

How to Drive Your Meat Suit

Author: Burton Alexander

Date: 29/11/2019

Version 0.0.5

Released under
Creative Commons License v. 4
BY-NC-SA

Table of Contents

Introduction.....	3
What is the Meaning of All This?.....	3
Ok.. But...Why?.....	3
Aim for Excellence.....	4
Listen to Expertise.....	4
Be Silent.....	4
These Things Take Time.....	4
Logical Fallacies.....	4
The Dunning-Kruger Effect.....	4
Must Have a Good Sense of Humour.....	4
On the Subject of Good and Evil.....	4
Mastery of Belief.....	5
Mastery of Emotions.....	5
Anger.....	5
Anger as an Emotional Response.....	5
Anger as a Grudge.....	5
Jealousy.....	5
The Mind Killers – Fear and Guilt.....	5
Sadness.....	5
Love.....	5
Caring for your Meat Suit – Keeping Clean.....	6
Caring for your Meat Suit – Physical Fitness.....	6
Start Slow.....	6
Caring for your Meat Suit – Eating Well.....	6
What about Eating Animals?.....	6
Caring for your Meat Suit – Sexuality.....	7
Abstinence.....	7
The End of the Relationship.....	7
Masturbation.....	7
Caring for your Meat Suit – Family.....	7
Children.....	7
Responsible Adults.....	7
Caring for your Meat Suit – Music.....	7
Caring for your Meat Suit – Lying.....	8
Is there any time Lying is a Positive Thing?.....	8
Is there any time Lying is Always a Negative Thing?.....	8
Caring for your Meat Suit – Drugs.....	8
Drugs as Sacrament.....	8
Caring for your Meat Suit – Final Thoughts.....	8
For Those Who are Interested.....	8
For Those Who are Not.....	8

Introduction

Congratulations on the acquisition of your Homo Sapiens meat suit. It will be with you until your death, after which your soul will reincarnate into a new meat suit. But you don't have to believe this is true in order to benefit. What follows in this instruction manual will assist you in maximizing the potential of both your spirit and your flesh selves during your lifetime.

This document is intended to be a DIY spiritual practice guide to replace antiquated tomes such as the Bible & the Quran. Instead of purporting this book contains all answers, it instead attempts to provide the tools necessary for one to develop one's own answers.

What is the Meaning of All This?

The purpose of existence is to Know Thyself

There are many ways this can be accomplished and the universally accepted best-way-forward is to use the Golden Rule:

Do unto others as you would have them do unto you

to transform oneself, learning about oneself by being truthful with oneself in the service of others.

Be excellent to each other.

Ok.. But...Why?

Because...

- The Kingdom of God is within you.
- As above, so below.
- We are created in the image of God.

Fractally true.

Imagine a fern's leaf. Then see the branch with all the leaves, together looking like a single leaf. Fractal patterns in nature emerge in both life and in matter such as snowflakes, tree branches and crystalline gems. As life forms we are fractal implementations of the universe as a whole.

We are God. What we do to others we do to ourselves

Fractally true.

But you don't have to believe it. The most important thing to believe in is the Golden Rule, accepting the challenge to change oneself to be a person who puts others ahead of oneself. This process is called **Preparing the Vessel**. Bear in mind:

Seeking power over others is the path of darkness

Seeking power over self is the path of light

Aim for Excellence

When applying yourself to a task use your awareness of your limitations in performing the task. If you do not have such awareness cultivate it through repetition. Use this approach in all things and you will soon be surpassing your limitations.

Listen to Expertise

Whether it be doctors, engineers or scientists, any science-based profession, it is important to listen to those who have entered careers that use the principles of science. The scientific method is the best tool humanity has to understand the universe. Listen to the professionals.

Be Silent

Do not talk about the spiritual work you are doing. It is nobody's business. When the time to talk comes you will know it and be prepared for it.

These Things Take Time...

Expect to spend years implementing the Chosen You. Don't allow dark emotions, fear or false guilt slow you down or derail the work you have been doing on yourself. Be consistent **and ruthless** in your application of The Golden Rule.

Logical Fallacies

Google can provide articles describing each logical fallacy. Learn to recognize such fallacious arguments from others and more importantly from yourself.

The Dunning-Kruger Effect

Google this. Research it. Know your limitations. Then proceed accordingly.

Must Have a Good Sense of Humour...

Develop a good sense of humour by learning to laugh at yourself. You will be spoilt for material to use. Be able to see the absurdities of life for what they are.

On the Subject of Good and Evil...

One person's evil is another person's good. Good and Evil are relative labels applied from a subjective viewpoint. Consider the police, bequeathed the power to perform evil deeds in the name of the state. Locking people up, the use of lethal and non-lethal weapons against others, breaking road rules - these crimes and more are executed each day by law enforcement personnel. They are Agents of Evil, licensed to perform evil deeds which can only be justified when the evil performed is less than the evil prevented.

Mastery of Belief

Adults are responsible for the beliefs they choose to hold. If your beliefs are causing you to see or treat **anyone** contrary to the Golden Rule then those beliefs must go. Use the tools you have created on your chosen path to effect this change of belief.

Mastery of Emotions

On your spiritual path you will encounter positive and negative emotions. You will need to have developed a measure of control over them else they will control you.

Anger

Anger as an Emotional Response

Don't allow anger to be your go-to emotional response. Be able to consider the situation objectively and change your state of your mind accordingly, applying the Golden Rule to yourself.

Anger as a Grudge

Holding a grudge for wrongdoing discards the opportunity to learn to control your anger. Take apart the grudge and ask yourself, objectively, whether the anger is justified.

Regardless, learn to forgive and forget.

Jealousy

Jealousy happens when we judge others and find ourselves short. It is always in reference to other people. Maybe your ex is seeing other people, leaving you to feel left behind. Or maybe the Jones's are going on their second vacation overseas this year.

Don't judge others until you can judge yourself. Do not judge yourself with respect to other people.

The Mind Killers – Fear and Guilt

Cults instill in their followers both fear and guilt to maintain absolute control over the flock. Fear of not getting into Heaven, fear of offending God, guilt over primary biological drives...

Use your understanding of Logical Fallacies to defend yourself from such predatory actions. Do not allow yourself to be manipulated by unjustified guilt or fear.

Sadness

When facing sadness allow the sorrow to flow through you. Use the discomfort as an opportunity for spiritual growth.

Love

Learn to love our species. Learn to love each other. Learn to love the world. Learn to love the universe. Be excellent to each other.

Caring for your Meat Suit – Keeping Clean

Wash your body and your clothes on a regular basis. Take steps to minimize the possibility of infection. Learn more (as part of your spiritual practice) from the Google search engine and from professionals in the field.

Caring for your Meat Suit – Physical Fitness

It is important that one's body is kept in a fit state. There are many ways to introduce physical fitness into one's life; a quick Google can display the options and methods.

Start Slow

Give your body time to adapt to any new physical activity. Remember to stretch out the muscles before and after. After a short period of time (ie. 1 week) increase the level and intensity of the workouts with the goal of surpassing your last exercise period. Friendly competition can help however the goal is to develop a mastery of exercise over self. Solo physical activities such as surfing or weight training facilitate such mastery.

Caring for your Meat Suit – Eating Well

Choose fresh food over preprocessed foods. Minimize the intake of (most) fast foods. Learn how to cook. Listen to the advice of professionals – doctors, trainers, chefs, etc. – to augment your knowledge about food, its preparation and its value.

What about Eating Animals?

This is a tough topic. Animals are living fractals too. Natural Law permits our species to farm and hunt animals for human consumption. Consider this; when do you expect cows to go extinct?

As a omnivore it is especially important to be aware of this. If you find yourself uncomfortable with being an omnivore then you should consider changing your diet to vegetarian or vegan.

Caring for your Meat Suit – Sexuality

Unless otherwise specified this section concerns consenting adults. And as consenting adults, anything goes (...provided such actions do not break the Golden Rule).

Abstinence

As part of the Royal Commission into sex abuse in Australia a psychiatrist testified that sexual abstinence does not cause damage. She was right – there is nothing damaging when abstinence is chosen... but only if it is for the right reasons. Many religious paths teach that any sex outside of married man-and-woman couples is sinful, wrong and punishable by eternal pain and suffering. Such beliefs cause feelings of guilt and self-hatred and halt natural psychosexual development.

'Those who can make you believe in absurdities can make you commit atrocities' - Voltaire

Sex is, by default, a good thing. Learn to see your sexuality as such while exercising control over your sex drive.

The End of the Relationship

When at the end of a relationship the parties go their separate ways. Feelings of anger, heart ache, jealousy and fear of being alone can emerge as a consequence. Take the opportunity given to you by your circumstance to deal with those negative emotions. Learn to let go. Love your ex and yourself enough to let go.

Masturbation

Clean your pipes. Enough said.

Caring for your Meat Suit – Family

There is no one-true-way to create a family. As general rules:

Children

Children, listen to and obey your responsible adults. They have the best intentions for you.

Responsible Adults

Ensure you are striving for the best intentions for your children. Be mindful that you set the example for your children. Allow them to see you implementing the principles in this document.

Caring for your Meat Suit – Music

Enjoy music, whatever the genre. Expand your understanding of music by sampling different styles. Be aware of new music and trends. Learn mastery over a musical instrument - such efforts will result in transforming your musical mind.

Caring for your Meat Suit – Lying

'*Do not lie*' is an important instruction for those new to their chosen paths. It is instruction for the inexperienced and the simple.

Is there any time Lying is a Positive Thing?

Yes. The people hiding Anne Frank during the occupation in WW2 lied their proverbials off. In such cases the best option is lying. The caveat here is that lying is objectively the lesser wrong compared with telling the truth. You must be capable of such objectivity as part of your spiritual practice to discern when and when not to lie.

Is there any time Lying is Always a Negative Thing?

Yes. Never, ever lie to yourself.

Caring for your Meat Suit – Drugs

The drug war is an obscenity. Whatever dangers posed by drugs are magnified exponentially by drug prohibition, seeking power over others. The right to alter your own consciousness needs to be enshrined in Law.

Drugs are not for children unless prescribed by a professional.

Some drugs, while being illegal, are nothing short of miraculous to the drug taker. Other drugs, while being legal, result in injury or death – opioids being the most obvious example. As an adult responsibility for taking drugs is a personal choice. Contrary to other points of caring for your meat suit, searching for expertise with drugs law enforcers will result in a highly skewed and fallacious prohibitionist points of view. Search for expertise from those who, in the name of science, are not afraid of tipping the boat.

Drugs as Sacrament

The best drugs to help on a spiritual path are hallucinogenics and cannabis. These drugs are ego-suppressants, they help to reset your thinking from the ground up. In contrast compare the sacrament of bread and wine. Alcohol is an ego-reinforcing substance.

Before taking drugs of any kind research and make an informed choice. As a spiritual practice exercise your right to protest against the exclusion of science from the drug war.

Caring for your Meat Suit – Final Thoughts

For Those Who are Interested

Applying the principles here will future-proof you. Live in a self-aware state. Aim for mastery, be quick to forgive and slow to anger.

For Those Who are Not

No problem. There are plenty of other ways of achieving spiritual growth. I recommend starting with Atheism. The principles in this Meat Suit Instruction Manual can still be applied.

Be Excellent to Each Other