

THE MYSTERIES OF CONSCIOUSNESS

A CONSCIOUSNESS RESEARCHER'S GUIDE TO
ENLIGHTENMENT



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The Mysteries of Consciousness



A Consciousness Researcher's Guide to Enlightenment

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*There is a mysterious human dimension,
the recognition of which shakes all our ideas
about who we are, where we are coming from
and what we do in this world.*

*This is the realm of consciousness:
the ultimate scientific and spiritual mystery.*

*I've been deeply immersed
in the exploration of consciousness,
and the intriguing discoveries I've made
form the heart of this book.*

INTRODUCTION

There is no doubt that today we are living in a renaissance of spiritual quest. Behind the ever-expanding spiritual movements, religious revivalism, esotericism and other spiritual traditions lies the hunger of humanity, disillusioned with material pursuits, for self-discovery and self-realisation.

Self-discovery? Finding yourself? *You are, you exist, a mysterious spirit resides within you.* You have never been anything other than who you are. How can you discover yourself if you are always yourself? Perhaps what you perceive as your true self is merely a false persona, a social mask, and that you seek your authentic “I” beyond this iron, corroded mask?

The various spiritual paths proclaim that the solution to all your questions lies within your own self. The kingdom of heaven is within you. Your body is the temple of the spirit. In La' Kesh. Tat Tvam Asi. Aham Brahmasmi. (You are That. You are the Spirit, Brahman. You are the ultimate reality.) Gnothi Seau-

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ton, said the ancient Greek sages. Know thyself, for Thou and God are one.

The world is in you. It is created within you and there is no reality separate from you.

Everything we perceive about the world through our senses. Our senses perceive waves of different wavelengths, transform them into shapes, colours, sounds, smells, tactile sensations, the mind assembles them into a whole colourful, shapely, loud, fragrant image and projects this unified mental image into the space of consciousness. The image of the whole world, and the image of ourselves in it, is nothing but a projection in the mind - a reality created for us by the mind. Our thoughts, our emotions, everything we perceive, appears in the space of consciousness. The space of consciousness is the only thing that is not a "thing", not a manifestation, but a spatial, aware void, nothingness, a conscious space in which the contents - the image of the world, thoughts, emotions - appear.

The only reality is consciousness itself, everything else is just content in the space of consciousness. The whirl of the world, the whirl of our thoughts, our belief systems, our emotions, our feelings are like an ever-changing, moving, interlocking frame of film on the screen. We become deeply immersed in the film of our lives, we live its dramas, we cry or laugh with the characters, and we become so involved that we forget that *film is a fleeting game, and the only reality is the screen that makes film possible.*

The advanced sciences of our time also claim that our world is nothing but a construct of mind. A mind created image. Or, if you prefer, Maya – an illusion.

Consciousness is the only reality, and there is nothing but consciousness, say leading quantum physicists. Everything is a creation, a play of the one consciousness. The world appears in consciousness and in it the dance of diverse forms is formed. And these forms, dancing in existence, are created, transform and disappear to give way to new forms. This is creation itself, the play of life itself - unique and beautiful. Consciousness takes pleasure in playing with forms... it does the same in us, and this play is the joy of creativity, of creation.

You, like me and all of us, are the only consciousness that has taken on the guise of personality. In the space of your consciousness, an image of yourself and the world has been created: yes, you have a transient body, you think, you live in the bondage of emotions, you perceive - you are a "tangible someone". And in the same way, you consider the image of the world around you to be an absolute tangible reality, because your mind has created a wonderful, colourful, fragrant, sonorous, i.e. perceptible, comprehensible image, which it has projected as content into the space of consciousness. Thus, the dance of forms, the dazzling swirl of colours, patterns, shadows, sounds, smells (which the mind loves to contemplate, to get caught up in the multicoloured whirl) has obscured the space of consciousness from you. It has drawn a veil over that which knows all this, and this veil has obscured reality.

You may find that you are so immersed in thoughts, emotions, desires and fears about the objects of the world that you are unaware of yourself. Intellectually, you know you are: *a series of memories of the past creates a kind of "life story"*. Here I am, as a baby - you point to your photographs, here I am at graduation, at a wedding, here I am bathing in the sea, here I'm on holiday, yesterday I was playing a

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computer game, today I was surfing the internet, and now here I am. So I know about myself.

But I'm not talking about your life film evoked by the continuity of memory. I'm talking about not living in the present moment, not experiencing your presence in every moment, not knowing about yourself. You don't live in your body. The light is on, but you are not in your only home, in your temple of your spirit. You walk in the past, you plan the future, you reap the imagined fruits of your labour, your attention is fixed on the objects of the world and fully absorbed in them. You are not conscious of your existence at every moment.

When you partially withdraw your attention from the forms, thoughts and emotions dancing in the space of consciousness and pay attention to yourself, you immediately come into the *present* moment.

Try it, it can be an important and radically transformative spiritual practice! Do this: Sit comfortably and relax. Don't be distracted - try to get rid of distractions. Pay attention to your eyelids until they start to tingle and relax. Look at the muscles in your face, are they loose or tense? Pay attention to your body parts. As you focus your attention on one part of your body, it gradually relaxes deeply. You don't have to spend a long time on each body part. It's enough to focus for a few seconds on the top of your head, then your forehead, eyes, facial muscles, neck, shoulders, chest, abdomen, back, groin, thighs, knees, shins, feet, then the top of your feet and the soles of your feet. From top to bottom, with your conscious attention, scan your body down to the soles of your feet, then reverse the direction of your attention and move from the bottom up. As you do the exercise, after a while, a warm, tingling wave of relaxation will flow through

your body, brought on by the attention. And as your body relaxes deeper and deeper, as your attention is directed more and more persistently inward, towards yourself, you will notice strange changes: *You are in your body again. There is a subtle, all-encompassing peace, calm, love. Like a mysterious someone, you have taken possession of your body again. You are present.*

Then you can go back to reading. And as you relax and read, listen to the attention within you reading these lines. You will have a life-changing experience: you will realize that an intangible, *elusive, alert, watching Nothingness, emptiness, awareness is looking out through your eyes.* It sees the translucent outline of your face, your nose. An incomparable, mysterious "Something" observes the world through you. You understand why the mystics said that *through your eyes God is scanning the world.* God is looking through you at their creatures.

In the spiritual quest, we seek the eternal, the omnipresent, the ultimate reality. *The formless beyond form.* But since the human mind, thought, grasps only forms, it considers the formless body to be something mystical, abstract, metaphysical, religious, non-worldly. It is true that the formless precedes thought, and at the same time is beyond thought, but this does not mean that it is unknowable. It is difficult to circumscribe with thoughts, i.e. it is not "knowable", but it *can be experienced.*

Everything that is not form connects you to consciousness. *The space* between objects is thought to be nothing and not worthy of attention - an old cultural programming. Yet it is space that makes the existence of objects possible. *No form without space and no space without form exist.* One depends on the existence of the other. Silence, which we think of as the

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absence of sound, is in fact much more than the absence of sound. Sounds dance in the space of silence, without silence there is no sound.

The space, the silence between thoughts, the observation of inner awareness all lead to the same place, to the realm of the formless, the unmanifest. *The realm of the single consciousness. And it is this consciousness that is our ultimate spiritual and scientific mystery, and it is this, the realization of which will radically transform the world in unprecedented ways.* It is not our actions in the stupor of our thoughts that do this, but the consciousness behind our actions that shapes our world.

Some feel under attack against their carefully constructed belief systems: 'No, it can't be that simple. It has to be much more complicated. There must be a complex, higher entity that can only be achieved through spiritual progress. And for that progress, it takes time.' But there are also those, especially among those with strong religious convictions, who consider it "new age nonsense", reject it, their ego is on the attack and they have no intention of trying, of experiencing the "spirit" within them. They are not yet ready to gain insight into the realm of the ultimate mystery.

But reality is always simple. It is so simple and perfect that the mind stuck in the complexity of belief systems, the 'clever little self', refuses to acknowledge it. In fact, it fiercely protests against it. Pathfinders are born, who, as is the custom in consumer society, run from guru to guru, poring over books, searching tirelessly. They feel they have to evolve, without evolution they will not have the grace to know the ultimate truth. They really need time, a long, arduous spiritual journey. They climb steps, they crawl up steps, at the end of which they fall - in the best case - into nothingness and realize that there never really was a path. There is nothing to seek, nothing to achieve, nothing to

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realise, because everything they were seeking was already within them from the beginning. All you have to realise is that it is not intellectual, but experiential. By observing the spirit, the consciousness, that is hidden within us.

You are That - you are consciousness. You are God. You are the ultimate reality. Tat tuam asi. InLa Kesh. You are That. You are Christ Consciousness and Buddha Nature. There is no other way but this: Gnothi Seavton - Know Thyself!

HOW DO WE READ THIS BOOK?



The reader is holding an unusual book in his hands.

THE USUAL BOOK HAS AN INTRODUCTION, then an explanation and finally an ending - this is the hallmark of a logical, rational story. This book, however, is a collection of individual articles, each of which is a basic cube in the overall mosaic structure. I trust that these mosaic cubes, complete in themselves, approaching consciousness from different angles, will eventually come together to form a single whole picture and shed light on the nature of consciousness.

I SUGGEST you read this book at a slower pace. Read one article at a time and then reflect on what you have read. The mind is greedy: it wants more and more and more interesting things, insatiably. So read slowly, let what you read go beyond the curiosity-hungry mind, reach your intellect, even beyond your intellect, to understanding. For only then will

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this book be truly useful to you and lead you to the coveted awareness.

IT IS worth doing the recommended exercises because they provide a direct experience of the mysterious realm of consciousness. *Practice mindfulness and come to awareness!*

I SALUTE THE DIVINE SPIRIT
WITHIN YOU!



There is a wonderful form of greeting in the Indian subcontinent. You meet someone, look deeply into their eyes, recognize the divine essence within, join your hands together in front of your chest, bow and say with sincere reverence, "*I salute the divine spirit within you*". This is the ceremony of Namaste, which is fascinating: a deep respect, a reverence for the spirit recognised in the other. Because you know that he is the same, you are the same: *a divine spirit in human skin*.

AS A HUMAN RACE, we are strange creatures. As embodiments of life, we come into being on this miraculous planet teeming with life, where everything, everything is a great miracle, because its existence is a miracle. Nothing necessarily needs to exist. But it does exist: a rose with an incomparable fragrance, a gracefully arching blade of grass, a twiggy, scraggly forest tree, a trilling bird. Oh, so much unique beauty! And all alive, rooted in being, they are the embodiment, the manifestation of life itself.

As innocent babies, we experience this unique magic, and then, with enormous effort, we acquire a wealth of knowledge and "cleverness". We learn, we absorb the knowledge of countless disciplines, and in doing so we take the unified world, initially experienced as a concept-free wonder, and break it down into pieces, translate it into concepts, terms, equations, numbers and think we "know what it is". Just a rose, an ordinary, boring rose. Just a blade of grass, and we hit it with the lawnmower without deeply understanding that these are all wonderful expressions of life. There is a 'something' in them that is totally incomprehensible to the mind, Life, which science calls 'complexity'. Complexity? A beautiful term, perhaps a little incomprehensible... but that's what a term should be: incomprehensible, difficult to pronounce, "clever". But has it even explained the incomparable miracle of existence, of life? No, we have only invented a word. A concept *with which we have killed the miracle of life*.

Science, 'cleverness', is great because it makes it easier to shape the realm of matter to our liking, to split an atom to make electricity and to make a nuclear weapon. But we must not forget for a moment that it does no more than describe in terms of laws *what already exists, what already works*, independently of science. It is useful to think of the world in parts, but we must be aware that the world is a single whole, functioning as a whole, not to be dissected, not to be broken up into completely separate parts. The chicken, to be consumed, to be digested, must be ingested bite by bite, but the living chicken is a single whole, more than a collection of parts: *the miracle of Life lives in and through it*.

We adopt beliefs, complex belief systems. We believe them, we don't question them, because for us these beliefs come from reliable, important and respected sources. I don't question them because I want to gain roots to exist in a community. I embrace unchewingly that this is 'good' and that is 'bad'.

Anyone who thinks like me is a bosom friend, I love him, and anyone who thinks differently is a dangerous stranger. You are not like me: you do not believe what I believe. You are a stranger, I fear you - and for my safety I would even destroy you. And when you become deeply enslaved to a belief system, you no longer see adherents of belief systems other than your own as a living miracle, but only as an enemy to be destroyed. *In the ideological struggles of the last century alone, 170 million deaths have been an exclamation point that our unconscious identification with our belief systems is a self- and public-endangering folly.*

Why do we feel strange when someone looks us in the eye? Are we afraid of exposing our emotions, our ulterior motives, afraid that we can no longer lie to ourselves and others? Are we afraid of exposing the deceitful tricks of our little selves that want, speculate, calculate, influence and persuade? We feel that if they look us in the eye, they are invading our intimate sphere. Because the eyes are the mirror of the soul. The eyes are not only the mirror of the soul, but through them our essence, our true Self, looks at the world. Through our eyes, the divine spirit scans itself and the world. And behind the eyes of each of us lies the same mysterious, enigmatic, elusive intelligence, spirit.

When I look deep into your eyes, I see the life-brimming sparkle of your eyes, and the incomprehensible, mysterious wonder that is You. When I look into your eyes, I see that you are the same as me. You live as a human being, as I do, in an artificial society, in our own creation, where you experience joy and sorrow, terror and love, fear or liberation; you are a feeling and understanding human being, like me. I hide from you, I hide my emotions, my thoughts, because I am separated from you, because I am afraid of you; and deep down I am lonely. But when I look deep into your eyes and see in them the awake gleam of life, then I recognize you: you, like me,

are the same single Life, in another body, in another material form.

Once you manage to linger in a state of thoughtless awareness, once you see the miraculous nature of labelling, categorising and unconsciousness, you are shocked to realise that your true self is nothing but an aware existence: loving, intangible, mind-inexplicable void. *A spirit hiding in your body, curiously and openly scanning itself and the world.* You realize that this mysterious, unnamable "something" is none other than Life, Consciousness, present in all forms of life - or, if you like, God Himself, which is far more than the God-image of the monotheistic tradition. A mysterious something has taken on flesh within you to experience itself in varied forms, in unparalleled and unique patterns of manifestation. It is this single spirit that lurks behind your curiously contemplative eyes, and the same spirit lurks behind the life-glittering eyes of your fellow human beings. Then the veil of labelling and judgement is lifted, and the truth is revealed, which now sees the holiness and divinity of all life. You see the deceitfulness of belief systems. How they hide the truth from you, how they label another way of life as "good" or "bad", and so doing, conceal its true nature. You realise that whatever it is that appears before you in the infinite, eternal now, is nothing but the manifestation of the one Life in its unique forms. You bow before it with admiration, with reverence, because you recognize the mysterious, single spirit that is hidden within it. *Yes, you and I are the same: embodiments of the same one Consciousness in unique and unparalleled forms, and beyond these forms we are all the same One "something".*

I know you are not a stranger. I look into your eyes and find the meaning behind your sparkling eyes. *I see you! I see your true essence! No need to hide: I am the same as you! I recognize you, though you come in the guise of another human form! I*

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and You are the same! These are the *sacred encounters* when we do not pass each other by as frightened strangers, but recognize each other's true being, recognize ourselves in each other. *I and You are not different: we are essentially the same - just hiding behind different masks!*

NAMASTE, my dear fellow human being! I embrace with love the divine spirit within you!

THE ULTIMATE MYSTERY: THE CONSCIOUSNESS



Who is it that looks at the world through your eyes? Who is the one you call "I"? Who are you really? Dive into the mystery of yourself!

THE STORY OF OUR LIVES



** Oneness with the world * Losing the Edenic state * Why do we copy others? * What is the meaning of your existence? **

*W*hen we are born, we enter the age of innocence. The world is an intermingling, swirling mixture of colours, sounds, shadows, shapes, flavours, with which we live in blissful unconsciousness. What we feel, the world feels through us; and what we perceive, the world perceives through us. *There is no separate "I", only one vast unconscious experience:* the blissful-unhappy state of being. We are happy when we have a full stomach and pleasant stimuli - then the world is happy as well. We are unhappy when we are hungry and overcome by bad feelings - then the world suffers with us. Mother - the ever-present, caring "Goddess" protects, loves and nurtures us. If there is no Mother, there is no nourishment. This hurts and instinctively fills me with fear of death - *because existence, Life, wants to live through us.*

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GRADUALLY WE START to move - what a miracle happens: we move independently of the world. We lift our heads, we crawl, we take our first tentative steps. Then some of our desires are not fulfilled: sometimes we are hungry, but Mother God - this great loving and caring creature - does not understand our cries. Sometimes Mother God is angry, impatient and capricious: sometimes we bathe in her love, other times she is torn from us, forgotten. We discover, we sense, that our world is outside of us. I am me and outside of me there is she, the Mother, and beyond that a mysterious realm - full of wonder, magic, something to be conquered. We move at our leisure, plunging into the mystery of a colourful, loud, fragrant world where everything is unique, incomparable, unrepeatably mystery, magic.

IF I PUT a duvet over my head, the world disappears; and if I cover my face, the world goes dark - and with it I become nothing, mysteriously vanishing. It is a grand experience: to exist in the realm of magic! But there is a heavy price to pay: *we are torn from the unconscious Oneness of existence. We are expelled from Paradise and our "I", separated from the world, stands a stern guard with its flaming plank in front of the Garden of Eden.*

THE "I" is born, the little "I" that continues to unfold, to grow stronger and stronger, to long, to yearn, to desire, to want, to love and hate, to fear, to dread, to worry, to like, to become dependent on external circumstances, for almost our entire lives. When we are cast out of Paradise, like Adam and Eve after the Fall (i.e. when we arrive in a world of contrasts between 'good' and 'evil'), we awaken as a self-aware personality living in the bondage of a heavy and ephemeral skin suit. We are aware of

a 'self' separate from the world, who can conquer but can also be conquered; who can love but can also hate. Once it has bitten into the fruit of the tree of "good" and "evil" - it has arrived in a world of opposites, of dualities.

TAKES possession of this newly discovered (and to be discovered) world: he wants to absorb it, to conquer it, to push its boundaries - because everything is waiting for him, to be discovered, to be known, to be taken possession of. This is allowed, but this is not allowed - the first prohibitions appear. Education that sets limits to what seems to be limitless explorations. But I want to take it all for myself! - defiance appears, the ego's initially curious, then increasingly selfish desire to satisfy its interests. The "conqueror" is born, who does not want to know our (cultural) rules, our laws, our artificial boundaries - because for him they are all *limits to the knowledge of infinite possibility*.

THE FRENZY of unbridled outpouring is broken only by the painful and bitter restraint of slaps: slaps from parents, educators, teachers, and slaps from life (the new "Gods" greater than Mother) that set limits, that impose boundaries. They show you that you can achieve great things, but beyond that, there lies darkness: unloving rejection, insecurity, exile—there is no other path, you must conform to society!

By the time you're a schoolboy or schoolgirl, it's a pretty successful business, you learn how to role-play: 'I'm good and they are bad'. You don't even realise how the world of endless possibilities is narrowing. *The infinitely wide path narrows into a narrow path: this is the narrow path you have to walk because it is the only accepted way to live: it is the safe one.* And if you step off the path, the dark unknown, the coldness,

the outcast, the unknown awaits you. No, you cannot step off, for this is the One True Way to Life - is the dogma that you are embracing deeper and deeper, unconsciously. It becomes your blood, the blood that flows in your veins, and you will no longer be able to leave it. Because if you stray from the narrow path, you may never find your way back, you will be lost. Don't have an independent opinion, an independent idea, an independent initiative, an independent existence, because that is individuality. And individuality is bad, it does no good - you can hear the program chattering in your head. That's how *you learn to copy others*. You were born with an individual existence, with unique skills and knowledge, you have acquired unique experiences: your personality is unique, one of a kind, never to be repeated - *your existence is your unique combination of skills + knowledge + experience*. But it doesn't matter - it's a misconception that is fixed in you. *You must become a copycat, imitate role models.*

The being within you, the life within you, wanted to express itself through you, but you are holding it back. "Life, you cannot exist. You cannot unfold through me; I must imitate the life of others. I must copy the lives of the successful, the tried and tested, the ordinary, the idols held up as role models and make them my own." This is how you become fearful of life, irredeemably timid: if I do what is expected of me, I am on the right path, but if I want to express myself - well, that is an unpredictable, unsafe path where only dangers threaten! And I want to live in safety, in predictability!

LIFE IS NOT A CERTAINTY, not predictable, but eternal change, in which only one thing is certain: the passing away, at the end of which all individual creativity is wiped out, disappearing without a trace.

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YOU DON'T EVEN REALIZE it, and you're already on the merry-go-round of life. In which "life" is a lie, a reversal of nature: you started from an unconditioned Life with all its possibilities, and you are trapped in a programmed, predictable, rehearsed "life" where there is nothing but a doing and taking without deeper meaning; a wasting of your waking moments and dreams for a living... an endless, never-ending merry-go-round *from which there may be no escape*. You turn into a living robot, where you don't even have your free moments. Because there's a chattering little "I" in your head, chewing over the past and fearing the future.

YOU FIGHT, you defy the Universe, you bulldoze the obstacles in front of you, while lying to yourself and your fellow man to "prevail". After all, that's what everyone strives for, isn't it? You don't realise that the tension inside you is growing and growing - it's about to erupt. It wants to change, to start a new life, to express itself, to exist, to be! *Finally, for once, to be!* You suppress it and it takes more and more of your life energy to keep down the inner impulses and instincts that you feel are dark, unsafe, buried deep down, so that they don't erupt like volcanoes. You have banished them to your unconscious, from where they sometimes emerge in your desires, in your night dreams, as ghosts of a life betrayed, of a life made nothing. You stubbornly defy them. A little more and I'll reach my goal!" you say, lying, reassuring yourself.

AND WHEN YOU -FINALLY!- arrive at your destination, you have everything you wanted before: financial security, family, friends, well-being, peace of mind, maybe a secure

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pension (with the inevitable exclamation mark of passing away)... well, then doubts creep in: *Is this all there is to life?*

YOU HAVE BEEN CAST out of Paradise to embrace the Universe, you have gone to war with yourself and with life. You fought, you pissed in the wind, you bargained, you sold your waking moments and your dreams to prevail. *You have sold your existence to be recognised, to have roles, status, prestige, wealth - but something deep down inside you is lost and it is torturing you to the point of madness: WHO AM I? WHAT IS THE PURPOSE OF LIFE?*

WHO AM I? The roles I have taken on? My life story? My successes, my failures, my stories about myself and others? What was the point of my life? To live in a daze of cultural myths and never know who and why I am, what my purpose on this earth is? Why did I come, what is my mission in life? Who am I, after all? What is this Life, intellect, knowledge, soul or spirit within me?

I WAS SEARCHING FOR MYSELF, for the meaning of my existence in sacred documents, legends and myths, (mis)interpreted by others and passed on to history. Maybe I searched for myself in the stars, in the interpretation of my dreams, in the analysis of my dramas, in my past. Or maybe I asked for advice from the most authoritative: tell me, shepherd of the soul, depositary of divine knowledge, my educated fellow human being: who am I?

Maybe the answer was in me from the start. Maybe knowledge begins and ends within me. Maybe the answer to everything is the "I AM".

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AT THE ENTRANCE to the Delphi oracle is the inscription "Gnothi Seavton". Know thyself! *Know thyself, for in knowing thyself thou shalt know the world, the All, the Great Mysteries of Existence.*

ACCORDING to ancient Hindu sacred writings: Tat tuam asi! You are that too! *You are also the Great Secret!* If you solve it, the mystery of yourself and the mystery of the world will be revealed to you.

THE KINGDOM of heaven is within you. I repeat: The kingdom of heaven is within you. Don't look for it in external churches, in outdated documents, in dogmas, because the answer is hidden in You. Look under a rock, look at a blade of grass, at nature, at the perfection of the Cosmos - look within yourself, at the miracle of Life within you. *You are the answer to all your questions!*

WHEN YOU'VE LOOKED CLOSELY at every belief system, dogma, "God", pre-packaged external answer, you pause: "Is this really it? Are they reliably true, the depositaries of absolute truth?". At the end of the quest, you understand why Jesus, Buddha, Mohammed, Krishna, Lao Tzu, and other enlightened human-divine beings said: *Look inward! Look within yourself!* Look beyond roles, beyond life stories, beyond suffering, beyond fairy tales. Look back to where you started! Turn back to the Source, to your true Self - before and beyond cultural fairy tales! WHO ARE YOU? Find yourself!

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LISTEN TO THE INTELLIGENCE, the attention, the consciousness that has been lurking within you since childhood. For this is the soul, the spirit, the divine seed within you! As Christians would say, God made you in his image. He breathed into you a spirit, and this spirit, this Holy Spirit, is what you are! *There, within yourself, you will find the answer to all your questions!*

WHO ARE WE REALLY?



** The mysteries of our bodies * Captive to thoughts and emotions *
The ultimate mystery: the Consciousness **

The mysteries of our body

Our senses tell us that our bodies are solid and constant. But in reality, our bodies are constantly changing, like a flowing river. With each breath, a huge number of 1,000,000,000,000,000,000,000,000,000 atoms enter our body, are incorporated into our cells, and the same number leave our body when we exhale. In less than a year, 98% of the atoms in our body are replaced: the liver is renewed in 6 weeks, the skin in 5 days, bones are replaced every 3 months, and the 'raw material' of hereditary DNA is replaced in 6 weeks. The atoms of your 1-year-old body are now outside your body: in the air, in the soil, incorporated into other living organisms, grass, wood... the whole planet is recycling itself in a continuous cycle. We live in a close inter-connectedness with everything, everything is in constant

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transformation, in flux. *The only constant is change. Yet we experience the permanence of the "Self". Could it be that we are not our body?*

IN THE CAPTIVITY of thoughts

What are the thoughts? The philosopher Descartes declared "I think, therefore I am". This misconception still affects our identity today. Our thoughts, like the cells of our bodies, are constantly changing: a thought appears and disappears, giving way to a new stream of associated thoughts associated with the original thought. And between the thoughts there is a space. This space is the field of consciousness in which the thought appears.

DO A SIMPLE, but all the more shocking experiment:

Suspend reading for a while, set yourself a clock. The aim of the experiment is to stop you thinking. Measure the time, how long you are able not to think.

So, how long was it before the next thought came to you? 5-10 seconds, maybe more?

We pride ourselves on our ability to think. But are we really thinking? Do we actually want to think? *Our experiment shows that it is not we who think, but thought that holds us in its grip.* It is the constant flow of thought that obscures the fact of the existence of consciousness.

That is why the medieval mystics said: *"Between God and you, there is only thought."*

THE TRAP of our emotions

Emotions work in a similar way: they appear and disappear in the space of consciousness.

EMOTIONS, however, have a huge impact on our lives: they can cause lasting addiction. Each emotion has its corresponding neuropeptide, a kind of hormone produced by the brain and released into our cells through the bloodstream. These peptides are very powerful compounds, so if they bombard our cells for a long time, they become addictive. And once you become addicted to an emotion, you unconsciously create situations in your life that satisfy your addiction. If you are addicted to anger, you seek out situations in life that satisfy your cells' "anger" peptide addiction.

OUR BODIES ARE CONSTANTLY RENEWING, they are not permanent - so we cannot be the body. Our emotions and thoughts are not permanent as well. However, what we call the 'I' is permanent. So, it is time to ask the question: If we are not the ever-changing body, the ever-changing emotions and thoughts, then WHO ARE WE?

THE REALM of the ultimate mystery: the Consciousness

Science has now studied the world down to the smallest detail: it has dissected the human body, dissected it into organs and then into cells, and looked inside the nucleus. But when it finally put the pieces of the body back together, all it found was a dead, lifeless puppet... life had somehow drained out of it in the dismemberment process. We know all about the structure of the mouse eye, in Latin terms, numbers, statistics and equations. But what we know very little about, and what we regard as the ultimate scientific challenge of the 21st century, is consciousness itself.

ERVIN K. KERY

*Two young fish are swimming and meet an older fish:
- Isn't the water beautiful today? - The older fish says hello in a
friendly way. The two young fish swim on, and one of them says: -
Water? What is water?*

YOU SEE all kinds of objects around you, but you ignore space. We have been taught to selectively focus our attention only on the visible, the "solid", so that we ignore the unmanifest: the space in which objects appear; the silence on whose surface sounds ripple. Consciousness itself is the space in which our perceptions, emotions and thoughts appear, the mental image of the world is projected into the space of consciousness.

OUR CONSCIOUSNESS IS CONSTANTLY FLOODED with feelings, emotions and thoughts, and as we pay attention to these contents, we ignore the space in which the contents are appearing.

THIS CONSCIOUS SPACE is our ultimate Self.

A NEW WORLDVIEW



**The outdated worldview * The emergence of a new paradigm **

"**E**verything we know about the world is, always has been and always will be a construct of the mind" (Erwin Schrödinger, father of quantum physics)

Breaking out of the old worldview

Many people still know our world according to the outdated Newtonian - Darwinian - Freudian - Cartesian (Newtonian physics, Darwinian evolution, Freudian unconscious, Cartesian dualism) worldview. They believe that the Universe is made up of dead matter and functions as a gigantic machine governed by well-calculated physical laws. They see life as the product of random mutations and themselves as hard body, driven by survival and reproductive instincts. Survival drives us in this vast jungle, where the laws of the jungle dictate that any fellow human being can threaten the security of our existence - so we must compete, defeating them for our own survival. And to prevent this jungle battle from becoming a bloody reality, man is restrained by laws and moral codes.