

OVERCOMING THE WORLD

KAPIL GUPTA



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OVERCOMING THE WORLD



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THE BEGINNING



The insights shared, and the statements made in this book are not for mass consumption.

The insights shared, and the statements made in this book are not recommendations.

The insights shared, and the statements made in this book are not rules to be followed.

There is no reason to change one's own opinion. Or alter one's belief.

Things are stated as they are. With no interest in discussion. And no attempt to convince.

Stated simply, should one believe the things written in this book?

He should not do anything. Whatever he thinks and feels is up to him.

These words are not an attempt to help.

These words are not an attempt to teach.

Things are stated, as they are.

To many, these words may incite sorrow, anger, disbelief, and outrage. No recommendations are made to ease such reactions.

There is also no recommendation to "stick with it."

There is no recommendation to "face the truth."

There is no recommendation to read it.

WHAT IS THE WORLD

The world is a circus.

It is a place of neon lights and loud sirens and shiny objects.

It is a place of institutions, dogmas, and propaganda that is created to control the masses.

The world is a place of half-truths, and outright lies.

It is a place that conditions and brainwashes the masses into believing various fantasies.

Politics, religion, schools, teams, spirituality, self-help, and all the institutions and dogmas it creates are to arrange individuals into competing groups so that they may be controlled.

And in those pockets of the world where there is not an outright attempt to control, there is a pervasive ignorance of the way things truly are.

The books, the media, and the words that are spouted from societal loudspeakers are both well-intentioned and ill-intentioned lies. Poison in a medicine bottle. Knives wrapped in embroidered handkerchiefs. Cyanide wrapped in scented towels.

The world is wrong . . . about everything.

It is for this reason that the overwhelming bulk of the people of the world live a life of suffering, poverty, and failure.

This is the track record of the world, its dogmas, educational systems, and institutions.

The world is but a superfluous entertainment.

GOVERNMENT



Governments are responsible for the majority of evil in the world.

Government is a thief, rapist, and murderer that creates laws absolving itself of the very sins for which it imprisons its citizens.

Government views its citizens as a compendium of slaves.

Government views its citizens as people to be controlled, in order to retain its power.

Government views its citizens as an open field of cash to pilfer-from to stuff its own coffers.

If there is a form of evil incarnate in this world, it is government.

It exists solely for its own engorgement, at the expense of its citizens.

It is a parasite that sucks the life out of its citizens.

The reason that it continues to exist is because the world has brainwashed the masses into believing its propaganda.

The trick lies in creating various factions. Populating each faction with believers. And having the believers of each faction fight against each other.

As those in the suits and leather chairs sit back and let the people do their dirty work for them.

There is no poison in this world as deadly as government.

RELIGION



Religion is another form of brainwashing.

Religion is another form of mass conditioning.

Only it is wrapped in a more deeply scented cloth: God.

Religion has nothing to do with God.

It has only to do with the Name of God.

Religion has nothing to do with loving God.

It has everything to do with fearing God.

The middle man is always the thief and the scoundrel. For he serves himself, regardless of the nature of the transaction.

The priest is no closer to God than an earthworm is to the big bang.

The priest is not a man of God. He is a merchant. He is no closer to God than those who visit the temple. He is an usher at the movie theater.

A parrot can recite verses from a text. Memorizing and reciting verses does not make one Holy or Enlightened.

Man's path to God, if it is true, is a direct one.

If it goes through the prism of religions and priests, the individual is certain to veer off course.

SCHOOL

The primary reason that school exists is not for the purposes of education, but convenience. Parents need a place to leave their children when they go to work.

The fact that school still exists demonstrates the power of societal conditioning. It is fanaticism plain and simple.

For what other institution could continue to exist and thrive, despite a persistent and universal track record of failure.

And a failure of monumental proportion. On both the professional and personal level.

All around the world, there are movements afoot to combat bullying. And therapist practices are thriving for this and other socially-created illnesses.

Where does bullying begin?

Where is bullying the most prevalent?

Schools.

What else is learned in school? In this place of so-called “education.”

It is not that schools are not places of education. They are indeed places of education.

Children become educated in creating cliques and groups, which fight against other groups.

Children become educated in the latest forms of vulgar and offensive music.

Children become educated in the latest forms of social media.

Children become educated in social and cultural conditioning.

The providers of education in school are not “teachers,” but students.

Teachers are there only to lessen the damage done between students. Teachers are essentially bouncers and policemen.

School is a night club that operates during daylight hours.

As for the “information” that is taught in school . . . of what relevance is it to the real world.

Of what value is an algebra equation to one who is not seeking a career in mathematics.

Of what value is it to learn what is a “participle” to one who is not pursuing a career as an English teacher.

If one examines the institution of school, it becomes clear that it serves only itself. As every institution serves only itself.

School is a place for those who seek a career as a schoolteacher.

All of the information taught in classrooms, over a period of decades, can be googled on a weekday afternoon.

Universities have taken the “game” to an entirely new level. They have become veritable cities in their own right.

The only thing “higher” about higher education, is the price and the marketing.

If school is the small church on the corner, the university is the mega-church.

Each passes out its donation plate, in the name of “education.”

The employer who hires individuals based upon grades and degrees is an idiot. Unless the job he is trying to fill is for that of “professional test-taker” or “memorized-jargon-reciter.”

Real learning occurs in the real world.

Real education occurs on the pavement. Not the blackboard.

FRIENDSHIP



It is possible that one may find an individual in this world that remains with them through easy and difficult times. One who is genuinely interested in the welfare of the individual and has a calm and supportive nature that provides a respite for the individual.

Such individuals do exist. But they are extremely rare.

In most cases, friendship is but a form of acquaintance. A shallow affair borne of an individual's aversion of being alone, as he pursues life's empty pleasures.

Someone to go to the movies with, the club with, the shopping mall with, a party with. Someone whom to gossip with, and make nonsensical chatter with, in order to pass the time.

In most cases, friendship has a negative influence upon humans. For most of the individuals in this world are not rare people. Thus, they imprint their commonality upon others, simply by virtue of their presence and their chatter.

Environmental influence cannot be overstated.

One stands a far better chance at a more personally and professionally fulfilling life by never having a friend.

FAMILY



Most of the pains that a human experiences come from his own family.

Encounters with outright strangers tend to be far more harmonious.

The troubles that one experiences in family are not necessarily the direct result of the family. But from what the family environment elicits within him.

Greed, control, ego, unappreciativeness, attachment, jealousy, and all the like.

Before one thinks to blame his family, shall he first look squarely at himself.

A chronic geographical intimacy tends to spawn things within a human that brings suffering to himself and others.

MONEY



Money is necessary to live in the world.

Philosophies about money, and the factions it has created is yet another example of societal conditioning.

The man who says that the wealthy are unhappy speaks from a place of jealousy and insincerity. For while the statement may be true, it implies that having no money brings happiness.

The wealthy man does not live a happy life.

The poor man does not live a happy life.

The middle-class man does not live a happy life.

The poor man wants money.

The wealthy man wants more money.

All humans are the same in the fact that they want that which they do not have. The details are irrelevant.

And class warfare is insincere and disingenuous.

FAME



The one who desires to be famous dreams of a day when the people of the world will recognize him.

Once he becomes famous, he spends his time and money attempting to prevent himself from being recognized.

Of what value is it to be known by strangers.

Fame tends to compromise one's art. It tends to tie one's hands. And force his tongue.

Unless he is of the uncompromising sort, the famous man finds it difficult to speak and create with wild abandon. For that which was once wild and free, now becomes careful and rehearsed.

The pressure of peering eyes and judgmental tones tend to toss him off balance.

He who values the opinions of the people, becomes their slave.

He who performs for praise and applause, is a circus clown.

He is but an entertainer.

Not an artist.

THE MEANING OF LIFE



Life has no meaning.

But man cannot accept this. Therefore, he attempts to fantasize meaning into all that he does.

A human life, traditionally lived, is a series of events and circumstances. Most are stormy. Some are pleasant.

The pleasant ones are called pleasant because they are a respite between storms.

All things in life are relative. Thus, they can be made into anything one likes, through the vehicle of one's imagination.

A man is born. He creates a number of relationships. He experiences a series of events. Then he dies.

And when he dies, he lives only in the memory of X number of people.

This memory is the only trace that he ever existed.

There is no meaning to this.

Other than that which one concocts by way of a fertile imagination.

THE SPIRITUALITY GANG



Singing songs, reciting slokas and verses . . . they appear through a fog of incense.

One is all.

All is one.

All is love.

Love, love, love.

Practice compassion.

Meditate upon loving-kindness.

Serve, serve, serve.

Practice meditation. Practice mindfulness. The four noble truths. The eightfold path.

Buddha says this and that. The Gita says this and that.

Aum. Sat. Chit. Ananda.

Do this. Do not do that.

Be this way. Not this way.

Give. Do not take.

Practice this. And that. And that.

Right speech. Right action. Right this. Right that.

But I have done everything, venerable sir and still I have gone nowhere. I have done everything sir, and still I am suffering.

Just keep practicing. Have faith. Meditate. Be mindful. One day it will come.

Have you been practicing, venerable sir?

Yes, for fifty years.

Have you found what you are looking for, venerable sir?

No. But see? I am still practicing.

The world and its concoctions know only concepts. It is awash in practices and concepts. It gets nowhere. Because it is not interested in getting anywhere. It

is only interested in an obeisance to concepts.

The Buddha did not become Enlightened through meditation. If he had, then he would have become enlightened during the years of day-long meditation under the tutelage of the ascetics. Whom, upon realizing their complete inefficacy, he wisely walked away from.

Concepts. Concepts. Concepts.

Pretty quotes.

Stately practices.

All of which serve only themselves.

Buddha wanted Results.

So he went out and got them.

Those who truly achieved something in the world of spirituality did so by forging their own path. Not by following nonsensical practices and concepts.

The things that come to a man, come by way of sincerity and seriousness. Not by faith in middle-men and their nonsensical prescriptive practices and pie-in-the-sky concepts.

CHANGING THE WORLD



He who seeks to change the world, knows nothing of the world.

He is enamored by his own sense of ego.

Not because a human cannot do grand and magnificent things. But because he seeks to imprint his name upon the world.

The attempt to influence others is a heavy-handed and self-serving pursuit. If others become influenced, they will do so of their own accord.

The world is not accommodating to those who seek to change it. For it is tied to its own self-serving nature. And to the concepts and dogmas it lives by.

The world is not a thing to be changed.

A circus will always be a circus.

HELP



There is perhaps no human action that brings more strife than the attempt to help another.

If a man is homeless on the street, and one drops money into his lap and walks on, this is one thing.

But to offer help to another, on an emotional level, either brings pain and conflict, or has no effect whatsoever.

The more anonymous the help, the more one will avoid injury.

Aside from the most plain and extreme circumstances, offering one's help is an invitation for pain.

Humans do not like to be helped. They like to remain as they are.

The human does not care what another thinks. He believes he is right. And any attempt to separate him from this belief, is certain to bring conflict.

Help is yet another romanticized concept that society force-feeds humans.

Aside from basic worldly needs, the human is not a help-able creature.

He is too conditioned to be helped.

He is too brainwashed to be helped.

Help is more a desire of the helper, than that of the help-ee.

In the complex domain of human interaction, the attempt to do good is fraught with peril.

SMART PHONES

Smart phones are the new tobacco. Only far more devastating.

The long-term effects remain to be seen. The effects seen thus far portend an ominous future.

Humans have fundamentally changed since the advent of smart phones. And their brains have as well.

The ability for a human to sit without doing anything, though it never was a human's strong suit, is now virtually extinct.

The smart phone has become the hub of a human's existence. Everything he does, everywhere he goes, revolves around the smart phone.

He feels naked without it. Like forgetting one's car keys. Or the keys to one's home.

The rectangular imprint can be seen in his pocket at all times.

It is the last thing he sees before going to sleep. And the first thing he sees when he awakes.

Portions of the brain are likely to become deactivated by way of non-use.

Smart phones will likely affect the brain chemistry and the physiology of man.

What is quite humorous is man's creation of "smart phone apps" to monitor one's smart phone usage.

As the saying goes, fox guarding the hen house . . .

Man no longer knows what to do without a smart phone in his hand. He feels lost. As if he has lost a limb.

Smart phones have, in many ways that will continue to become apparent in the future, destroyed humans.

Mankind will never be the same again.

CONFERENCES ARE A SCAM

One may imagine a gold rush. Thousands of people lost in a frenzy to find gold in the mountains.

Upon finding gold, a man may do many things. He may hide it. He may protect it. He may deposit it in a bank.

One thing that he certainly would not do is hold a conference to reveal where the gold is.

Conferences are left-overs at dinner, served in the following day's lunch buffet. It is bits and pieces of things. Not the True thing.

Why would anyone speaker, author, or presenter reveal the keys to the kingdom to an audience of strangers.

Typically, such people have no keys to any kingdom. They simply like to speak of trite and empty tidbits for applause, recognition, and a check.

Most authors, speakers, and presenters have found nothing monumental or ground-breaking.

They are simply on a speaker-circuit. Giving rehearsed speeches with a joke inserted every 2.7 minutes.

They are essentially show-ponies.

There are a small few who have accomplished a great deal. And they give bits of "actionable advice" and "prescriptions" and portions of a multi-year journey that makes for a nice story but has no practical relevance.

Doing what an accomplished man says, does not create an accomplished man.

Conferences are yet another forum for socialization. And a way for people to take vacations from their hum-drum existence.

They are little more than socialization with a lanyard.

CHILDREN



This generation of children have been born at perhaps the most inopportune time in the history of human civilization.

Primarily due to the smart phone.

Children will likely not develop neurologically as they have before. Entirely because of smart phones.

Technology, while it has added numerous welcome conveniences to human life, has largely derailed the human organism.

It has interfered with its natural biological evolution, by disrupting its internal ecosystem.

It is often said that today's children are very smart. This statement is often made in the context of childrens' ability to become proficient in technology.

Proficiency at smart phones does not make for intelligence. It makes for addiction.

Evolutionarily and developmentally, today's children are the beginning of generations of the dumbest children ever to walk the face of the earth.

THE MOST PROMISING ENVIRONMENT FOR A CHILD



It can by no means be stated with certainty. But perhaps the best opportunity to create an ideal child would be had by a parent with a particular nature, who raised his child on a sparsely-inhabited island. Far from societal influence.

The nature of the parent would need to be calm and wise. With a heart that cared infinitely more for the child, than for himself.

Such a thing could backfire. As all things in life can backfire. There are never any guarantees.

But the damage of environmental and social influence is so damaging, that a human never overcomes it.

Never.

A man only gets one opportunity at raising a child. For childhood only comes along once. And once the child reaches a certain age, he is in many ways gone forever.

INNOCENCE



Innocence is what the world takes first from a human.

He loses it because of those around him.

He loses it because of the world that he sees.

Those around him rarely have ill-intention. But they are so conditioned, that they cannot help but to contribute to a loss of innocence.

A man who becomes worldly is a man who subscribes to its ways. In doing so, he walks away from his own nature.

A child who remains a child to his parent, and who forever looks upon the parent in the same way he did as a child, retains a portion of his innocence.

One who harbors a mistrust of that which is foreign to him . . .

One who does not follow the people of the world . . .

One who values his instincts more than he values the world's advice . . .

One who maintains a healthy respect for those who brought him into this world . . .

Such an individual retains portions of his innocence.

And this will forever serve him well.

THE MENTAL HEALTH FIASCO



Psychiatrists have become psychopharmacologists.

Psychologists cannot cure anything.

Practitioners are not completely useless. There are instances, particularly in times of emergency, in which they can provide benefit.

But in essence the entire mental health field is a farce.

The reason for this is that mental health practitioners do not have the ability to view a human that walks through their door, as something other than a “patient.”

The moment that a human is viewed as a “patient,” the human cannot be truly seen.

Medical charts provide benefit and convenience for medical professionals. They are an insult to the human. It is like etching one’s every move in stone.

If a mental health practitioner truly wanted to help a human being, he would develop the ability to see him as a human. And never create a chart.

Humans are not hungry to be “diagnosed.”

They are hungry to be listened-to.

Without diagnostic criteria.

Without psychologizing.

Without idiotic techniques and coping mechanisms and strategies and behavioral recommendations.

Without the hint or shadow of judgment.

Mental health professionals will never do such a thing. Because they are trained to diagnose, to prescribe, to recommend, and to treat.

Not to listen.

ART IN THE WORLD



That which rises to the level of art will be ignored in the world.

That which is shallow and commercial will be embraced in the world.

Garbage sells. And sells well.

A film that is nuanced and dissects the fundament of the human experience will struggle to be made, and struggle more at the box office.

A film that displays pyrotechnics, car-chases, special effects, and shallow comedic one-liners spoken by a “movie star” will sell in the hundreds of millions.

The same goes for books.

And for all forms of creative endeavor.

The reason that garbage sells is because the humans of the world seek garbage. They seek garbage because they are conditioned to seek garbage.

A movie theater has X number of movies. They are all garbage. A man then only has two choices. Watch one of them. Or stop going to movie theatres.

Art has no place in this world.

For humans have been conditioned into blindness. Thus, they cannot see it.

And if they cannot see it, they do not deserve it.

The masses deserve the garbage they have been conditioned to seek.

RARE PEOPLE



Rare people are rare.

But they do exist.

And their rarity is a manifestation of the divine shining through them.

Some are rare in their drive, and their ability to accomplish rare feats.

Some are rare in their humanity, and their penchant for sincere and self-driven service to other humans.

Some are rare in their ability to make others feel comfortable in their presence.

The rarer the person, the less he will be known. And the less he will be appreciated.

Rare people, like rare artists, are largely recognized after they have passed away.

PARENTAL DEVOTION



Parents do a great deal for their children. In many cases, they devote their entire lives to them.

Those who devote their lives to their children certainly cannot be faulted for such a herculean devotion.

But they will suffer enormously on account.

On a worldly level, this will not be understood. This is a universal statement. For nothing that is attempted to be understood on a worldly level can truly be understood. Because the worldly level is a cosmetic, conditioned, and wholly incomplete perspective.

Life does not function upon the worldly level. It functions upon the level of nature.

Nature is nature.

The world is the world.

The two could not be further apart.

Much of what humans call love, is attachment. This is stated quite conservatively. For in most cases, virtually all of what one calls love is attachment.

The more that a parent does for the child . . .

The more out of his way he goes for the child . . .

The more of his life he devotes to the child . . .

The more he is setting himself up for a monumental and crippling fall.

A human is a human. He is not made of stone. And he is not made of plastic wires and electrical connections attached to a fuse box.

The more he does, the more he is likely to expect. This is natural.

And when the child does not reciprocate, he will be sorely disappointed.

It is not foolish to devote one's life to their child.

It is a lack of understanding. An understanding of why the devotion is taking place. And what the devotion truly is.

In almost all cases, the parent who devotes his entire life to his child, will destroy his own life.

THE PRESERVATION OF CREATIVITY



What siphons creativity directly from one's soul, is the desire for it to be liked.

This is the downfall of the artist. And reduces him to a practitioner.

The people of the world are in demand. Their praise tends to be valued and sought-after.

The moment a person attempts to be creative for the purposes of public acclaim, he loses a large portion of his creativity at that very instant.

Best-seller lists are an abomination.

Competitiveness is a disease.

The world is not full of artists. It is full of hacks. Humans jumping through hoops and balancing a beach ball on their nose for attention.

Walk into a large bookstore, and there may be three books that are true Art.

The rest are written in order to satisfy a three-book contract with a publisher. Or so that one can call himself "a published author." Or a desperate and salivating attempt to get people to buy their books.

A creation that is not interrupted cares not for the world or its people. It seeks only to wash through the human like a tsunami.

Humans manufacture petty games of competitiveness in order to satisfy their ego's.

A true Artist is as rare as the rarest jewel on earth.

THE FROTH OF PLEASURE



The societally-conditioned human is nothing more than a pleasure-seeker.
It matters not the type of pleasure. He is a pleasure-seeker plain and simple.
He attempts to categorize his endeavors in order to make them sound dignified.

But they are pleasure-chases just the same.

The vast majority of what this world is composed of is entertainments. All forms of entertainment.

Even the things that are billed as “healthy” and “proper” are entertainments.

The average man seeks pleasure in a bar, or on television.

The monk seeks pleasure in a temple.

The reader seeks pleasure in books.

The entrepreneur seeks pleasure in money.

The teen seeks pleasure in video games.

They are all the same. None is more dignified than the other.

Pleasure comes. Then it disappears. Then it must be replenished. Then it disappears. Then it must be replenished. And so the game continues.

That which is temporary is not Truth.

That which is fleeting is not Real.

Virtually no man in this world, regardless of his pursuit, is seeking a thing that is real, lasting, and true.

They are all . . . chasers.

They will always be . . . chasers.

TEMPLES AND MONASTERIES

Temples and monasteries are viewed as holy and serious places.

They are not.

They are awash in the same hierarchical arrangement seen in any worldly institution.

There is the CEO. The manager. The intern. And the workers.

Each has their own set of duties, from the low to the high.

Each has his own set of attire, from the simple to the ornate.

Temples and monasteries are filled with humans. Humans that are worldly. Humans that are societal.

A conditioned human is a conditioned human. It matters not if he is in a monastery or a brothel. He will bring his conditioning with him.

Temples and monasteries consist of cliques and factions and divisions. And conflicts and jealousy and resentment and the same form of emotional turmoil that is present everywhere else in the world.

They are told to meditate and be mindful. Or to sit in zazen. Or to do pooja. Or to pray. Or to sweep the floor. And all manner of heavy-handed and clever attempts at achieving what their bylaws dictate.

Be it enlightenment. Or a quiet mind. Or moksha. Or nirvana. Or satori. Or Buddhahood. Or whatever word they wish to use.

Is there a once-in-a-generation sort of human who visits a monastery and truly achieves these things?

Yes.

One. Time. In. A. Generation.

The rest are mere practitioners.

The rest are cogs in a wheel.

The rest are common people dressed in robes.

The rest are chasers.

They simply enjoy the game of being . . . “spiritual.”

THE FOUR NOBLE TRUTHS AND THE EIGHTFOLD PATH

Many books are written about successful people.

Biographies. And autobiographies.

As for those who read these books . . . do they achieve what they read about?

Does reading a biography of Jesus, make one into a Jesus?

Did Buddha read the four noble truths and the eightfold path in order to become a buddha?

Then why should any human?

It will be assumed that although buddha did not read the four noble truths and the eightfold path, that these books summarize his path to Buddhahood.

Very well. The Buddhist monks have likely all read the four noble truths and the eightfold path. In fact, they likely have to recite them and practice them.

Have they become buddha?

A thousand of them?

A hundred of them?

Ten of them?

One?

Things do not work this way. If they did, then anyone who read these books and practiced what they said would achieve what they read about.

It is not that they do not practice long enough. Monks have been practicing all their lives.

It is that things do not work this way. Like all things in this world, it is a lie. It is a farce.

It is a pretty and seemingly logical tale sold to the people of the world.

Siddhartha Gautama became a buddha because of his intense devotion, sincerity, and seriousness.

Not because of any practice.

And certainly not because of any silly book.

THE COMPLEXITY OF HUMAN RELATIONS



In almost all cases, relationships are things that humans are desperately attempting to hold together.

By way of reasoning.

By way of apology.

By way of compromise.

By way of gifting.

By way of submissiveness.

By way of denial . . .

The closer the relation, the more this tends to be so.

What humans experience in their relations is largely universal. Only the details differ.

Given the universality of the experience, across all cultures, it may be considered that humans were not meant to live and thrive in the setting of human relations.

Each human is raised in a particular environment. He has a particular form of conditioning. Particular beliefs. Particular opinions. Particular goals. A particular personality-DNA. A particular nature.

When placed together with other humans who each have their own unique peculiarities and conditionings, harmony tends to be an exceedingly difficult thing to achieve.

It is bound to be a life of stops and starts. And clashes. And commotions. And disagreements.

Yet because the human dislikes being alone, he will utilize every tool in his arsenal to perpetuate the relation. So long as he desires to do so.

Human relationship is perhaps an unnatural thing, which humans attempt to wish into existence.

PRESCRIPTIONS



Prescriptions are how-to's, methods, techniques, hacks . . .

“5 ways to become happy.”

“7 ways to achieve X.”

“10 ways to achieve Y.”

The world is drowning in how-to.

Aside from the most basic and mechanical things, prescriptions do not work.

There is no “how.”

He who focuses upon the How, never achieves the What.

It is one of the greatest myths in the history of the world. Everyone has fallen for it. No one has been spared.

Prescriptions are for those who seek to chase forever.

The world and its experts and minions and institutions, in every field, discipline, and domain peddle prescriptions. This is all they have. From spirituality to self-help. From success to motivation to religion to personal and professional advancement.

Prescriptions are the only thing the world can offer. This is why only an exquisite few become elite in any field.

The things that one does greatest are the things he knows not how he does them.

SELF-HELP DOES NOT HELP

The field of self-help and self-development is as mired in empty fluff as the field of spirituality.

Do this, and you will become that.

Do that, and you will become this.

Take a deep breath.

Wait five seconds before you respond.

Start a gratitude journal.

Say this, don't say that.

Speak like this, not that.

Practice this five times a day.

Do this and that when the sun comes up.

Tap your head twice and howl at the moon.

It is all empty, juvenile nonsense.

No one achieves things in this way. And those who happen to do X and Y, did so from an inner compass. Not because some idiot author or self-help book told them to do it. And if they did it because of some book, it was bound to be short-lived and ineffective.

The entire foundation of self-help is based upon false notions. That if you do X and Y, you will be happy, healthy, wealthy, prosperous, successful, and so forth.

That if you do A, B, and C, you will become a good father, husband, friend, and associate.

If such things actually worked, then why would there need to be 10,000 additional books published on the same topic year after year, decade after decade, century after century?

Human beings have no clue as to how things actually work in a human life.

Human beings have no clue as to how things actually work within a human being.

Human beings have no clue as to how things actually work within the human mind.

Experts know only empty fluff.

They know only things that sound nice.

They do not know that which is Real and True.

CHARITY



What is charity?

Giving.

Giving to whom?

Giving to one in need.

Thus, if charity is giving to one in need, then the one who is in need should be given-to directly.

Is a charitable organization . . . in need?

Is a charitable institution . . . in need?

Is the organization and institution going hungry in the street?

If an organization and institution has enough time, staff, and money to create annual statements, prospectuses, and full-color pie charts . . . it is robbing from those it professes to serve.

Charitable organizations and institutions are like religious institutions.

In the former, only a portion of the money goes to the one in need.

In the latter, none of it goes to God.

The middle man is almost always a scam.

EVERYTHING IS A SCAM



Everything in this world is a scam.

No matter how lofty it sounds.

No matter how touching the story.

No matter how vivid the brochure.

If the world is trying to get one to do something or buy something, it is a scam.

Why would anyone Need another human to do something or buy something?

If the thing was truly great, then the one who is peddling it would save it for himself. And if he wished to make it available to the people of the world, then he would do so.

But there would be no Need on his part. For he would be satisfied by what the thing gave him.

He would only have a Need if the thing did not give him what he himself needed. Then he would Need for “others” to buy it. Thus, it is a trick and a scam.

The world has very little, if anything, that is lasting and valuable. Therefore, its only option is to peddle, and scheme, and trick, and cajole, and arm twist, and lie, and steal.

Everything in this world, is a scam.

HUMANS WASTE THEIR LIVES

If a human placed video cameras in every corner of his house, then watched the footage on a weekly basis, nothing more would need to be said.

He would not need to read anything. Or hear anything. Or listen to anything or anyone. It would all be there, plain to see.

What does a human do in a given day?

Of what value and significance is his domestic existence?

He spends his time watching people play make-believe on a television screen. They cry fake tears, as he cries real ones.

He spends his time complaining about politics.

He spends his time scrolling through smart phones. Cat videos. Jokes. And nonsense.

He may spend part of the day making money in order to feed his family. And this is noble and necessary.

But what does he do with the rest of his time.

He is so conditioned, he will even react to the previous statement by thinking that he “should” be doing this and that. Then he may hurriedly pick up a copy of “5 ways to be productive,” or a book on “habits,” or a book on “morning routines,” and he will then give himself a gold star for “improving” himself.

It is not “better” to do this or that.

His life is in his own hands. Not in the hands of some idiotic author who tells him what he should and should not be doing.

And if he feels that watching television, gossiping, and scrolling through cat videos is Not a waste of life, it is his prerogative to do so.

This does not mean that he is Not wasting his life. He most certainly is.

But there is no one that can force him out of this behavior.

If he realizes it for himself, so be it.

If he does not, so be it.

SHOULD AND SHOULD NOT



The world and its people are a slave to “should” and “should not.”

You should do X. You should do Y.

You should not do A. You should not do B.

Humans do not respond to “should.”

Either they resent it, or they are brainwashed into it.

Truth lies in living according to one’s own instincts. And according to one’s own internal direction, based upon what resonates with him most.

If he believes that what resonates with him most is drugs and alcohol, then perhaps it is best to throw him into a cage or a prison until this fever leaves him.

For murder, drugs, alcohol, theft, and any such overt action that destroys the lives of other human beings cannot be tolerated. No one has the right to destroy the life of another.

Aside from such violence and destruction, a man has the right to be Free. In fact, it is life’s greatest and ultimate possibility.

Forcing humans to do something or believe something against their will, is a form of violence.

There is no should and should-not.

HOLIDAYS

What is Christmas?

Christmas is a day created to celebrate the birth of Jesus Christ.

Religion is a farce. The words of Jesus Christ are not.

The words attributed to him are the words of a man who understood The Truth.

If he indeed existed, he was a Master.

If Christmas is a day created to celebrate the birth of such a Master, why is he not remembered on this day. Why is this not a day of quiet remembrance, and a revisitation of The Truths that he spoke.

Why the gifts?

Why the parties?

Are the gifts photos of Jesus?

Are the parties a celebration of Christ's words?

Humans create celebrations in the name of holy and lofty things, in order to give themselves an excuse to take time off work, and frolic and socialize.

Disingenuousness is the order of the day in this world. It is all parties and charades.

What is a "new year?"

Does the sun appear different when it arises on January 1?

Do the winds blow in an entirely different direction?

Does gravity begin to work sideways?

Does the jet stream reverse course?

Humans concoct concepts and notions as an excuse to throw parties.

In order to anesthetize themselves from their empty and unexamined lives.

THE MASSES

The masses are placed at the center of society. Society caters to them. And serves them.

It does not value them. It creates them for its own purpose.

In the same way that politicians give hand-outs in order to create a captive herd of loyal voters.

All of the information that is spouted in this world is aimed at the masses.

It is dumbed down. Watered down. And handed down.

Every author, every speaker, every expert, every priest, every pundit, every man alive who wants to say something or write something . . . has the masses in mind. He wants the largest possible audience. He wants the most people to get it. He wants the most people to do it.

This being the goal, the message has to be as stripped of all complexity. Of all depth. Of all nuance. And of all Truth.

Leaving only a shell of a message.

The one who wants The Truth is completely alone in this world. No one caters to him. No one serves him. The world has no place for him. It has nothing to offer him.

The one who seeks The Truth about any topic, any discipline, any pursuit must fend for himself.

For the world is composed Of the masses, For the masses.

It is twice-washed lies and regurgitated jargon recycled through books and media, and dispensed throughout the continents.

The world is a brainwashing machine aimed at the brainwash-able.

In a True world, the masses would be shunned, rather than catered-to.

Those who sought Reality, Truth, and Genuine things would be placed at the center.

Thus, the messengers would disappear by the millions. Leaving only one who speaks The Truth, to speak it just as it is. Without dilution or dumbing.

And the masses, if they had an ounce of dignity within them, may be inspired to seek Reality, Truth, and Genuine things.

PARENTS, CHILDREN, AND LOVE

When the child is young, he longs for the parent.

When the child has grown, the parent longs for the child.

When the child is young, the parent tends to be infused with a sense of ego and superiority which comes from being needed.

This is neither intentional, nor necessarily even conscious. It is, in many ways, a feature of human nature.

The majority of parents in the world do everything in their power to give the child everything it needs.

And also by way of human nature, expectation begins to grow within them.

The spiritualists and the self-help-ists will spout “do not have expectation.”

Such idiocy can only be spouted by idiots. As if expectation is a switch that one can turn on and off.

Truth lies in learning the way things work. Not in what and what not to do.

Will the child, throughout his life, “love” the parent as much as the parent “loves” the child?

This cannot be predicted for every human being. For there are indeed humans who turn out to be the most compassionate and loving children that anyone could imagine.

But it can be said that in many if not most cases, the answer to this question is No. In most cases, the parent will “love” the child more than the child “loves” the parent.

In general, children tend to be unappreciative, somewhat dismissive, and more attracted to their social circles than to their parents. Social circles are in virtually all cases, the downfall of a child.

Much of a parent’s life is lived in remembrance and guilt.

Once a child turns a certain age, the parent in many ways loses him forever.

Why is the word “love” placed in quotations.

Because most of what humans refer to as “love” . . . is attachment.

THE TRUTH



Why tell it like it is.

Is it because the people of the world deserve to know?

No. A person “deserves” not out of birthright. He “deserves” based upon the sincerity of his desire.

There arises a desire to tell it like it is because I find nothing more gratifying than The Truth.

It is the only Real thing.

It is the only Genuine thing.

It is the only Untainted thing.

Should one seek The Truth?

There is no should.

If someone asks me if I recommend that they seek The Truth, I say No. For if his journey is based upon a recommendation, the journey did not arise from his bones.

If it does not arise from his bones, it is but a prescription. And when the stormy seas arrive, he will drown.

If one is moved to seek The Truth, he may.

If he is not, he does not have to.

TRUTH IS NOT SPIRITUAL



It is an insult to The Truth to call it spiritual.

Spirituality is a fabricated concept.

It does not rain because the sky randomly wishes to drop rain. It rains when the atmospheric conditions are ripe for it to rain. When they are ripe, rain falls. When they are not, rain does not fall.

There is nothing “spiritual” about this. To call it “spiritual” is to diminish its legitimacy and overt reality.

It is practical.

And real.

And genuine.

The Truth is the only thing that works, and works consistently.

Because The Truth is the only thing there is.

Every topic, every question, every problem, every dilemma, every pursuit, in the material, earthly, and mental domains has a Truth.

Self-help, spirituality, self-development, motivation, religion, conferences, classrooms, experts and anything and everything that the world has on offer . . . is a Lie.

It is not Real.

It is a series of manmade concepts that look nice and sound nice, but do not work.

They do not work, because they cannot work.

They cannot work because they are not . . . The Truth.

Bits and pieces of Truth . . . might as well be a Lie.

That which is incomplete, might as well not exist at all.

If it is not the entire story, it is only a story.

OVERCOMING THE WORLD



To overcome the world is not to change the world.

To overcome the world is to cleanse oneself of the world.

The world is a place of half-truths, and outright lies.

The world is a place of illusions and fabricated concepts.

The world is a place of brainwashing and conditioning.

To overcome the world is to realize within one's being, that this is what the world is. And that this is all it can ever be.

Overcoming the world is not recommended.

It is not a "good" thing to do.

It is not the "right" thing to do.

It is not the "healthy" thing to do.

It is not a thing that one "should" do.

To overcome the world is to become free of the world.

Free of false notions and concepts.

Free of a life attempting to live up to external ideals.

Free of the need for validation from the people of the world.

To overcome the world is to find Freedom.

READINESS



The Truths revealed in these pages are not a thing for any man to imbibe.

Or to practice.

Or to assimilate.

Or to integrate.

Or to implement.

They stand as they are. With no requirement to be read, or seen, or accepted.

One may say that he does not agree.

Very well.

One may say that he agrees.

Very well.

Their agreements, disagreements, retorts, and musings live within themselves.

The ultimate litmus test . . .

The rate-limiting step . . .

The ripe condition . . .

Lies not in one's willingness to work hard, practice, and discuss.

It lies in one's degree of Readiness.

There is no compulsion or requirement for one to become ready.

The Truth may be beautiful. But it is rarely pretty.

What is outright disgusting is the world's habit of forcing things upon people. And recommending that they do this or that.

The world and its experts treat the human as a brainless invalid. Who needs to be cajoled, and prescribed-to, and instructed in every aspect of his life.

To force a human against his will is not only an affront against his humanity, it demonstrates a profound ignorance about the nature and function of the human mind.

It is one's natural state of Readiness that will dictate the degree to which he is capable of opening his heart to Truth.

Until that time comes, the Truth is likely to cause him pain and intense discomfort.

For it is as far as can be from the anesthetized and beautified lies of the world.

ABOUT KAPIL GUPTA



His life, devoted to Truth.

Truth about the essence of life and living.

Truth about becoming a Legend.

Truth about training, skill development, and teaching.

Truth about returning a human to his natural and native essence.

Truth about accessing the outer limits of human performance.

Truth . . . about the nature, intricacies, nuances, and inner workings of the Human Mind.

Advising hand-selected professional athletes, chief executives, artists, kings, and queens.

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