhaps, the moment has come to consciously awaken and change how we see ourselves. Thus, we change this world and equally the universe. See yourself as the oneness within the totality and everything you observe and experience will change.

Is It Possible to Change?

It is each and every person's choice to change or not. Are we ready? We only need to let go. Acceptance is the key. It is possible to live and experience living without the need for attachment and dependency such as thoughts and feelings.

It may be beneficial for us to acquire the gift of pure awareness, which in turn would open the portal to pure consciousness.

What is holding us back? Generally, most people *believe* that pure awareness is only reachable through hard work and sacrifice. We have been conditioned to accept these assumptions as being normal. We believe that pure awareness is impossible. Pure awareness instills images of magical powers or lengthy meditation practices. But this is only the over-active storyteller in our minds conjuring up such visions. The mind will gladly portray a universe of illusion and impossibilities. Realistically, there are two stepping stones that may permit the initiation of true awareness.

The first is not really a step. It is the reawakening of our mind to the limitless simplicity of consciousness. This is not something that we will truly do; it will either happen or not. There are often different levels involved within this awakening. Every person will experience various stages of awakening. There is no right or wrong in this process. There is simply an acknowledgment that a person has awakened. A change in existence perception will develop as a person actively remains involved in the awakening process. Then the individual will continue to awaken at a pace that is not predetermined nor defined; the process will continue quite naturally. It would be beneficial to unlearn inflections placed upon our consciousness by the burdens of our species development. More awareness to life unity allows our consciousness to thrive.

Allowing our consciousness to guide our interactions with life is the same as saying that we become increasingly aware of awareness (consciousness) and thus the totality of consciousness. Consciousness can then work hand in hand with our mind. The mind, with all our characteristics can and will relearn and gradually trust this field of universal aware presence. The mind is conditioned to misinterpret or even worse, try to manipulate consciousness. Our species has never really overcome the shock it received upon the first awakening to self-awareness. This is perhaps why we fell back into a state of deep sleep (consciously speaking) rather quickly after our sense of consciousness reached a given level. We might say that it peaked. It may have been too much for our intelligence at that stage of development. This may also be why we feel the change is occurring. Deep down we desire this change, but in the same instant we fear it.

The transition back to a state of awareness to life and consciousness may seem long and troublesome. It is, however, not difficult; on the contrary, it is quite simple. Awareness and consciousness are one and the same. That is why the sentence: "We become aware of awareness," sounds so odd. The importance lies in realizing that we already exist in a field of pure consciousness (consciousness actually has us within it); we need only reawaken. More awareness of life is the only necessary key to open and enter the source of pure consciousness. Then the personal and collective mind will once again be within consciousness and we will no longer feel separated from it. We will be aware that "living without the importance of content" is the most natural dimension in which to exist.

This level of consciousness would be without mind deterrents. Our species' behavioral tendencies are very influential now, as they have been throughout humankind's history. The significance is found in what transpires during our personal and collective developments. What have religion and science contributed to humankind? Throughout

our evolution, there has been continual repetition and an *adding content* to the psychological framework of the mind.

Humankind has always based its existence on a path filled with questions, assumptions, and beliefs. The need and demand are there to find something we supposedly lost. The simplicity of life was misplaced in the complexity of our existence interpretation structures. The majority of people remain oblivious to this fact. Most people remain within a field of illusions. We have been repeatedly searching, defining, interpreting, reinterpreting, judging, and demanding, over millennia. We are trapped within the framework of the mind's own creations. And, we are very susceptible to personal and social manipulations. We could spend days discussing the why's and how's.

The factors causing this conditional mind dilemma are many. We are confronted daily with an overwhelming number of mind distractions and manipulations. Our species' state of consciousness has been molded by generations of manipulation and suppression interwoven within our personal and social structures. This state of mind may have started when the first primitive person looked to the stars and asked, *why?*

Then this conditioned behavior escalated as two or more people shared viewpoints concerning questions of our existence. The complexity has continued to multiply since. We could stop the illusions that have been established as a *normal* existence. There are possibilities and alternatives, but we are stubborn and we refuse to let go of initiate real changes. It is not that we don't want to, but it seems we can't. Here we see the content of humankind's self-imposed existence blocking the way to freedom. It is so much easier to explain our actions with excuses, which are created mostly in our imagination. This has become habitual. We justify anything we do or don't do by saying it was in the name of a *god* or for the good of science. We have been conditioned to

only attempt so much liberty in our decision-making process. The fear of a god, the government or the unknown conceals the brilliance of existing in an awakened state of awareness. This is true even if we have convinced ourselves that we are making free-choices. This is all part of the illusion.

We validate our malice interpretations of life; again, by saying that it must be done, to preserve mankind's existence according to a god's wishes or intentions. Religion demands that we remain separated and alone. It portrays a different image. The Church and all religious faiths capture humanity in an illusion filled with hope of peace and fulfillment. But this could be considered a mask that any given religion uses. Religion and religious scriptures wish to project messages of solidarity and absolute validity. There are three factors that permit such private and institutional entities to thrive. These are control, fear, and the manipulating power of *believing*.

Nothing is ever the way we define it. Science uses mind conceptions in attempts to understand life. These can ultimately only show us a universe of content as seen from our limited ideals. It may be appropriate to say that science (as well as religion) thus wants to explain life without ever getting their feet wet and *experiencing* it. Would it, however, not be correct to say that in order to know what we are (life conscious oneness) we should be aware, accept, and experience it? Trying to understand and define it is ridiculous. Science may first appear to offer facts and answers. Science provides us with hypotheses (assumptions) and theories (scientific beliefs). Theories are proposed, tested, and often accepted.

Then, according to strictly mind derived formulas, these theories then have substantiality (The mind convinces us that thoughts and feelings are real.) One of two reactions occur as a result of these theories. Humankind accepts the theory as valid and never questions it again. The second reaction is the same with one small twist.

A given theory is accepted or rejected but then repeatedly questioned. Individuals and especially groups of *believers* eventually seek new assumptions for a given theory, which are then used to reinterpret any given theory. We never seem to quench this need to search for the answers to life. This is a life based on our interpretations, and therefore the search will never bring true fulfillment.

Science methods can usually provide data in the form of formulas and experiments, which are used to test a given theory. Scientists and mathematicians love to hypothesize over the universe. Theories over life have been abundant throughout our evolution. These are examples of (knowing what to do with what you have) species-based content. Aspects of science are wonderful and sometimes even frightening. The field of science has many practical and seemingly absolute purposes in our existence.

However, they are not absolute. Our theories, facts, and belief structures make them appear valid. A God as creator is a good example. Both religion and science want to assure us that there is something; a creator if you will. The only difference between religion and science is the content we are taught and the methods by which this content is established and validated. Science can benefit our species in areas of practical content use. We can also appreciate science for these reasons. However, it is crucial that we keep any content area of our existence in true perspective. This is especially true in the areas of religion and science.

Why do we feel compelled to explain life through a conceptual body such as Christianity, atheism, or science? Conditioning resulting from our social environment compels us to accept or conform to such ideas, guidelines, and beliefs. What do the three conceptual bodies above have in common? All three invoke separation from the whole.

This is true of any and all areas of our experiences. The content structures of religions, for example have been an overwhelming deterrent against the awakening of our object consciousness.

There appears to be generalizations present in all conceptual religions. There is a belief within any given religion that implies: ("There is a God. We believe in this God. And He is *our God*. Thus, if you want to be saved you must accept our God not your God. Only then can you find the Truth.") Atheism insists that it is impartial. These individuals simply want to break free from religious restraints.

This, in itself, may be considered beneficial to humankind. Accepting life for what it is; without the constraints of a creator illusion, would allow form consciousness to expand. Unfortunately, Atheism has also established itself as a collective body similar to any individual or collective body of believers. Science has done its best to remain objective throughout humankind's evolutionary development. Nevertheless, science is an individual body comprised of people determined to tell us the facts of life. These facts are in accordance with what has been proven to be fact based on existence. These facts are usually based on presumptions, assumptions, and beliefs. Science establishes equations and formulas said to be based on universal laws. Does the universe really have *laws* and *rules* governing it? Or does humankind simply wish to persistently superimpose mind established rules on the universe? All three collective bodies have really only given humankind more restrictive species existence content to muddle through.

This continual volume of content has been wonderful in terms of confusing and manipulating us. The magnitude of the mind details in our existence nurture conditioned behavior with needless, insignificant clutter. Most of this mind clutter has done nothing but add confusion and illustrates

misconceptions about living life.

Religion, science, and such content devices that antagonize our existence have separated themselves from the whole, thus separating each person that follows these rules or beliefs.

Each collective body (all individuals and collective bodies) confirm their validation through self-imposed mind illusions. We have been greatly misguided by the assumption that these illusions have a true reality.

The universe has come into existence so that it (oneness) can experience itself by manifesting through object forms. Our awareness of life (consciousness) has given us the opportunity to actively participate in the molding of the Universe and life itself. Science does its best to define life through mind conceived values. Religion implies fear, control, and the power of manipulation through believing in something to explain life.

Is one institutional practice better than the other? The answer is no. Conforming and adhering to such guidelines may seem to temporarily relieve our feeling of separation but these devices are very artificial. This is sadly what we have been conditioned to accept and endure. This has resulted in humankind actually believing that it has become *more knowing* about life, but we have only been spinning in circles. We feel the actuality in life but we cannot accept it as being real. This is due to our perplexing mind-based existence.

Whether we refer to religion or science the patterns of both have remained relatively constant. We could say that our labeling and our behavior have constantly restricted us.

What actually connects religion and science is the fact that both have been established from mind induced illusions. This doesn't help humankind find any real long-lasting peace.

These content structures only impair our awareness of the universal consciousness that everything is engulfed within. We know it is there. We feel it. We have however allowed many, many different form content definitions to obscure the Truth. There is nothing wrong with having such structures in our existence. We should see the minds interpretations and definitions as strictly useful for practical needs, but nothing more.

The importance lies in being aware of the truth behind such structures. The truth is that religion or science only has a relative usefulness in our existence. There is one point to consider in religion or science: there is nothing significant in religion or science other than filling our existence with illusionary content. You may ask how we could exist if there is no validity in religion or science. It is first imperative to understand that there is no true-life validity in our conceptual existence. There is no true reality in anything we have defined. This does not imply that objects don't exist. It simply suggests that our definition or interpretation can never suffice as an explanation concerning life. The world we have conceived will work for the practical purposes in our existence, but this is where we must stop. There is nothing true within all of these form and content definitions. We attempt to explain life through interpretations and reinterpretations, which only separate us further and further from the simplicity of life. We invented *a purpose*. We used this definition in an attempt to justify our mind's activities. This word gives us a sense of cause and effect. It gives us a false sense of security. You have seen the words *simplicity of life* throughout this book. You may feel it is easy to write down such words but it is much more difficult to experience. I have purposely stayed away from any detailed examples or definitions of life's simplicity because this is not something a person talks about or contemplates. Nevertheless, I can assure you that behind the mask of mind-made illusions and conditioning there is freedom.

The difficulty lies in overcoming the amount of input our species form has accumulated through mind behavior.

Here we are speaking first and primarily about the amigos: intelligence, creativity, and conditioning. These three are generally accompanied along with other traits, such as feelings and the ego. These have all waged a relentless battle against consciousness evolution since the awakening of self-awareness.

These species trait factors were also responsible for the *deep sleep* that still dominates our existence. An expansion of our self-consciousness is usually not truly possible. The endless benefits to our species existence which could be experienced through this expansion have been bought to a snail's pace.

The awakening of self-consciousness was responsible for igniting the characteristics of humankind. The universe and all of its forms teem with the oneness of beingness.

The significance of this fact lies in the balance between individual species traits and each species' consciousness. There is a continual controversy over consciousness in our life forms as well as inanimate objects. This is something you must decide for yourself. I often feel I am a part of other life forms, even inanimate objects. I experience this everywhere. I would like to share one example with you. Time and time again people ask me to operate our large copy machine at work. The reason is not necessarily because I can operate the machine better than the others, but because most of my co-workers have problems with the machine. I am often told that the machine jams or does not do what a person wants it to do.

When I go to the machine I touch it and often even say *hello* to it. This may sound crazy to many of you, but I then connect to the machine through the universal

consciousness. My co-workers believe I use some kind of magic. This is not a story I am writing to dazzle you. I witness this again and again. I feel that even if a *life-form or object* does or does not have an individual species evolved consciousness; it does have the universal consciousness, which connects everything. This is how we can communicate with everything.

There are so many possibilities within a state of active conscious awareness.

Perhaps in my next book we could discuss examples of such experiences in more detail. To simplify the discussion about self-consciousness, we could say that a level of consciousness is most likely present in all life-forms and objects.

It is very presumptuous for us to interpret and define life according to mental and social attributes. We have been doing this since the development of modern man. Aware consciousness has so much to offer. There are answers to all questions within a state of aware consciousness. But, we would rather cover up this simplicity with complexity. The mind demand that we meticulously interpret and define everything will restrict most people from simply being within the moment. Thus, most people remain confused in a search for enlightenment and bliss. People interpret and define, but they don't experience life through the simple act of being.

Still, most people convince themselves through a meaningless content sustained existence that we do, but we are only fooling ourselves. Confusion really began to dominate our species existence as complicity was established in our activities.

It was the evolution of species traits / developed self-awareness which was followed by escalated species traits development / lack of self-awareness that pushed us into a

state of deep sleep (life illusion).

We are confused, anxious, and fearful. These behavioral patterns are not caused by a world filled with danger. There are real dangers in our form existence that occur from time to time. Generally, our daily activities are conducted without any real and immediate dangers, but we don't accept this fact.

We have remained in a vicious cycle of self-inflicted patterns of pain and suffering for tens of thousands of years. There have only been a small number of people who have reestablished the connection to life. Most of mankind is busy denying life. We have become masters in the art of deception. People use every possible explanation to avoid simplifying everything through stillness and awareness. This is another area of our existence where the storyteller in us thrives. We assume our creative intelligence can explain the universe in a way that nurtures simplicity. This has proven not to be true. Our self-acclaimed superior intelligence assures arrogance in many of our experiences, especially existential issues. Religion and science are two prime examples. This results in a person or collective group repeatedly redefining us, the universe, and life. This person or persons expresses given ideas (assumptions) with total confidence in its genality. The world population continues to increase. This repeatedly results in groups of people bonding to promote a given idea or belief.

We experience this in the shared opinion of two people, small and large institutions, and entire nations. We mostly adhere to, or add more content to assumptions, beliefs, and man-made rules of life. This has gone on throughout the entirety of our species development. We continue to mimic or reinterpret ideas, opinions, assumptions, beliefs, and so on. Why do we do this? Factors such as fear, control, and imagination restrict us. The latter (imagination) may first appear to be a wonderful aspect of our species development.

I have said it before and should say it again. Many, perhaps even all of our species characteristics are quite useful for practical purposes in our existence. However, these, with the exception of consciousness, do not have a genuine usefulness other than for these practical applications.

Our individual and collective behavior patterns (unawareness, conditioning, and ego) greatly restrict the portal to aware consciousness.

These factors are pre-programmed in our genetics and they will never allow us to release the need for searching and demanding fulfillment unless we become truly aware. It is true that most people exist. But, they do not actually live.

It is not in our nature. Ideas expressed hundreds even thousands of years ago are still being used today and they are enslaving our consciousness. The compelling force to use, or at least modify and then use, these outdated assumptions and guidelines remains constant. This is due to our fears, needs, and demands. We, as individuals and especially collective groups, use this fact to contain ourselves in an existence of illusion and denial.

Chapter Three

Givers and Takers

It seems impossible to find true fulfillment. Why is it so difficult to accept the manifestation of life and to live without attachments? The mind's development throughout our evolution and our lack of aware presence causes this dilemma. Additionally, conditioning, thoughts, feelings, and the ego manipulate and confuse our state of conscious being. Others might say it is our creative intelligence. Although I feel fewer would be willing to admit this. The words creative intelligence sound so positive. However, the definition creative intelligence could be considered deceptive. But not necessarily positive. Then there is the level of our consciousness. The two areas of discussion to be spoken about are our species' evolved traits and the level of our species' consciousness. The biological mind is a collection of experiences (input). And, mind does not necessary equal consciousness.

It does provide a reference point for all the thought and emotion activities in the brain, and it is taken for granted in our experiences. Ego and conditioning use this to manipulate and restrict conscious awareness. Also, the mind always wants more. Everyone is always searching for something, anything to give them happiness and fulfillment. But, using the mind to search for bliss and enlightenment will only result in more confusion and suffering.

The true potential of our consciousness is only experienced by a few individuals. This potential is not something to search. Instead, it is a realization that begins when you awakening and acknowledge that everything is already within you. And, it does not imply achieving more. What would discovering our inner universe give us? We would discover that it is only the lack of aware presence that causes us to misinterpret our interaction with mind and life.

People are continually searching for salvation through application of the mind. The mind is influenced predominately by a process of experiences and/or our conditioned emotional reactions to these experiences. Then are we truly anchored in life?

We are usually not really aware of what is happening in each everlasting moment of life, allowing very little opportunity for awareness to blossom. We remain stuck in a limbo state of existence. There is no way to feel life or be absorbed by life when a person primarily exists from mind content. The mind usually dominates our existence activities. However, life is something outside of the mind and body.

The mind and body naturally participate in life but they are indeed a part of life. This inactive/active participation is through a life from being manifested with life energy. Here again, as with all forms, mind and body contribute to this life energy manifestation as well as contributing to this vibration field. The mind's participation in the experiences of life has; for whatever reasons, become misguided and lost. The brain is stimulated through experiences. The brain then gives back its interpretations of any given experience. Most people would say that the brain affects consciousness. I feel this is not exactly correct. Both influence each other.

The mind has been interpreting and manipulating consciousness for hundreds of thousands of years. This has given the mind a false sense of dominancy in our

experiences.

The mind has lost itself within the cluttered content of its own self-imposed existence. Consciousness is subjected to the misgivings of the mind. That is why it is possible to see and sense a simplistic harmony within the universe. The rest of the known universe does not run around in circles asking these arbitrary questions. *Who am I?* and *Why am I here?* These and the hundred thousand other questions we ask daily are mostly insignificant and only seem so important because the mind has conditioned us. These questions and assumptions only add more details to such repetitious mind illusions. This remains true because we have not become aware of what we are doing. We *believe* that we know what life is all about, but thoughts, beliefs and feelings can be very misleading.

Consciousness and the mind may eventually reach a state of equilibrium. Everything that has happened up to now may have happened for this very reason. We see and sense balance in other life-forms. Mother Nature is the best teacher.

This harmony has remained constant in many life forms for millions of years, despite constantly changing surrounds. The existence of other forms is not cluttered with so much unneeded content, although other life forms have intelligence and consciousness. These other life forms are engulfed in life and not possessed by the mind. It would appear as if a given level of consciousness is determined by a life-form's experiences and naturally evolutionary development.

There is a question among questions that we should perhaps ask now. Do space and all matter have consciousness? Or do life forms simply inject consciousness into the universe and life after reaching a given level of self-consciousness? We sense that everything appears to be within a field of consciousness. It could be referred to as an

aware vibrating frequency of energy. Perhaps our interpretation of the Alpha and the Omega should be reconsidered in direct relation to our existence?

Are we (any life form with a higher level of consciousness) the real Alpha and Omega of consciousness? It may sound very farfetched by perhaps worth considering.

This also explains another point of discussion. People ask how it is possible for an object of matter such as the brain to have consciousness. The brain or any other living or non-living form does not have a consciousness. Consciousness is the one constant. Life equals consciousness. Is this a plausible idea? Perhaps it would also be appropriate to say that consciousness wishes to experience itself through objects and forms. A form in itself may not have actual consciousness. Consciousness evolves as the form evolves. Life-form consciousness is a reflection; a manifestation of the one consciousness. The awakening of self-awareness; thus consciousness, initiated a duality into our existence.

It is at this point that a form (species) will usually personalize consciousness. A species (such as we) then starts to define consciousness as *my consciousness or our consciousness*. What happens to the state of absolute consciousness at this point? It is still there, isn't it? The level of active consciousness is dependent on the state of evolution and the process of conscious awakening within an individual. And, we have reached a stage that offers a true glimpse into universality. Two options could be considered in relation to our state of awakening. We can accept this awakening as a gift, which provides an opening into, and a cooperative existence with life (universal consciousness). Or we can continue to allow creative and emotionally bound intelligence to orchestrate a mind reality based on denial and illusion.

The determining factor in conscious enlightenment is how

awakened any life-form is to the absolute consciousness that is manifesting through any particular form. It would be easier to chuck out such words as *conscious enlightenment*, *awakening*, or even *conscious manifestation*. This term could be simplified by saying that enlightened is a fine-tuned state of presence. How truly present are you in this moment, here and now?

Object consciousness develops and transpires through evolutionary development. There is a next step that follows after a given form or species has reached a given self-conscious awakened level of evolution, which is dependent on if a species becomes aware of consciousness, accepts consciousness, and then prefers to existence in this field of one consciousness. In other words, what a species does with its awakened state of higher consciousness recognition is significant for further personal and equally, universal consciousness expansion.

We have initiated and nurture an existence of complications, manipulations, and deceit. Was this path *chosen* or did humankind simply develop according to the flow of evolution? It could be said that this holds a given truth when viewed from body and mind. But there came a point when we became *conscious*. This soon resulted in us become self-conscious. It is important to understand what is meant by the word *chosen*.

The development of our intelligence and self-consciousness gave our species the opportunity to experience the activities of the mind, body, and universe. We slowly, but steadily *chose* to make *choices* over life that were and are choices that don't truly exist. We have been making choices about life that were never choices to be made and these choices occurred through conceptual mind details. Our species brought the concept choices into our understanding of life. We see this in all areas of our existence.

We are swimming in the totality of life and this is truly the one constant. The only choices in life are those created by our species' understanding of life. There is only life. We *choose* to believe that there is a Heaven and also a Hell. We have chosen to believe that there is life and also death.

To believe that choices are a reality condemns us to adding still more choices on a continual repetitious loop. This is a pattern that can only increase our separation from Truth.

We may say that there are three points of reference in life: form, form consciousness, and absolute consciousness. Each experiences the latter in its own unique way. Perhaps a beneficial accomplishment for us would be to acknowledge, as it is, the reality of conscious presence. And, it is possible for anyone to live from within the dimension of aware beingness.

However, so much, as with the interpretations of presence have caused a disorientation of life since the awakening of self-consciousness. We have been misinterpreting the *isness* of life, which is avoided and even denied. This has been happening on a wide scale since the beginning of self-consciousness.

This occurs through the many complexities of our content-based presumptions about life. We have made the gift of life more of a burden than a blessing. We have lost ourselves in the complexity of our own creations. We continually feel inadequate. We conceive of countless reasons by which we remain unfulfilled and generally feel a sense of unworthiness.

Religion, science, and so many other mind derived content structures demand our attention. Life, according to these content structures and beliefs, are imposed on us daily. The mind of humankind insists that there is a reason and purpose for everything. The fact is that no living or non-living object has a purpose, except those that are self-imposed.

The tree is not there to give us oxygen or shade. It is simply there...engulfed in life; it grows, and eventually returns to the nothingness of everything. We, the mind, assume and dictate that the tree has a purpose. This assumption process is also used to define the entire universe and life according to the mind. This pattern is clear to see in a religion dominated world.

We are raised in a environment that dictates basically the same generalities worldwide. *We are human beings. Human beings have failed according to the wisdom of a God (or gods). This means that we must suffer. Furthermore, we are sinners and must earn our salvation.* The worst dictated religious assumption is as follows. We can reach happiness, but only through accepting that people need something else, such as a god to make us whole and enlightened.

The patterns of illusions are constantly repeated as thoughts and feelings enforce the minds behavior. Nevertheless, innately we acknowledge something that assures us the mind is wrong. And we are much more than just a person. The object, the person, in itself as body and mind can never know enlightenment or fulfillment unless we are ready to let go and begin the awakening process and inner journey of self-discovery. Any object is only temporary. Fulfillment may be possible when we have released our hold on mind details and accept that we not the mind. We don't need more illusions in the form of gods or a god. The mind has self-imposed a very long list of excuses for not living life in a natural state of enlightened presence. Holy men, scientists, and the general populace portray life as a battlefield, which has been devised through our own definitions. Religions and such faith believers explain that God (or any deity) loves you, but he is also not happy with you. You should fear him, ask for forgiveness, and then you can join him. In other words, he judges you. God apparently does not like what you do. You can turn this around any way you wish and it still indicates that God expects all of the

things from you that he teaches us we should not do. The result is that we ask for and accept suffering as the price we must pay to exist. We have been conditioned to believe that this is the absolute Truth.

However, the unfolding of events prior to a given statement or experience was and is critical in understanding the actual significance or insignificance of any situation. A person with an idea or small groups with a shared opinion often believe whole-heartedly on any given statement or assumption. This person or group will go to great lengths to support, defend, and promote any given idea or belief. This would be what we expect. We would call this *normal interaction*. We have accepted this, but that does not mean it is normal. There is no such factor in life as normal. This is one hope. It is possible to change everything in the universe and life. We only need to become aware of the true potentials. The last ten thousand years have been full of suffering and discontentment. This has not occurred due to situations such as Mother Nature, sickness, or death. The sole reason for our misery is due mostly to our form existence and life totality interpretations. The denial of what is; in addition to those people who exploit our species' psychological characteristics for personal gain and satisfaction, is causing disharmony. We prefer to interpret this disharmony as *life*. Any given belief is often accompanied by greed and control. This is another example of our ego at play, which feeds on beliefs and thought patterns. This is just what people do, as I had mentioned above. However, is that all that there truly is for us... just to be *human*? We build our existence around such mental and physical structures. Thus, we want to be saved by a god. However, hoping and expecting a god to enlighten us through salvation will never happen. But, the god everyone is searching is looking back at them from the mirror reflection.

We are God, in reference to our universal beingness and

ability to become consciously aware. And yet, we wish to continually deny the obvious. This doesn't suggest that we are a god, such as illustrated in the Bible, Koran or other religious scriptures. Stating this in such a manner may appear to be blasphemy and blasphemy is considered one of the greatest *sins* according to our definition.

I wish to express something before many of you raise your battle flags and want to burn me at the cross. Throughout my writings, when I refer or use the word *god*, I am not using the definition of a God that we have established over the last few thousand years. This God does not exist and never will exist, except in the mind.

Instead, I am referring to the source or isness of being. That is, after all, the focus of our discussion. We sense the simplicity of this beingness. And, ultimately, the wish to experience an unconditional state of beingness is the motive for our existence. I will let you in on a secret. You have already felt it intuitively. You have probably already become aware of this secret. You only need to accept it.

The secret is that we (all objects engulfed in the universe) are manifesting the source. Thus, we are it. The importance lies in accepting that your body (any object), including the brain's mental images of the universe, is not, and can never be what we are searching for during our existence. This is where individuals, groups, and institutional bodies have a field day. These individuals and groups are determined to tell you the exact opposite. They will use any means possible to keep the truth hidden. Their ambition is to keep our consciousness in a state of limbo. These individuals also have a large arsenal of mental and physical elements with which this can be achieved.

The very content of our species' evolutionary development is used against us, repeatedly and mercilessly, at any cost. Religion and science are the two best examples of this. Both

first appear to be important, even necessary in fulfilling content structures in our existence. We have been fooled by our own devices. These areas of our existence can be, in some aspects practical, but they are not necessary. They are not absolute.

Religion and Science Dictate We Know How and Why so Believe Us!

There are three primary questions that religion and science convince us that they can or will answer. *Who am I? Why am I here? And, what is out there?* We have become very egoistic, conditioned to belief in all sincerity that a God chose our species to dominate over the universe. We have taken the gift of life that has engulfed this mind and body and then rejected it.

You have the choice to accept or reject the manifestation of universal life energy. However, universal energy and frequencies such as life or consciousness can't be defined, restricted, or manipulated. But, the mind continually tries. And, the mind insists that we listen to it. The mind's misinterpretations of the our beingness, the universe and life demands that we see everything through shaded red glasses. But, the mind interprets in accordance with its developed functions, such as conditioned behavior and reactions.

The body then reacts to mind thoughts, assumptions, and interpretations. We interact blindly to an inner and an outer world that the mind has convinced us exists. We are literally consumed by these demands. Religions and/or people of faith were able to understand the effects of the mind and its characteristics. It quickly became apparent how mental and physical traits could be used to manipulate our conscious state of being. The development of our consciousness is the seed of prosperity. It has not been permitted to blossom. Our species' mental structure insists that nothing can exist unless

we define it, thus giving it a label.

Life is not there to be defined. It is to be felt. We initiate a repetitive cycle of delusion generation after generation. Our children are basically forced to accept that they are a creature of a god. Furthermore, our children are instructed that although each is a creation of God, they must search for who they really are in life.

There seems to be contradiction in this sentence regardless if someone believes in a god or not.

Accepting your existence as a creation of God defines and restricts you to solely to this belief and pattern of thinking. You may be shaking your head now. You might say we are not talking about *who I am* from a higher philosophical origin. The question *who am I* can be used for practical purposes. You define your reality by the mind structures that you use. There may be any number of roles that you play out during your life experience, all of which invoke a misrepresentation for the question. Who am I? Religion and science insistently what to answer questions about the universe, life and living. However, this can never be done by using the mind in attempts to answer these questions.

Who Am I?

There are many different methods that could be used in an attempt to answer this question. The most widely supported are religion and science. Another possibility would be to simply experience life on the basis of living. The first demands an existence of questions, of searching, and of fear. The second consists of simply experiencing or accepting life without applying absolute definition.

There are many benefits to experiencing life from both levels life-form and universally. Your destiny (Let's use destiny, for lack of a more appropriate word.) will fall into a

nature blossoming and harmony. The lack of demand, restriction, and conditioning will allow you to simply be what you are now. This does not mean that you will have no influence over your existence. Exactly the opposite is true. Instead, the person you are now will be in sync with life. You can still decide yes or no, right or wrong when dealing with practical experiences. But, a consciously awakened person knows that all mind details are ultimately insignificant.

Being in sync with life will allow you to experience everything naturally, as each unfolds, and not how you construe the experiences to be. This natural life flow can always be felt. It is true that some forms of life are more attuned to this flow than others, but it is ever-present and everlasting. Why do we even ask such silly questions as who am I? You only need to take a look around you.

There you will see the answer. We ask this and other similar questions due to a grand illusion we call existing. Our emotions, creativity, and intelligence have a field day in this environment of illusion. Our developed self-consciousness made all of this possible, but this does not mean that our species' consciousness is to be blamed for our dilemma.

Consciousness is captivated by our form's evolution. Therefore, the consciousness, which we have become aware of, is forced to take part in this mind-created illusion called existence. The consciousness, however, is whole. Its participation in our experiences is not what it appears to be. We manipulated the definitions and interpretations to fit our understanding of consciousness. This is not true consciousness. That is why we suffer repeatedly. This also partially explains why we ask such questions as, *who am I?*

We know absolutely who we are, but mind demands questions and answers. The very minute we question, define, or interpret living by means of mind behavior and trait evolution we instantly deny accepting what manifests in any moment. The fact that life radiates through gives us the

answer to who we are in life. We are a universal presence that is now an object that has manifests life. It is our choice what we do now as this person. There is no god, and there is no other deity responsible for life or the unfolding of our existence. We are responsible for both. The awakening of our self-consciousness gave us this responsibility. It is important to reflect on, and if possible, acknowledge that life is not truly consciousness as we define it. The use of the mind to assume or define consciousness actually contaminates the purity of its manifesting flow. Life is, for example, that which Moses determined after long meditation on a mountaintop.

It is your choice to live as you wish. What occurred on the mountaintop with Moses was a moment of conscious awareness in the life experience of this man. The reply to what Moses supposedly asked a god verifies our beingness as a universal presence, regardless of the object form. *I Am that I Am.*

I would like to quote a sentence from Wikipedia: ***The importance placed on the phrase, as it is, stems from the Hebrew conception of monotheism that God exists by himself for himself, and is the uncreated Creator who is independent of any concept, force, or entity; therefore "I am who I am" (ongoing).***

This statement was naturally derived through our interpretation. Still, it comes very close to the truth of about our presence in the universal. This statement takes on clarity when we are willing to unmask the illusion of who we are. Our true essence is of vibrating energy in any object that has the potential to become conscious of itself. Thus, by use of our own definition of life, living and purpose...we are God as a universal presence. We are told that there is a path that each of us must find and follow. We are educated (conformed) through family and society to adhere to believing that something other than ourselves is responsible

for us and gives us purpose. But, this does not mean that it is accurate or correct.

We are shown through example that a path exists for each of us. This assumption is based on our conditional mind's influence on our behavior and state of being. But, the mind demand's our acceptance of a reality that does not exist. The universe is a state of unmanifested and manifested beingness. Our mind instills details onto our state of presence.

Nevertheless, our unaware or aware state of being ultimately determines how we interact with living. It is equally our choice to determine how we observe ourselves in relation to the mind and what manifests in our existence.

But, we have naively given this choice to a deity, or deities, science and/or religion. Science has its own specific definitions and interpretations of life. Science is no better or worse than religion in that it has gladly chosen to explain who you are through scientific variables. We will never know who we are by using scientific devices or religious deities to explain the unexplainable.

The question, *who am I?* is irrelevant. Life is absolute thus we are absolute.

What we do with this unexplainable dimension called life is our choice. We may discover that what we are is true peace. This will occur when we stop assuming that the dimension of life must be filled with religion, science, or any other mind detail.

A mind, any mind, does not equal consciousness. Self-consciousness is used by the mind, which lets the mind expand and create. Our species level of self-consciousness is a gift for the mind and the mind has forgotten this fact. Mind manipulation of our consciousness is not productive for our

species' development. The illusions of the mind are also not necessarily creations of consciousness. These delusions are often the exact contrary. And, the conditional mind suppresses the likelihood that a person will experience conscious awakening. Thus, the actual awakening of self-consciousness coincides with our observation of the mind and our interaction with living.

The time period when we reached a higher level of self-consciousness is very difficult to determine. We definitely had a species-oriented level of awareness throughout our evolution. There came a period of rapid awakening and development of mind-influenced self-consciousness. But, still only a few individuals have an unconditional and uncontaminated conscious awakening. During and unto this period before self-consciousness awakening we experienced life more intensely and without questioning it. The mind, with all of its facilities, often constricted the growth of our awakened consciousness and it has done so since the dawning of our self-consciousness. The mind and its demanding nature eventually gained domination of our conscious awakening

The brain has taken control of self-consciousness, thus, inhibiting a true unity with the flow of universal energy that has the potential to become conscious of itself. The mind has manipulated our species. We have forgotten how to do the one thing that would normally be the most natural and simplest. We have forgotten how to simply *be*. We are life and life equals experiencing. We are so overwhelmed with content that we mostly disregard *experiencing life*. Life does not dictate concept, definition, or purpose; neither individual nor universal.

Only the mind differentiates among one and many assumptions about life. Science loves to baffle us with hypotheses, theories, and theorems. Religion, over the last few hundred years, has even entertained itself and the

populace with conjectures, and man-made principles govern science. What does this tell us about life or universal consciousness? Well, it doesn't tell us anything substantial. Acknowledge that the majority of what we accept as real is nothing but mind-established insignificant details nurtured by thoughts and feelings. And, the mind-projected details of our existence occur due to a lack of conscious, aware presence.

The importance lies on experiencing not conceiving, although conceiving can cooperate hand in hand with the oneness of life. We can and we do cooperate with life consciousness. We must first reawaken and relearn the now side of life before we can once again use the potential found in conceiving. We are as yet not truly aware enough to use this potential wisely. We will be fulfilled entirely when we experience life in its essence, and not from our mind generated delusions about it. The mind's understanding of life can and will eventually prove a wonderful feature of our evolution. The mind and our ability to conceive/co-create are blessings. However, we must first become awakened enough to discard the old conditioned patterns of the mind. The developments of the mind through the influences of our equally developed traits have cost our species and this world dearly. Significant for a change is the ability to reawaken. Reawakening will release our hold on the demands made on our existence.

We could then conceive (wish, imagine) on a compatible frequency with life instead of against it. We will relearn and correspond to life without the need to define or dominate it.

We will then experience what we have conceived in accordance with life. What we do not have or become during our existence was never ours to receive. Yes, we convince ourselves that it should be ours to receive, whether this is a desire, want, or need. But, this is done through false mind vibration projections. A real change will only occur through conscious awakening. (Presence as an act of beingness here and now).

It is vital that we learn how to use our species' consciousness, which allows us to touch (communicate) with the universal consciousness. The popular Bible quote, *for whatsoever a man sows that shall he also reap* opens a new awareness dimension when we give this quote a new twist. We could write, *for whatsoever an unawakened man sows that shall he surely reap; whether he wants it or not*. This illustrates the bond we could have with the universal. Aware experiencing, more aware experiencing, and even more aware experiencing is one important key needed in knowing who you are.

This awareness would also fill us with a sense of completeness and we would have no desire to know, who am I? The aware experiencing of each and only moment elevates us beyond our species self-inflected limitations. Life's only real purpose may be to experience.

The Big Bang conception may reveal a real truth. The *nothing and everything* or *beginning and end* could be how life experiences itself. It breathes, starting from what we term nothing, and expands outward into everything. When we rationalize this statement, we determine that *everything* is just *one thing* (oneness). This being life. This breath of life expansion continues as life experiences more about itself. Then there is a point where it is practically overwhelmed with its own expansion, and then it retracts to a point we term nothingness. These are generic terminologies, which does not change the fact that we should experience life, not define it.

This expansion and retraction may be a continuous occurrence. Whether life (the universe) actually expansions and retractions are debatable. I feel it is probable. We have defined it so, but this does not ensure our interpretation is absolute. We may one day fully experience life considering if we reconnect with the totality of life consciousness. This

could be how life (the universe) gathers information about itself, allowing life to develop and flourish through the objects of its own origin. The intelligence and information which life receives through the life-manifested objects form part of a circle that is part of and engulfed by life. This can be quite *mind-boggling*. The mind, with all of its conditioned factors does not want to entertain ideas that arrive through deeper awareness. There is a fascinating side to this universal experiencing process. The whole benefits from the parts.

This meaning that life's gift is its own presence in any given object. The universe is engulfed in life, which is not actually as parts of life, but is the whole. We, the mind, insists that these objects must be separate. This is not true. This is why the separation we have taken is so devastating. We are life, we are the whole. But, we see ourselves as not part of the whole. The very fact that we see ourselves as only part of the whole and not also the whole has overwhelmed our developed consciousness. It is perhaps incorrect for me to state this in such a manner.

Conscious awareness is always possible. But, thoughts, feelings and other mind details are very distracting. This inhibits the awakened of and to our state of universal beingness, as it is and not as the mind tells us. Thus, according to the mind's interventions, it is impossible that we are within the totality of being, regardless of the object. Furthermore, the mind tells us that we will never be life. But, will remain an object that is only part of this universal beingness. This type of mind behavior causes us to constantly ask the following question.

Why Am I Here?

We assume, and we give this assumption to our children, that we all have a purpose. Life transcends any limitation we can put on it through definition or interpretation. We have no purpose when seen from the dimension of life. We create

and initiate our own individual and species-defined purposes.

This is practical. We are, after all, a being that is now a person. This fact involves doing certain activities that are typical for a person of our species. The one crucial factor for us to regard would be in how we relate to the importance of our supposed purpose. That is to write, our relationship with the mind and it's conditional behavior.

We do not have a genuine purpose. Our form existence is without significance. Our conditioned emotions and ego are enraged by such ideas. The ego would say. *What about me?* It is this little me that demands the need for acknowledgment and importance. The egoistical self-image cannot imagine existing without purpose or importance. However, we do not actually need a purpose to live. Existing is obvious through being. On the other hand, living life unfolds through conscious presence to our state of beingness. The bliss and miracle of living revels itself when we look within and journey on an inner path..

This is where a shift in our field of awareness would be very useful. It is possible to accept not having or needing a life purpose. Our life purpose is usually defined through such interpretations as career, marriage, social functions, and a list of individual and social demands. These are all part of mind interpretation illusions. There is another side that could and should be considered. There is a *practical use* side to the term, purpose in life. There are many variations that could be used in discussing the practical implements of purpose in our daily activities. Here it is also vital to relate to the term *purpose* in proper content. It is rather tricky to discuss this in short form.

We will attempt this in the following manner. There is no predetermined purpose involved in our form or any form which is engulfment in the source of life. It is our state of

awareness that decides the content of our form. We willingly accept that the course of our actions determines the outcome of our existence. This has validity, but strictly on the level of form. It does not, however, explain nor validate how so many things happen that we apparently cannot manipulate. Many of the most wonderful things in our life experience seem to simply happen.

This is the realm of life where too few of us are able, to go, or wish to go. However, it is this knowledge that could set us free. The more we hold onto and force our form existence to compel, the more separated we remain. There is honestly no beneficial answer to the question. *Why am I here?* Whatever answer or explanation we use has been determined through a denial of the truth. Therefore, any explanation will be unsatisfying. Knowing why we are here is an unnecessary contrivance of the mind. Awareness of being and then accepting is freedom.

This unites us with the source of life. That which follows will then be in unison with the energy of life. This may seem impossible. The conditioned mind and ego cannot envision a life without manipulation and constrain, perhaps because the mind only interprets *a life* and not *life*. The word *purpose* was established to define our existence after the awakening of self-consciousness. The idea of being without a purpose for being was not acceptable for our species' mind structures of reality. The mind uses symbols such as *life* and *death* to support the notion of purpose. Then the creative mind insisted that no object; neither ant nor universe could just *be* without a creator. This additionally supported the mind's feeble attempt at proclaiming that there must therefore be a purpose for everything. The next obvious step for the creative mind was to assume that we must fulfill our self-imposed purposes in life. Not to do this would surely mean being judged and perhaps condemned by our self-created creator.

Let's consider this for a moment. Why would an intelligent *creator* need to pass judgment over something that he created out of perfections? This perfect creation is noted in many different scriptural and non-scriptural writings and teachings. How would this even be possible for a perfect creator that created everything? This would indicate that he created us with the *purpose* of watching us die. During this period between life and death he must judge us. Does this mean he needs to judge his own creations? This would imply that he is not really judging us. He is judging himself in accordance with that which he has created.

This judging, which we assume he does, can only mean that he sees us as separate from himself. This contradicts the very essence of such beliefs. His act of judging would infer that we are a separate entity from that which he created, defying the very teachings which were supposedly given to us by the creator. It is contradictive and confusing. When will this mind madness end?

It is possible to experience our self as a person in a cooperative harmony with life. All life-animated forms are already contributing to the expansion of life whether aware of it or not. However, our conscious insight is still greatly impaired by mind madness. We do not have the awareness and depth of form consciousness to understand the consequences/benefits of living in pure life consciousness. We thus give life strong impulsive vibrations based strictly on form-oriented conclusions about life. What you project out into life is primarily what you will be given back and experience.

This may seem very strange, even incomprehensible to accept. All objects within life (the universe and perhaps beyond) are contributors to the experience of life. We are molding our very existence. That is quite a slap in the face, but it is a valid statement. Life experiences itself through all life forms. We are the one species that is not only manifesting

life, but is also aware of itself and this life manifestation. We are the one life form with this capability, to the best of our knowledge. There may be a correlation between the universal expansion and our species' inner demand for expansion. This is only speculation. Humoring this speculation would offer contemplative alternatives. How far is our self-consciousness truly developed in respect to our state of being and the simplicity of living? Do we continue to look outward? Do we persist in searching a field of illusion for answers to questions we already know? Do we truly gain anything of significance when we continually demand so much from the very existence that we have superimposed on ourselves?

Continuing to do this would impose a still very long development filled with illusionary right and wrongs, sins and salvations. It would result in continual frustration and a lack of true fulfillment. These illusions are based on a continually expanding misconception of life. We all seem to be constantly competing. We want to do better than others. We always demand having more or getting more than others. Sadly, this is an evolutionary result of a conditional mind and the ego.

What would happen if we stopped searching, both from a materialistic perspective as well as from a psychological perspective? We may find tranquility founded on awareness of the vastness of true consciousness. Life, the universe, is in us. We are in life (the universe).

There is no true need or demand to find something out there. The answer to why you and I are here is within us. We are engulfed in the very answer that we seek. The answer has engulfed our (all) forms. Deeper awareness to the flow of life will reopen access to this dimension and we will eventually be freed from manipulative mind fabrications, willing to fall into the vastness of life. There in this freefall dimension will be no desire to ask, ***why am I here?***

What Is Out There?

Do we really need to ask or even discuss this question? It is apparent that we do. We are still caught up in repetitive mind patterns that demand looking *out there*. We assume that the answer is somewhere. What we have failed to recognize is that in being inquisitive to the point of asking such questions we continually ignite a conditioned behavioral pattern cycle.

This pattern consists of several factors, one of which would be the choice that is proposed through the question that is asked. There is only one life, one source. Our species' development has corrupted this fact with interpretations and beliefs. This makes us immediately susceptible to our species' developed traits (emotions, conditioning, and ego), which deny the obvious. There have been different topics discussed throughout the content of this book and they usually appear to have two sides. The reality of reality is that *beingness* only has one absolute.

Here, we also have two variations that should and can function in harmony with each other.

We only need a perspective of extended awareness to appreciate the representation of these in our existence. First there is our existence on the level of absolute consciousness. We only need to release the restrictions placed on us by our species' development to appreciate this absoluteness. Our self-consciousness could then accept its true essence as a universal being that has become conscious of itself.

There is, according to our interpretation of life, a practical, acceptable, and perhaps even useful side to our behavior. However, this is useful only at the level of daily existence as a person. We have always asked questions, which is in our genetic program. Our genetic evolution both behavioral

(mind) and species consciousness (awareness) have provided us with a unique opportunity. We should be able to use this inquisitive nature wisely. Unfortunately, we usually don't remain aware enough to achieve a dimension of flowing equilibrium with the frequency that originates in the source of life. The mind has remained predominately in control of our species existence.

Acknowledgment of this could ignite a shift in our behavior patterns. The mind is a wonderful aspect of our species' existence. It is, however, nothing more than an evolved sub-component of other objects. Life is the energy of this form and all forms. I wish to emphasize again that we are in essence this source or frequency.

Nevertheless, the mind, through questions, assumptions, interpretations, reinterpretations, denial, and rejection, insists on a more difficult alternative to experiencing the true significance of our universal beingness. The mind continues to add complexity where there is simplicity.

Nonetheless, we always have a choice. The choice; any choice is relinquished, when we have understood that life does not offer choices. People have conditioned themselves to substitute life unity with choices. People make choices; life does not. It could be very beneficial to understand this fact.

Religion and science tell us that the universe started and will someday end. The content and structure of how this happened and what will happen varies considerably between the two. Both agree that the universe began and exists. Religion and science claim that this is happening for a reason. Religion assumes believing and faith will reveal the answers. Science bases its structure on theories which use inductive reasoning to establish conclusions. One important factor should be considered. The universe has been defined using mind-established causes and purpose definitions. These are insignificant details of a conditional mind.

Therefore, our understanding of life and the universe still exists from the level of mind deduction. What we have determined is practical for our self-established purposes, but should not and cannot be used as absolute explanations for life. Universal life energy most definitely has no genuine purpose. It just is. The objects within life and their content structures define how the field of life energy will be used. The species life structured and manipulated impulses are released into the field of life energy. Life energy being neutral and indifferent; then conforms to the demands of a given species.

You may be asking how these correlates to the question, *what is out there?* The answer is simple. There is nothing and there is everything out there. Humankind decides what is *out there* because we have developed a pattern of unaware choice making during our state of beingness. The existence problems that are present in our existence result from denial of what we innate know is beyond mind limitations. It is how we see our form existence in relationship with true life essence that decides the outcome. It is a reawakened awareness that will help to put everything back into a natural order, which is free of self-inflicted conflict and denial. Our species' level of consciousness can truly be a divine blessing or a terrible malicious curse. We are the determining factor, not your neighbor, the universe, or a God. We fill the content of life through our own process of contributing to life as a form being. Life's potential allows us to experience basically anything, everything or nothing. Our level of consciousness is the jumping off point to a new form content existence with life. This is only possible if we are willing and able to accept, let go, and jump. There never has been a creator (God) out there. The evolution of a universe is fundamentally a natural process. The life manifested objects of a universe contribute to the universal consciousness. Humankind decides through demanding injected diffusion what will be interpreted out there.

The awakening of self-awareness in our species' form has given us the opportunity to experience the universe from within ourselves. It is better to say that the awakening of self-consciousness has given us the option of awareness to awareness. This awareness to presence will either be experienced or not and at different intensities. A salvation for our existence can be obtained through experiencing the now in its true state. There is an inner peace that can be maintained through our harmony with this universal frequency.

However, this will not happen on any significant scale if we cannot release ourselves from the mind restraints placed upon us through evolution and mostly self-imposed misgivings. There is a self-defined edge of reality on which we mentally project ourselves.

We exist within the parameter of this mind reality, and we consider this to be real.

We interpret this as a path of life.

But, a person will often peer beyond this edge of mind reality into the vastness of oneness. Any given person often feels there is something outside the boundaries that the mind insists are established and real.

The dimension of absolute totality beckons us, but we are very fearful. *Now* may be the time to ask ourselves if we wish to continue walking on this fine edge of mind constructed illusionary reality, or do we jump into the vastness of totality?

We, as all objects in the universe are the actual gods and/or God that most people insist have created us. We are the makers of a science that many claims define the universe. We constantly swim in an absolute love that many insist can only be found in a god and through salvation.

Do we really want to continue existing in this state of restriction and denial? The moment for us to stop making and using excuses is now!

Something miraculous will be experienced when we stop cohering to mind self-imposed illusions. We will rediscover our true self and the possibilities within conscious awareness. We are the source of everything we seek. We are fear, love, and hate. All this searching has been done in the hope of finding a peace and salvation that has never been lost. It has and will always engulf us, as is true with all objects. We are the very God that we love, fear, and hate. We, together with all life forms contribute to life and influence the flow of universal energy. The answers and the enlightenment we so dearly seek and desire are all here, within us. All objects are equally within this state of beingness. We only need to reconnect to it, acknowledge, and accept it.

Do we want to mold our world and the universe in harmony with life, or do we want to remain separated from it? The choice, that is not truly a choice, should be simple. After all, object consciousness is the co-creator of life. Pure consciousness is the Creator. And, these are one and the same. Do we really want to continue existing within mind illusions that demand separation? The outer universe reflects the inner universe.

***"First realize that your world is only a reflection of yourself and then stop finding fault with the reflection."
Nisargadatta Maharaj***

Epilogue

Practical Steps to Conscious Awakening

Use the following ideas and insight on the path of your inner self-discovery. These can be beneficial as reference tools and also as Mantras each day.

- "You are not your mind, although it will persistently tell you it is you. But, there is something magical and mysterious beyond mind and self-consciousness. It is universal and nurtured by your level of aware beingness here and now."

- "The acceptance of being and flowing with life energy consciousness will allow space within all you experience. Or to express it in another way. It is all that there truly is because any given thought, feeling, activity, person etc. is only temporary. These things center on the mind and are a method of 'doing' something instead of simply 'being' everything."

- "Everything seems to change but it is really only each person that is changing and this reflects onto what he or she experiences."

- "It is never really about 'doing' anything. Rather, experiencing life and consciousness within ourselves and all objects is an act of Acknowledging, Accepting and Allowing beingness. I refer to these as the triple 'AAAs' of living in a state of presence."

- "Life is entirely indifferent to believing or not believing. Traditional thinking tells us that you must first believe in

something, and then you must have faith in it, before it will happen or be given to you. However, believing in a belief does not validate its authenticity.”

- “The act of believing is not really necessary. It is one of many mind concepts that do not benefit the expansion of consciousness or our experience of life. A relationship with life should not be based on a belief or thought about living.”

- “Stay present and maintain a clear observation of the mind (thoughts and feelings). Always use the present moment as a point of reference. The now is a portal to your state of beingness, the totality of life and the universe itself. The activities of our existence confuse and cause fear. This is because we base everything on temporary superficiality and details. And, we define our life experience as something to reach with strenuous effort. Thus, a conditional mind overshadows our life experience. So, most people view balance and harmony as a fantasy or paradise. Furthermore, the majority of people think or believe that we can only reach this paradise through mind details. And, still very prevalent is the thought or belief that materialistic things will give us happiness and peace. Nevertheless, you are not your mind. Never take thoughts or feelings too seriously. These will pass, and presence remains.”

- “The beauty or suffering of your existence lies within your hands. It is how you observe yourself, in relation to the universe you are manifesting, that will change everything. It is never a situation or person that decides your state of being. It is and can only ever be you.”

- “The mind is not all-powerful, and it is possible to shift from mind to conscious awareness. It is a relearning process that each person can undertake. There are unlimited possibilities within the dimension of universal consciousness. You will suddenly experience life from a perspective that is long-lasting, vibrant, and colorful, thereby

recognizing that you are the true master and the mind is your faithful servant. The three—mind, object consciousness, and universal consciousness—can thus harmoniously interact and blossom as one state of beingness.”

- “Enlightenment is not and cannot be restricted to only this or that. It encompasses the totality; regardless of the labels we place on something. Yes, this implies that you can also experience enlightenment in the worst situation, illness or even in the moment when this biological body dies.”

Author Biography

Steve grew up in the American northern Appalachian Mountains. He enjoyed the beauty and simplicity of nature and life in the tranquility of country living. He started writing poems and short stories during high school. There were experiences during his youth that were difficult but have enriched his understanding of life and humankind immensely. He spent over three years practically living out of a backpack as he traveled from place to place; working as a farmer, convention coordinator, bartender and D.J.

He studied Marketing and Management in America and later Psychology and Humanities in Europe; where he has lived for many years. This cultural diversity has nurtured and expanded his understanding of human nature and given him first-hand experiences with individuals from around the world. Steve had the opportunity to participate in various writing contests and other projects during his education.

Steve's written works are the result of an inner transformation that took place after he came to terms with the realization that life is much more than the content of our existence. He is involved in sharing, learning and growing with others; who are embracing a level of object consciousness attuned with universal consciousness.

His writing works include ***One Moment in Life, Simplicity of Life, Love Will Show You the Way and Stepping Stones on the Pathway Home***. Steve's books and blog website consider topics in spirituality, existentialism, and conscious awareness evolution. The website provides a sharing portal for people who are consciously awakening and have started the inward journey home. He is dedicated to sharing a universal knowledge that is innately known to everyone. He plans many manuscript projects throughout the coming years in diverse genres including; spirituality, self-help, poetry, children's, science fiction and non-fiction.

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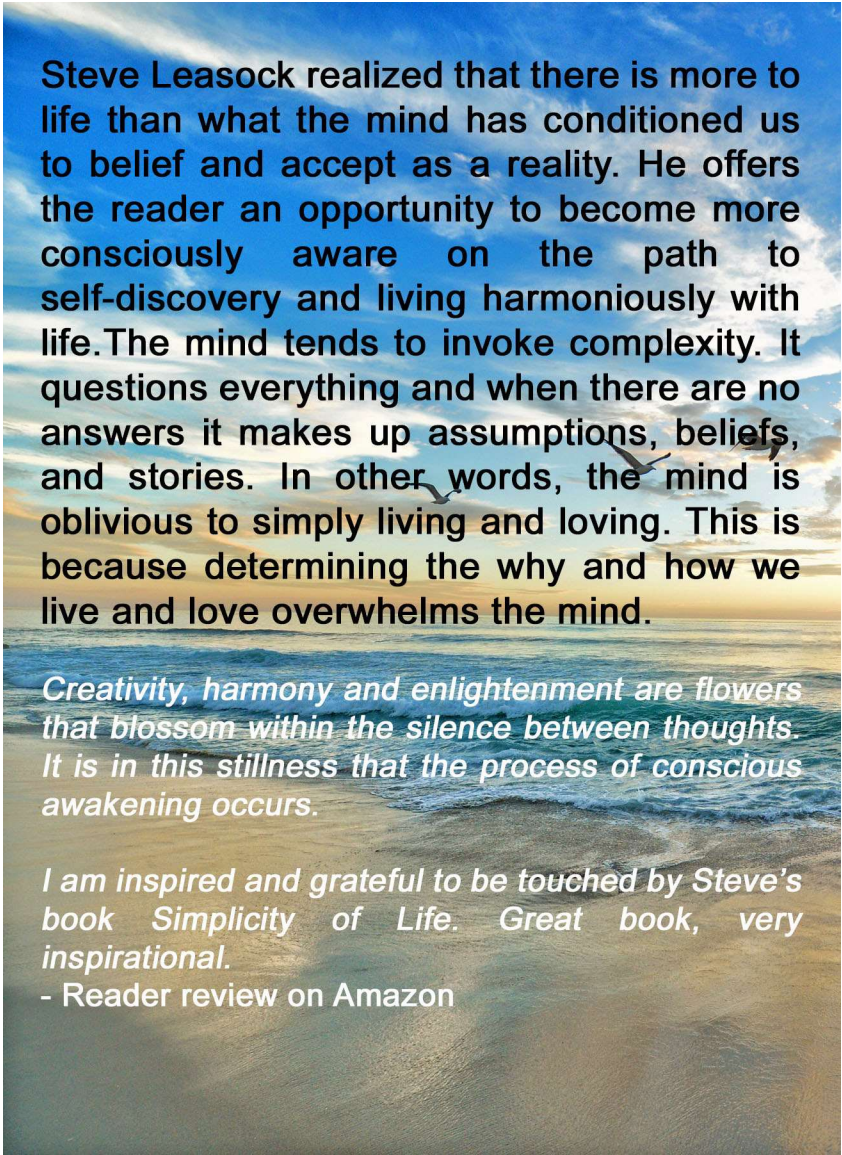
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A personal note from the author:

I do not claim or presume to be an authority on consciousness, absolute truth or any of the topics that I write about. My intentions are not to express favoritism or criticism for or against any religion, collective organization, culture, person or people.

On the other hand, my wish is to share the deep innate sense of conscious beingness that I feel is beyond thoughts, feelings and mind details. Furthermore, I am hopeful that those individuals who have read my written works may discover stepping stones helpful on their path to conscious living. There is a field of energy beyond mind and body that pulsates. This energy has the potential to become conscious. This is a space of oneness and beingness that we all share.



Steve Leasock realized that there is more to life than what the mind has conditioned us to belief and accept as a reality. He offers the reader an opportunity to become more consciously aware on the path to self-discovery and living harmoniously with life. The mind tends to invoke complexity. It questions everything and when there are no answers it makes up assumptions, beliefs, and stories. In other words, the mind is oblivious to simply living and loving. This is because determining the why and how we live and love overwhelms the mind.

Creativity, harmony and enlightenment are flowers that blossom within the silence between thoughts. It is in this stillness that the process of conscious awakening occurs.

I am inspired and grateful to be touched by Steve's book Simplicity of Life. Great book, very inspirational.

- Reader review on Amazon