

Sakti: The Life Source: An Essay

Sakti is a beautiful and ancient Sanskrit term that literally means power, or, more specifically, the Power of God.

Like many ideas and vocabulary within the spiritual community, the word Sakti has been misunderstood and misused, at least according to its historical, most accurate, and deepest meaning. Unfortunately, most spiritual seekers would choose to remain ignorant, even if they were offered a realistic explanation of the truly Spiritual Life, and its key facts, concepts, and principles. The fundamental truth of any matter may not be well-received by the ordinary, religious, or spiritual masses, by humanity at-large, but is more likely to be considered by the few, and then accepted once proof and rationality are provided. Many people would rather embrace a comforting fantasy as fact, over a difficult and verifiable truth, which is one reason why mass human culture remains in such horrendous condition, and why the churches and spiritual groups are well-populated. Wherever you see throngs of people gathered, regardless of the reason, it is not likely that verifiable truth, love, morality based in conscience, and higher-minds, are also present. Animals are compelled by feeling, a form of desire, and comfort; not fact, reason, conscience, and principle: at this point in human evolution, that is the realm of the few. Most people would prefer to cling to comfortable fantasies about God and the Life Force, and about other matters they think are related to their survival, pleasure, and vanity, rather than be guided by experience, reason, and the heart of love and conscience. As one example among thousands: Billions of religious people on the planet, actually believe that a human-like Deity will, one day, come floating down through the clouds, to reign on the Earth. They wait for a "momentous" event that will never happen, and it is extremely sad how they waste their lives. But, feel-good fantasies, and psychosis, are not restricted to religion and spirituality, but pervade every sector of human culture.

Energy. Say the word "energy" to a group of spiritual-types, and many will immediately think of God, whatever they conceive It to be, and they may associate the vague notion that "energy is God." They would be factually-correct, but incomplete, and based on the wrong assumption. The universe, and its infinite space and countless objects, are filled with an extraordinary number of types, wavelengths, and vibrations of energy, and the human being has, within him, a subtle but powerful natural energy, which I term simply "self-energy." But, the many natural energies, whether within or without, have nothing to do with God, Brahma, the Creative Intelligence and Power, except that, like all of existence, including space itself, they too were Created by That. Not all energy is God; only God is God.

Human self-energy is not God. The ego sits at the base of the mind, and generates self-energy which does the essential work of feeding and protecting the ego. Self-energy fuels the mind, and the rest of the nervous system, and the body, and also extends outside and around the body, for a short distance, much like a cocoon. The human aura is nothing Spiritual. The mind, under egoic-control, provides specific direction to the subtle, constricting, and implosive desiring-motions and clinging-actions of self-energy, desiring and clinging to self and to all that feeds and protects self, which then usually compels the body to act accordingly. Without the mind, the ego would be generating and radiating self-energy, but the self-energy would have no organized, rational, and productive movement.

Some people are slightly aware of the existence and movements of self-energy within themselves, but such awareness is not a sign of God's Presence, Spiritual advancement, or special sensitivity or insight. Also, generally "feeling good" or "feeling bad," or just "having lots of energy," are not necessarily related to either self-energy or God. Those normal feeling-states could have purely psychological, physiological, or chemical origins, or could be related to the natural cycle of the three gunas. Feeling your own energy, or someone else's energy, is a natural possibility, and is nothing special, Spiritual, Metaphysical, or Unnatural; it is merely a sign of being alive and conscious. But, people will use most anything to feel better about themselves, to think they are more than real experience tells them, by fabricating an unrealistic mental identity, including that of being "Spiritual" or perhaps "psychic."

The false notion that self-energy is somehow Spiritual or otherwise positively related to God, has been passed-down through the centuries, by well-respected spiritual "authorities," and is still prevalent today on the spiritual circuit. You may hear the terms kundalini, kriya, chakras, life-force, or many other words such as sakti, that are mistakenly thought to be referencing an energy that is either God Itself, or somehow related to God or Spiritual advancement, when, in fact, those words are actually pointing to self-energy. Many forms of meditation are centered around the idea of manipulating self-energy, so that one can reach "Higher" states of consciousness, or cause a form of purification to occur. The only relationship of self-energy to God, to the Metaphysical, is that God **Created** the human structure that generates self-energy, and that self-energy and its actions of constriction and clinging, are key factors that **prevent** Growth, Freedom, and Incarnation.

The many forms of meditation taught on the popular spiritual circuit, are no more than meditating on yourself, on some aspect of your small human structure. The self-energy is of particular interest for meditation, because of all the tingles, sights, and sounds that can be produced or noticed. You can get an immediate reward of pleasure, and can also be confirmed in your vanity of "Spirituality," especially with so many people watching and "validating" your experience. Spiritual-types will pay for courses on how to meditate on themselves, and how to produce some natural neurological phenomena, falsely assumed to be Spiritual. They may even think they can become a Buddha during a weekend "Enlightenment Intensive." The modern spiritual circuit is a great place to feed. However, they could save their money for a far better use, since they already spend the entire day meditating on themselves, attending to themselves in one form or another. You can feel tingles, and see lights and other visions, and hear sounds, through much easier means, perhaps by just looking out the window, or being hit over the head. Many revered "spiritual masters" have merely "mastered" the manipulation of self-energy to produce various neurological phenomena.

For those very few who feel the emptiness of such endeavors, there is a better Way, based on a much deeper and richer understanding and insight. Everything you feel, see, and hear is already occurring within the nervous system, and all experience is limitation, whether the origin of an experience is considered subtle or gross, and ordinary or spiritual. The seeking of experience, of any form or origin, is to reinforce the primary limitation that you are at-the-core, and is to reinforce the secondary limitation that you continually create using the clinging, desiring, pulling-in, taking-in, and constriction of self-energy. All experience is the pulling-in and constriction of self-energy into the mind and body, and is thus limitation; and all limitation of

consciousness, mind, and attention, is suffering. Your perception and experience of the writing on this page, in this moment, are some degree of limitation, and thus some degree of added suffering. Perception and experience are that which you are always doing, at least into the subtlest reaches of the mind.

The process of perception and experience is, of course, a fundamental part of being a healthy and functional human being. But, it also has great value for the serious seeker, beyond its Sacrifice. The constant experience of being and acting as the ego you are, is limitation and suffering, and compels and guides the serious seeker into the higher stages of advancement, and eventually Freedom. Suffering in all its forms, and, by definition, is the opposite of pleasant, but is a great motivator and teacher. Also, directly seeing and understanding how the very subtle but powerful process of perception and experience in the mind, is a limitation and constriction, can help allow the unravelling of the subtle and gross layers of secondary egoity that sit on top, and depend on, pure perception and experience. Egoity and psychology are much like a large onion, with the ego at the center, and all the layers surrounding the ego. Egoity, and the psychology it generates in the mind, unfold in a sequence and hierarchy, yet most of the layers can interact in both directions. The fuel of secondary egoity, and the fuel of the individual human mind, psychology, nervous system, and body, is self-energy, not the Sakti, not the Life Force of God.

Describing God is like trying to describe the color blue to a person who has been blind since birth: impossible. But, without Teaching through the tremendous limitations of language, no individual can be reached or learn. Descriptions of God and the Way of Freedom must be within the conceptual level and real experience of people, or Upliftment is virtually impossible, even when I am sitting personally and directly in front of them. The mind and heart need guidance out of the fear and darkness of self-absorption; and, false ideas, presumptions, vague thinking, and fantasy need to be replaced with real experience, real possibility, and logic. Language is also a powerful tool I use to help awaken intuitive understanding and insight into egoity, and into That which lies in contrast to egoity, and beyond egoity. So, I write, and I speak, and I guide. But, only a very few have the courage, and are tired enough of the endless suffering and hopelessness of the natural life, to listen, and to truly and deeply seek the one Higher Life.

The "Transcendental Intelligence" mentioned in Buddhist scripture, and "God the Father" of the Christian Bible, both point to the same Thing: the Foundation, the All-Pervading Essence, the unfathomable Creative Intelligence, the very Power that Creates and Sustains the infinite universe. Yet, that Intelligent Power and Influence, that Life Force, God, is normally out of the range of possible experience of the human being. Look at the state of the world, look closely at people, look at how they treat one another, look at yourself, look at how you treat others, listen to your own thoughts and motivations, observe your own feelings and actions, and try to convince yourself that God is truly Present and Alive in the beings and lives of men and women across the planet. Try to make yourself believe that you and others are truly Spiritual, Holy, and Godly, or perhaps at least saintly. Confront your feel-good presumptions about yourself and others, with reality. Contrary to an often-repeated politically-correct statement, most people are not "basically good," unless you want to define "basic" and "good" so that your definition incorporates evil or bad actions, such as: immoral physical violence, lying, cheating, deceit, threatening, manipulation, stealing, unreasonable demands, words meant to aggress or harm, or simple inconsideration, or otherwise initiating force against the person, property, or wealth belonging to

another, either directly or through the proxy of coercive government. People who are genuinely "basically good" do not engage in these behaviors, but one or more of those traits describe most people. Some people do indeed live more from the heart of love and conscience, and not as much from the ego-animal, but they are not the majority. (Self-defense is not the initiation of force, but is a moral response to force already initiated against you. A consistent passivity in the face of immoral aggression, is usually a sign of fear and withdrawal, not high Spiritual advancement.)

The Creative Intelligence and Power is not playing a cruel joke on humanity. People naturally tend to see the Creative Force, call It God if you will, through their normal subjective prism of humanity and identity, as having a human-like personality, with all the positive and negative limitations, characteristics, motivations, thoughts, and emotions that they see in themselves. Their perspective is very understandable, but quite incorrect: God is not like them in any way. People are cruel to one another, as we see every day, but God has no "intention" to be cruel. For creation to exist, which includes people, it must be completely other-than the Creator, otherwise, it would all be only God, and no object of form, not even space itself, would exist. God would simply remain God, That which always has been and always will be, throughout the Created illusion of time. Better stated, but still incomprehensible to the natural mind: God simply Is, in this, the Eternal Moment. But, I must occasionally use anthropomorphic terminology, identifiers, metaphors, and analogies when Teaching, in order for certain aspects of God and the Way to be at least somewhat understandable to people, without compromising the essential and useful facts, concepts, and principles. Creation is completely awesome and wondrous in its beauty and complexity, but is still, essentially, not God.

The internal suffering and external problems people create for themselves and others, can cause them to become angry and even verbally "lash-out" at the Creator. That is understandable, but the anger is mis-directed, and is not based in reality but on simple ignorance that can be easily cured with evidence and reason. Their suffering and problems can cause people to think that, "If there is a God, a God of Goodness, a God of Love, then He does not care about us, and has abandoned us. Why does He not help us?" They are considering the Creative Intelligence and Power through their own lens of humanity. Adults who are still emotionally children, or who are accustomed and comfortable living under external authority, can often conceive of God as only a parent-figure, as a person-like Deity who should be "looking-out" for them and who, in fact, owes them something. The terms "God the Father" and "Divine Mother" arise from such an intellectual and emotional limitation within many adults. Those who do not wish to be angry at their "Father" or "Mother," will often justify, using scripture or their own peculiar logic, the "uncaring," or "harmful," or even "vengeful" actions of their particular Deity. That which they want and think they get from their imaginary God, far outweigh the pain they think He or She causes them, so they want to keep that "relationship" intact for the goodies, and so do not become an atheist. Children still need their parents, whether abusive or not. The Creative Intelligence and Power is not a parent, and you are owed nothing by God or man; that fact can be a great relief to some.

Humanity is a curious bunch. People are Designed with tremendous curiosity; some are more curious than others. They want to see, hear, know, and understand as much as possible about the world around them, especially those objects and processes that provide survival, pleasure, and vanity, the stuff that feeds and protects. People want to learn about themselves, and about

existence beyond themselves. Some want to learn about the universe at-large, and want to know, "What exactly is all this, and how does it work, and how did it all come into being?" No other creature asks these questions. But, the desire to seek understanding about the universe, becomes confined to only that which may be personally useful. Realizing and understanding that which is beyond yourself, is not enough for most people. They have to do something with it, and do something that feeds or protects themselves. Nothing is "wrong" with that orientation, but is also merely part of the Design, and a statement of fact, but a statement that implies Something Better.

The search for understanding about the natural universe beyond yourself, can evolve to become that which is known as a Spiritual search, a search for God. The Spiritual search, and realistic scientific investigation, do not need to part ways. People are so accustomed to religion and spirituality being little more than psychosis, irrationality, and mental fluff, that any mention of a "Spiritual search" sends the mind reeling, and they cannot imagine a Spiritual Path based on real experience and logic. And, similar to the reasons for most natural scientific investigation, to feed and protect self, the Spiritual quest becomes a search for, "What can finding or Realizing God do for me? How can discovering the Creative Intelligence and Force behind this universe help me personally?"

The Design of the human being gives him the drive and ability to seek, find, and understand the natural universe beyond himself, and, in some rare cases, that search can become a serious search for That which we can call God. The Design gives mankind the ability to seek, find, and understand the Creator Itself, not only creation. God is not a parent, and "owes" humanity nothing, but has also not "abandoned" His creation, as suffering and problems cause some folks to believe. The Creative Intelligence and Force did not Design people with the drive to seek Him, and then deny them the means to find That which He Designed them to seek. People are Designed with the need to breathe air, and we have air.

People are social creatures, and not only for the pleasure-feed of stimulation, distraction, and filling-up that comes from social-izing, gatherings, and other interactions, but also for the very survival of the individual and thus the species. People depend on one another for the meeting of their most essential personal needs and wants. The following three paragraphs are a digression from the central theme of this essay, but are provided to explain, in general terms, why people interact and depend on one another, and that our interdependence and varied personalities are also part of the Design, and how human interaction could be organized under a single moral basis:

Economics is essentially, and in a hypothetical free-market (of which we have none), a study of **human interaction**, and includes a concept called the "division of labor," which, among other facts, implies that an individual has specific interests, aptitudes, intelligence, and accomplishments that can benefit others, and that by him participating in human society, in the marketplace, others can benefit from his contribution of talent and productivity, and he can likewise benefit from what others have to offer him. In other words, each person does a particular work well, each person has a specialty, and each trades his time and productivity, for the time and productivity of others, using the store of value and medium of exchange called money, or through barter. The main idea in the division of labor, is specialization. People are not the same, people are not equal, in interests, aptitudes, intelligence, or accomplishments, and they

will work in many different fields, and have a wide variety of competencies within those specific fields, and, therefore, the value of labor and productivity will vary greatly among individuals. The end-result: individuals sell their particular goods or services to other individuals, and value and thus prices vary based, ideally, on supply and demand.

Unique interests, aptitudes, and intelligence are part of the human Design, therefore, specialization, and the division of labor, are also part of the Design. No one person can do everything well, nor would he want to try, not even if he were extremely gifted due to his unique interests and emotional nature, but especially because there is not enough time in one short life. You gravitate toward those endeavors that are in greater accordance with your inherent interests, abilities, emotional tendencies, and priorities. **The specific needs and wants of an individual human being are so numerous and so varied, that many other people, and with many varied personalities and talents, are required to fulfill those needs and wants.** An individual is Created with specific needs and wants, and other individuals are Created who can fulfill those needs and wants. Creation is an interdependent system.

A culture of unimpeded, voluntary, human association, interaction, and exchange, would work best to sustain and advance the economy, and technology, and ordinary lives of humanity, and would be the only moral organizing system. But, the ideal is far from the reality in this world, due solely to the repressed heart and its conscience, and thus flawed morality, of the great majority of people. The globally-accepted culture of man initiating force against his fellow man, must end, for humanity, en masse, to advance, whether the initiation of force is direct, or through the proxy of coercive government. Otherwise, the hell of this world will continue, ad infinitum, or until humanity destroys itself under the weight of its own evil. The immorality is the responsibility of the individual, not the fault of the fantasy-abstraction "we." If you feel and listen to your own heart of love and conscience, then you have a choice as an individual, and you do not have to be a participant, contributor, or supporter of any systemic cultural evil. The fantasy "we" has no conscience, only the individual "me."

At this moment, you have a need or a want. You are, right now, seeking to either feed yourself, or protect yourself. You are reading this text for a reason, and it could indicate at least a curiosity about That which we call God and the Higher Life. Or, you may be a serious, deeper-thinking, and deeper-feeling seeker, and you want to find and understand more. You may feel there is something positive for you in the Teaching of Freedom, and it is being made freely available to you. If so, it may change your life in ways you cannot currently imagine. On the other hand, you may be wanting to "disprove" or even attack the Way of Life and Freedom, and its messenger, at least in your mind, because you mistakenly assume it threatens your current beliefs in some way. If you feel threatened by mere ideas, then know that you are free to cling to any belief you choose and to live comfortably in that realm, because belief, and real experience and real possibility, are two very different matters, and nothing can touch or threaten your beliefs since they are real only in your mind, and will remain intact and real to you as long as you insulate yourself from objective experience, logic, and realistic and reasonable possibilities. However, consider the fact that if your religious or spiritual beliefs felt real and substantial to you, then you could never feel threatened by opposing ideas. Most people would not feel threatened or upset if someone said, "The sky is green, not blue," but some animals will attack a merely-perceived threat to its food bowl, even if the "threat" is the hand that feeds them.

An individual in a more-developed society is not completely self-sufficient, in that he cannot build every product, or perform every service, that he needs in order to live in that culture, therefore, he requires help with meeting his needs, and other people are there who can offer help. If you are a serious seeker of the Higher Life, your need or want for real and deep understanding, as offered to you in this writing, did not appear before you by magic, or by a special Miracle, unless you want to describe the whole of creation as a Miracle, which would not be unreasonable. The fact that I am here, and am freely giving this Teaching of Freedom to you, is by the Design that existed an eternity of time before this body was born, and that will exist after my death. This body was born, and it will die, but the Creator and the Design will remain.

Every serious seeker of the Higher Life, and true Freedom or Enlightenment, needs help. Just as he needs help meeting his personal needs and wants, he also needs help learning about his Goal, and understanding the Way to It, among other forms of help that he cannot do to himself or by himself, and may not even know he needs. Why does he need help? The Transcendental Intelligence and Power is supposedly All-Pervading, so is not God or Brahma **already** within all people and all things? Yes, that is factually correct, but, again, look at other people, and look at yourself, and decide if you can honestly say that humanity, en masse, is already Good, Spiritual, and Godly. Therefore, if God is All-Pervading, then why are people naturally and completely cut-off from That, from birth, in their state, qualities, ways, mind, heart, and understanding?

Creation is necessarily opposite or other-than God, or this universe could not exist. Nature is of space, and form, and processes of cohesion, integration, preservation, procreation, evolution, devolution, and destruction, and the illusion of time; God is not. Individuals are separate, limited, suffering, and temporary; God is not. Therefore, it is impossible for an individual and Brahma to perfectly resonate; impossible for an individual and God to be identical; impossible, like the mixing of oil and water, for people to be already Spiritual or Godly. To resonate means to harmonize, and the only way for an individual to "harmonize" with God to **any** degree, is to allow Him some degree of room to exist and operate, in and through the being and life. The nervous system, which includes the mind, and the heart, and thus the physical body, can eventually perfectly resonate, but only after primary and secondary egoity are completely out the way. **The ego itself, and self-energy, can never resonate with God, not to any degree.** The degree of resonance, or the degree of living in greater accordance, of the mind, heart, and body, does indeed increase as one Grows and approaches the radical life (which is an extremely advanced and final stage before the "turning-about" of Ego-Death and God-Realization), but resonance is always necessarily im-perfect as long as the ego-animal, and the self-energy it generates, are alive. From the personal perspective of the student, the bodhisattva, the Way of Freedom is a war between the Prayer and relief of inviting and allowing, **and** the clinging, constriction, pulling-in, and self-absorption of taking it back; until one side "wins." An individual, and That which we call God, can never be identical, and the ego and self-energy can never resonate. You also have no Higher-Self, and no lower-self; there is you, and there is God. **The fact** that Brahma or God is All-Pervading, does not mean that the **experience** and **Influence** of God are readily available to human beings, precisely because of the factors outlined above. The fact, and the experience and Influence of that fact in the being and life of an individual, are two very different matters. If that were not true, human culture would be heaven on Earth. Does the world look like heaven, and are you Free and Perfectly Blissful? (For there to be a Higher-Self and a lower-self, there would have to be a third-self

making the decision as to which of the other two selves to either join, or to remain as a neutral third-self. If you choose to adopt that fantasy, then the third-self could be called the middle-self or the uninvolved-self. And, if you take the logic to its conclusion, then you would need an infinite number of other-selves.)

The ego, the island of separate consciousness that you are, and your self-energy, and all the self-efforting and clinging actions of self-energy, prevent God. What you are, and what you do, the ego and all the self-effort and clinging of self-energy, prevent God from impacting from without, and prevent God from springing-forth from within. There is nothing that you can be, not even a "better" self, and there is nothing you can do by self-effort and clinging, that will make you Spiritual or closer to God or Enlightened. Nothing. You, and your actions of self-effort and clinging, are contrary to the Consciousness and Presence of That which we call God. The two can never co-exist in harmony or resonance. One has to go, and, for the ordinary, religious, and spiritual masses, God goes, and egoity remains. You, and your small cocoon in which you live, exist surrounded, but not impacted, by the All-Pervading Presence of God. You are swimming in an Infinite Ocean, and never get wet, and never get washed of the nature within.

Do not allow my mention of self-effort to lead you to incorrectly assume that the Way is a passive endeavor, and that you should withdraw from life and into yourself. That assumption would be completely incorrect, and very harmful, so do not fall into that trap. The egoically-controlled mind will find or justify any "logical" reason to feed and protect itself, and withdrawal is easy and of particular use to the ego. The serious seeker and student is anything but passive or withdrawn. **Passionate effortlessness** is one term I use to describe the predisposition of the serious student of the Way of Freedom, and the seeming paradox between **passion** and **effortlessness**, is eventually resolved in a combination of **intuitive understanding** and **vigilance**.

Nevertheless, that which you are, and that which you naturally do, cannot reach, hold, or integrate with God. You cannot effort, strain, or move, you cannot uplift yourself in any way, to meet, hold, or integrate with God, where He exists, as He exists. Any effort, strain, or move you make, any attempt to uplift yourself, only takes you further from your Goal. The well-known phrase, "You cannot lift yourself up by your bootstraps," applies here. You cannot cling to the wind.

As discussed above, by Design, people have help from others in meeting their ordinary personal needs and wants. However, help finding God and the Higher Life, cannot be bought in the marketplace, or anywhere else. **The help, the agent in nature, that the Design allows to exist for the sake of those few who are seeking the Creator Itself, is the Incarnation, the Avatar, the Buddha.** The Buddha, the Incarnation, is the mechanism in nature through which seekers can find the Higher Life and Enlightenment or God-Realization. Grace cannot be bought, earned, or deserved; It is a Gift. Your only choice is what you do in response to It: turn-away and withdraw, or begin to live by Sacrifice, Faith, and Prayer.

What exactly is the Incarnation, and what is the help that the Design of nature provides through him or her? The limited, visible, functional, and temporary **person** of the Buddha, cannot be separated from the Eternal and Infinite **State** of Being, Consciousness, and Light, the Essential

Truth, of the Incarnation, but, for the sake of greater understanding, I will discuss the two separately as much as possible, which is not very much, and, of course, within the confines of language:

The Person of the Incarnation: The physical being of the Incarnation, the Buddha, or Avatar, is that which remains of a serious seeker, a bodhisattva, after Ego-Death, after true Enlightenment, after the "turning-about in the deepest seat of consciousness" as mentioned in Buddhist scripture. The only differences between the seeker who later became the person of the Incarnation, and the typical spiritual seeker or hobbyist, are that he had a one-pointed passion for Freedom, and his passion was for Freedom above all else in life, and he was willing to pay the price, which is everything, and he did.

On the evolutionary scale of human possibilities that are built into the Design of nature, the person of the Incarnation is nothing special, but merely represents the apex in human potential and development. Compared to the billions of ego-animals that inhabit this planet today, and who have no clear sense of moral boundaries with one another, and have not even the idea that a Higher Life is possible, the Incarnation is quite remarkable, but considered from a much broader perspective, he or she is nothing special. The Incarnation may be considered special due to the sheer rarity of such a being, and for his indispensable usefulness to serious seekers, and for that which he represents for the possible evolution of the human race, but, in terms of the Eternal Design, he is just one possibility among many, and represents a potential that is available to all humanity. He is not important or even interesting to most people, in spite of the Radiance of Love, Light, Energy, Happiness, Goodness, Wisdom, and Help that he is and that he gives, and the world can continue without him, just as before his arrival. From a very limited perspective, the person of the Incarnation is merely a complete or whole human being, but is not of this world. Jesus is quoted as saying: "Be in the world, but not of the world."

Real, deep, and reciprocal love, friendship, giving, and honesty, in close human relationships, are extremely rare. The underlying source of conflict and strife in most intimate or close relationships, is the natural egoic tendency to own and control one another, at least to some degree, and is accomplished using at least one or more of many possible methods of psychological manipulation. How an individual attempts to accomplish ownership and control over another person, the degree and type of coercion or manipulation he uses, will vary from person to person; but, most human relationships are bound together by at least some very small degree, and some form, of psychological manipulation.

The explicit or implicit dynamics of most relationships, do not include complete moral freedom, and a complete lack of coercion or manipulation, and complete honesty, but usually have some degree and some form of demand, coercion, or manipulation, and have a limitation or oppression of interests or moral behavior, and include lies of commission or omission. Lies of commission or omission are the most common form of manipulation, but are mentioned separately from manipulation because some ego-monsters can manipulate others with truthful statements, while their **real** motivation for making those truthful comments are intentionally hidden, which is, nevertheless, a lie of omission. Therefore, from a deeper perspective, all lies are manipulation, and all manipulation is a lie. Two people who live in a relationship founded in the heart of love

and conscience, would never even think of making any form of demand on one another, and would never intentionally mislead or have a hidden agenda.

The mistreatment of another person, is founded upon a prior sense, usually unconscious, of ownership and control over that person. The ego-animal, by nature, has no moral boundaries, and cannot be directly influenced by the heart of love and conscience, and presumes to own everything it sees. However, the essential problem among **all** men and women is exactly the same, regardless of the degree of personal intimacy or familiarity, including none, as evidenced by the state of global and national human cultures. Without the inherent tendency to own and control one another, based on the clear recognition of moral boundaries arising from the universal human heart of love and conscience, democracy, and other forms of coercive government, would not exist, and the suffering, strife, and torment people inflict on themselves and others, regardless of government involvement, would never occur. The ego-animal often wins the battle for the mind, over the heart of love and conscience, and is why real and deep love and friendship are rare, and is why the global and national human cultures are little more than animals fighting to own and control one another. Politics is the fight and argument to control the guns of government to use against one's fellow man, and occupies most of the "news" and social media, because most people want to win the power of government, to have their way against the person, property, and wealth of their neighbors. **If people, en masse, were to relinquish the inherent egoic tendency to own and control others, coercive government and politics would disappear, and most human relationships would be transformed into moments of beauty.** The possibility of such a profound transformation of humanity is one hundred percent, while the likelihood is virtually zero, and will not change until mankind endures much more self-inflicted suffering and torment, and learns from its mistakes, and awakens to living more from the natural heart of love and conscience, and less from the ego-animal.

The best choice for you, as an individual, is to be in the world, but not of the world, and not wait for humanity to change before you change, or you will die waiting. Light the lamp of love and goodness, and let it shine amidst the darkness, meanness, evil, and suffering. **"How am I willing to treat my fellow man?"** is the fundamental question, and not any consideration of what "we" should do or not do. The "we" exists only in your mind. You cannot point to a "we;" you can only point to individuals, and an individual has the moral right to be left-alone in his person, property, and wealth to do with as he wishes, regardless of what anyone else, including the "we," may say. "Giving" or acting at the point of a gun is theft, coercion, and immoral, while giving or acting voluntarily to help yourself or others, if you so choose, is from the heart and moral. No one owns you, and you own no one else, and no one owes you anything. Very simple. Only the ego-animal, the ego-monster, can do otherwise to his fellow man. One of the greatest gifts you can give another person, is the liberty to be left-alone if he so chooses, not that his liberty was yours to grant: he had that moral right before you arrived.

I occasionally mention government in the context of discussing human tendencies, not as any form of political statement or call to political action since that would merely perpetuate the same monstrosity, but because democracy and other forms of coercive government are simply the manifestation of the worst in humanity, and because their very design, structures, and actions, which are the initiation of violence, reflect that which most individuals are always tending and willing to do to one another. Coercive government is not an alien institution being imposed on

humanity, but is designed, created, supported, operated, and staffed by people. Coercive government could end today, if the majority of people simply said, "No more. I refuse to support the initiation of force against my neighbor or anyone else on the planet." Any deeper discussion of government and politics, should not be about political party or who gets elected, but should begin with the question, "**How are you willing to treat your fellow man.**" When a person votes, he is simply hiring thugs to do his dirty work, to do that which he is too weak or cowardly to do by himself. You have no moral right to tell others what they must do with their person, property, or wealth, regardless of what the "we" says, and regardless of the government institutions and systems that are already in place to facilitate your tyranny over others. If you have a heart and its conscience, then you have a choice: listen to it and act with love and kindness toward your fellow man, or ignore it and be thoughtlessly compelled by the ego-animal to cross moral boundaries against others. It is wrong for you to steal, and to initiate other forms of force against others; and it is equally wrong for you to hire someone else to engage those actions. Do not be part of the herd; feel, think, and act for yourself. Let others do as they will to one another. You are responsible for only yourself, and for how **you** treat others. The only intention in all my Teaching is **not** the two **unrealistic** goals of, one, helping the masses, and, two, eradicating coercive government or other evil, cultural institutions, systems, or norms: my only goal is to help you, the individual, someone who may be seeking at least a better life of genuine Goodness, regardless of how other people may be treating one another. Helping you, the individual seeker, is completely realistic and possible, while helping the masses, and saving them from themselves and from one another, are currently neither realistic nor possible. Living more from the heart of love and conscience does not imply pacifism in the face of aggression or force against you, but only the **non-initiation** of that force. Self-defense and defensive-aggression against a person who first initiates force against you, is perfectly moral.

Contrary to the nature and ways of the masses, the person of the Incarnation owns and controls no man, and makes no demands of anyone, and no man can morally own and control him, or make demands of him. He is not a ruler, king, or leader as has been mistakenly taught in Christianity. The Buddha, the Avatar, has nothing in him that wants to own and control others. He or she is a servant, a guide, a source of Light and Love, for those very few who sincerely want a Higher Life, a better life founded in Goodness; and any degree of personal relationship a sincere and honest seeker may have with such a being, is a gift, and a person's participation and attempting are likewise purely voluntary. The Incarnation usually has no close personal relationships, except with sincere and honest seekers, and others who deeply love Goodness. Sharing Love, Goodness, and the one Higher Life, seems a wonderful way to spend our brief time here together.

Many spiritual seekers, even those who profess to be seeking a life of selflessness, as they currently understand that to be, cannot imagine that a being exists whose sole purpose for living is to help sincere and honest seekers realize a Better life, and who does so without expecting anything in return. One reason they assume such, is because they themselves cannot imagine living in such a manner. Mentioning that fact is not a criticism of those without understanding, but is simply another illustration of how the Higher Life is completely other-than that which people are naturally able or tending to do. Completely selfish people, due to their prism of subjectivity, cannot imagine acting without some degree of self-interest, which is not in any way immoral, but is just a fact about those who are completely locked into themselves and the natural

life and who, therefore, cannot see other possibilities. Acting completely for one's own self-interest in any voluntary, open, and honest relationship, interaction, or transaction, is completely moral. However, total self-absorption and selfishness can cause the mind to unconsciously assume that "Everyone else is essentially the same as me." The person of the Incarnation is not like natural people, and that can be a cause for gladness for sincere seekers who want a life of Goodness, yet fodder for those without understanding, to ridicule or attack the Incarnation. The Incarnation is always the object of scorn from the masses, at least while he or she is alive.

It is the greatest of irony that many members of the very spiritual community that profess to be seeking God-Realization or true Enlightenment, reject those very few who have Realized It. It offends their vanity and fragile senses of self and self-worth, since "no one can be better than me." The person of the Incarnation is not "better" than anyone, just extremely different. Some of the most popular "spiritual masters" are those who are "enlightened but still improving," and one reason they are more widely accepted, is because their imperfect state makes their followers feel unthreatened and thus comfortable around them. Their followers feel like they have something in common with their "master" or teacher, because "we are both still improving," and "we are all in this together," which then makes the followers feel, usually unconsciously, that "I am OK and not inferior." By their "master" being imperfect and diminished in their unconscious mind, they are somehow "elevated." But, a serious seeker who has a stronger psychological sense of himself, and a rather normal sense of self-worth, is never psychologically-threatened in these ways, by his awareness of, or relationship to, the living person of the Incarnation. "Better to be around my im-perfect teacher, than around somebody who thinks he is better than me." (The ego-self, and the psychological-self, are two very different components of an individual selfhood, and I define and differentiate the two in other parts of my writing.) That mind-set would be quite humorous for two reasons, if the outcome for the seeker were not so sad: first, the seeker is settling for im-Perfection and suffering, and is wasting his life and the opportunity for Freedom; and, second, the idea that a selfless being, the person of the Incarnation, thinks or feels "himself" to be better or worse than anyone, is completely irrational. Some spiritual seekers go so far as to believe, in spite of their professed goal of God-Realization, that true and perfect God-Realization is not even possible; and that is because of the gross imperfections and suffering they see in themselves and in the thousands of spiritual teachers on the planet. If the universe you see is filled with nothing but animals and monsters, you have no other benchmark or point of reference. There are no degrees of true God-Realization, and it is impossible to "go in and out" of true God-Realization. Certain meditative states can be quite deceiving. True Ego-Death and God-Realization is not subtle, and is not a "shift in consciousness," but the complete Death of consciousness as you currently are and know it and yourself to be.

Some have suggested that a biography of my life as a spiritual seeker, before the Great Change of Ego-Death, would be helpful or interesting. But, when you read my writing about the Way of Freedom, you are reading my biography. A detailed, personal, historical biography would be a book mostly about what **not** to do, about ignorance, struggle, failure, and eventual understanding of the error, and then more ignorance, more struggle, more failure, and eventual understanding of yet another error, with the pattern continuing for many, many years; and only a short note at the end about Ego-Death, Freedom, or God-Realization. Perhaps it can be written one day, if I use the time before my death for that purpose, but only if there seems nothing more important about which to write. I hope that my writing can help a serious seeker avoid making the same mistakes,

and can save him from decades of unnecessary struggle and difficulty. I hope that profound Faith, Sacrifice, and Prayer will be his first resort, and not only his last resort as in my case. But, it seems that genuine and deep Faith, Sacrifice, and Prayer are always the last resort, since there is no turning-back from there, and the fact that there is nowhere else to go once you understand. If only one person can find true God-Realization as a result of the Teaching, and can then spread the Message and the Help, then all the writing will not have been a waste of time.

The person of the Incarnation is quite unimportant, and even uninteresting, to the natural person, except perhaps as an anomaly, or an object of scorn, ridicule, or mischaracterization, which are all based on misunderstanding, ignorance, or fear. History does indeed repeat itself, or it at least rhymes. However, what is important about the person of the Incarnation, is Who or What he is, most fundamentally, in but infinitely beyond the body. He is not a separate being, as you now are, and as you know, feel, and rightly presume yourself to be, even though a separate body is being Used by That for the Incarnation of Itself.

The State of the Incarnation: Not much more worthwhile or interesting information could probably be offered about the mere person of the Incarnation, since the body, and its unusual characteristics and personality, are not **essentially** Who or What he is, yet the body cannot be separated from That and Its Influence in the world of form. The limited physical body is integral with That, and merely demonstrates, reflects, and provides That, in and through human form, in and for this world of form. The Way of Freedom is not about the small and temporary person of the Incarnation, but is about the Eternal and Infinite That, by which the body is being Used to make Itself available in the world, in and infinitely beyond the body, and is about the opportunity being freely given to the few sincere, serious, and honest seekers of the one Higher Life.

Pointing **only** to the Eternal, Infinite, and Impersonal That would be ideal, or at least not giving much attention to this temporary bag of bones, but it must be acknowledged that the body, and That which we call Brahma, the Creator, the Transcendental State, Intelligence, and Power, cannot be separated from one another; and, any objective, comprehensive, and more-accurate discussion, must include both the personal and the Impersonal, the temporary and the Eternally Present, the finite and the Infinite. I am not able to find very much to share about only the mere person of the Incarnation that would be important, useful, or even very interesting, without also going more in-depth about Who or What I am in and beyond the body, and about my sole purpose here in the world of form, among and for people. The body and all its unique physical and behavioral characteristics and capabilities, are nevertheless very small and temporary, and seem extremely unimportant in comparison to the Great That which exists in the body, and Radiates through and infinitely beyond the body. I personally am as a shell, a nothing, a nobody, the dust at your feet. However, That which I essentially am, the State, Power, and Influence of That which exists in but infinitely beyond this body, is neither small nor temporary, and could be very important, useful, and of utmost interest to a serious and honest seeker. This which we call God indeed exists, and periodically Incarnates, whether anyone knows it or not.

The Design is such that a person can, after becoming a reasonably stable, functional, and relational adult human being, and with an active heart of love and conscience, begin to live and Grow in the Higher Life, and can eventually Realize God or Freedom. However, also within the Design, people cannot Grow and Realize the Creator, Brahma, God on their own, without help

from beyond their range of experience and capabilities, and from something completely different from themselves. That is not an act of God which is meant to deprive humanity of Himself, since the opportunity for the Higher Life in God indeed exists, but, again, is a necessary part of the Design. **You cannot Realize God without God, because you cannot Realize God by your own ideas, scheming, self-effort, and actions, which are all you have.** Yet, humanity is not being deprived of the possibility for Growth and Freedom, as evidenced by the very existence and Gift to humanity of the Incarnation, and by his or her personal history including the long road to Freedom.

A serious seeker cannot Realize Freedom by his own scheming, self-effort, and actions, and I will briefly outline why that is true. **The core-level, egoic, separate state of a human being, and his subtle egoic actions of clinging, are naturally and necessarily the antithesis of God and the one Way of Freedom.** The creation is necessarily opposite to the Creator, or there could be no creation; there would be only God, which is obviously not the case. If you were already Spiritual, or already God, or already truly Enlightened, you would not be engaged in any form of spiritual seeking, and you would not be reading these pages. By Design and from birth, you are, from your very core-level state of separation and fear, naturally and completely opposite to God. You are, therefore, also naturally predisposed to living and acting exactly opposite to His Way of Freedom. There is nothing inherently Spiritual or Godly about a human being, since he is essentially the ego of separation and fear; and there is nothing Spiritual or Godly about how he is naturally tending to act, which is clinging. Social pleasantries, or benign behavior toward others, or even genuine kindness, caring, mercy, and generous service to others, or just being "nice," are not necessarily signs of true Spirituality, even though they are far, far better than the ungracious alternatives. However, even though those traits are not necessarily indications of true Spirituality, they could be signs of someone with an active human heart of love and conscience, which is perfectly wonderful. Nevertheless, a human being is naturally un-Spiritual, and is naturally incapable of being Spiritual and living Spiritually on his own, without outside Guidance and Influence.

You were born opposite to the Creator in your state of egoity as separation and fear, and in your subtle stuff of self-energy, and in your subtle and gross ways of clinging. Therefore, everything you do by your own scheming and self-effort, including seeking Growth and God-Realization, is at least non-productive to Growth, and is most likely even counter-productive by spinning you even further down, spinning you even tighter, smaller, and deeper into the dark cave of the selfhood. People who are considered the most "spiritual," are often simply the most withdrawn and self-absorbed. Most atheists or agnostics are far more open, functional, responsible, productive, relational, and genuinely caring, than many of the "advanced" spiritual-types. Withdrawal of self-energy is not the Way, yet neither is its forced extroversion and projection.

That which is completely and inherently opposite to God in both state and ways, can neither be nor do anything to Grow and Realize God. How can that which is inherently opposite to God, and completely other-than God, in both core-level state and subtle actions, either be or do anything to resonate with God, or, further, to integrate with God, or to finally dissolve in God?

Separation cannot become Infinite, and clinging cannot allow Infinity. Oil can be or do nothing to mix with water.

The fact that a human being is completely and inherently part of the creation, and is therefore naturally opposite to Brahma or God, in his state of separation and fear, and in his subtle stuff of self-energy, and in his subtle and gross ways of clinging, is the reason he can do nothing to himself, or by himself, in order to understand, Grow, and Realize God, and is why he needs guidance and help from beyond himself. He requires God to find God and His Way. You cannot Realize God by excluding Him until the very end, when you think you want Him, but God is necessary for Growth from the very beginning, and up to the End, and not merely for "certain parts" of Growth. Many adolescents rarely think they need help in their understanding and development in life, but often feel they already "know it all" and can "do it all," while mature adults, regardless of the specific need or subject matter, are able to acknowledge their ignorance, limitations, powerlessness, and failures, and will seek qualified guidance and help.

Even though humanity is exactly opposite to the Transcendental and to the Higher Life, in both state and subtle actions, and even though a person, therefore, can neither be nor do anything to Grow and Realize Freedom, the means has been provided for those few who may be so inclined. Earlier in this essay, I mentioned: The help, the agent in nature, that the Design allows to exist for the sake of those few who are seeking the Creator Itself, is the Incarnation, the Avatar, the Buddha.

The individual can be or do nothing to elevate himself and his ways, so the Creator and Its Way must be literally Given or Introduced into the being and life of the seeker. Since by Design you cannot "reach" to the Transcendental, then the Design provides that It come to you, into your level of life within this existence of space and form, and into your limited range of personal experience. Also, what better mechanism could be used by the Creator, than another human body that looks a bit like you, and with whom you can personally relate and communicate, and who can personally Teach and Guide you? But, God does not come into your small world in order to merely feed and protect you where you stand, or to reinforce you and your ways of fear and clinging, but to Lead and Help you out of the limitation, suffering, and darkness of yourself and your ways, and into the Light, and over to this Other Shore, where eventually only He Remains.

Yet, the advantage for sincere seekers, of the physical existence of the Incarnation, is far more than the personal relationship, communication, guidance, and help, which can, nevertheless, be quite profound and extremely life-changing. The person of the Incarnation is adept at guiding a serious seeker to see, understand, and let-go or change, elements of his deepest psychological or emotional patterning that are preventing or slowing his Growth, or that are otherwise causing him problems or added suffering in life or in relationships. But, as profound, necessary, and unique as such help can be toward Growth or a better life, the greatest help through Incarnation is the gift of God Itself, and all that the gift entails for the sincere seeker and his Growth.

Only God can be God, and only God can give God, and Incarnation in and through a human body is the means, within the Design of nature, for God to exist, and for God to give Himself, here in this world of space and form. The Design of the human nervous system is unique in nature, in that it can allow and be used by the Creator Itself, to exist, operate, and help

here in creation. The State of the Incarnation is not other-than That. He or she is not a "smaller" version, or some sort of "limited modification," of the Transcendental. He is also not seeing the Transcendental State and Consciousness; he is not an individual looking at, or into, This which we call God. That is his very State, there is nothing prior to his State, just as your core-level state is that of separation and isolation, and no other state of being precedes it or stands elsewhere away from you.

God, the Creator, the Transcendental, is not a big, static Thing. It is indeed the Eternal Consciousness, which cannot be said to be fixed or un-fixed, or at rest or not at rest, but God is also tremendous and indescribable Intelligence and Power. The many failings of spiritual paths and practices, include the ignorance and omission of two fundamental facts: **one**, God is not only non-individuated and Eternal Consciousness, but is also supreme Intelligence and Power; and, **two**, the State, Intelligence, and Power, which are all aspects of the one God, are necessary for Growth.

The State, Intelligence, and Power of This which we call God, the very God Itself, exists in this world of space and form via Incarnation, and Its Intelligence and Power operate to help primarily serious seekers. God does not impose Its Influence where It is not truly and deeply wanted, even while Incarnating, regardless of the improvements or difficulties in the world created by people. The Creator is not a dictator or parent regarding human affairs, and people have freedom of choice and are responsible for their actions, and some learn by their successes and by their mistakes. Great reward and great suffering are two powerful motivations for learning. Love allows the freedom to choose. (Perhaps people could learn and apply this great lesson of love, in their interactions and relationships with one another.)

God indeed always exists in fact, but not in effect, without Incarnation. The **fact** and the **effect** are two very different matters, and the process or agency of Incarnation allows the **fact** of God's existence to have **effect** in this world of space and form. The Design is such that the very process or agency of Incarnation "bridges the gap" between the Transcendental and the world of three-dimensional space and form where you exist and of which you are an integral part. The Creator and the creation are completely opposite to one another, and God comes into this world via Incarnation, since you cannot find or "reach" to Him through your own opposing state, ideas, and effort. Most spiritual-types are very offended at the statement: God does in **fact** exist, but can have no real **effect** in your life without the gift of Incarnation. The egoically-controlled mind rails against that idea, as it seeks to protect its vanity. The person of the Incarnation is not better or worse than any individual, just very different, but the egoically-controlled and vanity-driven mind does not see it that way, and is offended. Subjective evaluation has little place on the plane of ideas, but the ego is not about ideas, but is pure un-thinking animal. "No one is better than anyone else. We're all the same." The vanity-driven mind fails to understand that "different" does not indicate a subjective evaluation of "better" or "worse." You have some personality characteristics and mannerisms that are unique and different from anyone else on the planet (except for your core-level egoity), but that fact does not make you better or worse than any other individual, just different.

What exactly is the Metaphysical help that Brahma or God offers, through the Incarnation of Itself, to the relatively few serious and honest seekers? The Transcendental Intelligence and

Power helps in three general ways: **intuitive understanding, Purification, and Change**, and I will briefly explain each.

Intuitive Understanding - Many people will read the words I have written, but few will intuitively understand "how" to attempt to live by Sacrifice, Faith, and Prayer. The entire Way of and to Freedom is by Grace, and Grace begins the process with the gift of intuitive understanding, and only in response to sincerity, passion, and honesty, which are all a Prayer, a heart-felt communication, to Brahma. God does not impose, but "goes," or is active, only where He is sincerely, deeply, and powerfully wanted.

Intuitive understanding is not an idea or thought. It does not come by mere cognition, and is not a conclusion that is reached at the end of a logical consideration. You will not realize intuitive understanding by merely reading and mentally-comprehending my written definitions or descriptions of it. It is not purely subjective or open to interpretation, but is a direct seeing, feeling, insight, and, therefore, a certain knowing. Intuitive understanding is essentially the same insight, experience, and certainty for the few seekers who have been given it. Intuitive understanding cannot be remembered, but is given, new, fresh, and powerful in every moment. Attempting to live the Way of Freedom is not by a superficial code of conduct, not by "do this and don't do that," but is by your own real, direct, and Grace-given insight and feeling, and thus intuitive understanding, in every moment. The word "intuition" has many different meanings in popular culture. In the context of the Teaching of Freedom, intuitive understanding is not to be confused with creative abilities or psychic phenomena, or with any other common usage, beyond the Path-related definitions I offer.

I have elaborated upon this definition in other parts of my writing, but simply stated: **Intuitive understanding is an insight and feeling into the striking contrast between your subtle but powerful clinging-actions of self-energy as attention and desire, and the Presence of God and the Way of Freedom.** In other words, it is seeing or feeling your subtle egoity, your subtle self-energy and its actions of clinging in the form of attention and desire, your clinging to yourself and to all that feeds and protects you, your clinging to the nature and the world of form within and without, **over against, or in opposition to**, That which is not you and not your natural ways.

Intuitive understanding is a gift of Grace to those few who are deeply serious, sincere, passionate, open, and honest seekers of the one Higher Life. Such seekers are Praying to God for understanding, yet may not even realize it: a deep and core-level seriousness, sincerity, passion, openness, honesty, and attempting, **are** a Prayer. The spiritual-hobbyists or the merely-curious do not have those qualities, and are not given intuitive understanding, which is a profound Mercy, and is not a deprivation or punishment. Brahma or God, the Transcendental Intelligence and Power, the Creator, is Love and Goodness, regardless of whether the outcome is egoically-pleasing. Intuitive understanding would cause a profound internal conflict, and would be an insurmountable burden, and would, therefore, cause many severe problems for those who are not serious seekers of the one Higher Life. The great masses of humanity are enamored of themselves and the natural life of self-feeding and self-protection, and do far better being left-alone in their complete self-absorption, and in their lack of objectivity and lack of understanding of themselves and God.

Growth is, essentially, the increasing of God's Presence and Intelligent Influence, in and through a being and his life. Growth is mainly about God, and is not about the positive or pleasant changes in you and your life. Growth occurs by inviting and allowing God, and inviting and allowing are the sincere and deep attempting to live by Sacrifice, Faith, and Prayer. **Intuitive understanding is the guide, the means, by which the seeker increasingly sees, feels, and comprehends what and how to Sacrifice, and increasingly sees, feels, and by which he increasingly knows how to live more by Faith, and which helps awaken the heart to communicate or Pray to the Creator in utter love and devotion.** Intuitive understanding is by Grace, and, therefore, the ability and predisposition to truly and increasingly live by Sacrifice, Faith, and Prayer, are also by Grace. The entire Path is by Grace, from beginning to End, and is fully available through the gift of Incarnation, and only requires the seeker's passionate, one-pointed, yet effortless participation in that Grace, which is inviting and allowing, or Sacrifice, Faith, and Prayer. It is a beautiful life, even though some degree of suffering remains as long as egoity is alive. I Love you.

Purification and Change - A general explanation of Purification cannot be completely separated from a discussion of Change, without introducing a great deal of repetition, so I am including both in this section. Brahma, the Transcendental Intelligence and Power, "Works" on both Purification and Change simultaneously, and, more importantly, Purification affects the process of Change, and Change affects the process of Purification: they work together, and in the same arena of the selfhood.

Even the most sincere and passionate spiritual seeker is quite full of himself and his natural stuff and ways, and that is quite normal when someone begins to understand the Way of Freedom. But, he is tired of suffering, tension, disturbance, confusion, and darkness, and wants a very different life, a profoundly different way of living. Suffering is the great motivator for human beings. He wants the one true Higher Life, a truly Spiritual Life, a genuinely Godly life, a life founded in This which we call God, a life of ever-increasing freedom and moving toward Perfect Freedom. He wants a life of Goodness, a life of the Heart, a life of Freedom. But, he comes to see and understand for himself, that he cannot have a different life while everything about him, and how he lives, remains essentially the same. **Some subtle aspects of the selfhood must be Purified or Removed, while others require Change.** The great herds of humanity will often talk about wanting a better life, yet they continue living essentially the same natural way, and, moreover, will actively resist any suggestion to the contrary, which is why there are so few serious students of the Way of Freedom. Most people who encounter the Teaching of Freedom, will fail to understand that the only things being Sacrificed along the Way, essentially, are limitation and suffering; and they will either go away, or will keep a distance while unsuccessfully trying to integrate the Way into their natural life of self-feeding and self-protection, rather than the self-forgetting of Sacrifice, Faith, and Prayer in and to Him. But, that demonstrates the power of fear, superficiality, and delusion.

The ego generates self-energy, and this natural self-energy does the work of clinging to, and "harvesting," the things within and without that feed and protect the ego. I consider the **ego** itself, and its fear, and its un-moving impulse to feed and protect itself, to be **primary egoity**; while I refer to **self-energy**, and its actions and habit-patterns of clinging and "harvesting" on behalf of the ego, as **secondary egoity**. Contrary to the many spiritual paths and practices on the planet

today, there is nothing Spiritual, or of God, about self-energy. That which is subtle or hidden is not necessarily Spiritual.

Purification removes all that prevents the Higher Life; it removes all that prevents Brahma or God from increasingly existing and operating in and through a being and life. Purification gradually weakens and eventually removes the subtle limitations of primary and secondary egoity, which prevent the Transcendental State, Intelligence, and Power from Incarnating. **More specifically, over the years of truly and deeply attempting to live the Way of Freedom, Purification gradually weakens the ego, and eventually dissolves it in the moment of true Ego-Death, while, simultaneously and equally important, Purification also gradually burns-away the self-energy.** Brahma or God gradually Purifies the self-energy, and gradually weakens the ego, and eventually permanently dissolves the ego in an instant. When the ego truly dissolves or dies, it cannot magically re-integrate or re-appear. The being cannot "go in and out of Egolessness," contrary to the statements of many deluded spiritual-types. Purification is not about feeding or protecting you, but quite the opposite. Purification makes room for God and the Higher Life. God makes room for God, not a better, more fulfilled, or safer you.

Purification weakens or lessens, and eventually completely removes, the subtle limitation and suffering of primary and secondary egoity; while God's Work of **Change** gradually alters the subtle and gross natural ways of living, the ways of self-feeding and self-protection, to that of the Unnatural Way of living, the Way of Freedom. Purification removes barriers to Freedom, while Change is made to actions that are contrary to Freedom. **Purification deals with the stuff of egoity, while Change deals with the ways of egoity. Natural stuff is Purified. Natural ways are Changed.**

The specific ways or actions of secondary egoity comprise that which I term the **egoic process**, but, essentially, the entire egoic process in nothing but clinging, and all clinging is rooted in fear. The un-thinking ego-animal is fear, and it generates and compels self-energy to perform the **actions** of fear, which are essentially clinging. **The ego is the state of fear, and self-energy performs the actions of fear; and the actions of fear are essentially clinging.** (I elaborate upon the egoic process in other writing, but such detail is beyond the scope of this essay and general overview.)

You cling to yourself, and you then cling to all that feeds and protects you. Your first, primary, and most-powerful clinging is the clinging to yourself, and, without which, no other clinging is possible. You first cling to you, the ego, at the base of the brain-mind, in that part of the self-energy that radiates from the ego, turns-back on the ego, or reverses course, and implodes back onto its origin. The remainder of self-energy continues its journey away from the ego, to go out, and to gather and cling to, all the stuff that feeds and protects you the ego.

The first "stop" for self-energy as it leaves the ego, is the brain-mind, which sits directly on top of the ego-animal. The mind is the director of self-energy, and it directs the subtle clinging-actions of self-energy within and beyond the body, as well as the gross-level physical behavior. The subtle actions of self-energy, and the gross-level physical behavior, may or may not be congruent in any given moment, which is normal. The first act of the mind, is to form or shape self-energy into a focused beam called **attention**. Part of the now-formed attention is used to

reverse course and implode back upon the ego, as **self-attention** or **ego-attention**, and the remainder of the attention is used to attend and cling to the forms or objects, within and without, that are **not** the ego itself, such as the physical body, and other people, and possessions. You cling to all the non-ego stuff, in order to bring that stuff back unto and into yourself, and, ultimately, back to the ego itself, at least as close to the ego as you can get it. This paragraph generally describes the fundamental process of how you cling first to yourself, the ego, and how and why you then cling to stuff that is not you the ego. The mind organizes and focuses self-energy into the beam of **attention**. Self-energy in the form of **attention**, is the first of two subtle but very powerful tools the ego uses in clinging.

The next activity of self-energy within the mind, after self-energy is formed into attention under the direction of the mind, is to perform the three acts of **perception**, and **experience (or the imprint of memory)**, and **cognition**. I will not address the specifics regarding perception and experience in this essay, but will briefly mention cognition. The mind uses self-energy to fuel and perform the conscious and unconscious cognitive processes necessary to think and function coherently in the world, in order to feed and protect the ego, which is to supply the ego with its specific survival, pleasure, and vanity needs. The conscious and unconscious cognitive processes provide organization and specific direction to the subtle actions of self-energy within and beyond the brain, as well as to the physical bodily behavior. Deep and powerful habit-patterns of the mind, self-energy, and physical behavior are developed over decades of acting to feed and protect the ego.

Part of the self-energy then leaves the brain-mind, and infuses the peripheral nervous system and the physical body, and also extends slightly beyond the confines of the body, creating a cocoon or aura that expands slightly outside the body, but very closely around the body. Self-energy then also becomes the clinging, taking, pulling-in, and implosive force of **desire** at the heart, as well as the **sexual energy**. Self-energy as the force of **desire** at the heart, is the second of two subtle but very powerful tools the ego uses in clinging, with **attention** being the first. Self-energy as the **sex-drive** maintains the existence of the human race. The body simply follows the lead and specific directions of the egoically-controlled mind and self-energy, in the endless drama and suffering of clinging, self-feeding, and self-protection.

The motion of the **heart of love and conscience**, is diametrically-opposed to the constrictive, clinging, taking, pulling-in, and implosive force of desire at the heart. Most people who think they feel or understand perfect or complete human love for another, even their own children, are not aware of the powerful clinging, ownership, control, and selfishness lurking within their sense of connection and "selfless" caring. Also, most people routinely or frequently act against the feeling-voice of conscience (if they have one), by either suppressing it or denying it, in favor of fulfilling their own personal desires. These statements of fact are, of course, not intended as an insult, for any amount of real love, empathy, and caring for another is better than none, even if it is fueled by some degree of selfishness and disingenuousness; but they simply demonstrate the size and power of the unconscious mind, and possibly an unconscious vanity-feeding delusion of "how loving, giving, and moral I am." Think of how many times you have heard people say, "I'm a very giving person," or "I always try to do the right thing." The human mind is quite complex at the more-surface or superficial layers of psychology, cognition, and patterning, and such statements are based in either ignorance or delusion, and are usually sincerely but erroneously

believed to be true by the speaker. Remember: the **mind** is the agent of **perception and experience** of the world within and without, while the **heart of love and conscience** is the agent of **connection** to that which exists outside or beyond oneself. The mind provides perception and experience. The heart of love and conscience provides connection.

For most people who have a heart, the heart is not completely or always "black or white." The heart is not **all** clinging and desire, and is not **all** love and conscience, and not **all** the time, but is simultaneously and always varying degrees of both. The degree to which the heart is active and able to influence the mind, varies in any given moment, depending on how powerful is one's current process of desire and its clinging (or the desire-cycle as I term it). **Self-energy as powerful desire, implodes and buries, or covers, the present or radiant heart of love, conscience, and connection; and the degree to which the heart is suppressed, the degree to which the heart is not active, present, or radiant, the degree to which the heart cannot influence the mind, usually depends on the power of the implosive force of desire.** Desire at the heart is always active to some degree as long as the ego-animal is alive, therefore, prior to true Ego-Death, the heart is never **fully** active, present, or radiant in an individual. Various involvements or targets of the desire-cycle that still remain while egoity is alive, can be conscious or unconscious, even to the most advanced student of the Way of Freedom.

As a digression: You may now better understand how a person with an active heart can still engage in immoral, unethical, dishonest, or even cruel behavior: selfish desire overshadows or suppresses the heart and its love and feeling-voice of conscience, and the aggressive ego-monster is left fully in-charge of the mind with no countering influence from the heart. **Psychosis** can have the same effect, but by **detaching** the mind from the heart, and not by **covering** or **suppressing** the heart as with **desire**. Of course, desire and psychosis can occur simultaneously in the same person, but, for the sake of greater understanding, I am simply isolating, while outlining, the two main causes for an active heart to have no or little effect on the mind. Suppression and psychosis are the two main reasons why good people can do bad things, if they do not choose the heart in any given moment, and opt for the ego-monster and its desires. The sociopath has no heart, therefore any Teaching about love and conscience is not relevant to him or her, except to show that which he or she is missing.

Self-energy continues its movement down the nervous system, below the heart, to the sex organs. The desire for sex, at the heart, because of the pleasure it can create, is similar to any non-sexual desire for pleasure, and is not the natural urge for sex that arises solely from the sex organs. A person can feel the urge for sexual release in the sex organs, but not necessarily have a heart-desire for the act or pleasure of having sex. Sex is a normal part of life, and nothing is inherently Spiritual about having sex, and nothing is Spiritual about fighting the urge for sexual release while the body is causing a tremendous distraction through an overwhelming physical need for that release. Sex within a truly loving and committed relationship, is, ideally, not only pleasure or sexual release, but also a moment of love, openness, intimacy, caring, sharing, and friendship. The heart of love, caring, and friendship is ideally the basis for sex; and, the desire for pleasure, and the physical urge for sexual release, are merely satisfied in the embrace.

Lastly, self-energy is used to fuel the life and actions of the entire physical body: the nervous system, senses, skeletal system, muscles, and organs. Self-energy keeps the body alive, until the

body begins to gradually degrade in old age, wherein the cells of the body progressively lose their ability to efficiently utilize self-energy, and you become increasingly tired and eventually die. As self-energy is gradually Purified (or Removed) along the Way, and not continually re-generated by maintaining the natural life, it is Replaced with Something else, thus fueling and sustaining the physical body in light of decreasing levels of self-energy. The weakening of the ego, and becoming increasingly empty of self-energy, does mean becoming increasingly empty; yet, seeking personal fullness and fulfillment from the Presence of God is merely that of seeking more self-feeding. God is, ideally, not for your personal feed or protection, yet every seeker will try to do just that because that is their natural tendency, until, by Grace, they deeply see beyond the error, or until they are no longer provided the opportunity. Great courage and strength are required to live contrary to your natural way of self-feeding and self-protection, but endless suffering is the greatest motivator to do just that.

Therefore, self-energy is first generated by the ego itself, and then it moves down into the mind, heart, sex organs, and entire physical body. So, what exactly is Purified and what is Changed along the Way?

First, the ego itself is Purified and Changed. The Purification of the ego can also be considered the weakening of the ego. Such weakening occurs during the years along the Higher Life and the Path to Freedom, until the moment of Ego-Death, until the great "turning-about" in the deepest seat of consciousness, until the Great Change wherein the ego is irrevocably dissolved and only God remains. The ego is gradually weakened, and the amount of self-energy it generates gradually decreases. However, the "weakening of the ego" in no way signifies that the individual is becoming a weak or passive person, with no strength of purpose, no courage, and no direction. Quite the contrary is true. As the ego is weakened, the mind becomes more available to the lead and guidance of intuitive understanding, and to the feeling-voice of love and conscience in the heart. Another effect of such weakening, is the self-energy that is being decreasingly generated by the ego and yet remains, becomes more effortlessly radiant or "falling-away" from the ego, and with less clinging, versus the withdrawal or "turning-back" or "falling-back" of self-energy onto the ego itself, and versus the powerful clinging to the other parts of nature within and without. Therefore, the ego is gradually Purified or weakened, and self-energy is therefore decreasingly produced. And, the general motion and actions of the remaining self-energy are gradually Changed from implosion, and constriction, to effortless radiance and falling-away; and from powerful and pervasive clinging, to weaker clinging and fewer clinging-stops along the way to infinity. The Purification or weakening of the ego is gradual, while the Great Change of Ego-Death is a very sudden, very powerful, very certain, and final event. Ego-Death is not subtle, and is not a mere "shift in consciousness," which is a phrase often heard and erroneously valued on the spiritual circuit except as a vanity-feed.

The ego can be correctly viewed as fear itself, as primary fear, and as the hub and origin of secondary fear in the entire being. **Fear is cohesion, and cohesion is limitation, and limitation is suffering.** Fear is a **state** of cohesion, and is primary egoity or primary fear, or the ego itself. Fear is also an **action** of cohesion, or secondary egoity or secondary fear, and is seen as the clinging and manipulation of self-energy relative to the nature within and without. **The ego is the state of cohesion or fear, and self-energy engages the actions of cohesion or fear.** The natural

inclination is to preserve cohesion, is for cohesion to preserve cohesion, both primary and secondary.

The Higher Life is contrary to the natural way, and seeks to increasingly invite and allow the dissolution or unraveling of the cohesion and limitation of primary and secondary egoity. Grace is Faithfully, Sacrificially, and Prayerfully allowed to do the Work of weakening primary and secondary egoity, as the serious student is decreasingly feeding and reinforcing that which is being Purified or weakened. Replacing and reinforcing that which is being Purified and weakened, by maintaining the natural life in the face of God, is not only a waste of time, but Metaphysical Law will not allow that cycle to continue in perpetuity. Also, scheming and effort in the attempt to weaken primary and secondary egoity, merely strengthens egoity. Faithful, Sacrificial, and Prayerful reliance on Grace is the only resort, if a person is serious and realistic about living the Higher Life and about eventually Realizing Freedom.

As primary egoity weakens, so do the clinging and manipulation of secondary egoity; and, conversely, as the clinging and manipulation of secondary egoity weakens, so does the state of primary egoity: simply not feeding the ego-animal will also weaken it. And, Grace guides and conducts the entire process of Purification and Change, of both primary and secondary egoity, as the follower passionately invites and allows it to unfold, from the very core of his mind, heart, and very being. Holding-back from the life of profound Sacrifice, Faith, and Prayer, especially in the face of Grace-Given intuitive understanding, in the face of God Itself, is fear, and is the action of fear. Have the courage that only an intolerance to the suffering of egoity can compel; a far, far Better life awaits.

Second, the mind is Purified and Changed along the Way. As you consider the mind as it relates to the Higher Life, do not assume that the Way of Freedom is only a matter of the mind. Those with a more-intellectual tendency are prone to make that mistake, as well as those who simply want to hide or hold-back the entire being and life from the Higher Life by dissociating the mind, and confining the "Path" to the mind, thereby not including the entire being and life in the on-going Faithful and Prayerful Letting-go to Infinity. They want to live the entire Path within the small cranium, where it is safe and where the rest of the being and life can be left-alone, but they merely become deluded in their safe mind-fantasy about their "Higher Life." The "mind-Path" that they live only in the brain, does not match the low-life reality of the heart, body, and subtle and gross actions of powerful self-feeding and self-protection, which is a form of psychosis: they truly believe they are Spiritual, while the reality within and without clearly indicates a common low-life. **The mind is the central arena and hub of self-absorption and control, so it is natural that the mind would be used by spiritual-types as a sanctuary from God and Freedom.** Many spiritual-types are enamored of their withdrawal and their safe, "peaceful," interior meditations, and "come out" when forced to fulfill their other survival, pleasure, and vanity needs. Common spiritual paths and practices merely increase self-absorption, and only take their adherents even further from God. Most average non-spiritual people, including most atheists, are far more sane, functional, and relational than most spiritual-types. Yes, the wise use of the mind is indeed vitally important, but the heart, and Grace-Given intuitive understanding, and the **entire** being and life, **everything** within and without, are also fully involved in the truly Higher Life. The mind is either an instrument, among others, for finding Freedom and Happiness, or it can be a tool of pure hell as is witnessed every day. The

mind is the director of the entire being and life, and is under the control of primarily either the ego or intuitive understanding, but, for the few serious students of life who have found the Way of Freedom, the mind is not a sanctuary or retreat, and is not the entire infinite universe. The cranium is not infinite, and does not and cannot contain infinity. Spiritual-types want to create and become God in their own image, which is extremely safe. "Good. God is like me. I don't have to be like Him. I don't have to make any changes. In fact, since I am already enlightened and already God, then I can celebrate myself in all my spiritual glory. That was a close call."

The mind is very complex, and I cannot address all the details of mental function, and all the many forms of mental Purification and Change, in the context of this essay, but I hope this overview is informative and helpful. However, remember: do not allow the complexity of the mind, and my explanations of it or any aspect of the Path, to cause you to assume that living the Higher Life, on the way to Freedom, is complex and difficult (due to complexity), and that it will, therefore, be impossible or insurmountable for you to undertake. That assumption is not true, and I would not take the time to teach or write if that were the case. None of the complex information about the mind is absolutely necessary for you to deeply see and understand in order to Realize Freedom, but I offer it for those few who may be interested. What matters for real Growth is honesty and openness, and a deep passion, and a consistent and powerful compulsion and attempting to live by Sacrifice, Faith, and Prayer, and, essentially, a courage and willingness to make or allow any changes necessary in order to Grow toward Freedom, whether those changes are within or without. The Way of Freedom is extremely simple but very powerful, in both intuitive understanding and in its subtle and gross practice, and does not require a great intellect or a perfect memory. However, the truly Higher Life is, in a sense, the most difficult path a person can undertake, because it is completely contrary to how you are naturally, by birth, tending to live in every moment, which is self-absorption, self-feeding, and self-protection, and which are enacted and supported by clinging. You will, most likely, be alone in your seeking for true Freedom and a life of genuine goodness, because the ordinary, religious, and spiritual masses are enthralled with themselves and the rest of nature, as the life of self-absorption, self-feeding, and self-protection, and care nothing about Higher Matters or goodness. They have no way out, and want no way out, because they are satisfied with themselves and the other meager offerings of nature, and because they do not even realize they are trapped. Do not preach to others about the Better Way you have found; they do not want to hear it, and it will only cause you more problems with people, in addition to being a waste of time. Do not fight with nature for it to become other-than what it is, and do not cling to it. Let nature be what it is, and let it arise, change, and pass-away as it will. Keep your mouth closed, and your heart, mind, and hands open, and your vision on That which is currently beyond you. The Higher, the fewer.

The **four general categories** of normal mental function are: **perception** (or the work of the senses prior to imprint in the brain as memory), **experience** (or pure memory prior to reflection or thinking about it), **cognition** (or a broad range of thinking abilities including reflection, comprehension, application, analysis, synthesis, evaluation, knowledge, and creative imagination), and the resulting mental **habit-patterns**. Those four general categories and functions constitute the **complex capacities** of the human mind, and, as a group, distinguish human beings from other creatures, among other traits such as the heart of love and conscience, and the ability to Realize the Essence of creation or Freedom.

However, more broadly and in light of the Way of Freedom, the natural and normal human mind, under egoic control, is most essentially and simply a tool that directs clinging. The natural mind is a tool of the ego, and is fundamentally a director of clinging, on behalf of the ego that compels it.

The mental directions to cling give rise to the actions of clinging: first directions, then actions. **The mental directions to cling, become the actions of clinging, as these seven clinging-processes: attention, assumption, scheming, projection, manipulation, ownership, and control.** The four general categories of complex mental function mentioned in a preceding paragraph (perception, experience, cognition, and habit-patterns), operate within the natural mind to direct the actions of self-energy and the body in clinging. And, the mental directions to cling, as well as the subtle and gross actions of clinging, are manifest as the seven subtle and gross clinging-processes of: attention, assumption, scheming, projection, manipulation, ownership, and control.

The four mental functions that direct clinging, and the seven actions of clinging, are deeply intertwined, but are categorized as distinct for better understanding. The entire selfhood is comprised of a multitude of distinct structures and operations, but it is nevertheless a single life-system. The relationship between the directions to cling, and the actions of clinging, can be viewed similarly.

In other words, clinging is directed by the natural mind, and is enacted in the mind, and in the self-energy (which is inside and beyond the body), and by the physical body of the individual, in the form of: attention, assumption, scheming, projection, manipulation, ownership, and control. Clinging is the essential action that is inside, and directed by, the natural mind under egoic control, and in every moment. There is nothing complicated about the four directions and seven actions of clinging. The mental directions in clinging, and the subtle and gross actions of clinging, take varied forms or shapes within or without, but they are all essentially the same clinging, clamping-down, and holding-to the nature within and without. (Desire arises from the heart, but is also directed by the mind. Desire is excluded from this section on the mind, since the energy of desire arises from within the heart and not the mind. The six-stage desire-cycle is explained elsewhere in the written teaching.)

Remember these summary facts: **The natural mind, without intuitive understanding and its guidance and direction toward the Higher Life and Freedom, is the director of self-energy in its actions of clinging within and without. And, the natural mind and the subtle actions of self-energy, also fuel and direct the gross-level physical actions of clinging. The natural mind, compelled by the ego, is the director of all subtle and gross actions of clinging, both within and without. The natural mind is acting and directing the entire being and life, primarily on behalf of the ego.**

The mental directions and actions of clinging, are essentially about the mind directing self-energy and the body to cling, and those seven actions are merely various forms of the same direction to cling and the same action to cling. The natural mind is primarily under egoic control, and its directions to cling are the antithesis of Sacrifice, Faith, and Prayer. The natural mind is

fundamentally nothing but the director of un-Sacrificial and Faithless and Prayerless clinging within and without.

All mental actions and directions, whether natural or Unnatural, can be repeated, and when repeated often enough, those mental actions and directions become ingrained and automatic, and then occur without prior conscious thought or effort. **Mental habit-patterns** are both genetic and environmentally-induced in origin, yet current environmental factors have a specific influence and cause a certain patterning in a particular mind, due to the genetics of the mind that receives those influences: one person responds differently from another person, to the same environmental influences, because of genetics and previous patterning (which was built solely on genetics and not prior patterning). Genetics has the most powerful role in destiny creation, albeit certainly not the only factor, especially for one who is truly surrendering himself to the Grace of Purification and Change, by deeply attempting to live by Sacrifice, Faith, and Prayer. The Way of Freedom can, before Ego-Death and Freedom, be viewed as a subtle but powerful habit, yet without the rigidity, predictability, and certainty of natural habit-patterns. Perhaps calling it a "habit of non-habit" may be appropriate.

Now, an important question for the serious student of life to consider: **What am I allowing to compel, motivate, and control my mind?** There are many forms of enquiry and many specific questions the student of life will ask himself along the Way, but the above question is fundamental, because the mind provides specific direction to the entire subtle and gross being and life. Therefore, that which leads your mind, also determines your destiny. **More precisely stated, the essential question is: Am I allowing the ego-animal to rule my mind and thus my subtle and gross actions, or am I allowing intuitive understanding to lead?** In other words, is nature (the ego) directing me in how to live, or is God, Brahma, the Transcendental Presence and Intelligence, leading me? Those who are burdened with arrogance would like to think that "I am in-charge of my life," but they do not understand that they are completely controlled by their very nature, and have a very limited life and possible destiny, because they are **identified** with and as the ego-animal and its natural ways, and are therefore **not objective** to themselves and the other Possibility. They do not question themselves or their actions, they do not question essentially how they live their lives, but are rather proud and full of themselves and their "independence" and "accomplishments."

When considering the only two general choices and leaders in life, the natural or Unnatural way, the ego or intuitive understanding as the primary leader of the mind, remember that a person does not have absolute free-will, but rather, at best, only free-choice; and free-choice only when he understands the one Alternative to the natural way. From the broader perspective, the masses have zero choice, despite their vanity-laden ideas to the contrary. The natural way, or the Unnatural Way, are the only two **general** choices in human life. A person indeed has many specific options he can choose in living the natural life, but it is still essentially the same miserable natural life of self-feeding and self-protection. Does that constitute having free-choice? Most people would say "Yes," which is true from their limited perspective. Also, I am not suggesting that anything is "wrong" with the natural (and moral) life. I offer this overview of the Teaching of Freedom, in this public manner, in order to possibly help the very few who may be interested in the Alternative. Most cannot endure reading the first contradiction to their current ideas, and will quickly go away, and continue life as usual, which is their choice. (The heart of

love and conscience is part of both the natural and Unnatural life, and, if allowed, is a **specific** leader of the mind, and is discussed more later in this essay. But, the natural and Unnatural way, the ego and the intuitive understanding, nature or God, are the two **general** and **most powerful** destiny-creating forces. The heart of love and conscience is merely a factor in **both** ways of life, albeit a very important and beautiful factor. The heart of love and conscience plays an important role in both the natural life and along the Higher Life.)

Following the lead of nature, in the form of the ego, will merely create more of the same natural mind and life that you now have. The mental functions and directions of clinging and manipulation, of self-feeding and self-protection, will not only continue, but will strengthen over time, and the mind will "tighten-down" even more, and become even more self-involved, and an even more-powerful director of clinging. The life within and without becomes increasingly smaller, and the result is even more limitation and suffering as you get older. **You only become more of what you are.** But, the good news is that the same principle works equally well in helping the serious student of life advance along the Higher Life toward Freedom. He too becomes more-and-more of what he is, and realizes more-and-more of the depth and breadth of the Higher Life.

As the mind increasingly follows the lead of intuitive understanding, the mind decreasingly directs the actions of clinging and immoral manipulation. Following the intuitive lead of greater Sacrifice, Faith, and Prayer, also weakens the previously-established mental habit-patterns that direct clinging and immoral manipulation, while leaving-alone all neutral or positive mental habit-patterns. As you Grow thusly, the mind is also ever-increasingly opening itself to intuitive understanding, and to the heart's feeling-voice of love and conscience, as the mind decreases its clamping-down upon itself and decreases its directions to cling to the rest of nature.

The ego, which almost completely controls the natural mind, is gradually weakened along the Way, by Grace and by decreasingly feeding and protecting the ego. The mind is, therefore, gradually acting less-and-less under egoic-control, along the Higher Life toward Freedom. The ego is the state of fear or cohesion, and it compels the mind to act on its behalf, in directing the specific clinging-actions of fear, through self-energy and the body. Therefore, as the ego weakens, the mental power, functions, and patterns that create and direct clinging, gradually and proportionally diminish. That is generally how the mind is Purified and Changed along the Way: by the lead and work of Grace, and by voluntary participation in that Grace, which includes less-and-less feeding and protection of the selfhood. That which is not fed, weakens and eventually dies.

Can the mind function and function well, without directing the actions of clinging? Yes, and that is an integral part of the Way of Freedom. Also, the very existence, person, and life of the Incarnation would suggest an affirmative response.

Then, how exactly does the mind and all its functions, work to direct the life, without also directing the subtle and gross actions of clinging? A person is sitting with an outstretched hand; his palm is facing up and is completely open. Someone places a large stack of cash in his palm. Can the money exist in his hand without him clinging to it, even to a small degree? Also, can you see and admire the great beauty or high monetary value of an object, without any desire to own

it, without any desire to take it unto and into yourself? The same principle is true for all levels and forms of mental function. Wear the world like a very, very loose robe, and then stop wearing it all.

I will caution the reader at this point: The serious student does not become weak-minded or stupid along the Way; to assume such would be the greatest of errors, especially since, in fact, quite the opposite is true. As the mind becomes more free of the low-life compelled by the ego-animal, the mind increasingly and proportionally operates with even more strength, focus, clarity, intelligence, and decisiveness, and is also increasingly open to intuitive understanding and to the feeling-guidance of the heart of love and conscience. Do not assume that mental Purification and Change will lead to any form of mental degradation, but know that, to the contrary, the mind greatly improves along the Way. The serious student learns that to be an under-statement. The mental self-energy that is decreasingly used in the creation and maintenance of the clinging low-life, becomes increasingly available for giving-over in the Sacrifice and Faith of the Higher Life, and the mind is gradually Purified of the low-life of the ego-animal, and Changed in its patterning of clinging and immoral manipulation, in the process. However, the Way of Freedom is not a self-improvement course, even though various aspects of the selfhood do greatly improve along the Way.

But, since self-energy fuels the mind and body of the natural person, and since self-energy decreases along the Higher Life, then how does the mind and body continue to function into the higher stages of the Way? Would not the mind and body simply weaken over time, and eventually die as a result? No, obviously not, for if that were the case, then God-Realization and Incarnation could not occur. The answer is simple: that which is Purified or Removed by Grace, is Replaced by Grace. The Energy-Presence of God proportionally fills the void left by the gradual removal of self-energy. The more self-energy is removed, the more God's Presence replaces it. However, I am offering a very strong caution: do not seek to be filled with God's Presence, for if you do, you are doing no more than using God for your own self-feeding. In that case, you are shutting-down the very Higher Life you are seeking. Feeding on God's Presence is an extremely powerful temptation for every person, even the most advanced student of life. The Sacrifice of all clinging includes not clinging to the body or how it feels, and includes not even clinging to God Itself. Freedom and Happiness are, paradoxically, not for personal enjoyment, even though the person is greatly Changed by them. Surrender into Freedom and Happiness to Infinity, as you Sacrifice all self-feeding and self-protection, all of it. You cannot contain and own Infinity; you can only surrender in-to It, forgetting yourself along the Way. Only God remains on this Other Shore, and you are Carried for all but the last moment of the journey. The tendency to suck God and His Gifts unto and into your selfhood, is always present as long as egoity is alive. You have, by Grace, been informed.

"Then, what is the purpose of seeking Freedom?" you may ask. Your very question arises from that which is preventing you from Discovering the Answer.

Third, the heart is Purified and Changed along the Way. First, what is the heart? The heart, as I use the term in this context, is not the physical organ that maintains blood pressure. The heart to which I am referring, is not the physical organ, similar to how the lesser-known capabilities of the mind are not confined to the commonly-understood physiology of the brain.

Here is my definition of the heart: **The heart is the agent of connection with all that exists beyond or outside the selfhood, and is the seat and origin of love, empathy, compassion, and conscience.** The subtle but powerful influence and actions of the heart are not confined to within the body, and can exceed physical limitation.

Scientists and medical researchers typically have a presumption that the brain-mind is the seat and origin of love, empathy, compassion, and conscience, that the brain is the "heart" of human emotion, but they may want to consider another possibility. Hard science is worthy of great respect, but when they theorize that the brain is actually the **origin** of human emotion, and when their neurological tests are (incorrectly) assumed to confirm the theory, they are confusing the mirror for the light. A mirror can reflect the light of the sun, but the mirror is not the sun itself. Various centers in the brain can indeed receive, cognize, and express (by directing words or demeanor) the feeling-voice of the heart, but scientists confuse the **receiver** and **reflector** of the heart, the **mind**, as being the **origin** of the heart and human emotion, as being the heart itself. The brain-mind is not the heart, and the heart is not the brain-mind, and they function very differently; but, and this is also important to remember, the heart and mind are deeply connected to one another. Science assumes the heart to merely be an organ that pumps blood. I would suggest that research look more deeply.

The mind and heart both interact with the world outside themselves, yet they interact very differently. Relative to that which exists outside or beyond the mind and heart, I will summarize their respective roles very simply: **The mind is the agent of experience, and the heart is the agent of connection.** The mind is much more than an agent of experience, as outlined in the previous section of this essay, but when considering its general role in comparison to the role of the heart, the simple phrase "the mind is the agent of experience" will help to convey the important differences.

The mind is like a cold computer, and has no inherent feeling; it has no feeling of love, empathy, compassion, or conscience. **The mind is a cold receiver of experience and information, and a cold decision-maker, and a cold director of action.** The brain-mind has no inherent feeling; it feels nothing. The mind can produce any type of thought, whether that idea is good, evil, or neutral, and will feel absolutely nothing about it. The mind can think about doing anything moral or immoral, helpful or harmful; the mind, by itself, does not care one way or another. The mind can create any type of thought, whether good or evil, and can direct the subtle and gross actions of the individual to carry out that command. (Many people do not know that the physical brain itself does not feel pain if it is cut or damaged. Some people have undergone brain surgery while awake and talking to the surgeons.)

The heart operates in an entirely different manner than the mind. The heart does not think as does the mind, the heart does not think at all, but it functions and communicates as wordless **feeling**, as a wordless feeling-voice, a feeling-voice of love, empathy, and compassion, and a feeling-voice of guidance in right-and-wrong, the voice of conscience.

The mind receives and creates information; the heart creates feeling. The mind senses, interprets, and manipulates the world based on information; the heart interacts with the world based on

feeling. **The mind directs the world; the heart responds to it. The mind directs the world based on information; the heart responds to the world with feeling.**

Both the mind and heart have equal value in human life, and in the advancement of human civilization and culture, and in human relationships and interaction; and, one cannot be said to be "better" than the other, but they are very different, and, ideally, they work together, as a synergy. An ego and mind, without the heart, is just a cold, self-absorbed machine and predator, like the psychopath, or perhaps like a shark or snake. On the other hand, hypothetically, a heart without a mind is just static, aimless mush, like a jellyfish, even though a very nice and harmless jellyfish, but no strength of purpose or direction in life, and not helpful to himself or anyone else. Hypothetically, a heart without a mind to also do its proper work, would be just a harmless blob of unmoving, unproductive, uncommunicative, unrelational, uninteractive love and goodness; good, but essentially good for nothing.

It is rare to find a person in whom the mind and heart are usually working in unison, but such a state of being is not difficult to achieve with a little understanding of their roles and differences, and with some reflection, self-inspection, and perhaps guidance: this is assuming the individual has an active heart, and provided the mind is not psychotic, unusually self-absorbed, or otherwise profoundly dissociated from the external reality. Understanding the contrasting roles of the mind and heart, and yet allowing them to communicate and work more in harmony, is part of becoming whole, a whole, functional, responsible, productive, relational, interactive, loving, and caring human being. Becoming more whole, or more integrated of mind and heart, is also a foundation for the Higher Life, but, by itself, becoming whole is not the Higher Life, even though greater integration of mind and heart would be a wonderful achievement for the majority of people and thus human culture. (I will discuss more, later in this essay, about the integration of mind and heart, and how they can, ideally, communicate and work together, and how they often do not work in harmony within some people.)

If the heart is the seat of love and goodness, then why does the heart require Purification and Change? **The heart is indeed the origin of love, empathy, compassion, and conscience, the seat of much that is good about a whole human being, but the heart is also the center of selfish desire, as well as a powerful point of clinging.** Selfish desire and clinging are a normal part of the natural life, but if an individual is serious about the Higher Life, then **all** clinging, self-feeding, and self-protection are included in the ongoing Faithful Sacrifice. Therefore, the heart of selfish desire and its clinging, require Purification and Change, as well as the seeker's voluntary and passionate participation in letting-go. The heart can be either the agent of love and compassion, or a source of further limitation and suffering as desire and more clinging, or the conflict between both.

There are two major forms and actions of clinging. **The beam of attention is the first form and action of clinging, and the heart of desire is the second.** Self-energy is the essential substance of all clinging, and self-energy takes two forms in its sequential clinging-actions: first attention, and then desire. The ego produces self-energy, which then travels through the mind where it is formed into the beam of attention, and where it is given specific direction by the mind as to where to be placed within and without, and that to which to cling. Part of the attention turns back on the ego and the entire selfhood where it becomes, as I term it, self-attention. The remainder of

the energy of attention is then used to cling to all that is not the ego or the selfhood. Therefore, you have self-attention and other-attention. Then, a portion of one's self-energy travels down to the heart-region, and is used there as the force and actions of desire and as further clinging.

The mechanics of desire are a process that I term the "desire-cycle." The clinging-actions of desire are similar to that of attention, but desire is slightly more complex. However, attention and desire are equally powerful in their energy and clinging, and differ only in complexity and in their sequence within the egoic process. The desire-cycle has six stages in its unfoldment, and they are:

- 1. At Rest** - Self-energy is collapsed, imploded, and at rest, in and around the heart.
- 2. Awakens and Focuses** - The mind begins stirring, awakening, and focusing the self-energy in the heart, in preparation for acquiring a specific means of self-feeding or self-protection.
- 3. Reaches Out** - Self-energy is guided by the mind, as focused self-energy reaches out and extends itself beyond the heart, to the person, object, or circumstance that the mind has determined will fulfill egoic needs.
- 4. Attaches** - Self-energy grabs onto and envelopes the object of desire, and begins clinging to it.
- 5. Brings Back The Harvest** - Self-energy either pulls the object of desire back toward the physical selfhood, or simply allows the object to remain in its distant place, yet while maintaining its clinging-grip from afar. Attachment at the heart is not only relative to that which is "up-close and personal," but can include anything even at great distance. The mind under egoic control directs all attachment.
- 6. Back At Rest** - Self-energy returns to its original imploded, depressed stillness, in and immediately around the heart, where it is again "waiting" for the next directions from the mind. However, part of the self-energy used in the desire-cycle, does not return to complete implosion within and near the heart, because part of that self-energy does not release its clinging-grip on the previous objects of desire and acquisition, and remains "out there" and attached to those objects even from a distance. Clinging within and without is both conscious and unconscious, but mostly unconscious since the average person is unconscious, or simply not aware, of most of the workings of his own fear, egoity, mind, and heart, and not just his own clinging. Most people do not feel, see, or understand the degree to which they are clinging to a particular person, object, or place, until they **lose** that specific object of attachment. That is because the clinging is mostly unconscious, and it only becomes conscious when the object is lost or threatened to be lost. That too is by Design: a natural person could not function if he were continually consciously aware of all his fear, clinging, and cognitive operations. Many spiritual-types think they are being honest when they say, "I'm a very giving person," because their selfishness and clinging are largely unconscious to them. Test that assumption, and the contrived spiritual-face and breathy-tone will leave very quickly.

A natural person has many desires and much clinging that are always and simultaneously occurring, from new desire-cycles being initiated, to advancing yet incomplete desire-cycles, to completed desire-cycles and their continual clinging, all occurring in every moment: new, advancing, and completed. Simply because an object of desire has been acquired, does not mean that the clinging is over or that the desire-cycle no longer exists relative to that object, because clinging at the heart is part of every desire-cycle. Once the object is acquired, the tendency is to cling to it, therefore no desire-cycle ever completely "goes away," even after the object of desire has been secured. The average person is a tight bundle of desire; he is a morass of attention and

desire, and their clinging, and he is spinning himself ever-more tightly into his small cocoon. This arrangement is perfectly normal for the natural life, but prevents advancement along the Higher Life.

The only way to un-peel the many thick layers of clinging that are amassed in and around the entire being over a lifetime, the only way to weaken the tremendous ongoing power of clinging via attention and desire, the only way to gradually free and unburden the selfhood from the dark, heavy, depressing, imploding, and constricting grip of holding-on to self and to all that feeds and protects self, the only way to truly and deeply free the heart from the suffocating burden of selfish desire, is through devoting oneself to the life of profound Sacrifice and Faith, and by the Grace and in the very Presence of God. There is no substitute, and there can be no compromise, for an individual who is serious and realistic about the Higher Life. Clinging and Freedom cannot co-exist, even though some people who discover the Teaching of Freedom will try, albeit in vain, to have it both ways. Some spiritual-types seem willing to let-go of much external stuff, but would still maintain a powerful grip on themselves. Some may even be quite willing to renounce the external world and live in solitude and in poverty (which is, in fact, based in more clinging, avoidance, and withdrawal), yet would still maintain an extremely tight grip on themselves, and would spend their days meditating on themselves, and fighting physical discomfort and unending boredom. Clinging is clinging, regardless of the object of clinging, whether clinging to self or not-self.

However, clinging to an external person, object, or circumstance, is possible only by first clinging to oneself; you cannot cling to not-self without first clinging to self. Most who merely renounce external possessions or places, and without any intuitive understanding, will likely increase their clinging to themselves, as all the clinging-energy that was used on external stuff, is now turned-back on themselves, adding to the thick, dark, depressing layer that already existed in and around the being due to prior clinging to self. Letting-go of clinging to oneself, not clinging to one's very existence and life, automatically lets-go of all clinging to not-self, and is very difficult for students of life to even consider without a deep understanding of Faith, Sacrifice, and the Higher Life. Fear is cohesion, and nature "likes" cohesion.

Superficial spiritual-types will try to manipulate external stuff, or will attempt to rid themselves of it completely, in the mistaken belief that all that stuff "out there" is somehow keeping them "in here" from Enlightenment or God-Realization. However, renouncing specific external stuff out of the irrational fear that it will prevent or harm "your" Spirituality, is based on first clinging to that stuff. **You cannot reject or avoid an object without first clinging to that object, and without first clinging to yourself.** External stuff cannot harm your Growth any more than a tree standing in the forest, unless you are clinging to the tree. Let external things freely come, and let external things freely go: that is the first battle. Clinging to self is the second and last major battle, but will usually coincide or overlap with the first, at least to some degree. Stand in greater freedom, by Grace, where you are, here and now. Rearranging the nature without, will not relieve you of the nature within. Also, you cannot get or own true Spirituality. If someone discusses "my" Spiritual Life, then understand how he has none. Aversion or avoidance are rooted in clinging to that to which you are averse or avoid.

Indulgence in, or avoidance of, the external world, will not relieve you of the thick, dark world within. Indulgence and avoidance are two sides of the same coin of clinging. Indulgence is not the opposite of clinging, no more than avoidance and withdrawal. Let things be as they are, so that God can Be as He is, in and through that body you now call your own. Do not even attempt to get or own God, but surrender yourself and your life into Him, to Infinity, and let it all dissolve by Grace, including all clinging and ownership, even the attempt to have and cling to the very God you seek. The great un-clinging ends in Freedom, while the body yet lives.

The heart of desire is included in the great un-clinging, in overcoming both indulgence and avoidance, in standing as greater freedom, where you are, here and now, even before Ego-Death. Just as the attention, mind, body, the entire world, and all of existence, are included in the powerful life of Sacrifice, Faith, and Prayer, so too is the heart of personal desire. How is the heart of desire, the heart of clinging, taking, acquiring, and pulling unto and into oneself, how is the dark, isolated heart of "me-me-me" and the eternal "give-me, give-me, give-me" Purified and Changed? How do you stop sucking the life from around you? How do you stop being a suck-wad, a great wad of suck?

A wonderful, powerful, and gradual process unfolds along the Way, in the heart of the devoted seeker, one who has, from the core, given his very life to God, and I call that gradual process the "conversion of the heart." **The conversion of the heart is the relaxation of the great in-flowing of personal desire and clinging at the heart, to the great out-flowing of love, openness, and un-clinging at the heart, on its way to Infinite Beingness.** Like all internal changes toward greater freedom, the conversion of the heart is based on intuitive understanding, the Grace-Given intuitive insight and feeling into the striking contrasts between egoity and the Presence and Way of God.

Yet, love and openness at the heart are not necessarily moving or radiant through space, as suggested by the term "out-flowing," yet neither are they necessarily static. If you assume that the force of love and openness requires its movement in a particular direction relative to the body, then your assumption requires that you first cling to the body, and use the body as a reference point in space. Love and openness are essentially formless, and have no specific subtle appearance or direction of activity, if any at all. **Love and openness occur essentially by the relaxing of all that is not love and openness, and are not the affirmation or effort of any specific movement, feeling, or shape.** In that great relaxation of personal desire which is the conversion of the heart, the heart is allowed to be the un-moving yet not-static light of love and openness that already exists.

However, before and after Freedom and Incarnation, there exists a living physical body, and physical life involves various degrees of activity. The conversion of the heart results, on the very gross level of the body, in a pervasive and very physical giving-orientation, but that orientation does not necessarily require any physical activity for it to unfold, and no physical activity will necessarily result from its unfolding, for, if it did, it would be based in clinging and not greater freedom. **As goes the attention, mind, and heart, so goes the body. The freer the attention, mind, and heart from the bondage of clinging, the freer is the physical activity from pre-conceived actions and habit-patterns.**

The person of one who is undergoing a deep and powerful conversion of the heart, will, nevertheless, effortlessly, and without planning, reflect kindness and compassion. However, and this is important, many people, especially spiritual-types, have a well-planned and well-practiced demeanor of kindness and giving, yet it is most likely not based in understanding and in a core-level change of heart, but is based in the vanity of being "spiritual" and how "being spiritual" is supposed to look and act on the surface. They unconsciously assume that if you **act** spiritual, then you **are** Spiritual. However, you cannot physically give or "nice" your way into Freedom, such as through only a life of sacrificial service or kindness to others; yet, an effortless, unplanned, physical demeanor and orientation of love, kindness, and giving, based in the conversion of the heart, cannot be excluded from the Way. But, even a superficial act of kindness is better than letting the monster fully out of his cage.

Those who think they can find God-Realization through merely serving others, or by only being kind, are incorrect. On the other hand, those who think they can **avoid** serving and being kind to others, and still find God-Realization, are also wrong. Willingness to give and serve and be kind is simply an **effect** of the already-existing Higher Life, not the cause. God-Realization can be found living alone on an island, but certainly does not require living in solitude, which may even be more difficult for some students. **Nothing can reveal your nasty egoity, and test your mettle, like interacting with other people.** Avoidance of people or other difficult situations, can allow egoity to remain buried in the unconscious, and thus un-Sacrificed, and the seeker can thereby also become delusional about his degree of "spiritual advancement."

The conversion of the heart changes the pervasive orientation from that of perpetual taking and clinging, to that of un-moving yet non-static predisposition of giving and kindness. The conversion of the heart does not depend on physical activity or any other person or object, yet will be reflected in physical demeanor and action, when the body is in motion.

People, and the entire world and all of existence, just happen to be in the way of your pre-existing and emerging kindness and giving-orientation. People are not necessarily the **objects** of your giving-predisposition, for it would be based in clinging if you think that your giving-orientation depends on any person or object. They just happen to be in the way, in the "line of fire," of your giving-predisposition that is already and always occurring, even when alone. Hypothetically, the principle of completely objectless love (which as discussed is not possible for an individual) is much like how the sun requires no object on which to shine; it will shine with or without a recipient. However, in contrast, the body can indeed freely give and can freely receive, one being just as easy and free of clinging as the other. Those who cannot freely receive, usually cannot freely give. However, merely because someone can freely receive, is not necessarily or usually an indication of the conversion of the heart. Most people on the planet can freely receive, yet cannot freely give, just as any parasitic life-form will behave.

The Way of Freedom requires no specific appearance, arrangement, or movement within or without, except the continual Faithful Sacrifice of all that is not God. Any other idea as to how the Way is "supposed to look," is necessarily incorrect, and can only reinforce clinging as you attempt to conform yourself or the world to your "Spiritual" ideas and schemes.

One personal effect of such a freer life, is that the heart is gradually relieved of its darkness, depression, implosion, constriction, and personal desire, whereupon love, empathy, compassion, conscience, and kindness are uncovered and released to be as they are, as they always were, and will be spontaneously reflected in physical demeanor and action, regardless of whether alone or with others. Planning how to live the Higher Life in the future, never works. The Way of Freedom is either unfolding now, in this moment, and exactly where you are, and based on Grace-Given intuitive understanding, or not at all. Intuitive understanding provides a lead only in this moment, not a plan of action for the future.

In any given moment, either the ego-animal, or the heart of love and conscience, or intuitive understanding, is being allowed to compel or lead the mind, and to various degrees or proportions of each. Either nature or God, or both, are in-charge of the mind, and thus in-charge of the entire being and life. Since few people are aware that intuitive understanding and the Higher Life even exist, then the ego-animal is fully in-charge of the mind, and the mind, therefore, guides all subtle and gross actions toward the goal of self-feeding and self-protection. That includes the desire-cycle, which is inherent within a natural human being, and is his habit from birth, without the Grace-Given intervention of intuitive understanding.

Intuitive understanding is, ideally, allowed to lead the mind, instead of, or at least more than, the ego-animal, and the mind is then able to lead the heart into gradually relaxing or letting-go of the dark, implosive, and clinging power of the desire-cycle. The heart of self-serving desire and its clinging is being guided into a new way of life and a new habit-pattern: **the heart is being converted**. The self-energy that is the essential substance and fuel of the desire-cycle, is being Purified, and the "motion" of the heart is being Changed from the great in-flowing, to the great out-flowing, on its way to effortless and unmoving Beingness. The core-level heart of love and conscience are then allowed to exist in the fullness of genuine goodness, without the thick layer of desire and clinging. The heart is Purified and Changed to a humble light of goodness, as it is being converted, and is thereby participating in the Way of Freedom, by the very Grace and in the very Presence of God. The heart of darkness, implosion, clinging, indulgence, and aversion has greatly diminished, and is now able to live more deeply and consistently as light, love, empathy, compassion, and conscience, and is on the Way to eventually becoming the Infinite but Present Heart-Space of God, upon Perfect Freedom.

The heart of goodness can then play a more-powerful role in influencing the mind, and thus the choices, as well as the personal demeanor and behavior, and all relationships and interactions, and thus the entire life. The heart can then help a person become at least a much better human being, whether alone or with others, and not merely a mostly loveless creature living mainly for the satisfaction of personal desire. The mind needs motivation and general direction, and cannot work in isolation, similar to how a computer cannot work without power, and without a person directing its functions. **The mind has three potential motivators and leaders: the ego-animal, the heart of love and conscience, and intuitive understanding.**

A small minority percentage of the human population have no heart, and have no feeling of love or conscience, or, if the heart does exist, it is as if asleep or in a coma. A sleeping heart can have no more influence on the mind than a non-existent heart. The great majority of people have a heart that is awake, even though most people do not always, or even usually, listen to it. This

small section of the writing assumes the existence of a heart of love and conscience, and that it is awake enough to possibly have influence on the mind, if allowed and not ignored.

The heart of an individual is singular or one, but I discuss its two general capabilities in distinct terms, for the sake of greater understanding. The heart can have two functions: desire, and love and conscience. **The one heart is both the heart of love and conscience, as well as the heart of desire: the same heart, but two diametrically-opposed functions.** The heart can be a seat and origin of either light and love, or darkness and emptiness, or simultaneously various degrees of both as is typical. But, the heart of desire is much more powerful in most people who have a heart. You have a single heart, and it can be a heart of goodness, or a heart of desire, which is not to imply that desire is "bad." Desiring to do harm to someone, or steal from him, would be considered an evil or "bad" desire, but the **process** of desire, in and of itself, is not evil or "bad." The six-stage desire-cycle is merely a subtle human function, but a particular object or outcome of desire can be seen as evil or "bad." Your hands are not inherently good or evil, but what you **do** with your hands can be either good or evil; and so it is with desire. The subtle process of desire is not good or evil, but how you **use** desire makes that determination relative to a specific object or outcome of desire. **The mere fact that you have desire is neither good nor evil, but what you desire is indeed either good, evil, or neutral.**

The brain-mind, by itself, is never the ultimate controller, but it does give specific direction to the entire being and life. Another force is always compelling the mind in a **general** direction, and the mind devises and directs the **specific** actions that support the **general** goal. In any given moment, the mind itself is under the control of either the ego, or the heart of love and conscience, or intuitive understanding, or simultaneously various degrees of all three; and those three provide the **general** direction to the mind. However, if intuitive understanding is awake, then the heart of love and conscience will also be awake at least to some degree. But, the heart of love and conscience being awake does not necessarily indicate that intuitive understanding is also awake, for that is solely by Grace in response to a sincere and passionate cry for the Higher Life. Being good, and having an understanding of the Way of Freedom, are two distinct matters. Many people have a heart of love and conscience, yet they have no clue about the Higher Life, and would most likely want no clue. Yet, heartless, human-looking creatures, the psychopath specifically, can never feel love and conscience or have intuitive understanding: they are stuck with nothing but the ego-monster, and a cold mind that can never find rest, stability, or depth, and they are also stuck with over-active genitals which can never be satisfied; they have no heart and no chance for intuitive understanding. Hell on Earth is reserved for evil, not elsewhere, and not after death.

So, what exactly is the connection between the mind, and the heart of love and conscience? The mind only directs the six-stage desire-cycle, and receives nothing back from the dumb heart of desire, but what about the connection and communication between the mind, and the heart of love and conscience? **The heart of desire receives from the mind, while the heart of love and conscience can only give to the mind.** The heart of desire receives directions from the mind, while the heart of love and conscience is always offering to give directions to the mind (in the form of its feeling-voice). **From the opposite perspective: the mind gives directions to the desire-cycle, while the mind only receives feeling-directions from the heart of love and conscience.** In a metaphorical sense, desire is a taker and is only about itself, while love and

conscience are givers and are about exceeding themselves and all limitation of the heart. Desire is small, petty, selfish, and impulsive, while love and goodness are potentially infinite. Nothing is wrong with desire, for it is part of ordinary-functionality, but you may find that love and goodness are much, much better.

Remember, the cold mind can create, remember, reflect, integrate, or utilize any type of idea: good, evil, or neutral. The mind and its thinking can be analogous to a large flowing river. A river carries many different types, qualities, and amounts of objects and material. A flowing river has in it much good and life-sustaining stuff, but it also carries much filth and debris. A great river can contain, and can be a source of, much life and beauty, while it can simultaneously hold and produce death, decay, ugliness, and that which is perfectly repugnant. What matters is what you **choose** to do with the river, or which stuff you **choose** to take and use from the river, and which stuff you **choose** to let-go, leave behind, and forget. What matters is how you respond to your thoughts, and what you do with those ideas, if anything. Do you embrace and act upon a specific idea, or do you let it go? The river and its contents are neither good nor bad, just as the mind and its contents are not good or bad. What matters is what you choose from them, and what you do with them. The mind under any degree of egoic control can have evil thoughts, especially when you are frustrated in your desire, but I suggest that you do not cling to them, and do not own them, and do not act according to them. Your immoral or dark thoughts do not represent you, unless you choose to own them and act upon them.

For the sake of definition and common understanding in this writing, I will address this question: **What are "good" thoughts, and what are "bad" thoughts?** I consider good or neutral thoughts to be, generally, those ideas that do not conceptualize doing harm to someone's person or property, or knowingly telling a lie, or stealing from someone. A good or neutral thought may even reflect helping someone in some way, or simply represents you engaging in an action on behalf of yourself or someone else, and doing so in a moral fashion; moral meaning that you do so without aggressing against the person, property, or wealth of another, or without knowingly lying or stealing. Evil or bad thoughts are those that conceptualize aggressing against, or causing harm to, someone's person, property, or wealth. Stealing, and knowingly telling or allowing a lie, fall under that definition. Intentional or habitual lying causes harm, because it denies the recipient of the lie the ability to make a properly informed choice for himself, and because the lie is designed to cause the recipient to make a choice that will favor the liar. Knowingly allowing someone to think a falsehood to be true, without offering correction, and when it favors the one remaining silent, is also a lie, a lie of omission. Lies of commission, and lies of omission, are equally destructive and immoral. Intentionally lying by commission or omission, and whether conscious or habitual and pathological, is a form of theft. (I teach verifiable ideas and principles primarily to help serious students of life, but also to possibly help correct the many self-serving lies and fantasies that are harming this world, and that are told in the name of God. The truly Higher Life is real, and can only be based on that which is real or possible to be real. Those who are satisfied with fantasy, wishful-thinking, and assumptions, will not be attracted to the one truly Spiritual Life, but will be repulsed by it, and will seek ways to discredit it [which are always founded in irrational fear, in conjunction with simple ignorance and/or religious or spiritual fantasy], or they will simply run to the nearest exit. Two plus two does not equal five, regardless of how good that idea makes someone feel.)

The following fact can be very freeing for any human being with a heart, even those who have no interest in the Higher Life: **Just because you have an evil thought, does not necessarily mean that you are evil or a "bad" person.** What matters are your choices of action or non-action relative to particular thoughts. You have no rational reason to feel guilty for having evil or bad thoughts, as long as you do not act upon them, and let them go. They may come back, especially in times of great stress or frustration, but do not act upon them, and let them go again, and again and again. Evil or bad thinking will greatly decrease in its power, momentum, and frequency of occurrence, if you do not act upon it, and repeatedly let it go. But, this requires commitment, vigilance, and consistency, and an active heart. The mind, by itself, is a cold creature and can think anything when under any degree of egoic-influence, but the mind can become habituated to usually think according to love, conscience, goodness, and patience, if you have an active heart, and if you also have the quiet and gentle determination to **be** genuinely good and to **do** good in life.

Remember, the mere superficial, social **appearance** of goodness, and the **fact** of genuine goodness arising from the core of the heart, are two very different matters. Most people frequently hide the ego-monster behind a social or business mask of being "nice" or even "helpful." Moreover, the heartless psychopath never truly sees himself or his thinking as evil, because he has no heart of goodness to "tell" him otherwise. He may feign the appearance of guilt or remorse, and may even say "I'm very sorry," because he has learned those behaviors by watching others, but those too are only for a self-serving purpose. He feels only fear, aggression, or fleeting moments of superficial pleasure, all with a constant undercurrent of profound emptiness that can never be filled, regardless of how much alcohol or other drugs, or sex, socializing, or other pleasures or activities, he may have. A heartless psychopath or a heart-asleep narcissist, would be pitiful if he were not so often harmful and frequently deceitful to others. Being "nice" and "kind" mean very little if they are not arising spontaneously from deep within the heart of genuine goodness, except perhaps that they keep overt and direct personal violence from becoming the social norm. It seems better to smile while feeling aggression or feeling nothing, than to punch the fellow next to you; better to be pleasantly disingenuous with words or demeanor, than to be violently honest with actions. But, it is **best** to be **genuinely** good and benevolent, from deep within the heart, in thought, feeling, demeanor, words, behavior, interactions, and relationships.

So, what exactly are your choices for a leader, in response to a particular thought? And, what determines which specific choice for a leader you make, from among those options? **The ego-animal (which is essentially nature), and the heart of love and conscience, and, in the case of one under Grace, intuitive understanding (which is a lead of the very God Itself), are the three options from which one may choose as a leader, in response to a particular idea.** Those are the three possible sources that can provide input or guidance to the mind, as to which thoughts to create or entertain, and upon which to act or not act. They are the three possible ultimate controllers or leaders over the mind, and thus over the entire being and life, and the mind is merely their tool, albeit a very powerful, complex, and significant tool. The ego, or the heart of goodness, or God Itself, are the choices as to that which you will allow to guide your mind, and thus determine your destiny. Then, as goes your mind, so go your subtle and gross actions, and thus your destiny; the ultimate result and fruit of your life now and at the end, is thereby created; and you contribute to your destiny in every moment. In every moment of your

life, you are necessarily a follower of one or more of those three forces, and I would suggest, if you are tired of the natural and common life, that you choose wisely: life is short. No individual is above any of those three forces, regardless of any vanity-feeding ideas to the contrary, but a person can functionally deny or separate himself from both the heart and from God. However, for the serious and determined follower of the Living God, the ongoing war of his life is between the ego-monster, and the other two. The battles are fought in every moment, if you choose to enter the arena. Your only other option is to justify the fear, clinging, and immorality, and maintain the status quo. "I can't do that now because _____ ." Either way, you have chosen your leader, and you choose in every moment of every day. No one can be neutral, and no one is completely "his own person." Passivity and safety from choice are an illusion, because your most powerful and almost continual choice for a leader, the ego-animal, is a natural, easy, and unconscious habit. Merely because an action is a habit, does not eliminate the element of choice.

I will now address a little about how the mind, and the heart of goodness, can communicate, specifically how the heart of love and conscience can offer its feeling-voice to the mind, and how the mind can choose to respond to it; in other words, how the heart of goodness can provide better choices to the mind, much better than the mind always being compelled by the dark ego-monster to think and act on its behalf (as the ego does, regardless of beauty, morality, and righteousness, or the Higher Life), and the various general reactions of the mind. **At the very least, and regardless of the Higher Life, the fullness and greater peace of human love, conscience, and benevolence, feel far, far better than the emptiness, disturbance, smallness, pettiness, and darkness that are associated with the aggression, amorality, malevolence, violence, theft, lies, deceit, carelessness, utter selfishness, and desire-cycle of the ego-animal.** A deep heart-connection in love with one person, feels far better than heartless isolation in a room with a thousand people. And, as beautiful as genuine human connection, love, and kindness can be when they do exist, and **not** to be diminished, they are, nevertheless, greatly exceeded by the Infinite and Free Heart-Space of God, which is one perspective of the Incarnation, and of which the serious student of freedom may occasionally have partial glimpses. Acting upon love and conscience also helps create better karma, and, for one under Grace, helps satisfy Metaphysical Law and allows greater Spiritual Growth.

A literal physiological connection exists between the heart and mind, a neurological channel or conduit of silent but powerful communication, even though science has yet to discover it, due, in part, to the mistaken presumption that the heart of goodness is **located in the brain**, rather than the heart's positive influence merely being **received** and somewhat **reflected by the brain**.

The feeling-guidance of the heart of love and conscience travels up to the mind through that channel, while directions from the mind go only down to the heart of desire. The heart of desire is a passive recipient of directions from the mind, while the heart of love and conscience, the heart of goodness, can interact with the mind and can, most importantly, supersede the ego in having influence over the mind, if you so choose. The heart of love and conscience has a form of intelligence, but an unthinking intelligence, and which is very much unlike mental intelligence. The heart of goodness has a relationship and type of communication with the mind, while the heart of desire is a dumb and unfeeling receiver from the mind. **The heart of love and conscience, is, in a sense, a beautiful living entity which can give positive feeling-guidance to the mind; while the heart of desire is just a dumb tool of the ego and the egoically-**

controlled mind, and only receives directions as to how to "go out and get stuff." Simply stated: goodness travels from heart to mind, while directions for desire go from mind to heart.

The Design of the human being provides that the mind can receive and interpret the silent feeling-guidance of the heart of goodness, similar to how the mind naturally receives, interprets, and understands quiet non-language sensory input, as well as language-based communication, from the external world. The heart of goodness has its own silent feeling-language, and the mind is, by Design, "built" to receive, interpret, understand, and integrate the language of the heart.

Part of the mind operates with images and sounds, and other simple sensory experience, as well as creative associations and ideas, and also its learned word-language which takes shape as terms, phrases, thought, reason, and logic. **The heart of goodness offers a feeling-language to the mind, and a small part of the mind works with word-language.** The heart provides feeling-guidance to the mind, and the language part of the mind is taught and uses symbols, a language of symbols that merely represents other things. A learned word-language or symbol-language, for example English, is merely a group of symbols and sounds that represent other things. The sound and symbol "tree" merely represents, or points to, the beautiful living object which has leaves, branches, a trunk, and roots. The spoken sound and visual symbol "tree" are not the tree itself, but are only symbols, pointers, or representations used for the sake of communication. No auditory or visual word-language is required in order to merely stand in mental and verbal silence and look at the real tree, or to just remember its appearance or the sound of the wind blowing through its leaves and limbs, but only when communicating about it, only when symbols are needed to **represent** the tree, do you need word-language. You cannot always only point to the tree, or physically hand the tree to someone, therefore symbols are needed to communicate about it. People need mind-symbols called "words" to represent or describe people, places, objects, actions, facts, concepts, and principles. Words are only symbols pointing to something else, and a word-language is merely a symbol-language, and has no inherent feeling. Sign-language for the deaf is also a language of symbols, and its physical gestures merely represent other things: a gesture in sign-language is not the thing itself but merely a pointer. You may find it quite interesting to realize that people use words to define other words. Many get lost in ideas and symbols without getting in touch with the non-language essence or reality of a given matter, and people therefore remain ignorant, lost in their subjective world of ideas assumed to represent truth, but without objective verification. I again caution students to not get lost in my many words, for these words are merely pointers, but seek the Thing Itself.

People can also use the mind and its word-language, to represent the feeling-language of the heart of goodness. The heart offers its silent, formless, universal feeling-language of love and conscience, and the mind can translate it into images, ideas, and learned cultural-language or word-language. The cold computer-mind translates the warm feeling-language of the heart, into ideas and words, such that the mind can remember the guidance of the heart, and can direct the entire being and life to exist and operate according to the heart more than the ego-animal.

The mind uses its word-language to represent or "make sense" of the feeling-language of the heart, and to remember and communicate that which the mind "learns" from the heart. Confining the discussion for a moment, to only the part of the heart we call conscience: The heart offers its

feeling-guidance of conscience to the mind, and the conscience can interrupt the amoral egoic workings of the mind. **The mind then creates words to represent the feelings that are being communicated from the heart of conscience, and those mind-created words are called moral principles.** The feeling-conscience of right-and-wrong comes from the heart, and the words or moral principles that represent the conscience are created by the mind. Conscience is only pure feeling; moral principles are only words, albeit very important words. You can **feel** "stealing is wrong" only in the heart, but you will **think** "stealing is wrong" only in the mind. **The former is conscience; the latter is morality.**

The conscience is exactly the same in every human being with an active heart, a heart that is not dead and gone as in the psychopath, or a heart that is not buried and as if in a coma, as in the narcissist. The only reason that "moral principles" vary among individuals and cultures, is because many of those "principles" are not based in the heart of conscience, but on egoic expediency and the mind. People convince themselves that merely because they need or want something, then any means that they can devise to get it, makes those means "moral and right." True right-and-wrong never changes, but you would not know that if you listen to people who are often led by the ego-monster, rather than the heart, which is the great majority. The amoral and aggressive ego-animal can never influence the mind in right-and-wrong, but only drives you to get the people and stuff that feed and protect you, through any means necessary regardless of conscience and its universal morality. Pure need and want are of the ego and desire, and are never a source of right-and-wrong. **Simply because you need or want something, does not mean that you deserve it or are entitled to it. No person owes you anything, and merely being born entitles you to nothing.** Those facts are very **freeing** to a person with an active heart, but are offensive, repulsive, and often anger-inducing to someone who is led primarily by the ego-monster and desire rather than the heart of love and conscience. Allowing others to be left-alone, and not expecting anything from anyone, and doing so without the subtle withdrawal of egoity, is a great act and gift of human love and conscience; while "that's not fair" is for small, self-absorbed, dependent children, and "I'll do anything to get what I want" is the voice of the ego-monster. You may now better understand the evil origin of coercive government, democracy, socialism, communism, and any other societal system that does not respect the inherent sovereignty and moral rights of the individual. You may also better understand why people mistreat one another in their individual interactions. A nation or culture is simply a group of individuals, and most of them happen to be making similar decisions about what "we" should do or not do, or accept or not accept.

There are many people who take a utilitarian approach to life and to others, and who therefore believe that "there is no right-and-wrong." There are others who think that "we all have to decide our own morality." Both groups fail to see or listen to the universal morality in the heart of the individual man. Both philosophies arise from people who are little more than walking brains. To clearly and honestly say that "there is no right-and-wrong," is to be either disconnected from the heart and living solely in the brain, or is an implicit admission that the heart is dead. Also, a person who has a heart and who is in touch with it, does not **decide** right-and-wrong which is merely a mental and rational act, but inherently **feels** right-and-wrong in the heart prior to the mind becoming informed and involved with language. Remember, the mind can think anything, and can do so without reference to the conscience. Having a thought does not necessarily make it moral and right. The mind is neutral regarding the good or bad thoughts it produces; the

conscience is not neutral but is always evaluating. **A utilitarian, relative, and ever-changing "morality" lives in the egoically-controlled mind. Universal and absolute right-and-wrong lives in the heart of individual men and women.**

The feeling-voice of the heart of love and conscience informs the mind of an individual as to how to morally treat another person. The egoically-controlled mind tells the heart of desire what to take and how to take it; and if there is no reference to, or interference by, the conscience, then the resulting actions can be either good, neutral, or evil. The information found in this section can help you to better understand the origin and nature of human culture, interactions, and relationships. A war is usually occurring within and between individuals, and thus within and among groups of people, a war between the ego of fear, aggression, clinging, and taking, and the heart of love and conscience. The origin and nature of the eternal struggle between good and evil is explained here, whether the battle is within an individual, or between two or more people.

I will now directly address the theme of this section, which is "**The heart is Purified and Changed along the Way.**" Purification and Change of the heart is not isolated from the Purification and Change of the rest of the selfhood, but the only way to offer understanding and insight into the heart and its evolution along the Way, is to consider its separate components and how specifically the heart is Changed and Purified. Certain aspects of the heart require no Purification, while others do if the individual is serious about the Higher Life. Other aspects of the heart simply require Change. **Certain activities of the heart require removal or Purification, while other functions merely require release or Change in how it operates.** Purification means complete removal, while Change means alteration in function without removal. Both are by Grace, in Response to the follower's passionate inviting and allowing of that Grace, and his willingness to follow the lead of intuitive understanding.

Intuitive understanding is also by Grace, and, if the student submits to it, then it can lead the mind in directing the entire selfhood in how to increasingly allow the life of Sacrifice, Faith, and Prayer. Intuitive understanding can lead the mind, and the mind can lead the rest of the subtle and gross being in the Higher Life, including the heart. If you submit to egoic impulses and nothing but personal desire, then you will create more of the natural life of self-feeding and self-protection. If you submit to God's Presence and Lead in the form of intuitive understanding, then you will increasingly Grow in greater freedom and the Higher Life, while treating others with greater love and kindness, and by conscience.

Purification and Change cannot be separated from intuitive understanding, because intuitive understanding is essentially the Presence of God (leading the mind beyond itself), and because God is That which conducts the work of Purification and Change throughout the entire being and life. Moreover, the entire Higher Life is by Grace from beginning to end, and is about nothing but God, and is not other-than God Itself. You, as primary and secondary egoity, just happen to currently be in the way of It, or an obstruction to It. But, I am a God of the living, not the dead. Physical death is zero, just as before you were born. The living physical body is a temple of the Living God, but, ultimately, the physical body does not belong to you or any other person, unless you make and act upon that presumption.

Intuitive understanding leads the mind beyond its smallness and darkness, and beyond its directions to cling, and beyond its knowledge, ideas or mind-forms, and presumptions. In other words, intuitive understanding leads the mind not to become bigger or smaller, but leads it in how to stop directing the subtle and gross actions of fear and clinging, and eventually leads the mind to Freedom which is inherently without definition, size, or egoic activity. However, the student of the Way of Freedom can choose to resist that lead, and most typically do, either by conscious choice or solely by the unconscious habitual impulse of fear and clinging. I can open the door on the cage, and the bird can see a way out, but I would not force the little feathered critter to change its natural ways and abandon its self-serving confinement.

Remember, the mind leads the attention in its clinging, but the mind also leads the heart in its desire-cycle and in its clinging (which is part of the desire-cycle). The heart of love and conscience requires no lead from the mind, but operates spontaneously in response to other people, creatures, or objects. (Love and conscience can also apply to non-human living creatures, and some people may make inanimate objects the focus of love.) The mind merely provides experience to the heart of love and conscience, and the heart of love and conscience responds back to the mind with its feeling-voice regarding the person, creature, or object of experience.

Pure love and conscience require no Purification and Change. Knowing that fact, just be sure that clinging is not confused with love, and be careful that doing the right action or non-action regarding one person, does not lead to, or is not accompanied by, an immoral behavior toward him or another. For example: possessiveness, ownership, manipulation, and control of another person is not love; and, stealing from one person to give to another is immoral. But, in either case, the main principle is always true: Love without clinging, and conscience unadulterated by immorality, love and conscience as they are, purely and simply, require no Purification and Change. Just as certain deeper, non-limiting functions of the mind require no Purification or Change and can therefore be left-alone, so too can pure love and conscience in the heart be left-alone. But, if a person is serious about the Higher Life and eventually Realizing Freedom, then the energy and actions of the heart's desire-cycle and its clinging need to be Weakened and Removed, and again, while love and conscience are left-alone.

As the mind is allowed to be led in intuitive understanding, as it is being led in and by the very Energy and Intelligent Presence of God, all aspects of the selfhood are being exposed to the processes of Purification and Change, and that includes the heart. When a student is truly and deeply inviting and allowing, when his Sacrifice and Faith, and their expression in Prayer, are making more room for God and His Way, and are petitioning God for Ego-Death and Freedom, the student is not as powerfully engaging his egoic fear and clinging, which means the ego itself is being weakened from less exercise, and less self-energy is being generated and employed in clinging. Also, by simply making more room for God's Presence to exist in the being and life, then God is available to Weaken and Purify the remaining energy and habit-patterns of primary and secondary egoity: no God means no Higher Life. **The less that a sincere student of Freedom is engaging egoity, the less he is replacing that which is being Purified and Removed.** The result is more God and His Way, and less nature and egoity. The proportion gradually changes for the better.

However, some students will try to have it both ways: they will profess to the Incarnation a "sincere desire to Grow," and will "enjoy" the benefits of Purification, Change, Help, and personal Guidance in the being and life, but will "privately" maintain the same degree of the natural and immoral life, and will go further by turning the "Path" into simply using God to **enhance** himself and his natural life, rather than for **Overcoming** himself and his natural ways. Such "students" are either outright liars, or are profoundly deluded about their "passion" for Freedom, but most such multi-personality "followers" are simply habitual and intentional liars and manipulators. They have been liars their entire life, and deceit is simply who they are and what they do; it is normal for them. Moreover, they **are** a lie from the very core; and even their many fabricated public and social personas, and the "follower face" they present to the Incarnation, are a lie. They change faces and personas as quickly as a chameleon changes color. The opportunity they were Given is eventually but surely removed. Their arrogance, self-absorption, and delayed consequences subjectively insulate them from the objective facts even when being directly cautioned, and cause them to falsely assume they can be disingenuous and manipulate God just as they do other people, and can (try to) do it forever and with impunity. They confuse kindness, non-confrontation, and silence for ignorance. They are adults and make choices, and God is not their parent.

Insincere "students" are replacing the egoity which is by Grace being Purified or Changed, and are going even further by trying to turn God into their egoic feed store, all under the explicit lie and pretense of "wanting to Grow." Lying to God is not a good idea. Mercy and patience are not eternal, and evil actions eventually have unpleasant consequences. However, if a student is sincerely and passionately attempting to find **only** the Higher Life, and if he increasingly foregoes the natural life and his mistreatment, deceit, and manipulation of others, then the Power, Intelligence, and Laws of God will Lift him Up. But, if he knowingly remains wicked, deceitful, manipulative, and natural, then his life will not unfold in the most positive manner. Similarly, denying to himself what he truly is and instead believing a "nice Spiritual" fantasy about himself, or acting under the illusion of impunity, does not change the outcome. Bad people consider themselves good and normal, and will congregate with one another, while Goodness is often despised, or is at least suspect, not trustworthy, feared, and avoided by bad people. Some "students" want the Blessings, but while maintaining a "polite" distance from God; they want Help with ordinary matters while professing to "want Growth," yet they **actually** want to keep their silly, wicked, natural life hidden and intact, and moreover want God to feed it and protect it. Nothing is polite about being a fraud. The self-absorption and arrogance of the attempts to manipulate and lie to God can be quite astounding, and would be humorous if the eventual outcomes were not so unpleasant for them.

If a student chooses to try to have it both ways, if he tries to simply use God to enhance himself and his natural life, while openly lying and proclaiming his "sincere desire to Grow" yet while also "privately" remaining committed to the natural life of self-feeding and self-protection and with no substantial change for the better, then I will not battle on his behalf for very long. Nothing can be kept private or hidden from the All-Pervading God, but the state of self-absorption, which includes feeling hidden, untouchable, and disconnected from the outside world, creates that illusion. God and His immutable Laws will not be mocked, and I will not Support a life of entrenched wickedness, meanness, lies, manipulation, duplicity, insincerity, delusion, abuse, mis-use, self-absorption, or coldness of heart, and I will no longer take time to

Help him. I may temporarily Help and Guide students in their serious natural problems in order to make their lives easier and to thereby free their energy of attention, mind, and heart for the Higher Life, but not for God to become an eternal servant of their low-life and their self-feeding and self-protection, and not for God to forever put bandages on the problems they continually create for themselves. When does it end, and when does the Higher Life of less fear and more Faith, and less clinging and more Sacrifice, and less self-attention and deeper self-forgetting, truly begin? For some, never. Either the natural life and evil deeds are increasingly and demonstrably Sacrificed, or the opportunity for the Higher Life is sacrificed. The natural and the Un-natural life do not Lawfully co-exist for very long, and I do not wait and struggle forever with those who remain wicked, liars, insincere, superficial, self-absorbed, self-feeding, self-protective, cold-hearted, or deluded. The feed store closes, and nature becomes their only possible recourse, just as before Grace. Their "regret" is actually self-pity, not remorse for being a fraud, a liar, and harming others.

They were never Given intuitive understanding, without which the truly Higher Life is impossible. **Ideas** learned from the written and spoken Teaching of Freedom, and the direct insight and feeling of **intuitive understanding**, are two very different matters. The Way of Freedom is not merely ideas in the mind, it is not only the much-needed mental roadmap of the Path, but is a living, pervasive, and silent reality within and without. The mind needs a roadmap, but the journey and the Destination are not the map. However, nature is the only reality and power to them, and does not include God and His Way regardless of their wishes or delusions. Their only guidance comes from the thinking-school, not the living-school, much like the many churches and spiritual paths.

Presenting oneself to God, or staying in His Company and Presence, with natural, impure, duplicitous, dishonest, treacherous, or unspoken motivations, is never a good choice of action. Complete and **genuine** honesty, openness, directness, kindness, innocence, commitment, and passion for God-Realization at any cost, are among the most valuable assets of the serious student of the Incarnation and Freedom, and those qualities help to satisfy both the mechanics and the Laws of the Higher Life. The opposite approach causes the opposite rewards. People cannot see gravity, radio waves, and many other natural forces, but they nevertheless exist and have impact.

Now, after the above brief digression into the general rewards of doing right and wrong in the face of God, I will return to the main thesis of this section. Along the Way of Freedom, the six-stage desire-cycle and its very energy are weakened from ever-decreasing use by the serious student, and are also Purified and eventually Removed by Grace. However, and this is a very important question, does profound Growth and becoming almost desireless, mean that a very advanced student becomes a sedentary, lazy, weak, withdrawn, irresponsible, and aimless blob of humanity? The answer is an emphatic "No." Therefore, what does it mean, in real practice and in real daily life, on both subtle and gross levels, for the student who is becoming less consumed with egoity, fear, clinging, and desire for the things and ways of nature? How does a person live and function responsibly in the world, while his clinging and personal desire are very weak? Are not clinging and desire necessary for human existence?

The key to a life of decreasing clinging and desire, lies on the mental plane of ideas. The mind itself does not cling, and does not act as attention or desire. The mind, among other functions, is a cool director of self-energy, and has no inherent investment or clinging of energy in anything. The mind merely **directs** the energy of attention and desire which do the clinging, but the mind itself does not cling.

The serious student progressively learns how to live responsibly, how to take care of his basic personal needs and the needs of those who depend on him, as well as his employment and in fact all his moral activities in the world, while at the same time increasingly relaxing or letting-go of his fear, clinging, and desire for those personal needs and activities. He is learning the art of Sacrifice and Faith, based on intuitive understanding and insight. He is realizing a small sense of living fully **in** the world, but not being **of** the world.

He will notice, over time, that the power of his desire will decrease, due to Purification, and also because his subtle and gross habit-patterns are changing to greater allowance versus the constriction and clinging of self-energy. The truly Higher Life increasingly becomes a habit, but not because someone has told him specifically how to live, but due to his own understanding and insight into egoity, and choosing to live otherwise. The Path of and to Freedom is not a superficial way of life. When a student sees or feels the fear, imposition, and aggression of the ego arising from the root of his own mind, and when he sees or feels the fear and clinging of secondary egoity, and when he realizes that he occasionally or frequently ignores conscience and acts immorally, then his behavior within and without will increasingly right itself and align itself with God's Presence. The entire dynamic of self-feeding, self-protection, desire, and immorality is decreasing in power, and he will be living in ever-greater accord with God and Good. He will not want a list of things to do and not do, or any other superficial code of conduct, not that either would help. The ten commandments do not prevent people from breaking them.

How exactly does the answer lie on the mental plane of ideas? The student will simply know, in his mind, what he has before him to do in his daily life, moment-to-moment and day-by-day. **Ideas and knowledge can exist in the mind, but without the powerful desire and clinging that are typically present as a result of those ideas and knowledge.** (The same principle also applies to all egoity, both primary and secondary egoity.) In other words, you can be mentally aware of "what I have to do today," and you can be active in handling those daily responsibilities, but with much less of the constriction and implosion of desire and clinging. You can know what you have to do, and can physically do it, but without the usual high degree of secondary egoity. For example: simply going to the store to shop for groceries, does not necessarily imply a powerful clinging and desire for food. Taking a shower to clean the body, does not necessarily involve clinging and luxuriating in the pleasant feeling of the warm water. However, at least some degree of desire and clinging will exist as long as egoity is alive, so you are not completely Free until Ego-Death. And, as long as you still have desire, clinging, or the enjoyments of egoity, then do not become averse to the object of desire, clinging, or enjoyment, since aversion is also rooted in clinging: you cannot be averse to any object within or without, unless you first cling to it. Any person, object, or matter, any part or process of nature, including yourself, is not a "problem," unless you cling to it. Simply and increasingly realize greater freedom in the midst of daily life, wherever you happen to be, in this moment, the only moment that exists. God within or without does not require your protection.

The Way of Freedom is a simple, but very powerful, way of life. Any complication of the Higher Life is not the Higher Life. Any future planning as to how you will be living the Higher Life, is not the Higher Life. Any attempt to duplicate a past "successful" moment of the Higher Life, is not the Higher Life. And, do not let the depth and complexity of my writing cause you mental complication, gyration, or stress. The depth and complexity of my language, are always leading to an uncomplicated yet powerful intuitive understanding, and to a life of simplicity and greater freedom, in this and every moment. However, I do not mention "peace" very often except in rare and limited contexts, because many seekers may fall into a static and withdrawn state of mind and heart as they mistakenly seek only peace, and because Freedom is the goal, not peace. Greater clarity and peace may be unintended by-products of the Higher Life, but are certainly not the goal. The dead are very peaceful. I Teach Freedom, not peace; they are two very different matters. Most "peaceful" spiritual-types are simply withdrawn. People can become tense and disturbed usually when their self-energy is extended beyond the selfhood in normal external activities, and when they simultaneously have frustration, anger, anxiety, or uncertainty. However, to be clear, the normal extension of self-energy in daily activities, does not necessarily create frustration, anger, anxiety, or uncertainty. The key point is: people rarely become tense and disturbed when deeply withdrawn and less physically active, but usually, yet not necessarily, occur when self-energy is out and active in daily life. Do not avoid normal, moral, daily responsibilities. Sacrifice, Faith, Prayer, and openness of mind and heart in the **midst** of daily life are the answer, not withdrawal.

From another perspective: Be **very** careful that the life of ideas and decreasing desire, the life of increasingly letting-go of the energy of the desire-cycle while being mentally alive and physically active, does not become that of **withdrawing** back into the mind. Be present with the act of thinking about what you have to do or are doing, yet while letting-go of the energy of desire to infinity, and be present with the infinite space of less desire within and without, whether physically active or not. The mind is merely a small (but important) tool sitting in the infinite space of creation, and is ideally not a retreat or sanctuary. This principle applies to all of egoity, not just desire. The Way of Freedom is not about withdrawal into a safe interior world, as is the case with most spiritual practices, but is effortless yet passionate Sacrifice and Faith to infinity, thereby allowing room for God, without withdrawal and without the forced effort of outward projection. The one Higher Life is not a mind-only way of life as many spiritual practices may imply, whereby you become little more than a cold walking brain, but includes the entire being and external life, while looking mainly to formless Infinity in but beyond the selfhood and this world.

However, the ego is always compelling an individual to cling to self and to all that is not self, in every moment, but a serious student gradually learns to not even cling to ideas of "what I have to do today." He becomes more flexible and decreasingly bound to "how thing should look" within and without. Self-will is another function and topic of egoity, but it too is rooted in fear and clinging, as is all secondary egoity. Responsibility with flexibility can be a useful perspective.

As the implosion, constriction, and clinging of both desire and aversion become less active, then the heart of love will be able to effortlessly come forth beyond the body, and the feeling-voice of conscience will become more powerful or "louder." You will be less confined to the small world

behind the skin and skull, and your actions will be guided more by love and morality. However, the Path is not about becoming bigger, but freer.

Human love is a wonderful gift and capability within the human family, but it requires another person or object as a recipient, and a reason or "because" for that love to be given to that person or object. However, the Love of God, the Pure Heart-Space of God and Freedom, requires no other person or object to receive it, and no reason to exist. The principle is similar to how the sun requires no external object in order to shine or to receive its light; it simply shines, and objects happen to be in the way and receive its light. Similarly, a small number of people just happen to occasionally find themselves in God's Presence and Love, but God does not require people or a reason in order to exist or Incarnate. The All-Pervading Supremely Intelligent Force we call God, already fully exists and is completely sufficient. God is not becoming and is not dependent. God does not even require Incarnation. That is a Gift to humanity.

The mind is always in the middle of a war between the heart of love and conscience, and the ego which resides at the root of the mind. The heart and ego are battling to control and lead the mind. And, if the student has undying passion and is Given intuitive understanding, then it too enters the fray against the ego to lead the mind. The forces that control the mind, necessarily control the destiny, because the mind is the director of all subtle and gross actions. Your life is and becomes a synthesis of that which you **actually do** on both subtle and gross levels, not that which you merely **think** about doing, or that which you merely **want** to do. Intuitive understanding, without allowing it to lead one's subtle and gross actions, is worth nothing. Seeing, feeling, and knowing what to do and how to do it based on intuitive understanding, but without doing it, is a rejection of that lead, and is a refusal to follow that lead. Choose your leader wisely in every moment, because your past choices have created your present, and your present choices are creating your future destiny. For the serious student with intuitive understanding, compromise, procrastination, or avoidance can be rooted in fear and clinging. You are not a victim of circumstances, unless you choose to be, and nothing can keep you from the Higher Life, except your choices. Those who refuse to think that they have a leader, those who like to believe that they are completely independent agents, are not objective enough to their own nature, and cannot see that which is compelling and leading their mind in every moment: the ego, and its need for survival, pleasure, and vanity, seen generally as self-feeding and self-protection, and seen specifically as all human action not based in intuitive understanding. No individual is completely independent of his own nature and natural way of life. No person is completely his own master. Your most powerful leaders are internal, not external: the ego, the heart of love and conscience, and intuitive understanding. Since you must choose, and in fact do choose in every moment, then I would suggest that you consider choosing a better way.

Specific to the heart and other people: you can choose love, conscience, giving, kindness, and helpfulness in your relationships, or you can choose desire, clinging, ownership, force, control, meanness, manipulation, and lying to others. I suggest at least attempting the former, in spite of how you may feel at the moment.

Love shows you **how** to treat others, while conscience guides you in **how not** to treat others. Love is present when you do the right action, while conscience "speaks" when doing the wrong thing. Love guides by a sense of human happiness, well-being, or warmth, while conscience

causes pain as guilt, remorse, regret, or "bad feeling" when ignored and doing wrong. When doing the right thing toward another, love is present and you feel better, while conscience feels neutral. However, when doing wrong against your fellow man, love shrinks and disappears, and conscience feels bad. Doing good feels much better, and you are also sowing seeds of good karma. Doing wrong feels bad, and you are sowing seeds of bad karma. Most importantly, love indeed helps free the heart for participation in the Higher Life, even though the Way of Freedom is not confined to the heart, but includes the entire being and life.

The heart can guide people in how to treat and not treat one another. That is part of the Design of nature. You may find it interesting that conscience does not rely on any particular man-made language or culture to provide its guidance. Languages come and go and are modified throughout human history, but the heart forever remains the same. For example, the feeling that "stealing is wrong" will always remain the same, while the languages and words used to express the feeling vary and will change. The single **feeling** that "stealing is wrong" can currently be expressed in hundreds of different languages across the planet. Be clear that feelings and ideas are not the same.

Remember, the heart provides wordless conscience, and the mind translates that feeling-guidance into ideas, into words and sentences, into moral principles. Feeling bad when thinking about stealing is the feeling-voice of conscience. The **idea** that "stealing is wrong" is a moral principle created by the mind in response to the **feeling** of conscience. The heart has no memory, but the mind remembers the morality initiated by the heart. The heart of love and conscience cannot be taught, only exercised; a person either has it or not. But, love and conscience can be un-covered, if they are alive yet buried under mounds of egoity.

I suggest that the serious student of freedom not allow the ego-animal and its desires to overpower and suppress the heart of love and conscience. Do not let the ego rule the mind. Do not allow the fear, aggression, and clinging of egoity to run your being and life. Do not let the monster win the war between good and evil in your own being and life. The battle is fought in every moment of every day. Your greatest ally is intuitive understanding, insight, and feeling, is God Itself. The Way of Freedom **to** God indeed **includes** God from the very first moment you understand. Let God Lead. Let God Show you the Way. Let the world do as it will, and invite and allow God to Lead, and to Do as He will through the being and life that you now call your own.