

# SIDDHA ADDITIONALS

COMPLETE COLLECTION

The Truth . . . is all there is.

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## No Prescriptions

# Medium Discourses



# The Frictionless Path



I will speak Truths.

And I will speak them directly.

Explanations will be few.

So that you may live with the rawness of the words.

Wherever there is friction, there is difficulty.

I must repeat this.

Wherever there is friction, there is difficulty.

Where there is no friction, there is ease.

If you fought nothing, there would be no friction.

If you resisted nothing, there would be no friction.

If anything that came was welcomed . . .

If anything that did not come was welcomed . . .

There would no difficulties in your life.

If nothing stirred a will within you, there would be no difficulties in your life.

If nothing caused your heart to skip a beat, there would be no difficulties in your life.

One might inquire, “How is such a thing practical?”

To which I might respond, “How is your current way of living sustainable?”

Shall I share with you a devastating secret?

The lives that we lead are so unsustainable that they ended  
years ago.

Yes.

We died long ago.

And what has gone on “living” has been fumes.

What has gone on living is a semblance of a life.

A shadow of an existence.

I understand that you may find it difficult to believe that  
you died years ago.

But do not make the grave mistake of believing that even as  
you read these words you are a Living Human Being.

For the fact is that we are anything but.

The Frictionless Path desires Nothing.

Hopes for nothing.

Dreams of nothing.

Expects nothing.

Wants nothing.

Rejects nothing.

Attracts nothing.

Flees nothing.

It is a path where the Gods roam.

It is the Land of Buddhas.

Nature is very clever.

It places Glory within the seemingly impractical and the absurd.

And this is why only the Insane find such things.

For no sane man would possibly look in such places.

A life without friction.

A life without pain.

A life without disappointment.

Can you have such a thing?

Not without making the ultimate sacrifice: Parting with all  
that you hold dear.

The irony, of course, is that in the end it isn't a sacrifice at  
all.

It is a simple exchange of a pebble for the universe itself.

One cannot be asked to do what needs to be done to Enter  
the Frictionless Path.

For it is simply too large an ask.

But if heaven on earth does exist, one need look no further  
than this Path.

But the question is, Are We Willing To Sacrifice Our  
Personal Hell In Order To Receive It?

Life can, in all honesty, be glided through. Sailed through.  
Floated through.

But the price is enormous.

At least in the short term (which may last a day or two).

The Truth Is, that all a man's squirming and writhing occurs precisely because he instinctively seeks such a Path and fails at every turn to find it.

No needs.

No desires.

No hopes.

No concerns.

A sort of God-hood that man craves but finds that he is not quite ready for.

He says, “Yes, that would be nice, but . . . “

Man is ready to fight.

He is ready to toil.

He is ready to hunt.

He is ready to strive.

He is ready to work.

He is ready to suffer.

He is ready to bleed.

But is he ready to Relax?

Is he ready to be Free?

Is he ready to leave all his pains behind?

Well that is a different question entirely.

For it hits a little too close to home.

I won't ask you if You're ready.

That will put you on the spot and you will feel compelled to

respond in a way which sounds correct but, in reality, is false.

I do find myself wondering, though.

What it is that makes a man truly ready.

What makes the Freedom worth the Sacrifice.

And what makes the sacrifice not seem like a sacrifice at all.

# Answers



What is life: Disenchantment.

Is life not joyful: Yes. For those in denial.

What is parenting: Learning that you are a surrogate for nature. That is all you will ever be.

What is success: A game to keep you occupied during your time on earth

What is money: Comfort. And the freedom to do as you please.

What is peace: A state in which you've relinquished all hope and all control.

What is freedom: Not having to answer to the Mind

What is anger: Thwarted hope

What is pain: Demanding something from anyone besides yourself

What is intelligence: The desire to know The Truth

What is art: Instinct and surrender

What is death: An end. And a beginning.

Are we consciousness: No

What is happiness: Happiness and misery are two sides of the same coin

What is there to look forward to in this life: Death

What is prayer: Ineffective begging

What is God: Man

What is ego: The idea that you exist

What is beauty: A judgment

What is society: A plastic circus

What is The Truth: There is nothing

Who are these Truths for: Perhaps ten people in the entire world.

# I Have Discovered . . .



Everything is disappearing.

The person I thought I once was . . . is being shed.

I have discovered many things in my 48 years of existence.

I have discovered that the more solid I stand as “myself,” the more solid life stands as itself. And I will always come out on the losing side of this battle.

I have discovered that my insistences have produced many

problems in my life.

I have discovered that life listens to no one. But for so many years, I listened to my Mind. And it set me on a collision course with life.

I have discovered that the less structural I have become, the less I attempt to make my life fit my imagined idea of it, and the more of “me” begins to disappear. And the easier life becomes.

I have discovered that we human beings have an enormous capacity for pain. Enormous pain is a price we are willing to pay satisfy the cravings of the Mind.

I have discovered that as moss hardens into rock, our thoughts, biases, proclivities, and desires harden into what we come to identify as “me.”

I have discovered that if this “me” is opened and dissected, it falls apart. There is nothing there. There is nothing there. There is nothing there. There is . . . nothing.

I have discovered that there is great ego in self-improvement.

I have discovered that resolving conflicts is yet another way to chase pleasure.

I have discovered that I do not want to “feel good.” I do not want everything to “be okay.” For I have realized that this is the calm before the storm. It is purely and simply, a setup.

I have discovered that I do not want misery. But I will not chase pleasure in order to remove it. Chasing pleasure to remove misery is like putting cologne on body odor. I have discovered that life is one step.

I am reminded of a discourse I wrote some time ago tilted One Step. One Life . . . I must re-read it. Yes . . . this is all there is. One step is all I have (<http://bit.ly/2jThOPs>)

I have discovered that when I want nothing, life becomes docile.

I have discovered that my children do not belong to me. And if I attempt to possess them, life will rage toward me, through them.

I have discovered that the things I have discovered are even more true than I thought. This has been a theme. I discover something. And as time goes on, the truth of that thing is even

more true than I thought. It is almost as if I am seeing it for the first time. Discovery is very often, Re-discovery.

I have discovered that prescriptions are the downfall of man. This is one of the ideas that I am referring to in the previous passage. The very idea that doing something according to a certain method produces a lasting result is pure folly. It is thin ice, covered with a blanket of snow.

I have discovered that everything we as humans do is nothing more than an attempt to “feel good.” We are pleasure chasers. There is nothing wrong or right with this. I do not look at things in terms of right and wrong. I look at things in terms of Effective and Ineffective.

I have discovered that life is unforgiving. We get only one shot. We get only one shot at our children being 7, 12, and 14. We get only one shot at everything. You may think that we can return to the plate as many times as we wish. But understand, that each time we return to the plate, we do so as someone slightly different. As I said, we get only One Shot.

I have discovered that we rise or we fall in our own eyes. That no matter how big or small we may look to another, it is how our self views us that has the greatest impact upon us. The grammar correction inserted a blue line underneath “self

views us.” The person who programmed this is under the illusion that most human beings are under. That we view ourselves. I have discovered that it is the other way around. Our self views us. (The blue line has re-appeared).

I have discovered that I no longer wish to see myself as I speak. This is much more difficult to explain in a discourse than it is to explain in a deep and quiet conversation.

I have discovered that this world holds nothing for me. It is smoke and mirrors. It is a creation of the Mind. As is the one who seeks something from it.

I have discovered that my life is a steady retreat into the self. In doing so, I begin to live as that which I am, and shed that which I am not. Leaving is more effective than arriving.

I have discovered that I am most blissful when I write. I write what I am. I wish I could live within my writings. For me, it is the most peaceful and blissful corner of the world. To be lost in communion with my innermost realizations. And immersed in the tragedies of my innermost follies.

My younger son just came and gave me a hug and a kiss. For no reason at all. I lost myself in his embrace.

I have tears in my eyes.

Namaste.

# Why Humans Live In Perpetual Dissatisfaction



There are even deeper sources than the one I will mention here.

But we must begin on familiar ground.

A human's every waking moment is spent chasing pleasure.

Some actions are subtle.

Some are not.

But each and every action is motivated by pleasure.

Avoiding conflict . . .

Entering into conflict . . .

Pursuing entertainment . . .

Signing a business deal . . .

Getting the right shower temperature before entering . . .

Making the bed, or leaving it unmade . . .

Playing a certain music . . .

Reading a book . . .

Choice of clothes . . .

Opening a letter . . .

Calling a friend . . .

Choice of foods . . .

Choosing which employees to hire . . .

Giving an interview . . .

Going for a walk . . .

Checking text messages . . .

Applying perfume . . .

Controlling another . . .

Reading a horoscope . . .

Giving to charity . . .

Every minute of a human's life is spent chasing pleasure.

Even the things that you do not find pleasurable, there is some pleasure that you gain from them in some way.

Otherwise you simply would not do them.

Somewhere within the domino effect of the action is a domino of pleasure.

It may not be in the act of doing, but it exists somewhere downstream.

What is wrong with chasing pleasure?

There is nothing wrong with anything.

Wrong and right is a socio-religious creation.

A human that constantly chases pleasure must be one that is always dissatisfied.

The same way that an animal that always chases food must be one that is always hungry.

Chasing pleasure brings pleasure.

But it does not bring satisfaction.

In fact, it is precisely because it does not bring satisfaction that one must keep chasing it.

For if it brought satisfaction, one would chase it once, receive it once, and be done with it.

But pleasure does not have the ability to quench human thirst.

A human is in search of satisfaction.

He craves it.

But no matter what he or she has attained . . .

No matter how many millions of adoring fans he or she may have . . .

No matter how much wealth he or she has amassed . . .

Satisfaction remains elusive.

For a moment, the human thinks he has it. Then suddenly it vanishes.

A human will do anything and everything to “feel good.”

He will do anything and everything to fill himself with a “good sensation.”

This is his ultimate drug.

I do not tell any human being to stop chasing pleasure.

I simply reveal in stark detail, the state of affairs.

Today you will chase 60-140 pleasures.

You will gain satisfaction from Zero.

Pleasure is an attraction of the mind.

The mind has no interest in satisfaction.

It is a pleasure-seeking machine.

But this does not apply to You.

If you continue to chase pleasure, you will feel more and more empty.

If you stop chasing pleasure, you will think of pleasure.

If you try to stop thinking of pleasure, you will not be able to sustain it.

Prescriptions do not cure disease.

They perpetuate disease. And create new diseases upon the original disease.

After reading this discourse, the first action you make will be the beginning of the pleasure chase.

You will chase. And you will chase. And you will chase.

You will grow old.

Your beauty will fade.

Your skin will sag.

Your cheeks will become hollow.

Your eyes will sink.

The vitality that you once knew will drain out of you like precious oil from a race car.

This is the natural course of a human being that has spent his entire life chasing pleasure.

You will say that this is natural.

That this is called “getting old.”

I understand that this is what you have come to believe.

I will not disrupt your belief.

A human being becomes less human each day that he lives.

He does not evolve. This is a myth. (except for the rarest of human beings).

He devolves.

His entire life is a speeding train that his headed for a cliff.

He believes the train is headed toward heaven.

But as he looks at the scenery through the window, he knows that something is not quite right.

He quietly senses that he is in for a terrible surprise.

This is why he lives with anxiety.

And this is why he dies with it.

Namaste.

# A Life Unlived



It is 4am.

The world is fast asleep.

The sun has many miles to go.

It has not yet reached the Pacific.

I will speak these words in silence.

I will speak them in the serenity of darkness.

Before the world begins to take shape.

For once it takes shape, Everything Changes.

Once it takes shape, man arises.

And his illusions arise with him.

You see, while he sleeps he has no problems.

While he sleeps he has no identity.

But as he wakes, he shakes his identity by the shoulder to  
awaken it as well.

And this identity, mind you, contains all the problems of his  
life.

By the time his foot touches the floor, he does so as the self  
he has become familiar with.

By the time his foot touches the floor, he has become the  
self that his mind has created.

He takes this familiar self into the familiar world and settles

into his daily routine of fixing the problems that he has carried with him for years.

It is like a child who digs a deep hole on the beach, just at the edge of the shore. When he leaves for the day, the hole is free of water.

He goes home for the night, and when he returns the following morning he notices that the ocean has filled the hole with water. It takes him from sun up to sun down to empty the hole with an 8 oz cup.

Once he leaves, the hole is again free of water. When he returns the following morning, it is filled again.

He spends the entire day emptying it and returns home.

He returns the following morning to find it filled once again.

At this moment, somewhere within himself, something happens that will change the trajectory his entire life: He resigns himself to his fate. He resigns himself to the seemingly inescapable conclusion that whatever else he may do in his life, the bulk of his every day must be allotted to emptying this hole.

And, thus, it is also at this moment that he has willingly surrendered his life.

His will be a life of penance. His will be a life of turmoil.

What else can he do? The hole must be emptied. This work must be done.

Each morning as he arrives, he looks into the water that has filled the hole. And he sees his own reflection.

He does his duty and returns home, exhausted and somewhat satisfied. For putting in an honorable day of “hard work.”

The years pass, his body grows old and weak.

Early one morning, he arrives to the hole as an old man.

As he holds the cup in his hand and stares at the wholly familiar task before him, he realizes that today will be the final day. For he is now too old and too weak to continue this task that has occupied his entire life.

By day’s end, he empties the hole and heads for home.

Just before he reaches his house he notices a child in the distance splashing water in a hole of his own. The child notices the crimson sun as it begins to melt into the horizon.

The child retrieves his plastic pale and shovel and is about to head for home.

But just before he leaves, he runs his feet across the hole, obliterating it entirely.

He watches the waves wash over the hole until it is no more.

He notices the man watching him. He looks into his eyes and smiles. As if he knows something that the man does not.

And he runs home.

The man drops onto the sand.

He looks out across the ocean.

And realizes that he has wasted his life.

# For The One Who Seeks Ultimate Freedom



For each of us, early childhood was Freedom incarnate.

The world was new. There was so much to be explored. So much within us to express. So much energy within us to unleash.

Then, not long after, everything went wrong.

With each child that is born in this world, as he emerges from young childhood, everything will go wrong.

It matters not if he is born into a “healthy” family, an “unhealthy” family, a religious family, or a non-religious family.

The only way that it may not go wrong is if he is raised by lions or wolves. Then he has a chance.

There isn’t the slightest exaggeration in what I have just written.

A human being’s life is a mess. It is heap of beliefs, notions, compulsions, anxieties, responsibilities, and entanglements.

It would be one thing if this was one part of his life, while the majority of his life was Freedom. (Even that would be insufficient, as I do not subscribe to the notion of not having it all).

But the Truth is that this is All a human being’s life is. It makes no difference how wealthy or successful he is. His life is a heap of beliefs, notions, compulsions, anxieties, responsibilities, and entanglements.

The reason that he is not outraged by this is because he

doesn't know a single person for whom this isn't true.

This is perfectly evidenced by the fact that those who read my discourses sometimes comment, "Do you know anyone who has achieved such things?"

Somewhere along the way, our life lost its sacredness.

Somewhere along the way, life turned into a chore.

Somewhere along the way, we died. And the mind is the only thing within us that lives.

The Mind has become our surrogate.

And in our absence, it set the house on fire, killed the livestock, and took us hostage.

Understand that we are nothing but slaves. We do nothing that is independent of the mind.

The mind likes. We do not.

The mind hates. We do not.

Foolish people picket in the street against governments and

financial institutions, demanding freedom.

When it is the Mind that is picketing all along.

If they were wise, they would picket against their own Mind. For it is the most ruthless slave master the world has ever known.

It controls our sleep, it controls our every waking moment, it infiltrates our dreams.

I have never in all my life seen a Free human being.

And I will not tell you that I insist upon becoming Free. That I won't take it anymore. And such things like that.

Because that would be motivational.

And if I allow myself to become motivational, I become taken by the motivation and lose sight of the Freedom that I am creating for myself.

Cleverness and insincerity are loud.

Seriousness is quiet.

Seriousness is a product of life-shaking realizations. When one sees that his entire life is on fire, he begins to truly See.

All that was once pomp and motivation disappears. And all that is genuine and emergent within him comes to the surface.

Is the sky falling?

Dear friend, the sky fell a long time ago.

It fell while we were asleep.

And we have been asleep for eons.

When we emerge from slumber, we see the shards of glass, the shrapnel, the smoke, the devastation and destruction.

The complete and utter absence of Freedom.

Domestic life is nothing but an endless series of chores.

It is an endless exercise in damage control.

It is akin to the cartoons we watched as children. The character would plug one leak with his hand, then another would sprout and he would plug that one with his other hand.

Then another leak and he would plug that with his foot. Then another and he would plug that with his other foot. Then another and he would plug that with his mouth. And he would become filled with water and explode.

Look outside your window. Neon lights. Store signs. Cars running here and there to fulfill their chores. People standing in lines. Men cleaning the streets. Airplanes flying people here and there.

It is a frantic set of obligations that give man nothing but a few pence and a few milliseconds of relief of having satisfied the mind's endless compulsions.

From around the world, I receive letters, postcards, emails, and twitter messages asking me How to be more happy and free. Asking my advice about relationships, performance, success, peace, and concentration.

How can I respond to such things?

Every response that I give is utterly irrelevant unless the human being who submits the question sees that his life is on fire.

Once he sees the devastation . . .

Once he sees it from his heart . . .

The quality of the questions change.

It is only once he writhes in the field of devastation that he stands any chance.

But because he does not, his demand has created a supply. An endless supply of institutions erected precisely for those who are unserious.

And endless set of prescriptions and methodologies that emerge from the noxious fumes of incense.

Meditation, gurus, chanting, mindfulness, silent retreats, meditation retreats, yoga classes, breathing routines, “morning rituals,” spiritual books and scriptures, motivational speeches, psychotherapy, anxiety and depression medications, and so on . . .

The endless supply of such red and green pills . . .

The endless supply of steaming potions and concoctions . . .

Is for those who have not yet felt the gravity of destruction

in their lives.

It is for those who seek to trade one type of enslavement for another.

Instead of untangling the yarn, they seek solace in yarn of a different color.

I received a lovely question on twitter yesterday asking me how I define Freedom.

Freedom is freedom from anxiety.

Freedom from all conflicts.

Freedom from involuntary thought.

Freedom from compulsion.

Freedom from every sort of need.

Freedom from emotional turmoil.

Freedom from a roller coaster existence.

This makes a human untoachable. By anything!

His days are no longer about hope, ups and downs, goods and bads, emotional upheavals.

Every day is pure Freedom.

The Freedom to roam under blue skies as the eagles do. I often watch the eagles. Recently I sat in my hotel room looking out the window and recording an eagle flying.

He glided left and right through a pale blue sky.

He had nowhere to go.

Because somewhere inside of him he was fully invested with the understanding . . . that he had already arrived.

Namaste.

# From The Beyond . . .



Everything I once believed was “me” . . .

And everything around this “me” . . .

Has a solidness to it.

I feel the bones in my left forearm . . .

I knock the desk . . .

They are solid.

But there is nothing behind them.

They have no . . . Significance.

They are only shells.

I find myself here after years of wandering.

I do not care to know where from.

Nor do I have ideas of where I am going.

The “Where’s” that once attracted me, attract me no more.

The bells, the sounds, the lights . . .

Are not even worthy enough to call unworthy.

Man’s greatest folly is to condense into a self.

And as I, let us say, Emerge from this self, there is a  
Freedom from lifetimes of bondage.

The self, the personality, is a burning ship.

Nothing more.

How silly . . . to try to improve a burning ship.

How silly.

This discourse is moving slowly.

There are great pauses between sentences.

As if each sentence is a walk across the Sahara.

The fingers seem to feel that the discourse has come to an end.

Some mysterious force within me feels that the discourse has just begun.

Perhaps this discourse is not meant for public consumption.

Finding the Moment is like finding an uncompromising emptiness.

The mind peaks behind the curtain, into the world it once knew. The tumultuous playground that is its sandbox.

Man is meant to live as he arrived. Naked, innocent,

unnamed, and unadorned.

If only he was aware of the fields of broken glass that he  
would soon have to traverse . . .

If only he was aware of the storms he would have to pass  
through . . .

If only he was aware of the raging seas he would have to  
endure . . .

If only he knew that having reached the other side, he  
would find more of the same.

On the other side of mountains, are more mountains.

On the other side of storms, more storms.

Even death does not compare to the hell one experiences  
once he creates an identity.

There is a reason that trees have no names.

Call them by the name that you have given them, and they  
do not respond.

Buddha said that the source of all suffering is craving.

I say that the source of all craving is Identity.

It is a misstep that one pays for for his entire life.

And he never stops paying.

Compromise is nothing in the face of Resoluteness.

Effort is nothing in the face of Certainty.

Choice is nothing in the face of Inevitability.

Wisdom lies in retreating from all things.

Not a mechanical retreat.

Not a forced retreat.

Not an intentional retreat.

But an Inevitable Retreat.

The retreat becomes inevitable when one sees with his own two eyes, and all four chambers of his heart, that there is no

longer anything here for him.

It is a stage production with posters, props, and extras.

Philosophy is for the man who wishes to partake in the very game that he philosophizes is meaningless.

The sword must be surrendered.

The armor, removed.

The insignia, erased.

Not by you.

Not by you at all.

Nowhere . . . is the only place a man can be Free.

And No One . . . is the only thing he can be Free as.

Namaste.

# Unthinkable



There is a great Truth that applies to all things:

The thing that is most readily available is always the illusion.

Thought is something that man holds dear. He takes pride in his ability to think.

And this is where he goes astray.

Descartes famously said, “I think, therefore I am.”

Descartes was mistaken.

The Truth is, Thinking prevents one from seeing who he is.

For those who are more interested in the worldly side of things, rather than the spiritual or the Ultimate Truths, this applies equally strongly.

A man who is taken by the idea of intelligence, who values his ability to think, will take enormous strides in understanding the Truth about thought.

If there is a problem one wishes to solve, thought is the most ineffective way in which to solve it.

Because greater than 99 percent of thought is a tire stuck in mud. It is a spinning of the wheels. It is a circular loop. It is a needle stuck on the record player.

Occasionally and accidentally one is liberated from this thinking, the clouds part, and he gains clarity. And then he Sees without having to “think.”

The world-changing ideas that humans have do not often

come in the form of traditional thought. They come in the form of Spontaneous Vision.

And occasionally spontaneous thought.

The key word is, Spontaneous.

In the shower, driving a car, going for a walk, when one least expects it, it arrives.

But this can actually be orchestrated.

Yes, it most certainly can.

But, you see, such Truths are withheld from Man.

He is only given the scraps from the cutting room floor.

You see, intelligence is in many ways a handicap.

Intelligence interrupts far more than it creates.

The one who is prideful of his intelligence leaves an enormous amount on the table. Because this pride forces him to hold this identity close. And by holding it close, he prevents the Availability required to Receive the Spontaneous Insights

that are his birthright.

The greatest Artist, the greatest Athlete, the greatest Writer, and the greatest Inventor or Visionary has little use for Thought.

Thought is the thing he tries to get away from. Thought is the noise. And once he gets past this noise, an entirely new world is available to him.

Even the “sports psychologists” realize this on some small level.

And then they reveal their true colors and their fundamental dearth of understanding when they tell players, “Don’t think.”

This is just as unforgivable as telling humans to “Be present.”

This causes me to sigh.

This almost causes me to be speechless.

For the next three minutes, think about anything you wish, but Do Not think about a red guitar.

How did the advice of “don’t think” work for you?

“Don’t think” is itself a thought.

You can go to any realm of this society and you will find the same trivial silliness. It’s all society has. It’s the best it can do.

That’s it’s upper limit. A prescription packaged in bronze.  
Or a prescription packaged in gold.

Will you be having the bronze pill? Or the gold one, Mr. Smith?

This society is nothing more than paper machete.

And once a human realizes this, he experiences an enormous Freedom.

For he no longer finds himself combing through dumpsters looking for solid food.

Thought creates emotional turmoil.

To use thought to end emotional turmoil is to perpetuate the emotional turmoil.

Thought is worry.

Thought is anxiety.

Thought is fear.

Thought is doubt.

Thought is false intelligence.

Genius has little use for thought.

Once one is trained to overcome involuntary thought, he then acquires the superhuman capability of thinking only when he wishes.

Most consider this an impossibility.

Some consider this a luxury.

ONE considers it a necessity.

And to that ONE, I will say, “Why should you not have it Today?”

Namaste.

# Love Is A Dangerous Thing



I'm not much for friendship.

For all of my life I have lived, more or less, alone.

Even though I have a family, my essence has always been  
that of a recluse.

Last night, my youngest son came to my room and gave me  
a hug goodnight.

And I found myself saying these words to him:

“You are my best friend in the entire world. I would do anything for you. I don’t know how long I am going to live.

But one thing is for certain. I will never forget you.”

We both began to cry.

We spend most of our time together.

If I’m not writing, or working on my next book, or simply staring out the window, I’m with him.

As we walk, he likes to grab my fingers.

As we sit in the car together, he leans on my shoulder.

He is very much like me.

As a golfer, he’s artistic. He’s all feel. He almost senses the rotation of the Earth as he plays.

He has no idea “how” he does anything. And if you ask him how, he shrugs his shoulders and says, “I’m not the one who did it.”

If I examine my feelings for him from the perspective of a father, things become clouded.

I'd rather examine them from the standpoint of me as a human being.

The fact that he is "like" me.

The fact that he is all feel, rather than "technique."

The fact that he shot 69 in a Professional Tour event at the age of 13.

The fact that he is the most "anti-mechanical" person I've ever had the joy to know.

The fact that he shows me consistent affection.

Perhaps even the fact that he looks like me.

Are self-gratifying.

As human beings, we are drawn to those individuals who think like us, believe as we believe, and show us affection.

I do not know where precisely in all of this love begins and

ends.

As I do not know what love really is.

It is a word that was created without my input. And after it was created it was, as are so many things in society, used indiscriminately.

I do not know what love is.

But I do know what attachment is.

Most of what we call love is actually attachment.

If I am able to go away from him at a moment's notice . . .

If I am able to leave home and move to the Himalayas and say goodbye . . .

Then I am unattached.

And if I am unattached, then I will not suffer.

But if I long for his embrace. If I need his affection. If I dread the day that he moves out and begins a life of his own, it's a pain from which I will perhaps never recover.

For those who say, “This is a part of life. As a parent you must do this” and so forth, please don’t give me Reader’s Digest nonsense. These will be the same people who say “that’s life” to everything. Such people don’t have the DNA to examine the Truth about life. Where everything comes from.

The Truth behind all causes.

I’m talking about the subtle nature of the human condition, having removed the cosmetic titles of the roles we play such as “parent.”

This is about an unadorned human being.

Not nonsensical “parenting advice.”

A psychology professor of mine used to say, “Pain is the price for having loved.”

I disagree with him.

The Truth is . . . “Pain is the price for having been attached.”

There might be one or two individuals who are reading this discourse who are able to get beyond the outrage of ideas such

as “But this is normal. It’s a part of life. This is what everyone goes through.” And so on.

I don’t give a damn about “everyone.”

I don’t give two cents about “normal.”

And I scoff at the idea of “that’s life.”

“That’s life” is a cop out. It’s for those who have zero interest in breaking everything down and peering behind the curtain.

Zero interest in exploring the secrets and the Truth behind all things.

Freedom is living without attachment.

Because attachment is the most binding, destructive, painful, and imprisoning thing in all of human existence.

If the Buddhists agree with this, then they are correct.

But then they try to get rid of attachment through meditation. And this where the temple roof caves in.

I will look every Buddhist in the face throughout the world,  
from the highest ranked to the lowest one and say this:

You can meditate until Buddha's reincarnation. You can  
meditate until the sun burns out. You can meditate until the  
earth grows tired of spinning on its axis. Meditation will never  
conquer attachment. Never!

In fact, meditation doesn't conquer anything.

So the Truth is that I'm currently involved in a dangerous  
game with my son.

I recognize it.

And it isn't okay with me.

Because I must have my Freedom.

And I will have it in every part of my life.

When I watch his golf tournaments, I Must have conquered  
all desire for him to do well.

Anxiety is simply and absolutely on its way out. A few  
strands remain. They will be gone soon.

When I feel his affection, I must feel it, while at the same time not grow attached to it.

Freedom is to wholeheartedly accept everything he gives to me.

And receive it as if it is the only time I've ever had it.

Memory is an imprisoning thing.

Hope is a disastrous thing.

Love is a dangerous thing.

Because we do not know precisely where love ends, and attachment begins.

I will move forward with this understanding.

I will continue to lose myself in his arms.

For when I lose myself, I do not record the event in memory.

I will walk with him.

I will share with him everything that I know. Without making it “instructive.”

I will watch him as he passes by the library in which I write. And I will recognize the precise cadence of his footsteps.

I will hear his hands make a squeaking sound as he leans on the rail as he comes down the stairs.

I will watch him bounce on one foot after he hits a great golf shot.

I will watch him fold his legs as he sits for dinner.

I will watch him carry his socks and sneakers to the car, rather than put them on before he comes to it.

And on the day that I am to forever leave this Earth . . .

The day that my time has come . . .

I will look into his eyes and know that I have been fortunate to have lived with a human being to whom I have happily surrendered most of my adult life.

Namaste.

# Master, What Is The Truth About Winning?



Student (S)

Master (M)

S: Master, as you know we in the monastery have had a battle of wits with you. We have also had spear-throwing competitions. And archery matches. I have heard one of the other Masters say that you are the greatest archer in all the land. In all of these matches, you always win. How do you do this?

M: Such things are a mystery to you. All things are a mystery when one does not know The Truth.

S: What is The Truth about winning?

M: In any endeavor, there is a Truth. All destinations have a road in front of them. The road may be winding. It may be hidden by the mountains. And invisible at first glance. But it is there. Every ocean has a shore. One may be lost in high seas. He may see water as far as the eye can see. But he must understand that somewhere this roaring and raging ocean must meet a tranquil shore. Do you understand?

S: In my years with you I have learned much, Master. I have learned to read deeply into your words, in search of the meaning that lies within them. When you ask me if I understand, this underscores the fact that there is a meaning hidden in the depths. If I am correct, what you mean to imply is that we do not seek the winding road amidst the mountains. We do not seek the shore amidst the raging seas. Because we, in fact, never come to the realization that such a road or such a shore exists.

M: You have learned, my wise student.

S: Why do we do this, Master?

M: Because you have lived in the world. And you have become your environment.

S: Was there a time that you also suffered such illusions, Master?

M: Yes, student. There was a time when I too wondered how the magician pulls a rabbit out of the hat. And I became lost while walking in endless circles.

S: What put you on the right path?

M: The idea that even if I found what I was looking for, it would have been by way of accident. I could not allow myself to live a life in which I was not in control of my existence. The idea of living a life in which I was subject to fortune and circumstance was unacceptable to me. For such is the way of common men. Who become blindsided at every turn and know not the direction from which the assault arose. Thus, the seed of knowing The Truth began to blossom within me.

S: You inspire me, Master. I too wish to learn The Truth. What is The Truth about why you always win and we lose?

M: The Truth is that I am serious. And you are not.

S: This is interesting. I feel as though I am serious. But even as I say these words, I doubt them. As I have come to learn that you do not waste words. And if you say I am unserious, I am wasting precious time in insisting that I am.

M: You are serious about hoping to win. You are serious about wanting to win. You are not serious about learning The Truth about winning. You are not serious about learning The Truth about controlling your fate. For you have not arrived at The Precipice.

S: What is the precipice, Master?

M: The precipice is a place from which one is ready to launch into the void. The precipice is a place of knowing that a Truth does in fact exist.

S: You are right. I have not arrived at this precipice. I function from a place of wanting things to go my way. I function from a place of blindly grasping at straws. Why do I do this, Master?

M: Because your experience has taught you that when you blindly grasp at enough straws, you sometimes come away with one. And this satisfies you. But you settle for the

possibility of these drops of fleeting satisfaction because you know not that an ocean of satisfaction exists. And make no mistake. As time goes on, you will come to the point that no matter how many straws you blindly grasp at, you will come away with none. This is the way of things.

S: With each of your words I am becoming more serious, Master. You put me to shame. I am intent upon knowing The Truth. I will tell you what I think, so that I may begin this Journey. Is this fine with you, Master?

M: It is fine.

S: The one who wins is the one who performs better. Is this The Truth?

M: This is The Truth for winning on a given day. But if I am not mistaken, you came to me with the question of how I win on a consistent basis. Rather than win on a given day.

S: You are correct, Master.

M: On any given day, it may be the will of the gods. Or the prevailing winds. As one who rarely wins may have the stars aligned in his favor. Causing him to win. But the stars are not so agreeable to the whims of man to align in his favor on a

consistent basis.

S: Then how is it that You seem to perform better than all others on a consistent basis? What is The Truth about this?

M: If this is the case, then would you not say that perhaps I have found the Elixir of Performance, while you have not?

S: Yes, Master. I would most certainly say this.

M: And am I so beloved to the gods that they should grant me this Elixir while denying other men?

S: I would say not, Master.

M: Then how is it that I have come upon this Elixir? How is it that I have come upon The Truth about the place from which great performance arise?

S: Because this is what you have devoted your life to?

M: And why have I devoted my life to this?

S: I do not know, Master.

M: Because I cannot allow myself live a life of chance.

S: And I have lived a life of nothing other than chance.

M: There is no need to be downtrodden, student.

Understand who you seek to be. Do you seek to be a common man? Or do you seek to be One Who Knows? Do you seek to have your fate controlled by an unknowable god? Or do you seek to hold the reins of your existence in the palm of your very own hand?

S: I have no words, Master. It would be a shameful waste of life if I do not become the latter.

M: When you arrive at this precipice, I will take you to the kingdom where all Truths reside. And I will reveal before your very eyes, The Truth about winning.

S: Thank you, my Master.

# The Arrival



I run the fingers across my left eyebrow . . .

Words sit quiet and still upon the notepad on the desk . . .

A bird rests on the window sill, gazing across the forest  
canopy . . .

All is still . . .

I am in no particular place.

Nothing is worth pointing out.

There is no history to speak of.

Nothing of import to discuss.

The world of drama is a voluntary world.

What happens, happens.

What does not, does not.

If a happening registers . . .

If an event rises to the level of importance . . .

If the mind has an opinion . . .

This has nothing to do with the one whose fingers pen this letter.

In fact, this discourse is about Nothing.

But writing of nothing makes it something.

And this something tends to produce a chase that ostensibly  
leads somewhere.

But each somewhere soon becomes a nowhere.

And the chase begins again.

If one lives in the self, he lives in the world.

If he lives in the world, he becomes the world.

If he becomes the world, he becomes lost in an ocean of  
turmoil.

Silence is a powerful thing.

It stands tall, yet quiet.

It is stark, yet invisible.

In peering inside the mind, there is an entire world of  
activity.

The mind is a world of manufactured significances.

Roller coasters, monkey bars, swings that rise to the heavens, trails that lead back to themselves . . .

Each fix is a creation of the mind.

Each remedy is a sleight of hand of the mind.

There is nothing.

There. Is. Nothing.

But though it has been written twice, it will not penetrate the heart of man.

For the desire for there to be Something will impede all ideas of Nothing.

The great irony, of course, is that this Nothing is more satisfying than any number of Somethings a man could possibly have.

The tree is leaning in the distance. Perfectly still. Its branches nod in the wind.

It has arrived.

Animals are perfect.

It is only the most ostensibly intelligent species in existence  
that is imperfect.

A dog may chase its tail.

But man chases a tail that he does not have.

How can he not?

The mind is built for a chase.

And man has wandered into the mind, and called it home.

No man need fear death.

For how can a man fear something that he already is?

But there is no point in trying to convince the dead of their  
dead-ness.

There is another place. I presume that man was meant to  
live in this glorious place.

Regardless, this place is a benediction.

Without the fleeting quality of pleasure.

Or the hapless search for happiness.

It is . . . an Arrival.

One's face disappears into oblivion.

And whatever he sees, he becomes.

How magnificent . . .

If I did not see another human being for as long as I  
lived . . .

If I did not speak another word until the end of time . . .

I would hardly notice.

How horrid is a life of chasing.

How devastating is a life lived within the pandemonium of

the mind.

The monks of the Zen temples also chase.

For they live within a different room of the mind. While the mind dazzles the societal man with visions of gold. It dazzles the holy man with visions of enlightenment.

Neither brings satisfaction.

Man is prideful of his intellect. It is a bell he cannot stop ringing. And the fact that he does it endlessly is evidence for the fact that it does not satisfy.

For that which truly works need only be done once.

And that which satisfies need only be tasted once.

Trying to stop the mind from chattering is a Ferris wheel of the mind.

Trying to become calm is a pony ride of the mind.

Trying to become happy is a cotton candy of the mind.

Trying to help the world is a sugary drink of the mind.

Trying to become enlightened is a stage act of the mind.

Trying not to try is a magic trick of the mind.

In the Arrival, one grows silent. For he is captured by Awe.

Speaking becomes laborious.

This may happen . . .

That may happen . . .

A smile . . .

A sleight . . .

But if it arrives in the same way it is sent . . . how terrible.

If it registers . . . how silly.

And if an attempt is made to see it as terrible, or view it as silly, this is the most deplorable thing of all.

There is Nothing.

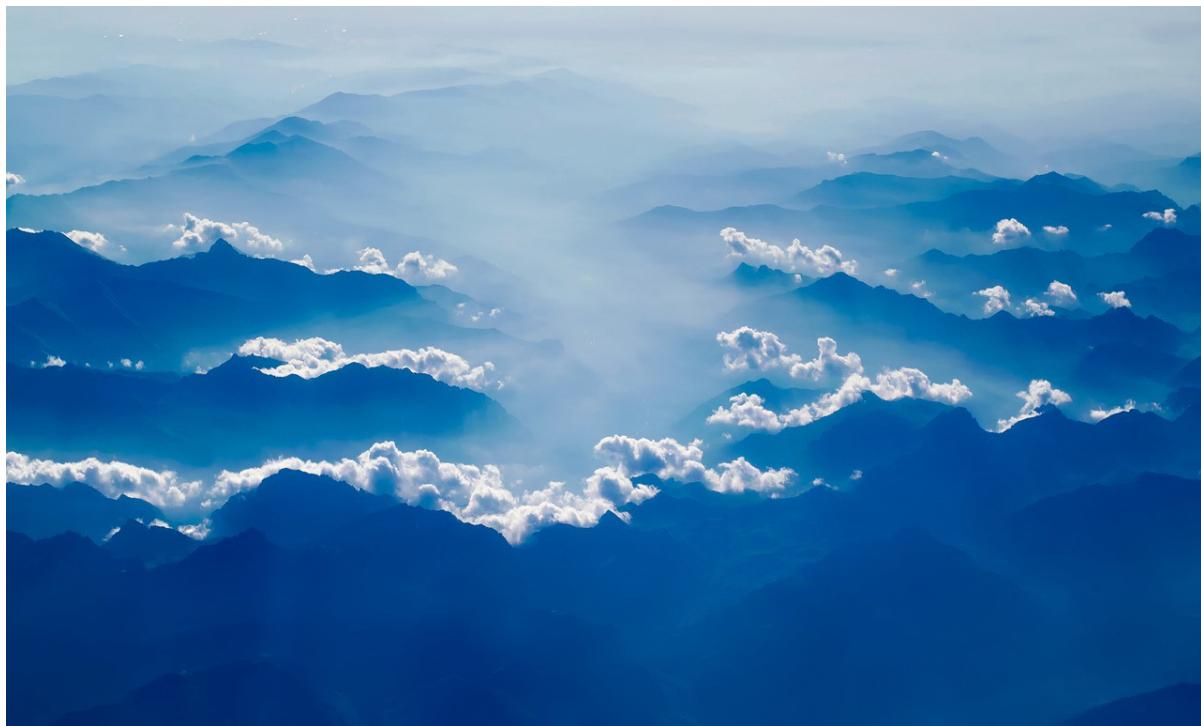
But how can a man understand that there is nothing while  
he is beholden to the idea of Something?

In the Arrival, he will see.

He will see as he has never seen before.

Namaste.

# Master, Can You Not Journey With People For Free?



Student (S)

Master (M)

S: Master, I have tried for decades to solve my problems. I have tried one solution after another. I have changed my thinking. Looked at things from different points of view. But the problems of my life I cannot seem to solve. Why?

M: Because you do not understand The Truth?

S: What is the Truth, Master?

M: If I tell you, you will consider it. As you consider it, you will either believe or not believe. If you believe it, you will not have understood. If you do not believe it, you will not have understood.

S: I still would like to hear it.

M: I have no interest in wasting my words, student. Curiosity does not inspire me to reveal anything to anyone.

S: I would really like to know.

M: You would really like to have your desire satisfied. I am not here to satisfy your whims, student.

S: Why is it a whim?

M: Because you do not have seriousness in your eyes.

S: There is no point in arguing. I must confess that I do not have seriousness for this question. But I am serious about my frustration, Master.

M: You may speak.

S: I am frustrated . . . And also envious, Master. In a way, I find myself angry with you. You have done nothing to me. But I am frustrated that I have not found the answers, despite years of effort. And I am angry and envious that you have. Why should these come to you and not to me? Please forgive me, Master.

M: There is no need to apologize, student. For now you are serious. I thank you for your sincerity. Let us approach the matter head-on, shall we?

S: Please, Master.

M: I am not special, that things should come to me and not to you. I am a man like any other. And I too have felt the frustrations you feel.

S: Then why does the Truth come to you and not to me?

M: Because I am more serious than you.

S: That is indeed head-on. The universe does not give lee way, I suppose.

M: Why should it, student? Why should it give its most

glorious riches to one who is not sufficiently sincere? This world is full of pretenders, my student. Every day they beg to have an audience with me. They say lofty things. They feign sincerity. If I agree to seem them and begin to speak of what it will take to realize the Truth, they make all kinds of excuses. They cannot do this. They cannot do that. They will have to wait until the time is right. Someday they will return. True sincerity, being All-in, the willingness to beg, borrow, and steal if one must . . . Such humans are one in a million, student. One in a million.

S: I am ashamed of myself, Master. Why shall I ask for something if I am not yet worthy of receiving it?

M: What you have said is true. And it is also insincere.

S: Why?

M: This is yet another cleverly-disguised excuse. If you do not make yourself worthy today, you will never be worthy. Your life will continue to free fall into the ground. You will never find Truth, my student. You will struggle for the whole of your life.

S: Master, may I ask you a question?

M: Yes.

S: When I came to you, you asked my family to pay you large sums.

M: Yes.

S: They did not have it. But they borrowed from banks and sold goods and they raised the sum that you asked. Do you ask the same of all those who come to learn from you?

M: Every one of them.

S: Master, should you not Journey with them for free?

M: I am not so irresponsible as to do such a thing, my student?

S: Irresponsible, Master?

M: Yes.

S: I do not understand.

M: Student, today you come to me with a question of not having yet solved all of your problems. You are still learning.

But what is your life like today compared to the day you first came to see me?

S: I cannot begin to describe how different my life is today, Master. I was lost. Fits of rage, being eaten alive by the mind, destructive habits, endless confusion. I have a long way to go. But today I feel as if I am standing on my own feet as a true human who is looking for the Truth. When I came to you I was crawling on the ground unaware that Truth even existed.

M: I have allowed you to help the people who come here. You have spent time with them in closed quarters, helping to guide them toward freedom. What has happened with these people?

S: They rarely return. I am ashamed to say so, but I must confess that I was eager to see how effective I had been in helping them. This was born of ego, so please forgive me, Master. But in checking up on them, I noticed that their lives did not change. Not even a little.

M: Did you ask them for any sum?

S: You instructed me not to, Master.

M: That is correct.

S: I see your point.

M: Do you?

S: Unless someone gives something, they get nothing.

M: What you have just said can be viewed in many different ways. So I am not certain if you understand.

S: Kindly explain so that I do not misinterpret the message,  
Master.

M: The human mind seeks only to satisfy its desires, student. If it sees that another has something that it does not, it becomes hungry for it. If you satisfy its hunger, now it has it. Its job is done. It had no interest in the actuality of the thing. It only had an interest in resolving its envy. It simply wanted to receive it. And once received, it tosses it away. Understand, student, that there is nothing in this world more futile than

Free Advice. A car cannot run on soda water. It runs on gasoline. The mind does not function in an environment of Free. It only functions when there is a cost. And the heavier the cost, the more serious it becomes. If I accepted you without asking for a large sum from your family, you would be the same person today as you were the day that you came

to see me. This is as certain as the sun having risen in the East. Unless a man feels constrained by a heavy price . . . Unless he feels the pinch of having given something of his own . . . He will never succeed. He can never arrive at The Ultimate. Not today. Not tomorrow. Not ever.

S: It matters not if one is rich or poor?

M: Whether a man is rich or whether he is poor, the mind is the mind. The poor man must find a way to beg, borrow, and steal. The rich man must part with enough that gives him pain. If this does not happen, my time is wasted. But my wasted time is nothing compared to the man's wasted life.

S: And for those who say they cannot afford it?

M: Never accept such excuses, student. The sincere will always find a way. Always. And the one or two who do, will become Masters. They do not understand that what they truly cannot afford is having wasted their lives. A life that will never return throughout the end of time.

S: Thank you, my Master.

# Why Practice Does Not Create Greatness. And What Truly Does



It must be understood, without judgment or reservation, that human beings are followers.

Even those rare human beings who are not followers, tend to be followers in some domains.

The world has forever heralded “practice” as the central determinant of success.

Yet, in every domain, all humans will admit to knowing

some who do not practice at all yet are at the top of their fields.

If these humans are asked what they make of the fact that these few people do not practice, yet are at the top of their fields, they will respond in a predictable fashion.

As human beings who are addicted to rationalizing the status quo, they will categorize these individuals as the “exceptions to the rule.”

You see, society is like insurance companies. It creates rules. And then it creates “exceptions to these rules” for all things that do not support their fabricated rules.

It is for this reason that engaging in any discussion with a societal man is a waste of valuable breath.

We are here to discuss The Truth.

And this is for the Rare Man. Not the common one.

And the one who is genuinely desirous of the Truth will truly consider why it is that some individuals do not practice, yet manage to reach the pinnacle of their professions.

Understand this: the “exception” is not something to be swept under the rug. The Exception is the possibility.

Human beings do what they are told.

They follow guidelines and prevailing dogmas.

They not only adhere to prevailing opinion, they parrot it.

They follow the “literature,” and the “studies.”

They even follow the ones who have reached the top.

This is why they do not achieve greatness.

Let us dive into the Truth, shall we?

Why is practice an overrated concept?

Why do some practice for the whole of their lives, yet never come close to their pinnacle?

Why do some athletes shoot straight to the top, while others practice and practice and practice, but end up having to work two jobs while their talent is left to waste?

Why do millions upon millions “practice” Buddhism yet never even approach emotional stability or peace, much less enlightenment?

Why do the monastery-confined monks who “practice” more than anyone never arrive at conquering their own mind?

No one can blame these people for being lazy, or for not having practiced.

But one Can blame them for never having stopped in their tracks and asked, “Is this really working?”

And if they did happen to do so, then they can be blamed for listening to coaches, gurus, and others who tell them “to stick with it and one day it will come,” or that “they are not practicing correctly,” or that “they must work harder,” and various other things.

They were on the right track when they began to question the validity of such “practice.” But the moment that they stepped one foot on this path of true questioning, they were promptly sent back to the galleys.

Always remember that the root word of Culture is “cult.”

And all things in this society are a cult.

Why does practice not create greatness?

Because human beings practice that which they already know how to do.

This leads to either nominal benefit, or no benefit at all.

Why do humans do this?

Because they subscribe to a religion. The religion of “hard work.”

And the more accumulated hours of “hard work” one puts in, the more (false) sense of satisfaction he gains.

The more he becomes convinced that he is going somewhere.

Why does practice not create greatness?

Because the things that human beings practice have little to no relation to where they wish to go.

They do things that are 8, 9, and 10-levels removed from where they actually wish to go.

Why does practice not create greatness?

Because, truth be told, if they did not engage in such practice (of practicing that which they already know how to do, or in practicing things that have little to no relation to where they wish to go), they would not know what precisely to practice.

And if a human being arrived at This realization, he deserves to be commended.

For then, possibilities abound for him.

One might say that “experience” has taught them much. And that “experience” can be considered a form of “practice.”

They certainly will have gained a level of prowess from experience.

But most often, such experience is a matter of volume rather than quality.

Given that most are not willing to commit themselves to

years and years of doing Anything, those who have experience are far ahead of the game than these individuals.

But the problem with “experience” as a form of practice, is that one becomes solidified in his beliefs.

For instance, if the man who has experience did not constantly rest upon the idea that this experience puts him ahead of the game, or that it provides him with the wisest decisions, then he would always question himself.

I did not say “doubt” himself.

But here we have yet another problem (do you see how deep the conditioning runs?).

The one who questions himself tends to rely upon the input of “others.”

He makes a massive and entirely false assumption that the person he is asking for “input” is a living breathing example of one who has not fallen prey to the traps of his own “experience.”

In order for any wise individual to ask for an ounce of input from another, this “other” would have to be vetted,

interrogated, evaluated, and questioned to no end in order to determine if he suffered from false beliefs, unfounded biases, and imprisonments before a single word of what he said was allowed into the mind of the one who was doing the asking.

What is the way to Greatness?

The way to true greatness is to seek the Truth.

What does this mean?

What it means is that within every discipline there are opinions and dogmas. And somewhere amidst the mass and the nonsensical rubble is the Holy Grail. The Truth that no man has ever found.

What it means is that within every human being lives an Ultimate Possibility. A native capability that is his birthright. And upon reaching that, he accomplishes things he never dreamed possible.

And what it means is that this must be done in a vacuum. What I mean by a vacuum is that it must be done without the input, the opinion, or even the sight of other human beings.

For those human beings, no matter how successful, will almost certainly not have given the whole of their lives to

such a pursuit.

And this being the case, any input that they provide will poison the well. And stifle the journey.

True Greatness requires the sort of person who would like at his own mother from three different angles in order to verify that it was Truly her.

True Greatness requires such a maniacal and uncompromising heartfelt craving for what the Holy Grail Truly Is, that he has zero time for any society, man, or world who is not hell-bent on such a journey.

For he simply cannot afford to be limited by such false ideas.

His journey cannot be compromised.

He only has a limited time on this Earth.

And he must find it well before he dies.

So that he will have ample time to bask in the glory of this Holy Grail that mankind has never even considered, much less sought.

Namaste.

# Self-Less



Is there such a thing as a self?

Does it, in reality, exist?

No.

The force of one's personality is precisely that.

There is no hardened objective reality that functions, thinks, acts, and experiences.

Should you accept this?

No.

Should you believe me?

This would not do anything for you.

Is this something you should convince yourself of?

I would not recommend it.

Faith and belief lead to endless problems.

The fingers type these words.

The eyes see them on the page.

The heart pumps blood.

The lungs inhale and exhale.

There is no self behind all of this.

There is no one there.

And yet for the whole of a man's life, he behaves as if there  
is.

The consequences of this error are simply incalculable.

It is the one source of all human suffering.

It is a fork in the road from which he will never return.

Love yourself, be yourself, pamper yourself, praise  
yourself, improve yourself . . . This has driven man insane.

The idea of the self is the cause of every human ailment.

And since all human conflict, domestic and worldwide, is  
initiated by humans, the belief in the concept of "self" is  
responsible for the holocaust, genocide, and all the wars in  
human history.

Where there is a Me, there must be a You.

Where there are two, there will be differences.

And where there are differences, there will be conflict.

A biological organism is a biological organism. Various

neurological functions occur within this organism.

And adopting the concept of a self gives false significance  
to these functions.

There is no way out.

One cannot “fix” his way out of this.

He cannot “improve” his way out of it.

For whatever he does to this self, he will be doing it to  
something that does not fundamentally exist.

Thus, he will swim in an ocean of problems.

Until the day he dies.

And he will die without ever having acquired the Freedom  
of knowing . . .

That he never really existed at all.

Namaste.

# Thought Is An Unawakened State



Imagine a man who sits in a room.

Slender spires of mist are released into the room.

The spires of mist glide through the air, creating various shapes and forms.

The man begins to interpret these shapes and forms.

They seem to be giving him signs and signals.

They seem to be telling him stories.

These stories become His stories.

This room becomes his life.

These spires of mist are Thought.

The “room” is the human cranium.

It can be accurately said that a man has not seen reality  
since he was a child.

He has never seen the way things truly are.

He has only seen reactions that have arisen from  
interpretations.

And interpretations that have arisen from thinking.

Descartes said, “I think therefore I am.”

He was correct. But not for the reason he believed.

Thinking indeed creates the man.

It creates his image and his persona. It creates a story around him. It populates his world with characters on either side of like and dislike, friend and foe, family and non-family.

His entire life is lived in conflict, subtle and dramatic, with this populace.

Every one of these conflicts is but a reflection of his central conflict: The conflict with the image and the persona that thought has created.

When a man hears himself speak, the voice that he hears is a false voice.

It was created by thought.

Put simply, if a man learns to live without thought, his voice changes. Its quality changes. Its content changes.

Even the stride and the gait of the man changes!

An awakened man is an entirely different species of organism than the unawakened one.

The illusion that thought creates is so real that it is almost impossible to extricate oneself from it.

Because the tool that he will employ to extricate himself is the very one that has imprisoned him: Thought.

This would be akin to pushing down on quicksand in order to lift oneself out of quicksand.

In the world of thought, there are only problems. Even the “good times” are laced with problems.

None of these problems have a “fix.”

Because each fix is motivated by the need to “feel better.”

But this feeling is not sustainable. Because the persona that seeks to feel better has been created out of thin air.

He does not fundamentally exist.

Have you noticed a pattern in your life?

It is a tape-recorded, groundhog-day existence.

You say the same things. Those around you respond the same way. You can predict what they are going to say. They can predict what you are going to say.

This is the manufactured life repeating itself on an endless loop.

Why is this happening?

Because neither you nor they truly exist.

All of you have been created by the hand of thought.

Each person is asleep. Talking to one other in their sleep.

Awakening is not a spiritual luxury.

It is the doorway to a true life.

Not a “better” life with “more happiness.”

A true life.

One which you have never known.

One whose qualities you are unfamiliar with.

I will leave you with this:

As you have read these words today, thought has perhaps interpreted them as “that’s very interesting,” or “one day I will have to look into this.”

This is because it has sealed the walls of your cranium with tar and caulking in order to make itself impenetrable to The Truth.

The illusion must be sealed from all sides in order to make it seem real.

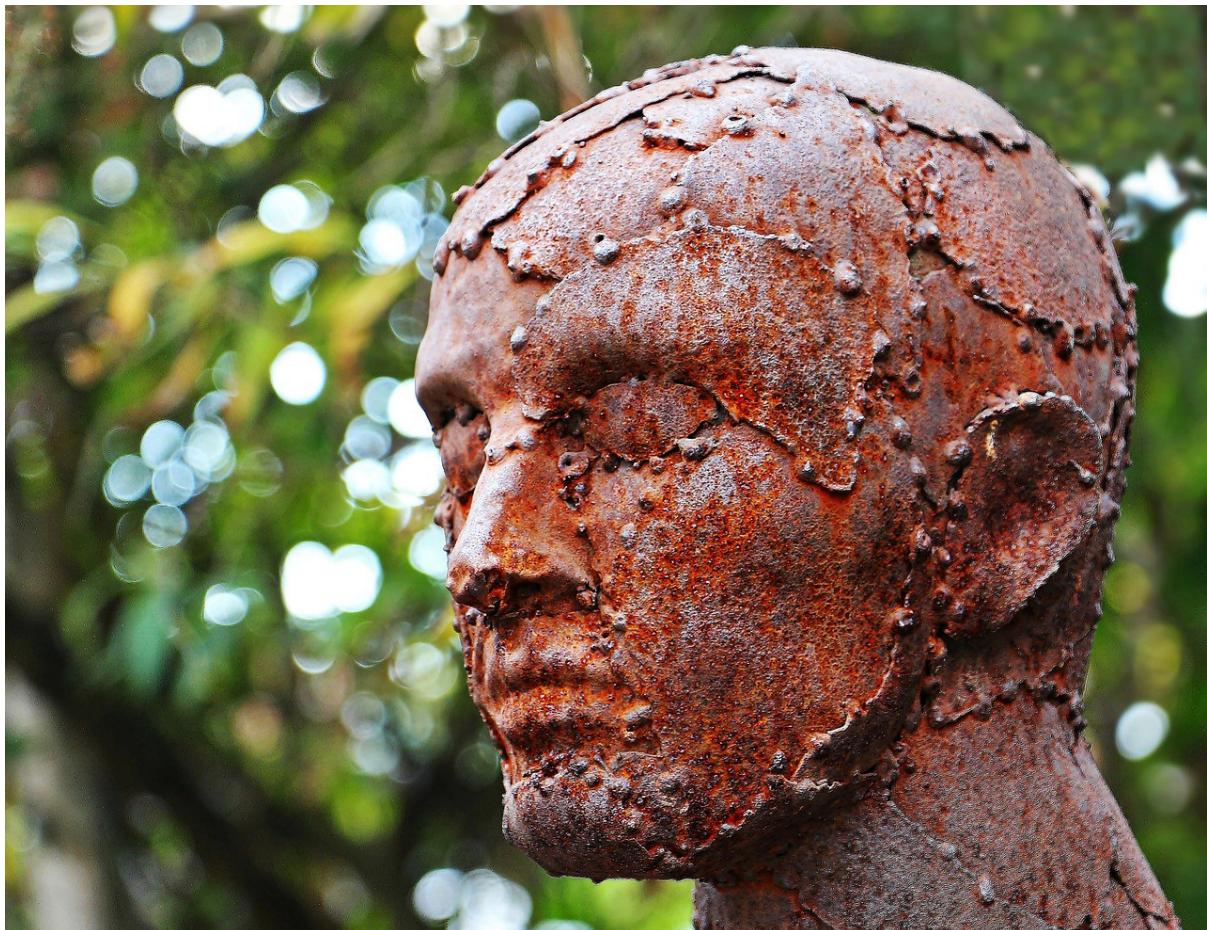
Man spends his life attending to things that thought created. He tends to a life that does not exist.

And in so doing, he never experiences the one that he was meant to live.

Namaste.

(The solution to this problem is provided in the Private Discourse: Becoming Awakened).

# Becoming Human Once Again



There was a time in every human's life in which he was fully human.

If he was pricked by a needle, it would draw blood.

Somewhere along the way, this human began to become something less than human.

He became conditioned. He began to be filled with all sorts

of knowledge. He began to search for things that he was told he should search for.

As the years accumulated, he became a shadow of his former self. He adopted new identities. He assumed new roles.

He sided with one group and against another.

He became replete with opinions. His words became repetitive. His life became an exercise of salvaging a moment's worth of pleasure each and every day.

His mind began to run wild. Thoughts bombarded him from every direction. His natural state spiraled out of control, no matter how “healthy” of a lifestyle he tried to assume.

His life became saturated with a thousand different miniature conflicts. His life became nothing more than putting out one fire after another.

One will naturally ask, “Why did everything go so wrong?

The answer to this question is a dangerous one. For it will lead the human deeper into his imprisoned state.

For if I were to say that everything went wrong because of “X,” then the human will begin to try to modify and “fix” this

“X.”

But this is the main reason why he lost his way.

For when the human was fully human, there was no “X” to “fix.” The thought of ‘fixing’ and ‘doing’ and ‘practicing’ never arose.

But as time went on, natural things became replaced by manufactured things.

That which came naturally, now required a “doing.” And this “doing” never quite had the effect that the natural action did. For the natural action was really a non-action.

No tree tries to improve itself.

No cloud tries to better itself.

The only thing that tries to better itself is the one who has been conditioned to believe that the ultimate state is arrived at by way of “effort.”

Effort has become one of the many gods that humans now worship.

It is virtually impossible to talk to such a human. It is for this reason that I avoid conversations, and live largely a hermetic existence. I have almost no friends. I am nowhere to be found. I speak only to very few people in the world. Most of whom happen to be private clients. For these individuals have been vetted. I have a limited number of years left on this earth. And zero time to waste.

Humans have become so polluted by conditioning they are virtually immune to The Truth.

For instance, if I say that any “doing” leads one further into imprisonment . . .

Or that no tree tries to improve itself . . .

The conditioned human will interpret this as “Just be.”

This is a conditioned response. It is philosophical jargon he has picked up from the spiritual world.

For if he tries to “just be,” he will be trying to “be.”

You see, the human has been so brainwashed, poisoned, and conditioned into believing that there Must be an action, an activity, a practice, or an austerity that he is simply blind and

deaf to any insight that is not packaged as a prescription.

He is so addicted to “prescriptions” and “actions” that he will even turn inaction into action.

How can such a one not be lost in turmoil and confusion?

How can his life not be filled with conflict, pain, misery, and disappointment?

He will be chasing better “ways,” newer “methodologies,” latest “prescriptions,” forever and ever and ever.

If he is told Not to do any of these things, he will think to himself, “Well, I must do Something! I can’t not do anything. How will I get better? How will I improve?”

Doing something creates problems.

And doing nothing also creates problems. Because this doing nothing is as much a prescription as doing something.

The human has been sold a lie from which he will likely never recover. A tiny fraction of the world population may recover. A tiny fraction, at best.

The lie that he has been sold is that he if he does X, he will get Y.

This is fine for mechanical things. It is fine for lifting dumbbells.

But this is a disaster when it comes to living a fulfilled life.

For life is not screws, nuts, hammers, nails, and dumbbells.

It is the color of water, and the smell of clouds.

The “scientist” knows nothing about life. For life does not subscribe to his rigid rules. Life does not read his silly books, or his nonsensical “peer-reviewed articles.” For who are his “peers?” Those who are as lost as he is.

Does this not make “peer-review” a liability rather than a benefit?

I will not tell you how to become Human Again.

For the reasons I have explained.

A human needs to be shaken. He needs to be shaken from his stupor of “what do I do?” and “how do I do it?” and “what

are the steps? and “what are the best practices?”

He is a robot who is in constant search of external inputs.

He closes his eyes and pretends to be blind, so that he may give himself the false security of a seeing-eye dog.

I won’t tell you to “wake up.”

For if I do, you will turn even that into a prescription. You will begin to “practice” waking up.

Nature was intelligent in keeping one’s heart and intestines out of a human’s control. For if it were under his control, he would spend 24 hours of every day learning “best practices” and the “latest techniques” for how to pump his heart and which hand to hold it in.

He would spend 24 hours of every day looking for “hacks” as to the best way to make the intestines work.

And he would die before the 24 hours were up.

I won’t tell you anything.

I will not give you any ammunition to create more

prescriptions for yourself.

If there is but a remnant of something Truly Human that remains within you after all these years, IT will have understood what “you” may have not.

Namaste.

# Genius Is The Domain of The Madman



No sane person has ever produced a masterpiece.

If we examine the true geniuses in any industry, they are woefully deficient in many areas of their life.

They are difficult to get along with. They are impulsive. They are temperamental. They are blunt. They are wild.

It must be so.

For the beauty of nature lies in its unabashed naturalness.

Nature is admired for its mysterious wilderness. It is unforgiving. It is as it is. And it tries to appease no one.

Because it goes to no one, all creatures are drawn to it.

A masterpiece created by the hand of man can only be created if the hand is set free.

The slightest bit of caution destroys it.

A hint of conformity compromises it.

Fortunate are the insane. For though they live a tumultuous existence, is it not superior to the pale pastels of predictable domesticity?

The outcast.

The recluse.

The wild-haired man who lives in the shadows.

These are the true creators.

These are the sons of nature.

These are the beautifully insane.

# The Leader Who The Mind Cannot Defeat



The real coup . . .

The true dethronement . . .

The greatest downfall . . .

Is that which is orchestrated not by those who are governed or employed.

But that which is orchestrated by the leader's own Mind.

The leader who becomes immune to the assaults of his mind, cannot be hurt by any man alive.

No man can be destroyed by another, without his own consent.

A man is infinitely and invariably defeated by himself, moreso than by any other.

A man's Mind is his greatest foe.

And it is only once it is conquered, that it becomes his greatest ally.

Men, or women, who are in a position of leadership, cannot lead until they first become Whole.

No human has the capacity to lead another, until he himself becomes Unflappable.

For it is only once he becomes unflappable, that he can see Clearly.

For how can a man who is tending to his own self-conflicts, have the availability to guide other men?

How can a man who is battling his own assaults, lead empires to Greatness?

How can a man who lives under the tyranny of his own mind, gain access to the full sum of his talents?

If you are Serious about becoming the rare caliber of human who cannot be defeated by his Mind, I will introduce you to the beginning stages of this Path.

Please understand, that it matters not what you do or say.  
For this is not where the magic lies.

A puppet cannot be called a Human.

What good can it do to have someone manipulate your tongue? And prescribe your actions?

A tree cannot be affected at the level of its branch.

It can only be affected at its root.

For one may attempt to bend the branch in any way that he likes.

But he will not succeed in bending the tree.

I will share with you a Truth.

This will start you on your way.

The Mind cannot touch the man who is Sincere.

It destroys the one who is Not.\_

A man's mind is always watching him.

It knows this man's holes and weaknesses.

And it is through these crevices that he assaults him.

It is through these weak links that it controls him.

The human who attempts to "fix" his weaknesses, creates more weaknesses.

The human who unflinchingly sits before his weaknesses without the slightest attempt to fix them, begins to dismantle them.

The purity of one's thoughts . . .

The purity of one's intentions . . .

And the uncompromising self-acknowledgment of any impurities that may have motivated past and even future actions, begins to create his armor of immunity against the slings and arrows of his mind.

The Mind does not assault man for his mistakes.

It assaults him for the cover-up.

The Mind does not assault man for his weaknesses.

It assaults him for his attempts to “fix” them.

The Mind does not assault man for his failures.

It assaults him for his refusal to examine their genesis.

The Mind does not assault man for what is in his heart, be it noble or ignoble.

It assaults him for trying to be clever, rather than honest.

Understand, that the words or actions of any leader matter little.

What matters is the Source from which they arise.

\*\* \_For a man who scolds with a heart that is pure is infinitely more immune to the mind's assault, than the one who soothes with a heart that is clever. \*\*

Let man be square with himself on the true source of his motivations.

Not because it is noble.

But because it will not allow him to go astray.

The Leader who devotes himself to find Peace, will by this very devotion put those around him on a similar path.

Seek not “to do.”

Seek to Truly See.

Seek not to do what is “right.”

For no man knows what is truly right and what is truly wrong.

Seek, rather, to act from a place of Purity. Come what may.

For the Effect of pure thoughts, is purity.

The Effect of honest self-acknowledgment, is peace.

The Effect of devotion to learn The Truth, is confidence.

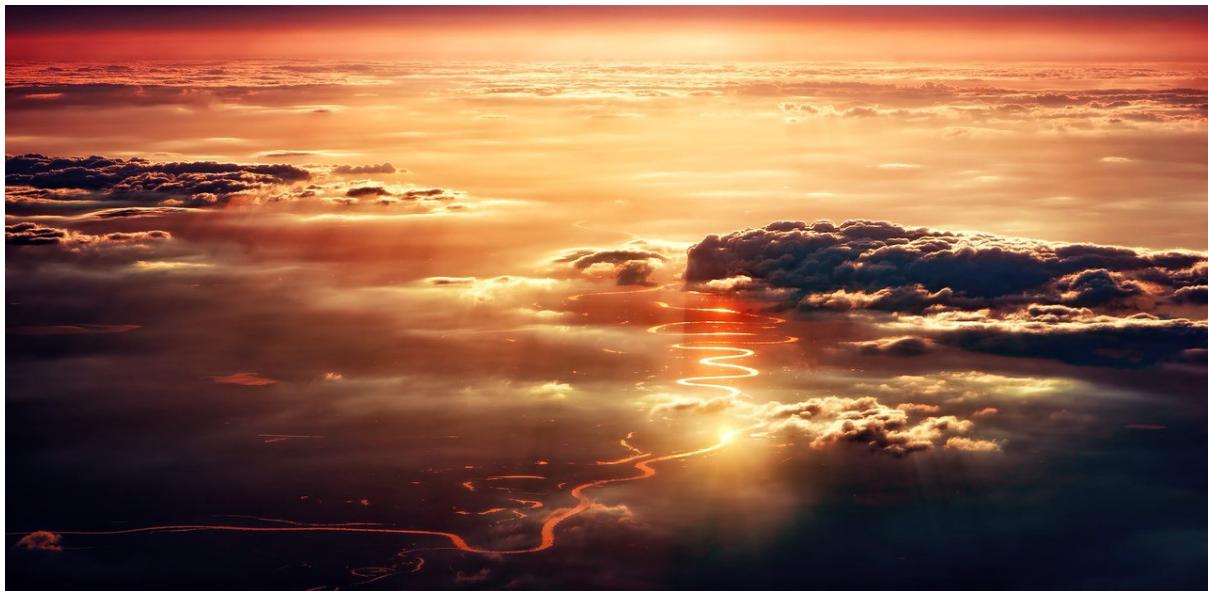
The Leader who devotes himself to conquering this Final Frontier of the Mind is in a class by himself.

He becomes a living example not only for those he governs.

But for the whole of mankind.

Namaste.

# The Inevitability Of Success



A man embarks upon an endeavor.

He wonders, “Will I succeed? Will I make it? Do I have what it takes?”

These questions are ineffective.

The reason they are ineffective is because implicit in such questions is a belief . . .

A belief that is so fundamental, it slips by unnoticed.

The belief that gives rise to such questions is that there is some external agency that will decide if one becomes

successful or not.

Be it fate, a governing body, a team, a board of directors, a general manager, or even talent itself.

There is a belief that there is some “hurdle” that one must get over.

There is a belief that there is someone or something to satisfy, in order to arrive at the promised land.

A player who wants to play in the NBA thinks, “I have to get to the point that I am good enough to make it to the NBA.”

A golfer thinks, “I have to get to a particular level of skill so that I can defeat my competition and earn a PGA Tour card.”

In order to walk a path of Truth, a man must arrive at a genuine answer to a genuine question.

The question is, “What is it that I truly desire? Do I desire my craft? Or do I desire success?”

Are they mutually exclusive?

Yes and no.

A man may desire his craft and never become successful in a worldly sense. He may spend his life pursuing his craft, homeless and blissful.

This is a romantic notion. And, quite frankly, I find it to be far more desirable than working a 9–5 job in order to make a paycheck which allows one to survive so that he can continue to work his 9–5 job. This is a slow and circuitous death.

Having said this, I find it wasteful for a man to truly desire his craft and Not become a worldly success at it.

But if one desires success itself, this can be a dangerous situation. For it tends to be a situation in which the man is trying to overcome a deep-seated feeling of inadequacy.

Success for success' sake leaves one feeling hollow. And he spends his entire life on a chase that has no end.

Purity tends to take a man a long way.

And purity combined with practicality tends to take one straight to the top.

For instance, a man who pursues his craft purely will learn more than any other man. But he will reach a point where his purity must adhere to certain practical dimensions if he is to make a worldly success of his craft.

For there will necessarily be some skills that have high yield, and some that have low yield. If he pursues the low yield skills because of his pure passion for them, this will place a limitation upon him. It will place a ceiling on his worldly success.

But if he combines his passion for his craft and pursues the high yield skills with the same vigor, he will have no limits.

As a result, success is not about “succeeding.”

For “succeeding” implies the possibility of failure.

Allow me to stop you before you wander into the murky domain of “positive thinking.”

It must be clear that in no shape or fashion am I saying that one should think positively about succeeding, and not allow his mind to wander toward failure.

I am not speaking of Succeeding.

I am speaking of the Inevitability of Success.

To me, there is nothing more dry and mundane than  
“lucking into success.”

And nothing more captivating than creating the conditions  
for its inevitable arrival.

Hard work and struggle are empty and romantic notions of  
the unserious.

Inevitability is for the mature and the serious.

The overwhelming majority of humans practice for  
practice’ sake.

They practice because they fear being “out-practiced” by  
their competition.

They practice for the same reason that the religious pray to  
god.

Not for the love of the craft, and not for the love of god.

But out of fear of what may happen if they do not.

It is all about Honesty and Truth.

The light must be shone brightly on the darkest corners of  
the human psyche.

The man who learns the ins and outs, the patterns, the  
tendencies, and the nature of things as they relate to his craft,  
cannot fail.

The man who works hard, practices, and competes will fail  
and fail and fail, even if he becomes world class.

And before the mind can condemn him for his failures, he  
will jump aboard the bandwagon of societal doctrine which  
says that “Failure is good. And necessary.”

More empty romanticism.

Shall we speak Truth?

Experimentation is necessary.

Failure is not.

A man may try a thousand experiments in search of arriving at a particular Truth. And each return to the drawing board is an arrival at a new level.

The first 999 experiments may prove fruitless.

But not a single one of them is a “failure.”

A man may “compete” 5 times. He may win 2 out of the 5 times.

But all 5 are failures.

Because he did not arrive at a Truth.

He did not figure out The Game.

He threw darts at a board, and lucked into victory.

Understand this: This does not have the power to sustain the human spirit.

For the rest of his life, this player will play game after

game, having no idea of the outcome before any of them begins. He will win some and lose some.

This is so foundational, that this has become a common societal tenet, “You win some, you lose some.”

I cannot imagine anything in this world more boring than this.

Two players say, “You have not mastered this craft, and I have not either. So the only option we have is to compete for the prize. So let’s fight.”

A player who does not practice is uncertain about the outcome of the event.

He is uncertain because he has not practiced, and thus perhaps not acquired the requisite level of skill.

This is understandable.

But if a player practices, and is still uncertain, of what use is his practice?

As I have said before, my ways are strange to the world.

To most humans, I live on Saturn.

And, quite frankly, I am content with Saturn.

For, kindly forgive, but I do not understand the logic of this world.

I am sensitive to reason and logic.

But society asks for leaps of faith, which I'm afraid I cannot grant.

Success is not about succeeding.

It is the natural offspring of learning.

The Game of games not about hoping and competing for a desired outcome.

It is about devoting one's life to orchestrating the Inevitability of it.

Namaste.

# NOW!



No holds will be barred here. Close your eyes, plug your ears, or just walk away from the screen if you are not looking to hear The Truth!

Man is such an exuberantly clever creature.

He created clocks Not to keep track of time but to give himself 24 hours for an activity that requires half an hour.

He is a pathological and incessant Time Waster.

And I will tell you right up front that I don't have any respect whatsoever for the concept of "patience."

If you were drowning in a lake, would you be "patient?"

Would you look at the clock and wait for the "appropriate time" to call out for help?

You might say, "But I'm not drowning in a lake."

There are many holes in that statement, but my immediate response is, "It's too bad that you're not."

Because if you were drowning in a lake, at least you wouldn't waste time!

Almost all "business meetings" are a criminal waste of time.

Simply Criminal!!!!

When I hear people say to me, "Some time this year, we will . . . " I simply disconnect.

Believe me, my friend. In my profession, I've heard it all.

“One day I will . . . “

“When the time is right . . . “

“We really must get together some time and . . . “

“The next time I see him I will tell him . . . “

“When I’m in the area I will . . . “

Can you just for once Be Honest?

Why not just say, “I don’t want to.”

Or . . .

“I could tell you that one day I’ll do it, but if I’m just plain honest with you, I’m probably not going to.”

And if you Really Do Mean that you will do it one day,  
then why wait until “one day?”

Do it Now!!!!

I didn't say do it "Today."

I said NOW.

Now!

Now!

Now!

The truth is that almost all of the things that you are going to "get to" aren't going to get done any way.

So either be truthful and say that you're not going to do it.

Or do it Now!

No middle ground!

(Moderation is another myth. But I'll save that for another time).

And please . . .

I beg you . . .

I absolutely plead with you . . .

Do not tell me that “you’re too busy.”

Listen, my friend.

No one in this world is “too busy” for that which they  
Sincerely Want To Do.

No one!

If you were in a meeting with the top five heads of state in the world and someone interrupted and told you that your house had caught on fire, you wouldn’t be “too busy” to tend to the matter.

No One is “too busy.”

A “too busy” human being has never existed in the history of the human race.

Never!!!!

“I’d rather not” human beings certainly exist.

“I don’t feel like doing that right now” human beings absolutely exist.

“I’m too afraid to entertain that at this point in my life” human beings without a doubt exist.

But “too busy” human beings are a mythological creation.

Either Do . . .

. . . or admit that you’re not going to do.

But stop the nonsense in your life.

You will be respected for it.

“How refreshing,” people will exclaim.

Tomorrow never comes.

It never has.

And it never will.

“Eventually” is even worse than tomorrow.

It doesn’t even have the Hope of coming.

“Some time this year . . . “

“When the time is right . . . “

“We are working on it . . . “

Please.

Stop.

The.

Nonsense!

Patience is only a virtue within the pages of impractical textbooks and in the eyes of the Insincere.

Patience is Clever Procrastination and nothing more!

Patience is invisible dust floating in the wind.

Now is clean, clear, and bright.

Now captures the essence.

Now is right in front of your eyes and mine.

Now!

Now!

NOW!

Or Shut Up!

# A Conversation With God



Man (M)

God (G)

M: I see you clearly. Have I reached the end of my life?

G: Yes.

M: What do you think of the way I have lived?

G: Of what use is this to you?

M: I seek your judgment.

G: I do not judge.

M: If you were a friend rather than a god, what would you say to me about the way in which I have lived?

G: I would say that you have wasted the life that you were given.

M: Why!

G: You think you have not wasted it?

M: I have wasted time, there is no doubt. But wasted my life?

G: If even the idea of it is unbearable, what must it be like to come to the realization that this is, in fact, what has happened.

M: I don't understand.

G: Please explain why you do not understand.

M: I did good. I helped people. I practiced austerities. I prayed. I tried to get along with others. I gave all I had to my family. I practiced meditation, yoga, and many other spiritual things.

G: So what?

M: You say "so what" to all of that?

G: Tell me. What makes you impressed by the fact that you did all of these things?

M: Was I not supposed to do these things?

G: Were you following rules?

M: I don't know.

G: You must have been following rules. Perhaps you thought that these were MY rules.

M: Why do you say this?

G: Because you asked me if this is what you were supposed to do. Which tells me that you were indeed following rules.

M: Is it wrong to do such things?

G: You ask another "rule" question.

M: Is there no right and wrong?

G: If there were a right and wrong, why would this be important to you?

M: So that I could do the right thing.

G: Why?

M: Why? . . . Why what?

G: Why do you wish to do the right thing?

M: What sort of question is this?

G: Apparently, one that you are having trouble answering.

M: Would you have me do the wrong thing?

G: I would not have you do anything.

M: I do the right thing because . . . it's right to do the right thing.

G: Why is it so important to you to do something that is right?

M: I didn't expect such questions from you.

G: You have not answered the question.

M: What do you want me to say?

G: You ask for more rules?

M: No . . . I just don't know what to say.

G: Speak the truth.

M: The truth?

G: Yes.

M: I've lived my entire life trying to do the right thing. In any situation, I would always approach it from the standpoint of what is the right thing to do. I don't know where this came from. I don't know why I did it. But I did. This is the truth.

G: It is indeed.

M: Is it wrong to do the right thing?

G: I do not know.

M: You don't know?

G: No.

M: Why not?

G: I do not know what is right and what is wrong.

M: How is this possible?

G: Because I do not know the meaning of such words. I did not invent them. You did.

M: Are you saying that I wasted my life because I always tried to do the right thing?

G: No.

M: Then why do you say this?

G: I say that you wasted your life because you did not examine why you did anything. You wasted your life because nothing was done by Your choice. It is as if you were given a sheet with three choices and you picked the one that was least offensive.

M: I don't know what to say to this. But please tell me more.

G: Do you not see?

M: No, sir. I do not. I ask that you tell me more.

G: You spent your entire life trying to feel good about yourself. You spent your entire life trying to scurry from pain. You spent your entire life following the rules of an unknown god. You spent your entire existence on earth, trying to become comfortable with your existence on earth.

M: May I ask you a question?

G: Yes.

M: Is there nothing sacred on this earth?

G: May I ask You a question?

M: Yes.

G: What has been your experience of life?

M: Difficult.

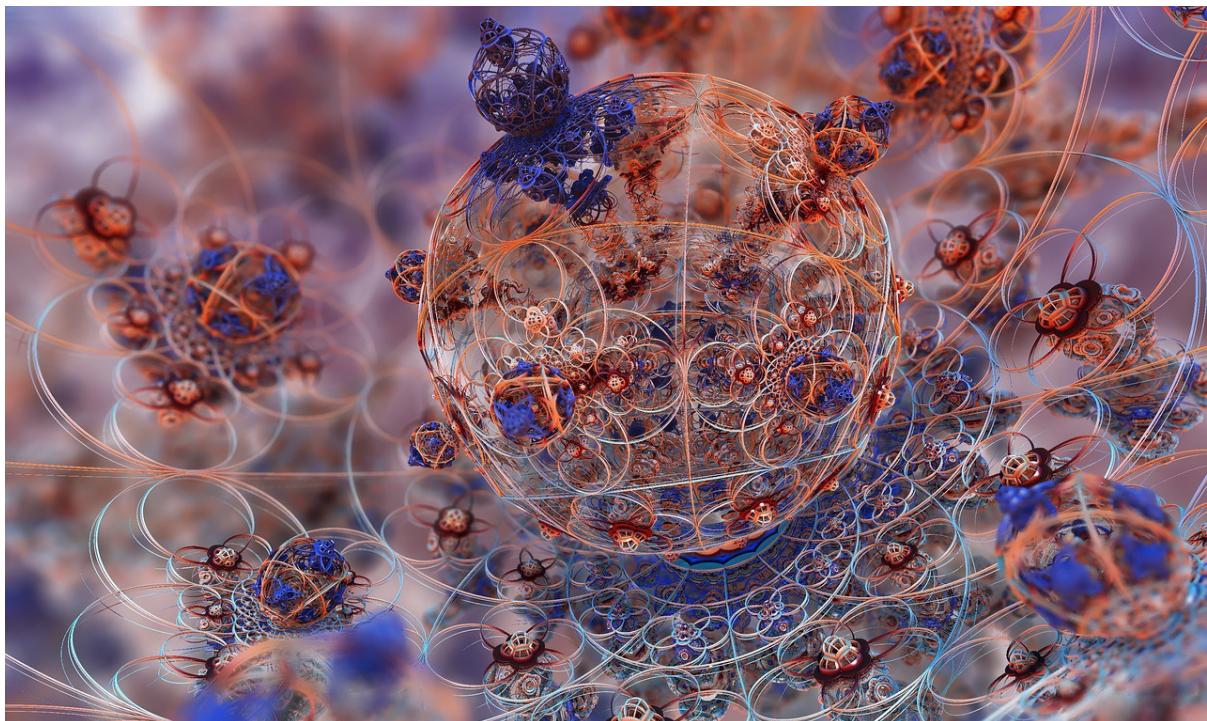
G: Then I will tell you the one thing that is sacred.

M: Yes?

G: To never again return to this life. To never incarnate as a human being or any other creature. To die. Never to be reborn again. This . . . is sacred.

Namaste.

# Truths I Do Not Need You To Understand



This discourse is not written for your betterment.

It is not written in order to make you understand.

It is not written for your health.

It is just written.

A human being spends his entire life hankering for that  
which he does not have.

While, at first, this might sound like an admonition, it in fact stands to reason.

Society preaches that one should be happy with what one has.

That humans should count their blessings.

That they should be grateful.

While the human may possess material pleasures and comforts, it stands perfectly to reason why he chases that which he does not have.

For the fact is, he does not have anything at all.

He does not truly have the love his children.

He does not truly have the adoration of his spouse.

He does not truly have the loyalties of his employees.

He does not at all have peace.

He does not at all have quiet of mind.

Even the things he owns can one day be taken away from him.

He is but a single misfortune away from destitution.

He is but a single conflict away from estrangement.

Everything in this life is false.

For the constructs, the institutions, and ideas upon which this entire society is built are false.

Somewhere within his heart, man recognizes this.

He subconsciously attempts to appease his wife. In order to win her affection, or escape her scorn.

He subconsciously attempts to buy his children's love. For he knows in his heart of hearts that they will far easier leave him than he could leave them.

He attempts to "do right" by his employees so that he may be seen as benevolent and kind.

The entire structure of his life is built upon an ocean of fears, big and small.

He is a delicate creature forever on the verge of collapse.

It is not an overstatement to say that on a given day something so small as a smile prevents his collapse.

He chases pleasure at every turn.

He avoids pain at every turn.

He likes this.

But hates that.

He hopes for this.

But fears that.

He sighs a relief at this.

But worries about that.

He praises this.

But condemns that.

He blames another today.

But feels guilty about it tomorrow.

He blames himself today.

And feels sanctimonious about it tomorrow.

He makes empty and reflexive comments at social  
gatherings.

He laughs at bland jokes in order to win favor.

He rethinks the decisions he was once so certain about.

He forgets things that were ostensibly important to him.

Life is suffering indeed.

Is it not?

What is one to do?

The fact that this very question is forever on his mind is perhaps the greatest cause of his suffering.

Understand this:

All things in this world are a farce.

All prescriptions are lies.

All relationships are one-part love, and nine-parts something else.

All morals are disingenuous.

If there is a gateway to The Truth, it is the following:

I. Don't. Know.

(And if you dare say this from your lips rather than your heart, you will instantly turn to stone).

Namaste.

# A Glimpse Behind The Curtain Of The Mind



We are about to enter the human mind.

I will take you to a few select regions.

And to some secret compartments.

If you look for the mind, you will not find it.

It is invisible.

But it is functioning right beneath your feet.

As I said the word feet, the image of feet appeared in your psyche.

This is the mind at work.

Look down there. Look at the wheel spinning at a thousand revolutions per second.

There is a vortex in its center.

This is the place in which thought is created.

The thoughts that you believe are “yours,” are manufactured here.

Come this way. Step in my steps. For there are invisible crevices that, if you fall into, you will disappear forever.

This is the echo chamber. Feel free to speak. Do you see how the sound reverberates exactly seven times?

This is the mind echoing your attempts to be free. By echoing them, it makes you feel as if you are making progress.

But, in reality, you are moving deeper into the mind's  
grasp.

There is something fascinating, the likes of which you will  
never again see.

Come slowly round the bend.

And there it is.

A sight to behold, is it not?

A gargantuan windshield. With a birds' eye view of the  
entire world.

But look closely.

Do you see the peculiarities in the images?

Yes, they are changing. The mind recreates the images, not  
according to a time schedule, but according to its state!

As the winds of mood appear, the images begin to change.

It is for this reason that what one sees when he is joyful is very different from what he sees when he is angry.

Each mood creates a different image.

The images are constantly being refreshed.

This is why there is no objective reality. All is subjective.

But the subjective is not reality either.

I will leave you with this . . .

Nothing in your life is real.

Your ideas about love are like a house built on shifting sands.

Your opinions have no basis in reality.

Whatever you may “think” is the reason for why you are where you are, in life and relationships and career, is a script printed out from one of the rooms in your mind.

You are not intelligent. You are not unintelligent. The only

thing that matters is if you see the Truth. If you see what truly  
Is.

Your beliefs have been handed down to you like a daily  
menu.

Your life is a careless walk across an old bridge that sits  
3000 feet in the air and is slowly coming apart at the seams,  
without you realizing it.

The human mind creates a semblance of order out of  
pandemonium.

This is why man consistently and unsuspectingly walks into  
the abyss.

One human being at a time.

Namaste.

# Secrets Of A Jedi



Star Wars brought the Jedi to the world.

But few humans have imbibed it.

Kung Fu brought Shaolin to the world.

But few humans have achieved it.

The Shaolin said, “A Shaolin Monk can walk through walls. He may be standing a few feet from you. But he cannot be seen. He may be walking right behind you. But he cannot be heard. He needs nothing. He needs no one. For a Shaolin

Monk is master of himself.”

You have a Mind.

It was meant to be controlled.

It was meant to be conquered.

Of what use is this silly life if after having lived it, you  
have not tasted its rarefied nectar?

Of what value is your existence if after having lived it, you  
have not gained access to the superpowers that lay dormant  
within you?

What does it benefit a man to live a life of uncontrollable  
thought, pointless emotion, endless struggle, and innumerable  
chores?

Most humans live as mules.

Most humans die as mules.

And they will grasp at straws in order to feel good about  
themselves for the heavy weight they have carried across the  
barren desert of their lives.

Without a thing to show for it.

Space is the not the final frontier, my friend.

The Mind is the final frontier!

For within it lies chains that are so robust, that their very sight makes one realize the true gravity of his imprisonment.

But I could not in a thousand lifetimes describe to you just how otherworldly it feels to break these chains.

There are powers within man that a handful throughout history have come upon.

There are magical capabilities within you that you will likely never know.

I say this because I have come to know man. His Mind allows him to shop through clear windows. But it never allows him to enter the store.

This man nods at valuable information. He “agrees” with things that are not in his own experience. He applauds the rare insights that he hears.

But he remains forever on the outside looking in. Because in a deep and quiet place within him he realizes that Such Things cannot possibly be attained. At least not by one such as himself.

There is a particular DNA of individual who has the desire and the hunger to conquer his mind.

I will gently and quietly share with you a few Secrets of the Jedi.

### Jedi Secret: The Force Field

As you sit in the space that you sit, perhaps one day you will learn that you are able to own that space.

What does this mean?

It means that there is a force field you can create around you which allows nothing to penetrate.

From where does this force field arise?

It arises from breaking a specific chain of your imprisonment to the mind.

So powerful is this force field that you barely hear the words that are spoken to you, unless you wish to hear them.

It appears as if they are spoken to someone else.

The force field does not allow them to register.

I have always likened it to living off one's interest. Without ever having to touch one's principle.

### Jedi Secret: Lightness

Have you heard of lightness?

The sorcerer who visited Milarepa used it to travel three hundred miles on foot and return in the same day.

There was a man who lived in China. It was raining outside. The streets were muddy. The man traveled on foot to see his friend who lived on the other side of town. When he arrived, the friend was shocked to see that this man did not have a single speck of mud on his shoes.

If I were to attempt to attach words to what Lightness feels like, it feels as if one is walking on air.

It is very difficult to explain. But it feels as if one is walking without the weight of himself.

**\*\* \_Jedi Secret: Spontaneous Knowledge\_ \*\***

I will tell you that you have the power to instantly know things that you have never read about or heard about.

For all things can be reduced to a Truth. The details matter not. If one learns to view things in their raw and pluripotent form, he sees without ever having to “study” them.

If you view things from the perspective of details, you will feel the need to study details in order to “become abreast.”

But if you learn the art of reducing things into fragments of native and universal Truth, the walls begin to part, and all knowledge becomes instantly available to you.

**Jedi Secret: Limitless Energy**

Children never become tired after running all day.

Man becomes tired after sitting at an office desk.

Why is this so?

Because children do not think.

Man thinks endlessly.

The fatigue that arises from manual labor creates a soreness in the musculature that lasts a few hours.

The fatigue that arises from involuntary thought creates fatigue that lasts a lifetime.

It is for this reason that many humans trouble sleeping.

And others feel exhausted after a full night's sleep.

You have heard of the have's and the have-not's. But you have only heard of these two classes within the context of material wealth.

The True Have's are those who have become privy to what the rest of the world does not know.

To quote a line from Gordon Gekko, "We pull a rabbit out

of the hat while everybody sits out there wondering how we did it. You're not naïve enough to think we're living in a democracy, are you?"

Namaste.

# The Ultimate Path To Winning



An excerpt from a conversation

Client (C )

Myslef (M)

C: Now that I've reached a certain level in my understanding. Please provide me with a snapshot of what life on earth really is.

M: A man makes a journey toward a mountain. On the way, he notices a carnival. The carnival is bright, and boisterous, and colorful. He cannot ignore it. He enters the carnival. And he remains there throughout his life.

C: So everything in our life is make-believe?

M: Yes.

C: Even love?

M: Your out-clauses will not work with me.

C: You don't believe in love?

M: We will explore this question when you arrive at a different level of seriousness.

C: Why? I'm not arguing. I'd just like to know the truth.

M: Because you asked it too easily.

C: Too easily?

M: You plucked a cherry from a tree, held it before my

eyes, and said, “what about this?” This could be a serious question some day. But not today. (To the reader: Do not send me an email asking about love)

C: Nothing in our life is real?

M: No. But perhaps this isn’t the appropriate time for this discussion either.

C: Why?

M: Because you seem to be drifting toward the domain of “belief.” I do not want you to believe me.

C: Isn’t seeing believing?

M: No.

C: Why?

M: If one sees, he has no need for belief.

C: Okay, but I truly want to understand.

M: Then you must stop playing the role of one who needs

to be convinced.

C: You don't want me to try to be convinced. But on the other hand, you don't want me to believe.

M: You are not understanding.

C: I'm listening.

M: It has nothing to do with what "I" want you to do. If you truly desire to see, then you will not need convincing or belief. You will keep wiping your eyes, so to speak, so that you may see clearer and clearer.

C: I'm afraid to ask anything.

M: Why.

C: Because I might ask the wrong thing.

M: This is because you are not settling into a place of Sincerity. Settle into this place, and the questions will be genuine, and effective.

C: Okay. I'll do that now.

(Some time later, the conversation resumed).

C: Could you please explain what you mean by “make-believe?”

M: Take, for instance, a human being that is a part of your life. The skeletal framework, the skin, the visage, is all real.  
But this is not what you see.

C: What do I see?

M: His personality. His history. His relationship with you. The past events that have involved the both of you. And from these things emerges an image of him. An image that contains a different skin and a different visage. And your relationship with him will be based upon the make-believe character you have created. And not the one who stands before you.

C: I'm not sure what to say to that. And you're saying that everything in my life is this way?

M: Yes.

C: So what you're saying is that we basically live a lie.

M: In ways you cannot imagine. To a depth you have not yet comprehended.

C: So it's all fabricated. Everything is a fabrication.

M: It is a grand illusion created by the grand magician: The Human Mind.

C: There are some unimaginable implications to this.

M: Yes.

C: This is why we live in anxiety.

M: Yes.

C: And we look for a way out.

M: And where do you look for a way out?

C: I don't know.

M: You look for it in the “anxiety-management tent.” And where is this anxiety management tent located?

C: I don't know.

M: Where do you live?

C: In a carnival.

M: Where is the “anxiety-management tent?”

C: In the very same carnival.

M: Yes.

C: As they say, everything is an illusion.

M: This also was said too easily.

C: Why?

M: Because you view it as empty philosophy. Saying that “everything is an illusion” doesn’t do anything for you or anyone. It’s a bumper sticker.

C: Then what matters?

M: That which is real.

C: What's real?

M: That which you have viscerally understood.

C: Why is visceral understanding important?

M: Because without it one does not get anywhere. He spins the very same wheels in the very same mud for the whole of his life.

C: So this life on this earth is a complete waste. With regards to the way that we spend it. Just a total waste.

M: Here on earth live earth-dwelling humans. These earth-dwelling humans have become smitten with the sights and sounds that society has created on the outside. And they have become hypnotized by the sounds and feelings created by the Mind on the inside. This is the narrow alley within which the earth-dwelling beings live.

C: What is the way out of this alley? What is the path that leads to the freedom of green pastures and rolling hills?

M: Why do you want this?

# Here On Earth



An excerpt from a conversation

Client (C )

Myself (M)

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M: You are not understanding.

C: I'm listening.

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M: Why.

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C: What is the way out of this alley? What is the path that leads to the freedom of green pastures and rolling hills?

M: Why do you want this?

C: Because you've just described the true reason for the

# The Master And Hui-Ko



Student (S)

Master (M)

S: Master, I have seen this old man for many years now. He comes every week. He sits with you. And converses with you.

Master, who is that old man?

M: His name is Hui Ko.

S: Who is he?

M: A man I met long ago.

S: Please tell me about him.

M: It would be best if you spoke to him yourself.

The student went to the village in order to pay a visit to Hui Ko. He lived on a small farm, in the remote countryside.

When he arrived, Hui Ko recognized him. And graciously invited him into his small and simple home.

This is how the story unfolds.

Student (S)

Hui Ko (H)

S: Sir, I asked my Master about you. And he asked that I speak to you myself.

H: What would you like to know?

S: What is your relationship with my Master?

H: Your Master is a great man. I owe him my life.

S: Please tell me about this.

H: Ohh, it is a very long story, dear student.

S: Please tell me, sir. I beg you.

H: I first went to your Master when my daughter was 15 years old. Early in my life I was not a very good Father. Some say that I was. But I do not think I was. But at age 15, my daughter began to experience troubles. She began to disobey me. And she began to lose her way. She and I were in conflict every single day. Until I could take it no longer. One day, a friend told me about your Master. So I went to see him.

S: What happened when you went to see him?

H: When I was brought to him, he was in the garden. He was walking with his hands folded behind his back. Like this.

S: Yes, Master always walks like that.

H: Yes, yes. I told him of my situation. After I was finished speaking, he knelt down and tended to one of the flowers. I called out to him. But he did not even look at me. A short

while later, I left.

S: And then?

H: The fighting at home continued. My home became a very troubled place. The air was thick with grief. A few weeks later I returned to your Master. He was sitting in a chair in the very same garden. I sat in a chair and looked at him. I told him about my troubles once again. He looked at me for a long time. Then he leaned forward. I thought he was about to tell me something. Then he got up and walked away.

S: He didn't say anything to you?

H: He did not say a single word to me. I kept returning week after week.

S: But sir, why did you keep returning week after week if he did not speak to you?

H: I do not know. As I look back, I am surprised that I did. But I had nowhere else to go.

S: What happened next?

H: The following week, I returned to him again. He was

feeding a bird at the back of your monastery. This time I dropped onto my knees, crying. I was a broken man. I could no longer bear what was happening between me and my daughter. I had nothing left. And then before he walked away, he said, “Return tomorrow.”

S: Did you return?

H: Of course. The following morning, I went to see him again. I tried talking to him. But once again he did not respond. And once I again I returned home empty-handed.

S: How were things at home?

H: My daughter and I had stopped talking. Perhaps we reasoned to ourselves that it was better to remain silent than to be in conflict. She would do her things. I would do my things. No words were exchanged between us. For the next three years, I continued to visit your Master.

S: Even though he said nothing?

H: Even though he said nothing. Then on the last day of the third year, he spoke to me for the first time.

S: What did he say?

H: I will tell you.

Hui Ko (H)

Master (M)

H: Master, I have been awaiting your words for a very long time.

M: There is something different about you today than the day you first came to see me, Hui Ko. What is different about you?

H: I do not know, Master.

M: What have you learned?

H: I have learned that I do not know. This is what I have learned, Master.

M: You have learned a great Truth, Hui Ko.

Hui Ko began to cry.

H: Master, I have been through very difficult times.

M: Yes, I understand.

H: Why did you not speak to me for so long?

M: You were not ready to hear anything, Hui Ko.

H: And today, I am ready?

M: Yes.

H: Why am I ready, Master?

M: Because of the answer that you gave to my question.

H: That I do not know?

M: Yes.

H: But I did not know even the first time I came to see you.

M: There was a critical difference.

H: What is that, Master?

M: When you first came to see me, you did not know the way out. Today, you simply do not know.

H: Your words are true, Master. I have come to see that there is no way out.

M: What else have you come to see?

H: That although there is no way out, pain is also not the way.

M: Then what is the way?

H: The way is to leave behind all ways, Master.

M: You have learned, my dear Hui Ko. You have truly learned. Return tomorrow. And I will be honored to share with you some deeper Truths.

H: Thank you, my Master.

Namaste.

# On Getting Paid To Play



Any man can get paid to “work.”

Few men get paid to Play.

The only question that remains is, What sort of thing can a man play that provides more value to another, than “work?”

If a man becomes Indispensable, he plays.

In fact, it is his very nature of play that makes him  
indispensable.

The entire framework of this society rests upon the idea of  
“work.”

Jobs, employment, wages, applications . . .

Human beings have been sold into slavery.

Their minds have been programmed toward mediocrity.

Man has been made into a slave, placed into an arena with digital screens and nightclubs, so that he remains distracted enough to never gain the motivation to pull himself out of slavery.

When you leave your house, feel the tilt of the pavement, the slight grade of the earth. You will find that it is tilted downward.

This is how this society has been constructed. Like the grade of a bathtub, and the downward slope of a beach as one enters the ocean.

The bulk of humanity gets sucked into this drain of mediocrity.

It becomes consumed by the vortex.

There is something that I have become notorious for. And  
that is firing clients.

This has not been by conscious design.

If I must be honest, it is beyond my control. For there have  
been numerous occasions where I myself have sat back in  
surprise.

\$500,000 in income, vanished. By way of a text.

\$1,000,000 in income, gone. By way of an email.

We are who we are.

Our DNA is what it is.

When a client becomes “work,” something inside of me  
cannot bear it.

If the Journey is not Sincere, it is finished.

If the client shows signs of not being All-In, it is over.

There are not many humans in this world that are ready to  
reach The Ultimate.

But there are enough of them.

I will leave you with this:

If you love your job, and it does not seem like work to you, there is no harm in this. But before coming to this conclusion, investigate a little. Investigate to see if you have “talked yourself into this satisfaction,” or if it is truly genuine.

If you own a company, I can virtually guarantee that it has made a “worker” out of you. Some of you will vehemently deny this (I hear it all the time). I can virtually guarantee that you are to a fair degree, enslaved by your customers or clients. This is not play. And, as the owner of a company, play is indeed available to you.

What must be understood is that human beings’ lives Harden into routines. They harden into a way of being. At some long-forgotten moment many moons ago, they settled.

For things they swore they would not settle for. They compromised on things they should not have compromised upon. But seeing no alternative, they pulled the trigger, and became a “worker disguised as an owner.”

There is a Truth to everything. All things can be had. Man was not made to sacrifice. And with true understanding, he does not have to.

The silly jokes you tell on Twitter hide your shame. The images you post camouflage your self-disgust. The time you spend posting empty responses to empty messages exposes you as a “worker” who has too much time on his hands. Time that could be spent Understanding. Time that could be spent Undoing all the compromises. (Yes, I do peruse the Twitter activity of my clients, so that I can gain a better understanding of them. Who one is when they are not being watched, is closest to who they really are). Mine is a serious endeavor. And there is only room for The Serious.

If you look around you at this very moment, what you will see is Air. This air is filled with Time and Space. This time and space are raw materials for your Art. There is nothing else to do. Why would you waste this time and space for idle chit chat, social events, empty laughter, and a “night on the town?”

Have some respect for the hand that bore you. Have some reverence for the forces that created you.

All things on your terms.

But it must be understood what “your terms” are. You must arrive at your own terms.

And you must understand who holds the reigns to your life.  
And to every inch of your existence.

It is your own Mind.

And as one becomes Serious about gaining Freedom and Independence from his own Mind, it is only then that he instantly gains freedom and independence from the Mind’s surrogates.

These surrogates come in many forms. Bosses, customers, clients, spouses, children, expectations, fears, anxieties . . .

There is much to do.

There is a long Journey ahead.

The ignorant man has all kinds of time.

The Master has no time. For he sees that the end is near.

And to die without having Arrived, is to die in shame.

Namaste.

# How Humans Truly Learn



I have decided to share a few insights with you regarding the Truth about human learning.

If you choose to imbibe it, do so.

If you agree or disagree, you will not have truly listened.

My ways are unorthodox.

As any true way must be.

For things must be done not according to tenets of “instruction.”

They must be done according to the way in which the Mind can be captured, engaged, and made to imbibe the training. And in so doing, willingly commit the whole of its powers to creating a masterpiece of the craft at hand.

I will be using the word “teacher” in the purest sense.

I do not mean “school-teacher.” For I find schools to be beneath the glory of human beings.

Let us begin.

## *The Teacher*

Teaching begins with the teacher. Not his methodologies. But his intent.

What the teacher is hungry for. What he is inspired by. What he truly seeks.

For this will inform his every action.

## *Teaching*

In order to teach a human a particular skill, the skill cannot be taught head-on.

It must be taught obliquely.

The skill cannot be brought to the student.

The student must be enticed toward the skill.

Why is this the case?

Because if the skill is brought to the student, the Mind becomes complacent.

The moment a skill or a teaching is brought to the student, the Mind will lean back in its chair, and expect another.

And in doing so, it will imbibe very little.

A few years back, a sports psychologist asked me to help him with his teaching.

He was aghast at the fact that one of his PGA Tour Players said to him, “What do you have for me today?”

This is an example of a mind that has become

complacent.

Teaching is like a string that links teacher and student. This string must always remain taught. For the moment it becomes lax, even if the teaching continues, the learning will come to a halt.

Understand this Truth: The Mind of the student can never be allowed to become complacent.

## *The Teacher's Mind*

The teacher who needs his student to succeed will fail.

For this need will undermine the purity of his teaching.

## *Siddha Performance Truths About Teaching*

The teacher must sneak up on the Mind of the student. For if the Mind sees him coming, it will construct a barrier.

The teacher must observe the student's responses, verbal and otherwise. Particularly those he speaks in passing. For these will reveal the true desires of the student. And they will inform the path that the teacher must take.

The single most ineffective method of having a human being do anything, is to simply tell him to do it.

Teaching is like a connect-the-dots puzzle. But the space between each dot is stretched to 7 miles wide. So as to allow the student the space and the freedom to create his own unique and instinctive solution.

What the master teacher craves most is not to have the student imbibe the teaching. What he craves most is to stand in awe before a solution that this particular human, as the only one of his kind in the entire world, was made to produce.

A skill that can be memorized and performed by wrote, is a skill that will provide almost no benefit for the human being.

A teacher who brings a lesson plan, a power point presentation, a lecture, or a briefcase brings the

building blocks of a prison.

All true things arise spontaneously. They arise from a mysterious place that is beyond words.

True learning is a relationship between the desperation in the student's heart, and the teaching that sits before him.

True teaching is not released fully formed. It is like a plutonium bomb that sits before the student, waiting to release the majesty of its secrets. But it can only be opened by a hand that is pure. A fingerprint that conveys a true sincerity and a maniacal desire.

A true teacher must be passionate about dispassion. For any form of reliance, hope, or need that he holds within him, will undermine his efforts.

The teacher who “instructs” is not a teacher.

The teacher who has a “five-step method” will turn the student into a mule.

Before one becomes a true teacher, he will have exiled himself into a monk-like existence. In order to come face to face with the mercurial majesty of his Mind. For in understanding his own Mind, he will

have understood the mind of all human beings.

Namaste.

# Becoming A Master Of The Universe



A glimpse behind the curtain . . .

A truly driven individual . . .

Determined to become a master of the universe.

Gentleman (G)

Myself (M)

G: A phrase you once wrote sticks with me. I might have seen it in one of the discourses published on your site. You mentioned that one could become a master of the universe.

M: Yes.

G: I want that.

M: Why.

G: New horizons. I've done all I want to do in the phenomenological world. Call it ego, call it drive, call it ambition . . . It doesn't matter to me. I'm interested in the highest of heights. Always have been.

M: The mind keeps you tethered to a terrestrial existence. Once it is cut loose, you soar.

G: I'm ready.

M: When we dismantled the anger that was once inside you, did it return?

G: No.

M: Why.

G: Because the impetus within my mind had been

dismantled. In one of the rooms, was it?

M: Correct. There are many more rooms of the mind.

G: I want to dismantle every one of these rooms.

M: One of them holds the power to becoming a master of the universe.

G: I'm listening.

M: Before we visit this room, you must understand this. It will seem as if nothing is awry. It will appear as if everything is in order. But do not trust this. This is an illusion that the mind has created.

G: Why?

M: Because the mind does what it must do to remain in control. So long as it can convince you that all is as it should be, you will not touch it.

G: I see.

M: In this room is the mind's projector. No neuroscientist has ever found it. And they never will. For they search for it through anatomical means. Imaging and glucose-uptake and PET scans can reveal the various parts of the brain. But the mind can only be accessed by the one who has been trained to taste the wind, and smell the ocean from a hundred miles away.

G: When are we going to learn that?

M: All in its own time . . . From this particular room, the mind's projector creates your image. And it creates it with such painstaking detail, that you would never think to question it. As we crawl into the vents, make our way through the scaffolding, and see the wires that feed the projector, we come closer to dismantling it. And once it is dismantled, you instantly, that very minute, explode into Sight.

G: Sight?

M: Yes. You see things precisely as they are. With crystal clarity. And you see how badly and terribly off-center you have viewed things for all of your life. No explanations. No deductions. You see it instantly, at-once.

G: I understand.

M: As this room is dismantled, a profound power grows within you. The power of Sight allows you to act perfectly in every situation. People seek your help because you are able to see what no one else can see. Your family feels different around you. They feel that they are standing in the presence of a person they have never before seen. And slowly, the ropes that tether you to the earth begin to loosen. You begin to know things you could not possibly know.

G: This is unbelievable. Why does this happen?

M: Because the mind is a cage that imprisons human beings. And it ingeniously teaches them to build the cage themselves. It does this by way of the complexities of this projector. And the images that it sends forth. There is far more to it, but we will go into this later.

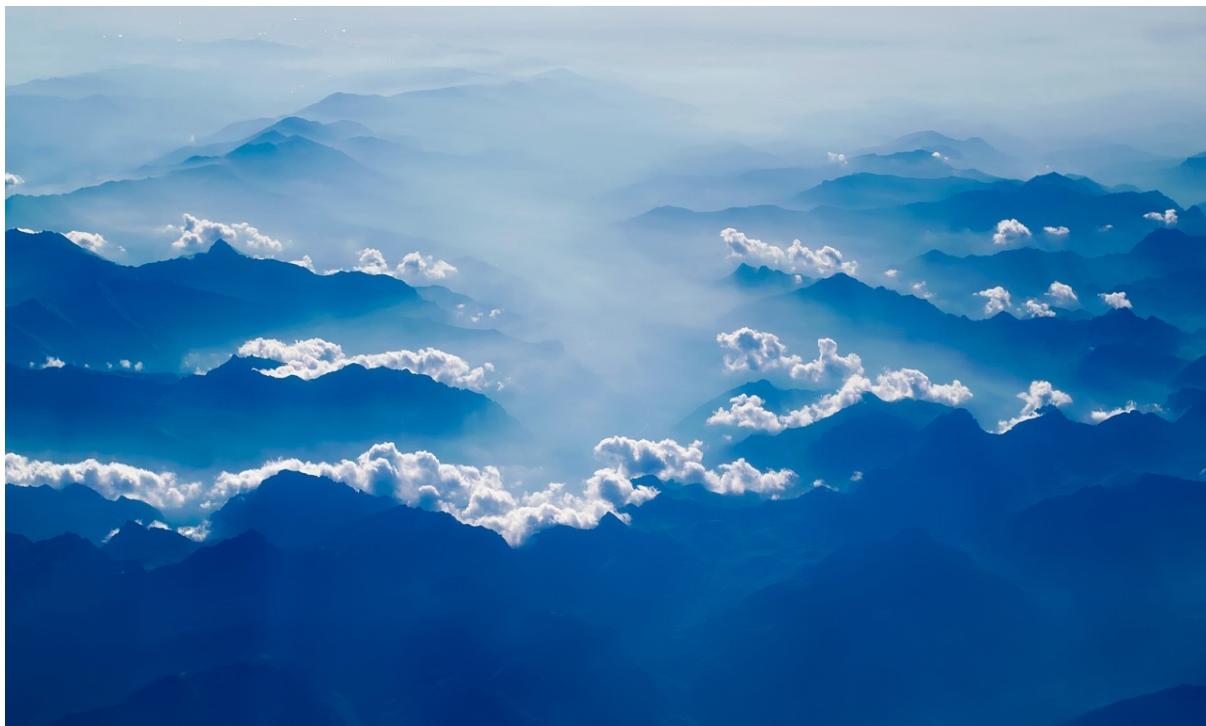
G: When do we dismantle it?

M: We will now move forward across the scaffolding. Once we arrive at the wires, the dismantling begins. Shall we proceed?

G: I've been waiting for this my whole life . . .

Namaste.

# Master, Can You Not Journey With People For Free?



Student (S)

Master (M

S: Master, I have tried for decades to solve my problems. I have tried one solution after another. I have changed my thinking. Looked at things from different points of view. But the problems of my life I cannot seem to solve. Why?

M: Because you do not understand The Truth?

S: What is the Truth, Master?

M: If I tell you, you will consider it. As you consider it, you will either believe or not believe. If you believe it, you will not have understood. If you do not believe it, you will not have understood.

S: I still would like to hear it.

M: I have no interest in wasting my words, student. Curiosity does not inspire me to reveal anything to anyone.

S: I would really like to know.

M: You would really like to have your desire satisfied. I am not here to satisfy your whims, student.

S: Why is it a whim?

M: Because you do not have seriousness in your eyes.

S: There is no point in arguing. I must confess that I do not have seriousness for this question. But I am serious about my frustration, Master.

M: You may speak.

S: I am frustrated . . . And also envious, Master. In a way, I find myself angry with you. You have done nothing to me. But I am frustrated that I have not found the answers, despite years of effort. And I am

angry and envious that you have. Why should these come to you and not to me? Please forgive me, Master.

M: There is no need to apologize, student. For now you are serious. I thank you for your sincerity. Let us approach the matter head-on, shall we?

S: Please, Master.

M: I am not special, that things should come to me and not to you. I am a man like any other. And I too have felt the frustrations you feel.

S: Then why does the Truth come to you and not to me?

M: Because I am more serious than you.

S: That is indeed head-on. The universe does not give lee way, I suppose.

M: Why should it, student? Why should it give its most glorious riches to one who is not sufficiently sincere? This world is full of pretenders, my student.

Every day they beg to have an audience with me. They say lofty things. They feign sincerity. If I agree to seem them and begin to speak of what it will take to realize the Truth, they make all kinds of excuses. They cannot do this. They cannot do that. They will have to wait until the time is right. Someday they

will return. True sincerity, being All-in, the willingness to beg, borrow, and steal if one must . . . Such humans are one in a million, student. One in a million.

S: I am ashamed of myself, Master. Why shall I ask for something if I am not yet worthy of receiving it?

M: What you have said is true. And it is also insincere.

S: Why?

M: This is yet another cleverly-disguised excuse. If you do not make yourself worthy today, you will never be worthy. Your life will continue to free fall into the ground. You will never find Truth, my student. You will struggle for the whole of your life.

S: Master, may I ask you a question?

M: Yes.

S: When I came to you, you asked my family to pay you large sums.

M: Yes.

S: They did not have it. But they borrowed from banks and sold goods and they raised the sum that you asked. Do you ask the same of all those who come to learn from you?

M: Every one of them.

S: Master, should you not Journey with them for free?

M: I am not so irresponsible as to do such a thing, my student?

S: Irresponsible, Master?

M: Yes.

S: I do not understand.

M: Student, today you come to me with a question of not having yet solved all of your problems. You are still learning. But what is your life like today compared to the day you first came to see me?

S: I cannot begin to describe how different my life is today, Master. I was lost. Fits of rage, being eaten alive by the mind, destructive habits, endless confusion. I have a long way to go. But today I feel as if I am standing on my own feet as a true human who is looking for the Truth. When I came to you I was crawling on the ground unaware that Truth even existed.

M: I have allowed you to help the people who come here. You have spent time with them in closed quarters, helping to guide them toward freedom.

What has happened with these people?

S: They rarely return. I am ashamed to say so, but I must confess that I was eager to see how effective I had been in helping them. This was born of ego, so please forgive me, Master. But in checking up on them, I noticed that their lives did not change. Not even a little.

M: Did you ask them for any sum?

S: You instructed me not to, Master.

M: That is correct.

S: I see your point.

M: Do you?

S: Unless someone gives something, they get nothing.

M: What you have just said can be viewed in many different ways. So I am not certain if you understand.

S: Kindly explain so that I do not misinterpret the message, Master.

M: The human mind seeks only to satisfy its desires, student. If it sees that another has something that it does not, it becomes hungry for it. If you satisfy its hunger, now it has it. Its job is done. It had no interest in the actuality of the thing. It only had an

interest in resolving its envy. It simply wanted to receive it. And once received, it tosses it away.

Understand, student, that there is nothing in this world more futile than Free Advice. A car cannot run on soda water. It runs on gasoline. The mind does not function in an environment of Free. It only functions when there is a cost. And the heavier the cost, the more serious it becomes. If I accepted you without asking for a large sum from your family, you would be the same person today as you were the day that you came to see me. This is as certain as the sun having risen in the East. Unless a man feels constrained by a heavy price . . . Unless he feels the pinch of having given something of his own . . . He will never succeed. He can never arrive at The Ultimate. Not today. Not tomorrow. Not ever.

S: It matters not if one is rich or poor?

M: Whether a man is rich or whether he is poor, the mind is the mind. The poor man must find a way to beg, borrow, and steal. The rich man must part with enough that gives him pain. If this does not happen, my time is wasted. But my wasted time is nothing compared to the man's wasted life.

S: And for those who say they cannot afford it?

M: Never accept such excuses, student. The sincere will always find a way. Always. And the one or two

who do, will become Masters. They do not understand that what they truly cannot afford is having wasted their lives. A life that will never return throughout the end of time.

S: Thank you, my Master.

# The Gift Of Sight



That which one reads in books is incredibly limited.

That which one “contemplates” is a circular loop of the Mind.

That which one puts forth “effort” for, turns out to be an effort that never comes to fruition.

That which one employs “intelligence” toward, results in a fragmented understanding.

That which one Directly Sees, he owns forever.

Words such as Genius and Visionary are only words. They are more about the words than they are about

the individual they represent.

The One Who Sees needs no words.

He needs no title.

He needs no followers. No disciples.

For he Sees. And this ability to See has made his life complete.

The world is a marketplace of second-hand goods.

It has neither the interest nor the ability to transcend the trivial and the mundane.

A man considers himself “smart” because he has some knowledge.

And he takes pride in this intelligence.

But if he happens upon a man who has Sight, he recognizes that his own “intelligence” is but a child’s toy.

Human beings have been taught to be invalids. And they are treated as invalids.

They are birds who are constantly given instructions to flap their wings in hopes that they might hover a few inches above the ground.

They are whales who are taught to dip their toe in the

water.

They are lions who are taught to live in cages.

If humans learned The Truth about society and its  
potions . . .

If they came to realize just how deeply the wool has  
been pulled over their eyes . . .

There would be blood in the streets.

There would be the sort of revolts that the world has  
never before seen.

But because they do not, they remain for the whole  
of their lives, as sleeping giants.

They are taught to live as pretenders. And pretenders  
they become.

With the whole of their talents, powers, and  
birthrights surrendered at the gate.

We may live in a capitalist society.

But from a human perspective, it is the worst form of  
communism.

It is the worst form of enslavement.

And the reason it is so effective is that man believes  
that he is being “helped” by the very society that

enslaves him.

The answers that are given to human problems are so egregiously and unforgivably and criminally false, that not only is there no possibility for cure, it is a virtual certainty that the problems will exacerbate over time.

Man is taught to “think.” But thinking only produces more thought.

He is taught to “read.” But most books are full of empty prescriptions that lead only to struggle.

He is taught to see “the gang” of gurus/motivational speakers/psychologists and so forth. But these individuals struggle with the very same things they pretend to treat.

He is taught to read neuroscience. But the parts of the brain that “light up,” in response to various psychological conditions and behaviors are an After-Effect rather than the cause. The brain is but a plaything of the Mind.

He is taught that in order to overcome things such as anger requires “effort.” If it doesn’t require effort to bring about anger, then how can it require effort to rid oneself of it? Allow me simply to say that this is not where the cure lies.

Humans are outraged by the politicians. But politicians are politicians. They're all the same. They are wolves dressed as wolves. Thus, there are no surprises. So why the outrage?

But the “guru” and the “life coaches” and “psychologists” and “meditation instructors” are the ones that bind men. They bind him to a life of “endless chasing.”

In order to Truly Know, a thing must be Seen. Seen Directly. As it is. Without the intermediary of “knowledge.” Without the veil of “opinion.” Without the smoke of “thought.”

And having Seen It, the man is liberated. This Seeing is irreversible.

No struggle. No effort.

A client once said to me, “Now that I have Seen This, I would rather die than go back to being the way I was.”

One wanders into ignorance. But once he truly Sees it as ignorance, he becomes immune to ignorance.

You've undoubtedly come across the lifelong spiritualist, the committed meditator, the churchgoer, the “gratitude follower,” the “love is all and all is love” zealot, the conference addict, the “guru”

addict, the “spiritual retreat” addict, the “chakra” specialist, the “mindfulness” follower, and so on.

Have you ever come across a human being who is Immune to Ignorance?

Have you ever come across a human being who has achieved Freedom From His Mind?

I posted a message on twitter a few days ago that said, “Man loves to struggle more than he loves to succeed.”

There is a romanticism in the struggle. And in the idea of “effort.” And in the idea of “hard work.”

Because society cannot give the Truth, it sells the idea of “hard work.” And it actually pats you on the back for having “struggled.”

There is Absolutely a way to end all human problems.

It is here.

And it has been here for a very long time.

There is an intelligence greater than the “brain.” An intelligence far greater than what neurons, synapses, dendrites, and myelination can provide.

There is a Direct Perception Of Truth that “thought” could not match on its best day, or in its wildest

dreams.

A tire that spins in the mud should not be rewarded  
for its “effort.”

A human that spins his wheels should not feel that he  
is making “progress.”

There are so many proverbial sacred cows to kill.

The societal conditioning has gone so deep.

That man has become less than human.

True Sight is man’s birthright.

Ignorance is for the “learned.”

Namaste.

# Truths



***How does man spend his life:*** Searching for pleasure

***What will happen to your parents:*** They will die

***What will happen to your children:*** They will leave  
you

***What will happen to your profession:*** Years of  
struggle. Then success. Then struggle.

***Is there a God:*** No

***What is the point of life:*** Fathomless pointlessness

***Then should we all just kill ourselves:***

This is a good question. There is an idea called

Samsara. The wheel of birth and death and rebirth. When one exhausts his Karma, he is never reborn as a human. He is born into the realm of the gods. Is it true? I don't know as I haven't been able to produce an experiment to verify it. BUT, the very idea of returning to this life and beginning all over again is so completely unacceptable to me that I am forced to accept it.

***If everything is pointless should you spend all your time at parties:***

If the conversations you have at parties, and the music and the atmosphere truly makes you feel less empty, then do it.

***Is there joy in anything:***

That's not for me to say. I can only speak for myself.

If I know that everyone leaves, everything goes away, including me, then what is there to be joyful about?

***Does that mean you should be depressed:***

Depression is an indulgence in itself.

***Is this a pessimistic view:***

Can you name one thing that will last forever? Can you name one thing that is guaranteed to last even Your small lifetime? Can you tell me that it isn't a

100% certainty that you are going to die? Pessimism is the idea that something can go one of two ways, and the pessimistic person chooses the negative way.

Is there anything I've mentioned in the last three sentences that can go any other way?

***What is socialization:***

Laughing at things that aren't funny. Speaking about things you already know. Indulgence in complaining about menial things. Pretending to like those you don't. Exaggerating your like of those you do. Fake hugs. Reactive laughter. It is all a desperate attempt for respite from the mundane. But when the social event is over, there is even more emptiness. Every High is paid for with a Low.

***How should we spend our life:*** Seeing. Seeing.  
Seeing.

***What should we see:***

Just how empty the room is. How every anticipation is anticlimactic. Over the peak of the next mountain . . . are just more mountains.

***What is life:*** Disenchantment.

***Should we spend our lives meditating:*** Yet another artificial (and ineffective) escape.

### ***But this is what the Buddhists do:***

Buddha understood. The Buddhists do not. They know the words, they know the lingo, they know the scriptures. But it hasn't quite hit home that there is Nothing. If it did, they would never sit in a temple and follow prescriptions. They would tell their "superiors" that they're full of shit, and storm out of the temple.

### ***What about scriptures:***

They will make you a permanent seeker who is so intent upon being a seeker that he will walk by the very thing he has been seeking a thousand times but will be so enamored by the "seeking" that he will not see it.

### ***What about pain and pleasure:***

There is no pleasure. There is only pain. And this is a great design. It is designed to make us see The Truth.

Pain is consistent. It is reliable. Pleasure is but a scenic route to pain.

***What about helping others:*** Another clever way to seek pleasure. Altruism is a farce. There is no "other."

### ***What about starvation:***

Is there anyone among us who isn't starving? Hunger

pangs are innocent. They are real. And even if they lead to death, they are a far more humane death than the death that comes from luxurious satiety. The former is a quick death. The latter is a slow one. Everyone ends up in the same place. There is no hierarchy among the dead.

***Then what should you do with your life:***

See. Create. Then see. Then create. The seeing is for Understanding. The creating is for immersion.

***What about your relationships:***

The truest action would be to leave your family and live the rest of your days alone in a remote corner of the world. If you don't wish to do that, separate yourself from this false and flowery illusion called "love." Whatever comes your way, see it and adjust. This will be easier to do when you know that all of it is eventually going down the drain anyways. We are all dying.

Namaste.

# Deleted Discourses

# A Word . . . About Your Troubles



You have many problems in your life.

Money problems, relationship problems, family problems, health problems, mental problems, emotional problems, parenting problems, business problems . . .

I understand.

The pain is real.

The frustration mounts each day.

If it isn't one thing, it is another.

I understand.

Your troubles need not be trivialized.

You have pain.

You have anxiety.

You have fear.

I understand.

You do not know what is going to happen tomorrow,

And, particularly in this climate,

This produces enormous anticipation within you.

You feel that you are always bearing the load of a heavy heart.

The weight of the world sits heavy upon your shoulders.

And you simply do not know what to do.

You try to do the right thing.

You try to be good.

You try to be helpful.

But you stumble.

You make mistakes.

You promise that you will not make the same mistakes  
again,

But you break your promise.

Time and time again.

I understand.

None of this is intentional.

But you sometimes feel that you are a bad person.

That you have shirked your responsibilities.

That you have let people down.

And the guilt that you sometimes feel in the dark of night,

Is . . . torturous.

You may have money,

But you have no peace.

You may have a loving family,

But you may have no money.

Something is always lacking, it seems.

No matter how hard you try.

No matter how many things you do right.

Sometimes you feel that life simply isn't fair.

Perhaps you even curse god.

You have never done any intentional harm to anyone.

Why do these unfortunate situations come crashing down  
upon you?

A longtime friend may have turned his back on you.

Your child may have betrayed your love and trust.

And you feel that it is undeserved.

After all that you have done.

You admit you are not perfect.

But you have always had others' best interests at heart.

And this must count for Something.

Is it not?

I understand.

Your logic is not flawed.

In fact, you are most reasonable in your thinking.

The problem, you see,

Is that life is simply not what you think it to be.

And humans are not either.

Your ideas about life and humans are perfectly logical.

For in mathematics, two plus two equals four.

But while mathematics can be used to represent universal principles,

It is not as linear as your logic.

You see, in this world . . .

The very one that you live in . . .

If you greet someone, you will often get a greeting.

But sometimes you will get a slap.

For no apparent reason at all.

In this world . . .

The very one that you live in . . .

You may do everything “right.”

And receive all the “wrong” results.

In this world . . .

The very one that you live in . . .

You may give,

And fail to receive.

In this world . . .

The very one that you live in . . .

Things happen when you are not looking.

They come to you when you are not seeking them.

They evade you when you are in search of them.

And an action does not always create an-equal-and-

opposite-reaction.

Your logic, you see, is logical.

This world is not.

Neither you,

Nor the humans around you

Are good

Or bad

Or holy

Or evil.

They are contextual.

They are mercurial.

They are . . . illogical.

This is why you are always hurt.

Because the reasonable and logical and sane and wholly understandable lens through which you view the world and its people

Is at odds with the way of the world and its people.

This is why self-help has failed you.

This is why positive thinking has left you stranded.

This is why psychology has no practical answers for you.

This is why motivational speakers, priests, and life coaches have virtually no lasting impact upon your life.

For they view things through the very same lens as you.

They, like you,

Hold desperately to their ideas of the way that things should be.

And their ideas as to how things should be

Sound logical, positive, and nice.

But reality is reality,

Regardless of what one may wish it to be.

And an insistence upon trying to make things bend to one's  
ideals

Can lead only to a life of pain.

Which your very own experiences can amply verify.

Man, you see, holds tight to his ideas of happiness, justice,  
fairness, reciprocation, equality, kindness, hard work and so  
on.

In fact, he cares more for these beliefs

Than he cares for The Truth.

He is welcome to do so.

But Truth does not take any prisoners.

And Life . . . does not either.

What a serious man will do well to understand is,

That what actually happens . . .

Will always be the product of Truth.

Not the product of belief and opinion and hope.

Therefore, if the thing that is going to happen

Is going to happen according to The Truth,

And not according to one's beliefs, opinions, and hope,

Then does it take overwhelming intelligence to devote  
oneself to learning The Truth,

Rather than continue to pour his life into his beliefs,  
opinions, and hopes?

Is there anything more . . . logical

Than this.

Namaste.

# Having It All



What man does not understand is that he can have it all.

He views this from a purely materialistic standpoint.

And while he can have it all materially, it is not this for  
which he truly yearns.

He years both for the richness in the outer world, and the  
inner world.

What prevents him from richness in the inner world is that he  
is conditioned to believe and opine.

What prevents him even more is that he has no interest in  
rising above his beliefs and opinions.

In fact, he takes pride in them.

How can such a man have it all?

He cannot.

How is it possible for a man who is smitten by belief and  
opinion to know the True way of things?

He is so completely filled with jargon, there is no space for  
Truth to enter.

If a particular man were more interested in the Truth, than in  
his beliefs and opinions, he would become a candidate for  
inner (and outer) wealth.

Upon hearing Truth, he would not feel the reflexive urge to  
“respond.”

He would lose interest in his tongue.  
And gain interest in his heart.

Man is unserious so long as he is not neck-deep in a crisis.  
When he is down and out, hanging off the edge of a cliff, his  
excuses fade away. Then his empty laughter and jokes are  
nowhere to be found.

Man is, and always will be, an 11th hour creature.

Wisdom lies in seeing the 11th hour on the horizon, while  
standing firmly in the seventh.

Such a man has something.  
Such a man has a true potential.

So deep and wide are man’s excuses.  
He professes to have “no money.”  
No time.  
No resources.  
No strength.  
Endless are his excuses.

Such excuses mark the man.  
They are like a bright red shirt.  
A scarlet letter of sorts.  
Such men are to be avoided at all costs.

Their unseriousness infects those around them.

A man can indeed have it all.

He was made to have it all.

But if he imbibes the words of society . . .

If he bows at the altar of prescription, hack, method, and  
motivational speaker . . .

His powers are instantly usurped.

Such a man has surrendered his wings, for duck's feet.

The serious man has no excuses.

For he is determined not to waste his life.

It is unconscionable for him to surrender the powers that  
Nature bestowed upon him.

Whether he has money or not, he will find it.

Whether he has time or not, he will find it.

Whether he has resources or not, he will find them.

Whether he has strength or not, he will find it.

Such a man is rare in this world.

He will be wise to stray far and wide from common men.  
So that he may preserve his devotion to his power and his

purity.

The common man is deplorable.

He deserves no respect.

No regard.

He fritters his life away in bars and nightclubs, engaging in  
empty social talk and laughter with those of his own ilk.

He has sunk so low, so shamelessly beyond the considerable  
resources it took to create him . . .

Yet he is so conditioned by society, so fluent in its lingo, he  
no longer has the eyes to see how far he has strayed from his

natural greatness.

If there is a war that man is willing to fight, it is a war against  
his own insincerities.

A war against any and all compulsions to walk the societal  
path.

A war against commonality.

A war against norms and traditions.

These are wars worth fighting.

But they are not fought with “others.”

They are fought in a wholly internal battlefield.

The battlefield of one’s own Mind.

Man can indeed have it all.

But in order to be a candidate to have it all, man must be  
willing to abandon all his excuses.

He must have a truly soft spot in his heart for learning how far  
he has strayed.

And a genuine longing to return . . . Home.

Namaste.

# Achieving The State Of No-Mind



Where there is No-Mind, there is perfection.

Where there is No-Mind, there exists not the shadow of interference.

Free of effort,

Free of self,

A man is at the height of his powers,

Magically attracting all that he desires.

A technique employed

A method erected

One insults the keeper of the flame.

Insulting the gods in this way,

He is left with his method,

And turned away at the gates.

There are some things in this universe of mystery

That are reserved solely for the pure of heart.

There are many who seek to pilfer the jewels of the  
kingdom.

Few who prove themselves worthy to gain entry to it.

I can state with a soft voice

That No-Mind can be had.

That it is available to a man

If he so chooses.

But in order to do so,

He must enter through the proper channels.

He must abide by Nature's laws.

Which require not effort

But a certain quality and essence that is the DNA of the  
human.

There are many things

Which will die with me.

Things which through the end of my life,

I will not have had the opportunity to share

With any man or woman alive.

Not as a matter of choice.

But because the conditions will not have been ripe.

The condition of meeting one whose heart is so pure

Whose life devotion so complete

Whose understanding of the Mind so developed

That he is ready for such Truths.

A man's talent is not his own.

The Truths that grace has bestowed upon him

Belong not to him.

He is but a conduit

For the channeling of the ethereal currents.

A man who seeks otherworldly performances

Or superhuman successes

Spends his life in the domain on the Physical.

He tires endlessly

In the world of method and technique.

Never coming to the realization

That rarefied elixirs such as No-Mind

Are beyond such things.

It is said that Sir Lawrence Olivier,

Following his portrayal of Hamlet,

Received an ovation twenty minutes in length.

Behind the curtain,

Sir Lawrence sat in grief.

For though he recognized that he has just given the  
performance of his life,

He was at a loss as to how to repeat it.

Sir Lawrence, it seems, suffered from the very same misconception that troubles the rest of the world of human performance.

The idea that such a thing can be technique'd and methodized.

The very desire to capture it

Removes one from it.

What Sir Lawrence, the scientists, and the performance communities around the world

Fail to understand

Is that No-Mind is not something that one captures.

It is something that one makes himself available to.

The way through the rarefied gates

Is through a delicate tilling of one's internal ground.

An athlete whose technique is inferior

Has those rare days in which he plays almost a perfect game.

And they are not necessarily less in number

Than the athlete whose technique is superior.

Thus, the perfect game necessarily lies in something that is beyond technique.

Even those at the top of their industries,

While they far better than those below them,

Spend their entire lives searching in places that contain not what they seek.

Because they ask unrefined questions.

And adhere to mistaken beliefs.

If water lives not in a rock,

It matters not how hard one works,

Or for how many years he works.

A rock cannot yield

Something that exists not within it.

Wise is he

Who drops all methods and techniques

And walks empty-handed

With a hunger in his heart

To know what he has never before known.

A perfect game can indeed be played.

Otherworldly performance can indeed become one's natural  
default state.

It lies not in physicality.

It lies not in muscle or brawn.

It lies not in sweat or toil.

But in a true desire to Know.

A pure longing to Understand.

A willingness to do anything one must,

In order to arrive at the heavenly gates.

There are indeed the haves and the have-nots.

The haves are those who have Seriousness and Sincerity.

The have-nots

Are those who seek insincere pleasures and experiences.

Can one be shown the way to No-Mind?

As a matter of fact, he can.

With each passing milestone of realization,

He is given another brick in the road.

And a light is shone around the bend.

Truth and No-Mind is for those

Who are pure of heart.

And desperate of marrow.

Namaste.

# The Making Of A Legend



Who is it that becomes a legend?

Be it in life, business, or sport?

Is it the one who practices the hardest?

Is it the one who has the best technique?

Is it the one who has the best technical instruction?

Is it the one who is most “mentally tough?”

Is it the one who is most “positive?”

Is it the one with the greatest “self-talk?”

It is none of these things.

It is, in fact, none of the things that society, spirituality, the world of business, or the world of sports says that it is.

If one examines the “success rate” in all domains,

It is fractions of a percent.

The only individual who would listen to an industry that has a success rate of “fractions of a percent,”

Is the one who is interested in failure.

All industries have a 99-plus-percent rate of failure.

For those who seek to fail,

There is no greater tutelage than the dogma and principles that any industry espouses.

Society succeeds at nothing,

Except propagating illusion.

It is adept at nothing,

Except spreading propaganda.

What society and all industries have done,

In order to camouflage their abysmal success rate,

Is the only thing that one can do in such a precarious  
circumstance:

Condition the masses into believing that “success is hard.”

Create a mass delusion that the competition is so fierce that  
“less than 1 percent make it.”

This idea has become so commonplace that it is now  
gospel.

It can be seen in magazine articles, media segments, and on  
the lips of human beings across all walks of life.

It is like presidents who create wars, in order to divert  
attention from a brewing scandal.

The Truth is,

The masses will always be the masses.

The rare will always be the rare.

The legend will always be a legend.

Who is it that becomes a legend?

Is it the one who practices the hardest?

Is it the one who has the best technique?

Is it the one who has the best technical instruction?

Is it the one who is most “mentally tough?”

Is it the one who is most “positive?”

Is it the one with the greatest “self-talk?”

It is none of these things.

If it were any of these things, then one would see legends everywhere.

For how “hard” is it to work like a mule?

How “hard” is it to learn a technique?

How “hard” is it to hire 1, 5, or 19 instructors?

How “hard” is it to repeat aphorisms to oneself, about positivity, mental toughness, and self-talk?

Juvenile things are for the juvenile.

Serious things are for the Serious.

It has always been this way.

Who is it that becomes a legend?

The one with the greatest degree of Understanding.

An understanding of who they are, when their mind fails them, what patterns it follows, when it goes quiet, when it speeds up, how it sabotages him.

An understanding of what the game truly is. And more importantly, what it is not.

Those who believe that most successful businessmen, and most successful professional athletes understand the game, have fallen for the media machine.

The vast majority of the businessmen one reads about in journals, and watches on television . . .

The vast majority of the sports stars one sees on the big screen . . .

Have been playing the game for their entire lives,

But have yet to understand it.

The one who does, is the one who stands above all the rest.

For he is a legend.

Who is it that becomes a legend?

The one who has reoriented his mind to pursue Questions, in a world that seeks only answers.

The words on this site,

And in Private Discourses,

And in books that flow through me,

Are not meant for worldly consumption.

The ideas are so antithetical,

So egregiously counter to all that humans have been taught  
their entire lives,

That it is for the One Human who remains standing,

Following such an assault.

A legend, like Miyamoto Musashi,

Is so wildly beyond the comprehension of society,

That there are perhaps only a handful of humans in all the  
world

Who could begin to fathom the building blocks of Legend.

Otherworldly territory is not for the common wanderer.

For the atmospheric pressure is so great,

That it pops the ears

And compresses the brain.

There are Truths to be known

That are simply beyond the grasp of the societal man.

No matter how long he lives,

No matter how many books he reads,

How many mentors he has,

And how hard that he tries.

If one were take all the instructors, coaches, schools,  
academies, mentors, and speakers in the world,

And banish them to another planet,

“Success rates” across the board, would begin to rise.

The common would remain the common.

But those with rare DNA would now be freed from the  
limitations imposed by instruction,

And they would be free to allow their artistry to unfold,

Without hesitation or judgment.

Understand this: Greatness is coached out of virtually every  
human being.

The one who does not have it coached out of him,

Is the one who the industry has missed,

Or the one who has done all in his power to stay away from  
principles and the people of his industry.

There is no substitute for Understanding.

For it requires a strength that muscle and brawn cannot  
produce.

There is no substitute for Precise Questions.

For it creates a Journey that “answers” cannot produce.

Who is it that becomes a Legend?

The one who listens to no one,

Believes nothing,

And sets forth on a Journey to discover the Truths

That no man before him has ever attempted to find.

Namaste.

# On Achieving What No Man Dares



Just before Siddhartha Gautama attained enlightenment,

Mara (the god of ego, desire, death, and illusion) says to him,

“O’ you who go where no man dares.”

This discourse will benefit almost no one.

Motivation is an empty concept.

Willpower is short-lived.

If anything true arises within the depths of a human being,

The seed has always been present within him.

Placed by the hand of nature itself.

Any attempt to follow the words in this discourse,

Will not have the effect one seeks.

The words are written as they are written.

Devoid of any recommendation or hope.

The man in whom there is a seed for something  
otherworldly,

The one who finds himself becoming privy to insights  
unknown to the world,

Or questions and compulsions concerning unheard-of  
pursuits,

Must live a quarantined existence.

Should he seek to preserve the seeds of his grandeur.

Such a man cannot afford a social life

For he can only be diminished

In ways he will come to know only when it is too late.

The problem with man is that he thinks he knows.

If he has been given an undeniable genius,

He has it.

But he does not “know.”

Regardless of what his mind may tell him,

He does not know the full consequences of social influence.

He does not know the extent of his mind’s lies.

He does not know the consequences of letting loose his emotions.

He does not know anything.

He simply has been given an incomparable gift.

In all other areas, he is ignorant.

Recognizing this

Is his greatest intelligence.

For within it lies the power

Of the very gift itself.

Jesus once proclaimed, “Forgive them lord, for they know  
not what they do.”

No man knows what he does.

Because he believes that he “knows.”

The wise man lives a hesitant life.

Realizing that he knows not, he hesitates before every  
belief that his mind proposes.

Foolish are those who hide behind empty phrases such as

“The don’t-know-mind.”

Or those who state that Socrates was the wisest in the land  
because he felt that he was ignorant.

Those who parrot such empty words do so in order to  
project the self-image of an intellectual.

These words have not truly registered in the depths of their  
being.

He who achieves what no man dares

Lives weary of all his opinions.

He grows tired of himself,

And devotes his life to Truth in his domain.

Having no opinion,

Having no belief,

Such a man is guided directly by the hand of nature

To the abode of the gods.

Each time that he speaks,

He shakes and shutters that he may believe his own words.

And in so doing,

Fall prey to ego.

An ego that will destroy his direct connection to the abode  
of the gods.

He resigns himself to the inescapable conclusion

That though he may be in the presence of others,

He must live a reclusive existence.

For he lives deathly afraid of interferences and impurities

That will move him away from the purity of his gift.

And leave him to fight for scraps with the ilk of the  
common and the unserious.

Freeing his mind from straying toward domesticity,

He sees his thoughts as they arise.

Recognizing them as imposters,

And a threat to his very existence.

Living as a Gifted Being,

Who cannot take credit for his gift,

Or allow himself to think that he “knows,”

He lives a careful and delicate existence.

Forever on guard of succumbing to beliefs.

One’s acute and incisive recognition of his profound  
ignorance

Keeps him from succumbing to a life of illusion.

Never truly “knowing,”

He lives a life of wisdom,

Without the slightest attempt to be wise.

No associations, no beliefs, no opinions, no hope, no good,  
no bad, no effort, no self

Such a man can achieve what mortal men cannot.

It is by no means an accomplishment to become excited by.

It is having found the way to nature's secrets.

The elixir of the universe,

The abode of the gods,

Is for he who goes where no man dares.

Namaste.

# On Self And Self-Image



A man lives his entire life for others.  
He lives his entire life for himself.  
Both are one and the same.

For man lives under the deepest of spells.  
The spell of self-image.

For the whole of his life,  
He will live enslaved to this image.  
He will attempt to improve it, polish it, project it, and  
aggrandize it.

What others think of him will be of the utmost importance.  
Though he may deny it until his dying day.  
It cannot be otherwise.  
For in Truth, where there is a self-image,  
There must be self-consciousness.

Society tells him that it matters not what others think of him,

That it matters only what he thinks of himself.  
Let it be known that a man who thinks anything of himself  
Cannot help but be concerned by what others think of him.

Man seeks to have pleasure  
Without the pain.  
He seeks ego  
With humility.  
He seeks the up  
Without the down.  
He seeks hope  
Without disappointment.  
He seeks attachment  
Without suffering.

Due to his failed understandings,  
He seeks that which does not exist.

***The Mind is not man's shelter from society.  
It is his internalization of it.***

Where there is wisdom  
There is peace.  
Where there is Truth  
There is freedom.

Wise is he who comes to recognize that neither he or his  
thoughts contain any significance.

Wise is he who comes to realize the depth of his  
unimportance.

Wise is he who sees this as Truth, rather than humility.

There is not a thing that a man does

That he does not imagine how it will appear in the eyes of the world.

He is forever on a desperate hunt  
For validation and praise.

Why is this so?

*Because, no matter the empty words that society parrots,  
A man is never enough in his own eyes.  
For where there is a self,  
There will always be a deficiency.*

Society's greatest evil  
Is in setting man upon a course that moves in endless circles.  
In setting man upon a journey that is based upon untruth.  
It is for this reason that man has been told, on the one hand,  
that he should improve.  
And, on the other hand, that he is enough just as he is.

No matter how much a man may improve,  
He can never be enough.  
He will never be able to remove every grain of dust from the ocean.  
He will never be able to remove every streak of smoke from the sky.

*A man does not improve himself,  
He improves only his self-image.*

The intelligent man is nothing without the unintelligent.  
The successful man is nothing without the unsuccessful.

Were there no such validation in society . . .  
Were there no one before whom to demonstrate one's

intelligence,  
Intelligence loses its value.

Self-image is the structure and the scaffolding  
Upon which man's entire life is constructed.

It is for this reason that he lives his life on shaky ground.  
Forever subject to the winds and the tremors of circumstance.

The man who genuinely arrives at an indifference toward the  
self

Experiences the steady retreat of involuntary thought.

His dependency upon the world begins to fade.  
All that he once sought in the name of penance and  
spirituality,

Begins to arrive at his doorstep.

The Truth is that nothing is attained by seeking it.

In becoming indifferent to the self,  
There is no longer anyone to impress.  
No one to need from.  
No one to depend upon.

Pleasure begins to lose its charm.  
Anxiety begins to loosen its hold.

All things having disappeared,  
He finds himself in the unfamiliar yet intoxicating feeling  
That there is nothing to do.

The cocoon of the moment . . .  
The thing he has been instructed to chase for his entire life  
Now becomes his easiest of companions.

All the falsehoods having been removed,  
It is the only thing that remains.

Namaste.

# On Boredom



The Mind lives in a state of constant craving.

A craving for pleasure.

When pleasure is not at hand, the human pursues an action  
that will give him a dose of it.

In what way would a human being never become bored?

Is such a thing possible?

A human that lives within the cocoon of the moment does  
not get bored.

Boredom can never arise for such a human being.

But beware.

A human who performs some action or austerity in order to access the cocoon of the moment, will never have access to it.

One cannot “work” or “penance” or “act” himself into the moment.

Such a nectar is available to all human beings.

But, in practicality, it is available only to those whose nature it is to seek the Truth about things, as opposed to seeking techniques and prescriptions.

The fact is, such humans are very rare in the world.

It is for this reason that boredom is such a pervasive component of the lives of human beings.

If one attempts to pursue the cocoon of the moment through “mindfulness,” he will not access it.

What is meant by “not accessing it” is that one will not be

able to do so with any consistency.

For mindfulness is an “attempt” to focus on the present.

It is a forced awareness.

During the entire time that one is attempting to be “mindful,” he is in a constant struggle. Attempting to keep the mind at bay, so that he can “achieve” a glimpse of the moment.

A man lost in a struggle is paying a penance for the promise of a future reward.

Future rewards do not come by way of penance, work, austerity, or effort.

They come by way of Sincerity.

They come by way of a lifelong desire to Understand.

(Think of the ascetics who performed austerities for decades with nothing to show for it, while Siddhartha Gautama accessed Enlightenment itself.)

Nature is not a fool.

No matter how often man may attempt to fool it.

It does not relinquish its most precious jewels

To those who press their face into store windows.

It does not relinquish its most precious jewels

To the curious and the intellectuals.

A human who is lost in the moment

Is neither happy nor sad.

He is engaged in the pursuit at hand.

Without so much as a shadow of an attempt to “be engaged.”

How is it that one is able to discover the cocoon of the moment

Without penance or effort?

How it happens for one

May not be how it happens for another.

One may, by sincere examination, come to genuinely understand that the moment is in fact all there is.

Having come to this non-intellectual realization, he will naturally seek it.

Without employment of an intermediary technique.

For all techniques are about the technique itself.

A bridge back to itself.

The man who seeks prescriptions and techniques in order to discover the moment,

Does not genuinely desire the moment.

What he desires is the prescriptions and the techniques.

Why is it that any human would do this?

Because practicing prescriptions and techniques serves to create the self-image that the human seeks to create. For

himself and for others.

Humans, it can be firmly stated, do not seek to get anywhere. They are far more satisfied by playing the part. They enjoy playing roles. Essentially as an attempt to create social gatherings, competitions, and the institutionalization of lofty concepts.

This is neither good or bad.

It simply is the nature of the societal man.

The cocoon of the moment is not beautiful, or spiritual, or lofty, or grand.

It is a deer that settles upon a patch of grass to eat.

A human being lives in a house for twenty years, without truly seeing the house.

Ask him the color of a particular painting, or the pitch of a set of steps, and he will not know.

Humans live with other humans for the whole of their lives.

Without ever seeing them.

Lest your mind drift toward guilt, goodness, or spirituality, let it be known that to attempt to “see” one’s house or the people within it at this moment in time will be reactive and empty.

Truth lies in seeing one’s natural way of being, in the wild, so to speak.

A human being lives within the complex imaginings of his mind.

He lives within the lifelong sagas that the mind has created.

This being the case . . .

The Mind being what it is . . .

It is not surprising that a human cannot discover the moment.

No matter the practices or the penance.

The temperature of the laptop keyboard

The lack of smell in the room

The stillness of the objects on the shelf

The door ajar at a 47 degree angle

The pulsation at the back of the kneecaps

Such things are noticed naturally.

They are not worth noticing.

Nor are they lovely or beautiful.

But they are easily noticed, by one who does not live within  
the world of his thoughts.

Living within the cocoon of the moment,

Life is no longer an endless series of events.

What needs to be done is done,

Without them becoming a “doing.”

It is not good to live in the moment.

It is not good to be free of boredom.

There is simply that Which Is.

And that Which Is Not.

One man longs to live in that Which Is

For its appeal has reached a fever pitch.

Why such a thing may happen to this man,

No one can say.

Why one man devotes his life to The Truth

And another does not

One cannot say.

Perhaps this is karma

Perhaps it is something else.

But whatever it may be,

It is Truth either way.

Namaste.

# A Life Of Tangible Value



Peace exists nowhere in the world.

It exists not in meditation halls, temples, or in the company  
of friends.

It exists not in the family, with the priest, or the  
psychotherapist.

If God has peace, it is his alone.

Man cannot siphon it from him.

Peace lies not in austerities or prayers or worship or

meditation.

Peace lies not in any modality in existence.

Peace, like freedom, exists in seeing things the way that they naturally exist.

Peace lies in extricating oneself from the belief that others will provide for them, give them happiness, comfort them, and make them whole.

Peace lies in the natural desire to see the Truth.

The people of this world live for themselves.

Living under the weight of a tyrannical mind, each is lost in a struggle to survive.

Living under fire from missiles of thought, belief, and opinion, each is a wounded soldier on the battlefield attempting to hobble his bloody carcass to safety.

Man lives under a guillotine of “right and wrong.”

Society, the mind, and the world hold this idea over his head.

However, no man can know what is right and what is wrong.

Right and wrong are arbitrary concepts that have no standard of truth against which to compare.

Man is given many examinations for which there is no answer key.

A life devoted to the procurement of pleasure

Is a life lived in endless pain.

Pleasure cannot satisfy

Leaving the man in a constant state of hunger.

Peace is not found in the company of others

Doing for others

Needing for others

Or relying upon others.

For the “other” does not, in truth, exist.

He is a scapegoat for man’s failures.

He is a repository for man’s endless needs.

He is a well without water.

Peace lives inside of Truth.

Truth lives inside of no man.

Truth is truth.

It is a cloud that moves according to a precise wind.

It is a wave that ripples across the sea.

It is impersonal, uncompassionate.

It is neither good or evil.

It has no interest in, or cognizance of, the ways of man.

The Truth lies not in facing things

The Truth lies not in fleeing them.

The Truth is the recognition of what there is to face

And what is creating the compulsion to flee.

The Truth lies not in spirituality

For spirituality is an image that man attempts to live up to.

A new mask

A new ideal

A new makeover.

The Truth lies not in the pursuit of success.

For success itself chases seriousness and sincerity.

The Truth lies not in kindness or compassion.

Such things arise naturally

When a man gains freedom from his lifelong burdens.

Where there is a sincere longing for Truth

Where there is a desperate and serious search for Truth

It will be found.

If a man is inspired by Jesus or Buddha

If he is smitten by the things that they discovered

If for him it is natural to devote his life to finding it

He will move toward Truth

For he will have the seriousness and sincerity to immediately abandon that which is not Truth.

Peace is not found from people

It is found away from them.

Peace is not found in the world

It is found despite the world.

Truth is not found in relationship

It is not found fleeing relationship

It is found in one's choiceless desire to discover it

Wherever one may be.

One day a man will die

The certainty of this occurrence looming large within his  
mind

Brings him many benefits.

As he lays dying upon his deathbed,

He will say "I love you" to his loved ones.

If he has loved or if he has not

What does it matter?

What do such words and sentiment bring him in tangible  
value?

His words will be written upon the surface of wet stones

Like the multitudes who have gone before him.

As he looks back upon his life

It matters not whom he has “loved.”

It matters what he has invested

Invested into his karmic future.

Did he discover Truth while he was alive?

Did he find a way to end his samsaric cycle?

Did he free himself of all his worldly illusions and become  
privy to Universal Knowledge?

Did he take full advantage of the human powers that nature  
invested him with?

Such investments would have indeed had a tangible value.

Not only in his life, but in the Beyond.

I am only here for a short time

And I will proclaim from the heavens,

Do Not Waste Your Life.

The Mind is a sea of lies

The people of the world are empty

The world itself is a paper mache of high-pitched sirens and  
neon lights.

There is nothing of any tangible value anywhere in a life  
traditionally and domestically lived.

The Truth is the only thing that “works.”

Because it is the only thing there Is.

Namaste.

# On Winning Without Effort



There is an art, which if it is learned, allows one to have the world at his feet.

It is the art of Kings, the art of Legends.

Winning with brute force is violence. It is not art. And thus not sustainable.

Winning by competing is anxiety. It is not art. It destroys the human's internal peace.

Winning by hope is fortune. It is not art. And fortune is as  
fickle as the wind.

Winning for pleasure is ego. It is not art. It enslaves one to  
a life of chasing a satisfaction he will never come to own.

My ways are strange to the world.

My work is not for the millions.

It is for The One.

The question of “how to beat another” does not interest me.

The question of “what techniques to employ to calm  
yourself under pressure” does not interest me.

What interests me is How to win without trying.

How to attract without desiring.

And how to have without needing.

There was a great Japanese swordsman whose book I  
discovered many, many years ago.

And upon reading its words, I whispered to myself,  
“Finally, I have found someone who understands me. A  
kindred spirit.”

The book is called The Sword Of No-Sword: Life Of The  
Master Warrior Tesshu.

But finding this book was bittersweet.

For as this book lays tattered and worn on my shelf . . .

Its pages highlighted with cursive notes in the margins . . .

If I look closely I discover that what I have highlighted and what I wrote in the margins years ago, are not things that I learned, but things that spoke to me.

The highlights and the notes are a manifestation of my excitement of having found someone who understands.

For my entire life I have felt that I was the only one in the world who was insane relative to the ways of society. After reading this book, I discovered that there were two of us.

The “bitter” aspect of the “bittersweet” was that Tesshu did not give me something new. I scoured his pages in search of

something that I could learn and implement. Something that I could use to arrive at the next level.

Perhaps he had a secret that I could learn.

If he did, he did not write about it.

And this, and many experiences like it, led me to an inescapable conclusion:

That I was on my own.

I would have to trek forward into the fog, across high mountain passes, in search of the unknown.

I will admit that there are many things that I am only able to reveal in deep dialogues with those with whom I have been on a long and private journey.

For without such a context, the words . . . are only words.

Without the soil being tilled in a particular way and to a sufficient depth, the words cannot be understood beyond the level of the intellect.

And a thing which is not understood beyond the level of the

intellect, is not understood at all.

Winning is not really about winning.

There is a subtlety, a nuance, a touch and a feel that is as delicate as a dew drop.

It is a rhythm of the earth's rotation.

The hypnotism of a falling leaf.

It is a doing without prior knowledge.

Effort takes one to the base of the mountain. But it hasn't the power to take one to the summit.

Winning without trying is an investment and an immersion into learning about that which keeps one from disappearing into the void.

(Read that again. It did not register the first time. And it will likely not register the second.)

It is an understanding of one's natural patterns. Patterns that default toward failure. And those that default toward victory.

Winning by way of attempt and competition is external, and thus limited.

Winning without trying is internal, and thus unlimited.

The Great Irony is that the ultimate winner tends to be the most self-less.

Not in an altruistic sense.

But in the understanding that all that he does is not done By him, but Through him.

Is it not ironic, that the very thing that this materialistic society values most, is founded in the principles that it overtly denies.

The Greats in any sport, and in any business, have an intuitive sense for this.

Where they go wrong is in turning to the world in order to further their art.

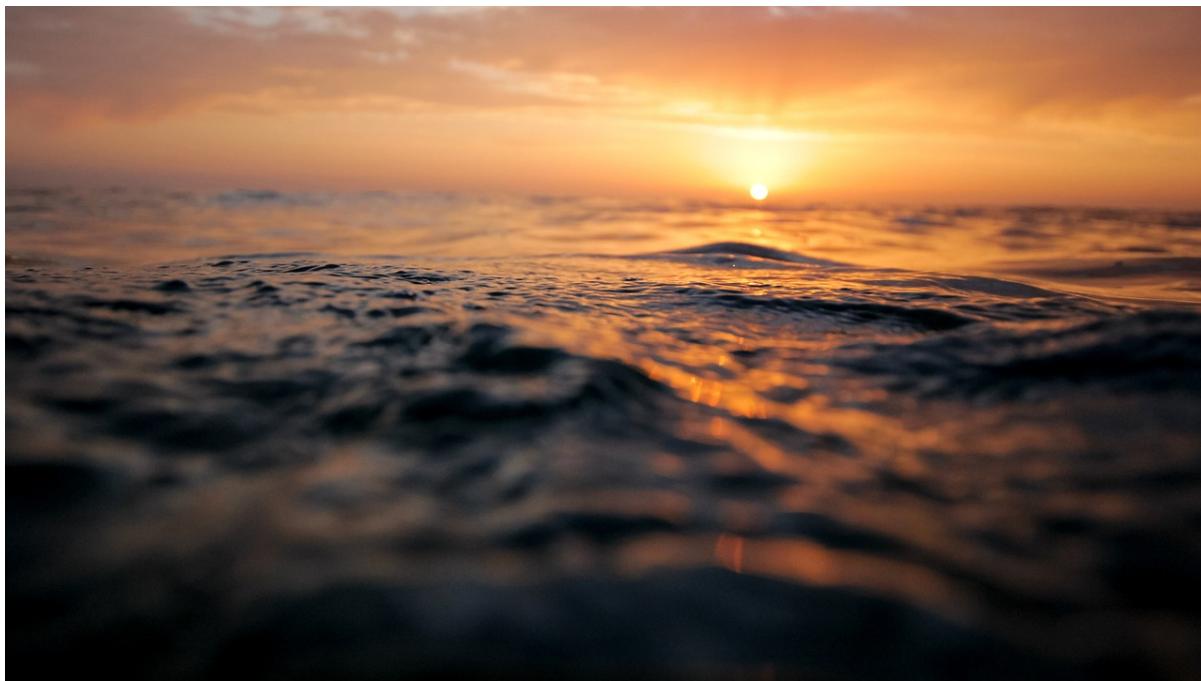
They do not realize that the world to which they turn has no understanding of their kind. And thus it can only bring them down.

Retreat from the world is a necessity for the one who seeks  
to become a Legend.

For he cannot afford to expose his interiority and his mind  
to the polluted ideas that will sabotage the roots of his  
greatness.

Namaste.

# For The Parent Who Seeks Peace And Freedom



Parenting is about the parent, rather than the child.

The serious parent will have a particular DNA.

The DNA to separate himself from societal concepts such as good and bad, right and wrong, moral and immoral, healthy and unhealthy.

The human being who is reading this discourse must examine himself with the utmost honesty. And discover if genuinely separating himself from such ideas is possible for

him.

If it is, he may derive a certain benefit from the words that follow.

If it is not, his honesty is admirable. And it would be wise for him to return to this discourse if and when he has acquired this ability.

There is no such thing as a “parent.”

There is only a human who has been placed into this role.

A human is neither good or bad.

He is neither moral or immoral.

He is neither correct or incorrect.

These are but societal concepts.

And they hold the hearts of humans hostage.

They are the flags to which humans are compelled to bow.

They are the false god that humans stand before in

judgment.

Every day of their lives.

Parenting is not about doing “good” to children.

For attempts to do “good” are disingenuous and mechanical.

That which is done for purposes of an ideal, is false.

That which is false, fails.

Parenting is not about trying to make children “happy.”

This is a reactive need of the parent.

The need for himself to feel happy.

In what way does a parent achieve peace and freedom?

***By perfecting Himself.***

For those who are sympathetic to the ideas of “self-help,” a few words:

“Working on oneself” . . .

“Improving oneself” . . .

“Bettering oneself” . . .

“Improving one’s parenting skills” . . .

And any such ideas that fill the pages of self-help books are lies.

The reason they are lies is because they have a certain effect upon the human organism.

The human organism that attempts to “improve, better, or work-on” himself will enter the domain of “behavior change.”

Behavior is but the peripheral-most branch on a tree.

A tree can only be affected at its root.

Behavior is an effect.

Attempting to modify an effect is to spend the whole of one’s life putting out fires.

This perhaps sounds familiar.

The parent who perfects himself is the one who is able to most effectively parent, without “parenting.”

The parent who perfects himself is the one who is able to find peace and freedom.

The Truth is that even a man who but treads upon the journey toward perfecting oneself, achieves untold rewards.

While the one who walks the path of “self-improvement” experiences stops and starts, improvements and regressions, forever.

What does it mean to perfect oneself?

It means that one must understand that to focus upon behavior is to focus upon a thing that can never lead one to permanence.

It means that one must find within him the seeds of Reactivity. For all reactions, “good” or “bad,” have a consequence downstream.

It means that one must examine the complex webs that

attach him to the child. And understand that this attachment is the single greatest burden upon himself, and the child.

Attachment is a Truth that will resonate with an extraordinary few.

The remainder will continue on with their lives, under the impenetrable assumption that attachment is “natural” and perhaps even “good.”

The parent who, by whatever means necessary, arrives at the understanding that he must be complete and independent in himself, is the only one who can parent a child.

For a parent that is bent upon firm independence, will not lean upon the child.

A child that is not leaned upon is free.

One who is free creates an atmosphere of bliss.

A parent may logically ask, “Is it wrong to want my children to be successful? And respectful? And good citizens?”

There is no wrong or right.

There is only cause and effect.

It is perfectly understandable, and most reasonable, for a parent to want his child to succeed, be respectful, and be a good citizen.

However, one must be aware of causes and effects.

The parent who wants his child to succeed will through intentional, subtle, and subconscious means place this burden upon the child.

More acutely, he will place a burden upon himself.

For a parent who needs his child to succeed can never be free.

As for respect, it is a natural tendency for humans to reflexively give what they receive.

It is not “right” or “proper” or “good” to respect a child.

It is just that . . . to give a child respect implies a certain degree of wholeness achieved by the parent. And it begets respect from the child, without having to go to the heavy

trouble of having to demand it.

Relationships that are perpendicular, create problems.

Those that are parallel, create harmony.

Independence from other humans, allows one the freedom  
to give to them.

Dependency upon humans, creates the ill-will of taking  
from them.

It could be argued that, in a sense, the most effective parent  
is the one who has a child and essentially walks away and  
monitors him from a distance.

Where there is acute and imminent danger, he steps in for  
the child's safety.

The most effective parent is the one who has the capacity to  
give without needing.

One who attempts this feat through the medium of  
behavior, or following an "ideal," will fail.

The one who does so naturally, without the slightest

thought, cannot fail.

For he has devoted himself to his own perfection.

Thus, all that stems from him will eventually be perfect.

Namaste.

# World Creates Mind. Mind Creates Human



An event or a situation creates particular thoughts and feelings within a human.

These thoughts and feelings are solely the result of an interaction between the world and the mind.

The human is not involved whatsoever.

The particular thoughts and feelings that the situation creates, reveals the level of evolution of the mind.

It reveals that degree to which it has, or has not, emerged from its societally-conditioned state.

The human is under the impression that these thoughts and feelings belong to “him.”

If the thoughts and feelings boost his ego, he grows prideful of them.

If the thoughts and feelings make him feel shame, he attempts to get rid of them.

And within these two grinding wheels of pride and aversion and like and dislike, his entire experience of life moves.

One’s environment shapes the structure of the mind.

The mind shapes the structure of the human.

In essence, the world creates the mind.

The mind creates the human.

It is for this reason that all attempts at “self-improvement” are doomed to fail.

And all attempts at “behavior modification” are a non-starter.

For the human does not shape himself.

He is been shaped by the mind.

And the mind that is subject to treatments, therapies, and prescriptions violently rejects them.

The man who understands this will titrate his environment.

He will treat the air around him as if he were attempting to quarantine himself from an Ebola outbreak.

For he will have come to understand that the “societal virus” is one hundred times more potent.

For once the mind is shaped, it is shaped forever.

Once the human is shaped, he is shaped forever.

Once shaped, his life will exist within the crucible of “mistakes” and “therapies.”

His destiny will be doomed to either ignorance about his condition, or attempting to “improve” it.

He will be like a man who has been given a teacup to empty water from his sinking vessel.

The world creates the mind.

The mind creates the human.

A human is a product of his continual exposures.

He becomes That to which he is most often exposed.

The one who realizes this, will not engage in therapies and “self-improvements.”

He will attack the problem at its root cause.

He will attack the problem at the level of his exposures.

A man of natural understanding, who subjects himself to society, will have his understanding replaced by societal norms.

He will regress.

It is beyond all his capabilities to avoid this.

Why?

Because the world creates the mind.

The mind creates the human.

This is a natural effect of a cause.

And it seeks not the human's permission.

Examine any society, and you will see that all humans in  
the society are largely the same.

The same bending of language into slang.

The same music on the radio channels.

The same manner of dress.

The same predictable verbal responses to a given word,  
phrase, or intent.

Examine any business or sports community, and one finds  
the very same.

Parity in all directions.

The world creates the mind.

The mind creates the human.

A man becomes that which he continually sees, hears,  
reads, and speaks.

The serious man . . .

The one who truly arrives at this understanding in the depth  
of his bones . . .

Has only two options before him.

Either he retreats into isolation.

Or he scours the world in order to find the one human who  
speaks The Truth, and continually exposes himself to him.

There is no right or wrong.

There are no rules.

There is no good or bad.

There is no “is it alright if I sometimes do this.”

There are no “deals.”

There is only IS and IS NOT.

Nature sets things in black and white.

It requires 100 degrees for the boiling of water.

It has no sympathy for 99.

It has no praise for 101.

The man who is serious and sincere does not look for  
loopholes.

He does not look for “deals” in order to cleverly continue to  
live the way he is living, and toss a dime on the altar as a  
token of his “good faith.”

Nature does not compromise.

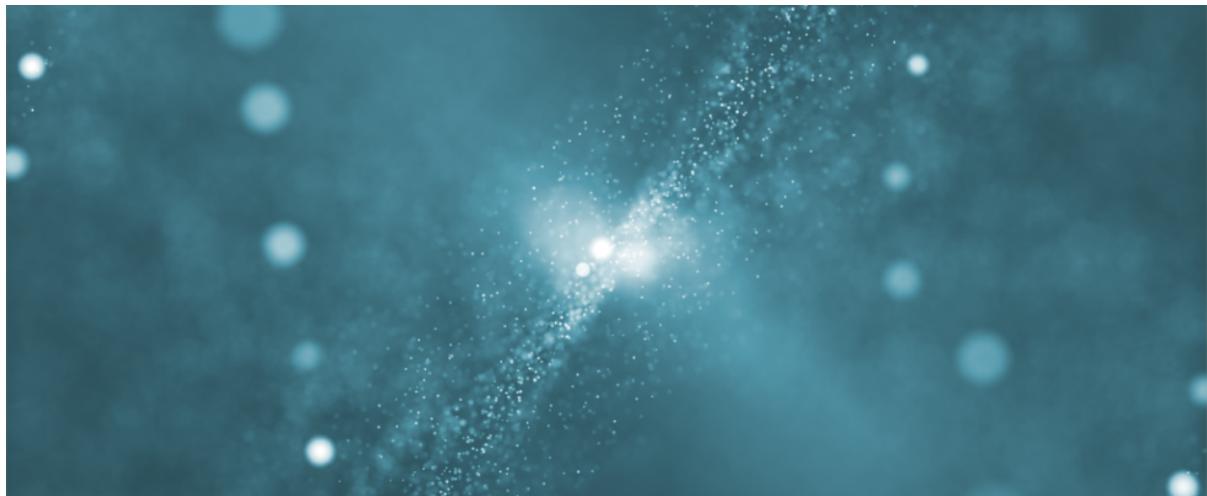
The serious man does not either.

The world creates the mind.

The mind creates the human.

Namaste.

# On Truth And The Mind



What exists?

What does not?

What is fantasy?

What is reality?

Begin with this Truth:

That which does not exist in the mind, does not exist at all.

All of the things a man thinks, feels, strives for, runs from, chases, and deliberates upon is Mind.

This truth has great implications for a man.

For it states that that which comprises his entire life does not in truth exist.

It states that man's entire life is a chasing of shadows.

It states that all of his blood, sweat, and tears have been spent for nothing more than an overactive imagination.

It also, however, means . . .

That he can become Free.

All conversations occur in the mind.

Man converses with more people in his mind than he ever does in his life.

Those with whom he is in conflict, he has imaginary conversations with.

Those whom he longs to see, he speaks with in his dreams.

Tell a man that his life is a reality fabricated by his mind, and he instantly reverts to talk of "the matrix."

He reflexively reverts to ideas about existentialism.

Perhaps he does this because he seeks to avoid seeing reality.

Perhaps he does this because it is too painful and embarrassing to discover that for the whole of his life he has been chasing after a mirage.

Perhaps intellectualizing the matter into a philosophical discussion helps him to numb the pain.

That which does not exist in the mind, does not exist at all.

If a man is lying on the side of the road with his limb torn from his body after being struck by a car, he has no life problems or relationship problems or money problems or philosophy problems.

If such problems truly existed, they would trouble him even as he lay bleeding on the side of the road.

If he enters into a coma, they do not arise at all.

If he awakens from the coma and has lost his memory, even

then these problems do not bother him.

But as his memories return, his identity returns.

And as his identity returns, so does the mind and its  
problems.

The greatest value of the Truth is its effectiveness.

The Truth is that a man who has no identity is the most  
effective human being in the world.

The identity-less man raises children perfectly.

He has perfect relationships.

He is bothered by nothing.

He does what needs to be done, and forgets it.

He holds onto nothing. For there is no substrate in which to  
house anything.

But because of the mind, man lives a life of fantasy.

And this fantasy is almost entirely a tragic fantasy.

It is replete with suffering and turmoil.

The world is chasing “mindfulness.”

But Truth lies in Mindlessness.

The man who knows not who he is does not suffer.

The one who suffers is the one who believes himself to be  
this or that.

Man is born pure and nameless.

And these are the most blissful days of his life.

Little does he know, that he will never for the rest of his life  
experience such bliss.

That which does not exist in the mind, does not exist at all.

The thought that does not arise, can bring no turmoil.

Positive thinking binds a man just as much as negative  
thinking.

Thoughts validate a man's existence.

They are a storm of a thousand bees that hover forever in front of his eyes, blinding him to the Truth.

The man who learns to think gains benefits in the world.

The man who learns to stop thinking gains a glory beyond all worldly rewards.

The Truth can only be seen without the blindfold of thoughts.

A person, a place, or a thing can only be seen when one has freed himself from the spell of the mind.

And in seeing it, it is neither ugly nor beautiful.

For in seeing IT, one sees Himself!

The thoughtless, nameless, concept-less man is in a rare and unique position.

He is in a position to Know All.

For whatever he sees or touches contains no interference

whatsoever.

Whatever he sees or touches leaves upon him no imprint of  
“significance.”

Thus he sees All, whilst holding onto Nothing.

Without trying to do either.

That which does not exist in the mind, does not exist at all.

So long as man views this Truth as “philosophical,” he will  
never come to realize it.

He will play with it as if it were a complex toy, and  
subsequently return to his life of chases, turmoil, and  
confusion.

The man who has no need for philosophy, intellect,  
spirituality, or religion strips himself of all his masks and  
pretensions.

Such a man is Available to the Truth.

Such a man is ready, with finger on the trigger, to destroy  
anything that stands between him and the Truth.

Beginning with Himself.

Namaste.

# The Effective Ruler

The Effective Ruler is one who is Free.

In order to be Free, he must become “free of.”

In order to become “free of,” he must become one who is uncompromising in the pursuit of becoming an Effective Ruler.

What is it that one who seeks to become an Effective Ruler must be free of?

He must become free of the things that bind him.

Though there are many things that bind a human being in the most complex of ways, there are two that boldly stand out.

One: The adherence to a construct in order to preserve an internal self-image.

Two: The need to be accepted by the world.

We shall begin with the first.

Men are irrevocably bound by the idea of good and bad. They are tormented by the concept of right and wrong.

**Virtually all of a man’s actions are the result of reinforcing an internal self-image. These actions**

**are triggered by fear on one hand, and validation on the other.**

**These actions are an attempt to provide evidence to oneself. Evidence that he IS who he would like to be, and that he IS NOT whom he fears he might become.**

He does things for no other reason than to prove to himself that he is “good.”

He refrains from things for no other reason than to prove to himself that he is not “bad.”

Even as he reads these words, he will begin to fear that he might soon be asked to do something that is not “good.”

He will begin to view these words with a suspicious eye. For if there is so much as a hint of anything that contests the unquestionable and iron-clad tenets of goodness and morality, he views it as false.

This is man’s conditioning. He has been conditioned into a thousand knots.

And a conditioned man cannot be free.

He can only be a slave to the conditioning that has shaped him.

He can only be subservient to the ideals that he

attempts to “live up to.”

We shall now discuss the second.

The need to be loved by the world shapes one’s actions in the same way.

For they are, at least to a partial degree, motivated by how he will be perceived by the world.

Such a man cannot be free.

He can only live as a slave to the image that he wishes to project to the world.

Why is it that a man cannot become an Effective Ruler unless he becomes free of such bondages?

What is the practical and real-world consequence of these bondages?

For a ruler to be effective, he must make decisions that create the fewest problems.

For a ruler to be effective, he must take actions that do not create unwanted side effects.

His actions and decisions must be like a stone that pierces the surface of a still lake, without shattering its stillness.

His footsteps must not be heard.

His actions must not create ripples.

An action that does not create ripples is an action that does not bring about untoward consequences.

This quality of decision or action can only arise from a heart that is free, and a mind that is unencumbered.

The slightest hesitation, and the ripples appear.

The slightest deliberation, and the stillness of the lake is shattered.

Pure water can only arise from an unpoisoned well.

Purity cannot arise from a man who is subservient to anything. No matter how lofty or morally principled the thing may be.

For if he is, each decision will need to be “approved and verified” by the ideals that he is attempting to adhere to.

To conditioned minds, the actions of an Effective Ruler may appear benevolent or unkind.

They may appear wise or foolish.

**But wisdom lies in understanding that the effectiveness of an action is not a function of its content, but of the source from which it arises.**

Few will understand the ways of the Effective Ruler.

And the effect that the world's opinion has upon him,  
is what will most greatly determine his fate.

Namaste.

# Truth Is The End Of All Chases



What in a man's life is not a chase?

If he seeks Arrival or Satisfaction, this is what he must  
discover.

So long as there is a chase, attention cannot be placed in  
any sufficient manner upon that which needs to be paid  
attention to.

So long as there is a chase, a man cannot see what needs to

be seen.

One can only see what needs to be seen if there is a calm, unhurried, unpressured, and timeless opportunity to do so.

It is only in such an environment that Truth is able to bloom.

If one is chasing success, he will not give himself the opportunity to understand The Game.

If one is chasing happiness, he will not give himself the opportunity to understand the relationship between Suffering and Happiness.

If one is chasing enlightenment, he will not give himself the opportunity to understand the emptiness behind the concept of Spirituality.

If one is chasing validation, he will not give himself the opportunity to understand the nature of Ego.

If one is chasing fame, he will not give himself the opportunity to understand the hole in his heart that causes him to search for fame.

The Truth is that all things can be had.

All things are available to man.

But if he chases them, they will run from him.

For a chase is never about the thing being chased.

It is an attempt to fill a hole within oneself.

A reaction cannot be a true action.

And that which is not a true action cannot lead to an arrival.

Man spends his entire life attempting to numb the pains of  
his inadequacies.

He is attracted to endless “competitions” in order to buy a  
moment’s worth of triumph.

Such reactions are a natural consequence of living in a  
world which espouses untruth.

If man acts, it is a chase.

If he does not act, he does so out of “principle.”

Both roads lead back to themselves.

For an attempt to live up to a principle is also a chase. A chase to become “good,” “righteous,” “moral,” or “spiritual.”

Everything in a man’s life is a chase.

Everything.

It is in genuinely arriving at this heartfelt realization, that he stands at the precipice of Sincerity.

When he no longer has any interest in being good, right, moral, spiritual, righteous, or noble, he becomes a man who is ready to walk the path of Truth.

Such a man becomes ready to receive The Truth.

Things become available to him that are not available to his brethren.

Not because he has earned them or worked hard for them.

But because he has created the soil that is necessary for them to bloom.

The chaser asks, “What will this get me?”

The Man of Truth asks, “What is it that I must see, that upon having seen it, I will never have to chase again?”

The chaser asks, “What will give me the edge?”

The Man of Truth asks, “What game is it that I am playing? What is it that will allow me to own it so completely, that I will never have to resort to competing?”

The chaser asks, “What will make me happy?”

The Man of Truth asks, “What will allow me to arrive at permanent satisfaction? So that I may never again be compelled to seek happiness?”

The chaser asks, “What is the right thing to do?”

The Man of Truth asks, “What action could I take that would be completely free of an egoic motive?”

The chaser seeks pleasures.

The Man of Truth seeks an Arrival. So that he may free

himself from the pleasure-chase.

All things have a Truth.

All things can be Perfected.

All things have a Sweet Spot.

I have no use for the millions who say that it cannot be  
done.

I cannot allow in my sphere any who say that “this is just  
the way it is.”

It is for this reason that for my entire life, I have always  
walked alone.

For no matter how promising a man’s words may be at the  
outset . . .

No matter how auspicious may be the author’s opening  
chapters . . .

He will sooner or later show his true colors.

The pressure at the edge of the Earth’s atmosphere will

make him crack.

And he will sell out.

He will break.

He will devolve.

He will submit.

He will cower and kneel to the world of prescriptions or  
defeatism.

He will reach what he perceives to be the end of the road.

He will reach what he perceives to be the hard-rock bottom.

This is where the chaser's journey ends.

And the Man of Truth's journey begins.

The singularity of a black hole requires the advent of a new  
branch of Mathematics.

The Truth requires a new breed of Man.

To discover what no man before him has ever found.

For he has never been free of the chase.

And, thus, has never given himself the opportunity to find  
it.

Namaste.

# Lost In The World Of Thought



The corridors along which a man walks . . .

The things that he likes or dislikes . . .

The things that he enjoys or fears . . .

The opinions that he has . . .

The factions that he supports . . .

And all the ways in which he divides his life into mine

versus other . . .

Are created by thought.

The traumas he has experienced . . .

The joys that he anticipates . . .

The person that he believes himself to be . . .

Are created by thought.

He may be sitting peacefully in a rocking chair,  
overlooking the wide expanse of the sea on a moonlit evening.

Suddenly a memory of a past trauma or a future concern  
arises from nowhere . . .

What was once a calm and serene evening has turned into a  
frenetic and fearful time.

All his peace is destroyed in an instant.

He then pursues prescriptions such as medications,  
breathing techniques, or various other clever tricks in an  
attempt to regain his peace.

The prescriptions he should use are also created by thought.

The idea that he must regain is peace is also created by thought. For it was precisely thought that robbed him of his peace to begin with.

As you are reading this now, you are beginning to catch a glimpse of man's unfortunate plight of having to live in a world of thought.

And even this . . . is created by thought.

It would be wise for one to understand this Truth:

Thought creates the disease. Thought creates the fix.

Thus, the fix does not cure the disease.

The fix . . . is the disease itself.

What one thinks of his family members . . .

What they think of him . . .

What he wants for his children . . .

What they ask of him . . .

How one views his place in life's social hierarchy . . .

The banners of morality one hides behind . . .

The facets of one's identity . . .

The face he shows to himself, and the other that he shows  
to the world . . .

His background and his story . . .

Are all created by thought.

Even time is not an independent phenomenon.

Einstein demonstrated that time is, in fact, relative.

It is not only relative . . .

It does not, in fact, exist.

For it too is created by thought.

When one is engaged . . .

When he is not under the influence of the mind . . .

When he is so absorbed that he would not hear a bomb  
detonate within a hundred-yard radius . . .

There is no such thing as time.

The only entity that knows of time is the one who Keeps  
time.

The very one who Keeps it is the one who Created it.

The one who created it is Man himself.

Time is present when thought is present.

If there is no thought, there is no time.

If there was no man, there would be no time.

If man's entire life is lost in a world of thought, then what  
in his life is truly real?

Thought is a habit of the mind. Mind is a habit of the ego.

Ego is a habit of the self.

And the self does not, in truth, exist.

Therefore, there is nothing in a man's life that is truly real.

For reality is the nameless, identity-less, mind-less, and  
thought-less Void.

Therefore, man's entire life is a chain of lies that spans  
three quarters of a century.

I caution you at this juncture.

I caution you not to become outraged by this.

For your outrage will be feigned and short-lived.

It is genuine and honest to See it.

Seeing gives birth to the opportunity of transformation.

Fixing leads one back to his default existence, filled with a  
basket of prescriptions.

A sensitive and sincere man will begin to slowly understand

just how deep and complex his web of lies truly are.

He begins to slowly understand just how fantastically believable this structure called “his life” truly is. And just how magnificently this three-ton structure is supported by a hollow cloud of air and mist.

The ones who become Transformed are the ones who are ready to See.

And once they See, life takes on an entirely new dimension.

It becomes a life of Reality.

It becomes a life of Freedom . . .

Freedom from anxiety.

Freedom from lies.

And, most of all . . .

Freedom from involuntary thought.

Namaste.

# On The Mastery Of Skill



The motion that one sees cannot be reproduced.

For it does not, in truth, exist.

An attempt to correct a flaw at the level of the flaw is a failure to understand the source of the flaw.

Most pain is referred pain.

An attempt to modify that which one does naturally is to enslave him to a life of empty instruction.

One watches a world class golfer hit a shot.

He attempts to mimic the movement.

But he fails.

Why?

The world class golfer feels that he is not having good results.

He hires an “instructor” to help him with his golf swing.

And, in so doing, he has sealed his fate.

From this point forward, he will become enslaved to this instructor.

Why?

The answer to this question is one that few in the world will understand.

It is this:

It is not that the golf swing is not flawed and in need of fixing.

It is that the golf swing does not exist!

There is no swing.

It is this fundamental truth that the golf industry has completely missed.

And, like the self-help industry, it has built a multi-billion-dollar industry on soft and shifting sands.

That which one views as the golf swing is an amalgamation of thousands of micro-movements that present themselves as a symphonic opus called “the golf swing.”

It is similar to the perfect display of a plasma television screen. Viewed from afar, it is flawless. But if one moves close, the lovely picture gives way to a chaos of pixels.

It is the same with a dance.

And with a painting.

It is also the same with the decisions that a master investor makes.

If one disturbs any of the micro-movements in an attempt to fix the whole, the entire structure falls apart.

And once it enters the individual's mind that "something is wrong," he is doomed.

For his mind will then to say to him, "If THIS is wrong, then perhaps something else is wrong as well."

He becomes a foreigner in a strange country who is forced to forget everything he once knew. He must learn an entirely new language. He must learn its ways and its traditions. And though he may attempt to integrate into this new nation, he never quite feels at home. He will always need his "interpreter" by his side.

In so doing, he forever remains incomplete. And never gains ownership of his talent.

He becomes a well-practiced novice.

But never a Master.

The world of business suffers from the very same disease.

For it has its own "instructors."

How can a man learn "decision-making" techniques from a

master investor?

How can any serious individual allow himself to succumb to following the “habits of successful people?”

The fact that such things are taught with a straight face demonstrates how far into delusion this world has fallen.

A Master investor does not make decisions according to a recipe or a formula. His decisions are informed by his instincts. His instincts are informed by his experiences and his decades of experimentations. He sees what others do not see because the times that he did not see them have left an indelible impression upon him.

Asking him for advice, or an article, or a speech about how to make great investment decisions is like a frog asking an eagle to teach it to fly.

A mastery of skill comes from a place that is deeper than the skill itself.

A mastery of technique comes from a place other than the physicality of the movement.

The human body, you see, is not made to “technique.”

It is made to Respond and React.

It rejects methodologies and technical instruction in the same way that it rejects its opposite blood-type.

It does not respond to technical manipulations and corrections.

It responds to Perception.

**One does not become a Master by way of “technique training.”**

**One becomes a Master by way of Perception Training.**

**If the body knows The What, it creates its own How.**

The sort of How that no instructor in the history of the world would even think of, much less “teach.”

For these “how’s” are found in places that no man would ever think to look.

Any book on skill development, golf swing, decision-making, success, motivation, leadership, mental models, how to think, philosophies, and such . . . that is based upon a method, a technique, a how-to, a prescription, a mimicry/modeling/emulation is functioning upon a premise that is not based upon Truth.

**These books are appropriate for those who seek to be well-practiced novices.**

**They are of no use to the one who seeks to become a Master.**

And most ironically, they are not for the one who seeks to become the very person that the book teaches him to emulate!

To read a book by Warren Buffet in hopes of becoming “Warren Buffet” is like reading a book written by Tiger Woods in hopes of becoming “Tiger Woods.”

Shall I reveal to you a Secret?

You will never become Warren Buffet.

And you will never become Tiger Woods.

Would you like to know why?

Because even Warren Buffet isn't "Warren Buffet."

And even Tiger Woods isn't "Tiger Woods."

They have forever suffered the anguish of living under the weight of the persona that has grown too large to manage.

They are the victims of a world that is addicted to sensationalism and lies.

Did they do great things?

Indeed. They demonstrated a prowess in their field that has rarely been matched.

Some of it they understand. Some of it they do not.

But their understandings of the game and the instincts that have blossomed within them are not "speakable" things. Or "instructable" things. Or "hackable" things.

It is of no use to read their books.

Or to mimic their habits or characteristics.

Or to ask their advice.

**Because in order to have those types of results, one must First have the multitude of factors that created those**

## **results.**

Rather than an “isolated tidbit” that is removed from the complex machinery and shared with you like a fortune cookie.

The Mastery of Skill arrives from understanding the Source  
from which things arise.

It arrives from a genuine desire to become a Master rather  
than a well-practiced novice.

It arrives from an understanding that all pain is referred pain,  
and all physically-evident errors arise from a place other than  
that which is readily apparent.

For the smoke from a burning log travels many miles. And the  
smoke, is not the fire itself.

It arrives from the understanding that the eyes were meant to  
look rather than to See.

It arrives from an uncompromising desire to achieve  
Permanence.

And to hold in the palm of one’s hand what man has for eons,  
been struggling to catch only a glimpse.

Namaste.

# On Man And His Money

Humans tend to hold onto things tightly.

This is a natural consequence of the belief in ownership.

That which one believes to be “His,” imprisons him.

That which one “owns and possesses,” will become his greatest demon.

It will visit him in his nightmares.

It will walk three steps behind him like a shadow he cannot escape.

It will cause him to make decisions through a clouded lens.

It will rob him of peace.

A man becomes that which he possesses.

It is for this reason, that he can never know Freedom.

What is the true relationship between Man and Money?

A man builds a business. The business generates a profit.

The man pockets the profit. And views it as “His.”

Let us assume for a minute that the money truly is “His.” If he is a man who is sensitive to Wisdom, he will be willing to explore the nature of his relationship with money.

What is this relationship?

The relationship is one of attachment.

If one were to say to the man, “You are attached to your money. This is not good,” this would not be a wise approach.

If man were more interested in being “good” than being wealthy, there would be no wealthy men in the world.

And listen to the following statement with open ears:

There would not be any “good” men in the world either.

Because there is no such thing as good or bad.

The one who condemns the wealthy man as “being bad,”

functions from a place of envy.

Before pointing to another, perhaps he should ask himself if being envious is “good.”

Humans live in varying degrees of disingenuousness and reactivity. They do not live in Truth.

Attachment is neither good nor bad.

If it is viewed as a tenet, a rule, a commandment, or a spiritual principle it fails. And the reason that it fails is because whenever a man is given a rule, he is compelled to create a “workaround.”

Understand this:

Rules do not give birth to obedience.

They give birth to Cleverness.

An attachment to money (or anything else) is neither good nor bad. It is neither holy nor evil.

One is free to become attached.

It is just that . . .

He cannot become free While attached.

The man who gives away his money out of a sense of obligation or an attempt to be holy or spiritual is as much a fool as the one who hoards it out of a sense of attachment and ownership.

Much of a man's actions are a reaction to shame. He dawns the cloak of that which is opposite to what he fears he has become.

One's actions do not make one holy.

For the Man of Truth has no use for action or holiness.

A man, if he has the requisite DNA, will be willing to see the wars that are occurring under the surface of this attachment to money.

He will be willing to see that this attachment forces his hand.

It compels him in a certain direction.

It causes him worry.

It robs him of equanimity.

It pushes him toward the edge of the abyss.

And shapes him into someone he would not be, if he were  
Truly Free.

We now return to the idea of ownership.

Does a man's money truly belong to him?

A man says, "I built this business with my own hands and  
my own smarts. Therefore, it belongs to me."

This is a most reasonable claim.

And quite frankly, it is best suited as a response against a  
society which attempts to take his money from him.

A society and its clever governments claim that this money  
belongs to THEM.

We live in a world of thieves.

It is no different than the days of the Dacoits who robbed and pilfered the homes of the wealthy.

Naturally, the response to such institutions and dacoits that this money belongs to the man Himself is apt and necessary.

But if we remove the conspiratorial governments, the envious masses, the criminal dacoits, and the disingenuous critics of the wealthy, we can arrive at a Pure Examination.

A pure examination of whether the money indeed belongs to the man himself.

From where does a man's intelligence arise? Did he Create it?

From where does his drive arise? Did he Manufacture it?

From where does his vision arise? Did he Assemble it?

From where does his instinct arise? Did he Build it?

His wit, his ambition, his brain chemistry, and even his digestion . . .

Without which none of his wealth or success would have

been possible.

Did He himself create such things?

And what of the endless serendipitous encounters?

What of the fortunes that happened to fall his way?

What of the stars that aligned in his favor?

Did he create all of these as well?

It is true that the man built the business.

It is also true that no government, society, or person has any claim whatsoever to his money.

But is it true that the business was created By Him, if the very foundations of his being and the innumerable unexplainable encounters in creating it were created by something other than him?

And if the Thing that created Him allowed him to create the business, does the money that arose from this business belong to Him? Or to the Thing that created Him?

A man with the appropriate DNA will be willing to entertain the possibility that his money is not His at all.

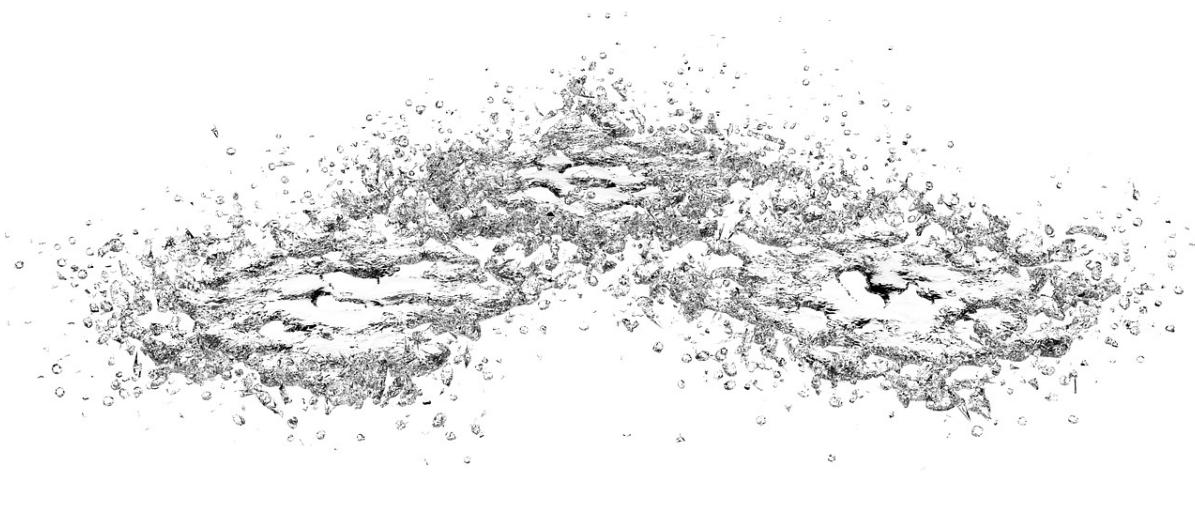
He will be willing to entertain the possibility that, in all sincerity and truth, this money belongs to the Thing that created him.

And it is this Thing that is the rightful owner of all that he has created.

And as is often the case with The Truth . . . It just so happens that this realization will also have the natural fringe benefit of bringing him to Freedom.

Namaste.

# Perfect Knowledge



Man is conditioned.

Where there is conditioning, there cannot be perfect knowledge.

Man brings many conditions.

Where there are conditions, there cannot be perfect knowledge.

Man is impure.

Where there is impurity, there cannot be perfect knowledge.

Man believes that thinking, reasoning, reading, and

talking to others will bring him knowledge.

He is correct.

But the knowledge that he receives from such things  
keeps him ignorant.

For what he fails to realize is that he has closed all  
the doors and windows to his house, except for one.

He has carefully constructed the entry point into a  
certain shape and size, in order to select for the  
things he already believes.

He does not see the handcuffs that chain him to the  
post of his conditionings.

If, for instance, he has a momentary thought about  
setting off on a Journey all by himself to find the true  
knowledge about his domain, he immediately  
dismisses it as whimsical.

For he is conditioned by the belief that “One cannot  
do it alone.”

This conditioning is supported by another layer of  
conditioning which says, “How arrogant and  
egotistical I am to not listen to the words of others.”

This is supported by yet another layer of  
conditioning which says, “It is wrong to be egoistic.  
So whatever I do, I must make certain to be humble

and entertain the words of others.”

Therefore, he listens to the “others.”

He speaks to the “famous men” in his field.

He reads the books and attends the conferences.

He has debates and discussions and “mastermind meetings” with the intellectuals.

Why does he do this?

Within him, there may or may not be a pure desire to Know.

It genuinely may exist within him.

Or it may not.

But the majority, if not the totality, of doing these things is the result of:

1. Having succumbed to the fear of being egoistic.
2. Having succumbed to the belief that one cannot go it alone.
3. Chasing the pleasure-high of the validation that comes with hobnobbing with the intellectuals
4. Putting more “knowledge feathers” into his cap so that he may place them on display in social circles.

If a man’s bank account was seized, and his family was held hostage until he spoke The Truth, the man

would be forced to admit the following:

“Okay, I will be honest. Of what use is it to have all of this knowledge if I can’t show it off? What’s the point of reading a thousand books if I can’t tell others how much I’ve learned? Don’t you understand that I have an image to maintain? What if I’m on a podcast and they ask me about something and I don’t know the answer? What will everyone think of me?”

Man’s motivations are impure. And it would be a mistake to view this as right or wrong or good or bad. It is simply a non-judgmental and unemotional fact.

Man’s motivations are the result of his conditionings.

He fails to understand this Truth:

**In order to arrive at Perfect Knowledge, one must prepare himself to receive it.**

The one who is prepared to receive perfect knowledge is the one who longs for it.

The one who is prepared to receive perfect knowledge is the one who sets off on a devoted Journey to discover it.

In order to find it, the Journey must be free of conditions and conditionings.

In order to understand this, one must understand that the journey of almost all men is not a Journey toward Truth. It is a Journey of aversions.

It is a Journey away from the fear of ridicule.

It is a Journey away from being branded as egoistic.

It is a Journey toward being thought of as compassionate.

It is a Journey toward being thought of as highly intelligent.

It is a Journey through a field of land mines.

It is a Journey through a maze of innumerable self-conflicts.

And therefore, it isn't a true Journey at all.

All that he can hope to acquire from such a journey is imperfect knowledge.

And, in truth, Perfect Knowledge was never what he was seeking to begin with.

Perfect knowledge is a natural result of Purity.

Perfect knowledge is possible only when there are no conditions.

When there is neither the need to adorn the ego, nor the fear of being branded an egoist, perfect

knowledge becomes possible.

When there is neither the need for praise, nor the aversion to scorn, perfect knowledge becomes possible.

When there is neither the need to belong to a VIP group, nor the reactive impulse to shun it, perfect knowledge becomes possible.

When there is neither the need to chase pleasure, nor the intention to deny oneself of it, perfect knowledge becomes possible.

When the pursuit of perfect knowledge arises from a need to know things just as they are, so that one may Arrive, never for the rest of his life having to chase anything or put on heirs of any kind, perfect knowledge becomes possible.

All things lead back to Sincerity.

Without the slightest compulsion to “be sincere.”

Where there are rules, there can only be lies.

Where there are conditions, there can only be circular and self-fulfilling dogmas.

Perfect knowledge can only be bestowed upon the perfect human.

The perfect human is the one who is devoted to, and

moved by, a Pure motivation To Know.

Such a sincerity will blossom over time, destroying  
all impurities that enter its path.

Man cannot “work” his way toward perfection.

He cannot “behavior change” his way to perfection.

He cannot “book read” his way to perfection.

He cannot “mental model” his way to perfection.

He cannot “prescription-follow” his way to  
perfection.

He cannot “meditate” his way to perfection.

He cannot “mindfulness” his way to perfection.

If he could, then this world would be filled with  
perfect human beings.

Perfection lies in the freedom from all concepts.

Perfection lies in the freedom from all should’s and  
should not’s.

Perfection lies in the freedom from the enslavement  
to a self-image.

Perfection lies in in the pursuit of an Arrival.

Perfection lies in the pursuit of Permanence.

Perfection lies in the end of all Chases.

Perfect Knowledge lies in the Question that no one  
has thought to ask.

And so long as a man is enslaved to his need for  
validation, he will be limited to finding answers to  
the ones being asked.

Perfect Knowledge lies in the pure desire To Know.

Rather than in the desire to be seen as the one who  
knows.

Namaste.

# The Secret That PGA Tour Players Do Not Know (And It's Costing Them Millions)

Speaking with some tour players at the tournament this week simply underscored the ongoing issue I have witnessed for years with professional athletes.

But especially with professional golfers.

This was even the case at The Masters tournament.

I believe in directness.

As life is short.

And time is at a premium in my life.

I will state The Truth, followed by an explanation.

Most players on the PGA Tour are bored and/or mentally defeated.

Each week he tees it up, a tour player has no idea how he is going to do.

None.

He might make or miss the cut.

If he makes the cut, he doesn't know how high he will finish.

If he has a “good week,” he doesn’t know if he’s going to win.

The fact that this will not come as a surprise to tour pros is precisely the problem.

They have become so accustomed to viewing golf in this way that they have become defeated by it.

But it is, of course, subconscious.

For a man becomes that which is most prevalent in his life.

This is a great Truth.

They put in their hours of practice on the range. “Practicing” that which they are already proficient at.

They “put in the time.”

They “work hard.”

They go to the gym, watch their diet, go through their routines, have their trackman sessions, and yet each week they tee it up, they are playing a Lottery.

And they know it.

Within the mind, there is a voice that they may or may not hear.

And the voice says, “I work so hard.

I put in so much time.

And yet I still play a lottery each week.”

A player can have a lottery for free.

He doesn’t have to work hard for it.

So if a player is going to do all that work, and Still end up with a lottery, what is the point of all the work?

Most tour players go through the motions.

Even though they try not to.

They are defeated.

Even though they won’t admit it to themselves.

They are bored.

Even though they may not have really considered this.

And in Truth, why wouldn’t they be?

If one works hard, does all the “right things,” and yet he still has no idea how a given week is going to go, what’s the use?

This would make anyone mentally defeated.

If one seeks to become a Superstar, or a High Earner on the PGA Tour, he will need to stop playing

games.

He will need to understand some iron clad, non-negotiable Truths about the Mind.

He will need to become Serious.

He will need to fall in love with the idea that there is a way to Predict and Orchestrate his results, rather than rely upon chance.

Tiger did this.

Jack did this.

The ancient samurai of the East did this.

But tour players have no idea about this.

The closest they have come to the Mind is “sports psychology.”

Which doesn’t address the Mind at all.

In fact, it’s downright silly.

What human beings seek above all else is Engagement.

They seek to be Lost in their craft.

To ride a wave that does not end.

And this is available to the tour player who truly

seeks it.

But please don't send me an empty email asking me  
“how.”

I receive about 300 emails a month from various  
coaches and professional athletes.

I respond to maybe three.

A Sincere, Serious, Genuine, Driven, and All-In  
human being is the rarest creature on this earth.

And the most enjoyable human being to work with.

I work only with the individuals who are Truly  
Ready.

The household names. (And those who are Ready to  
become household names).

No nonsense.

No BS.

Straight Truth.

For the one who has the DNA and the backbone to  
receive Straight Truth.

I'll end with a comment I received from one of the  
tour players here at Quail Hollow yesterday:

“Nothing new here, Kapil. Same old . . .”



# On Creating An Empire, With Truth And Wisdom



Any man can build a kingdom.

But rare is the man who does not suffer under its weight.

Any man can become a success.

But rare is the man who does not become imprisoned by it.

Any man can achieve fame.

But rare is the man who remains free of the persona.

The desire for success is reactive.

It is borne of a hole one seeks to fill.

It is the same with all desires.

They exist in order to create a new image, or replace an old one.

Man tends to run from himself, in search of a new world that will camouflage the pain of his past.

He does not seek a thing for its own sake.

He seeks a thing for what it represents.

If he seeks a trophy, it is so that he may view himself as a “winner.”

If he seeks wealth, it is so that he can remove the shame of poverty.

He does not seek rewards.

He seeks emblems.

He seeks flags that he can plant in new soil, blazoned with his likeness.

The insecurities of his past and the inadequacies of his present lead to an uncertainty about his future.

This compels him to want to “be somebody.”

Creating something is an immersive process.

And a blissful endeavor.

Learning is an engaging process.

And a satisfying endeavor.

“Becoming” is an imprisoning process.

And an agonizing endeavor.

The reason for this is creation and learning are natural.

“Becoming” is unnatural.

It is attempting to change the belief of being something small, into a belief of being something big.

It is an attempt to enlarge a shadow.

Man says that he seeks to make this world a better place for  
him having been in it . . .

The world is not something to be changed. The world will  
always be the world.

Rather than create an empire for the betterment of an  
unchangeable society . . .

Let him create an empire in such a way that he emerges  
from it a new man.

For the birth of such a man will benefit the world in  
unimaginable ways.

The man who desires to create an empire with Truth and  
Wisdom, will mine his depths in order to come face to face  
with his demons.

He will be intent upon witnessing the inner workings of a  
mind clogged with impurity and pandemonium.

He will insist upon witnessing the subtle undercurrents that  
flow through his innermost being.

The reason he will do this is because he understands that self-sabotage is around every corner. And that this is its source.

The reason he will do this is because he understands that his thoughts, words, and actions arise from an instinct that has been polluted by the beliefs he has accumulated from society. And unless these are seen for what they are, they will sink his ship.

The reason he will do this is because he understands that a human being is a complex maze of desires and motivations. And unless these are seen in their full complexity, they will create the bars of his prison cell.

With wisdom, he will begin to understand just how superfluous are the messages of the world.

He will begin to understand that any and all advice is of no use to him. For it is borne of intellect. Intellect is borne of society. Society is full of should's and should not's. Should's and should not's are borne of a decree to adhere to manufactured societal doctrines.

He will understand that anything and everything that he hears is utterly false. Unless he feels it in his bones.

Such a man cannot afford the binding chains of “good” or  
“bad.”

He cannot afford the imprisoning tethers of “right” and  
“wrong.”

For he will guided by a purity that is beyond the false tenets  
of “morality.”

Because he is at peace, he cannot do wrong to another.

Because he is free, he has no destructive habits.

What needs to be done, he does.

Without a second thought.

If something needs to be torn down, he tears it down.

If the entirety of the workforce needs to be fired because  
they are not contributing to the vision, he fires them that very  
afternoon.

His heart never skips a beat.

He knows nothing of evil or kindness.

Whatever action needs to be taken, he does it. And he does it purely.

Some of his actions will be viewed by the world as unkind.

Some of his actions will be viewed by the world as benevolent.

But such labels do not exist for him.

For he has arrived at Dispassion.

The ultimate state of a human being.

Within him the winds have died.

It is serenity and calm in all directions.

The pursuit of building his empire is fundamentally a pursuit of self-transformation.

One might say that he builds an empire so that he may test whether or not he has arrived.

Not arrived at “success.”

But arrived at a place within himself that, having built an empire, he does not feel attached to it.

Arrived at a place within himself that, having built an empire, he is not imprisoned by the Egoic Ownership of it.

Arrived at a place in which he is free of his own creation.

For if a man is free of his own sense of creation, he becomes a God.

And the greatest quality of a God, is his Invisibility.

Namaste.

# What Keeps Humans From A Permanently Exalted State Of Creativity



Become silent.

Listen.

Just listen.

There are things you will hear.

The sound of wind.

The sound of the air conditioner.

A tinny, high-pitched sound in your ears.

An airplane flying overhead.

The literal ticking of a clock.

All of this is space.

All of this is time.

Time waiting to be used.

It sits heavy in the air.

Feel the space around you. Rub it in your fingers.

Feel the air that enters your nostrils. It is slightly cool.

This time is an urgent opportunity. It is waiting to be utilized.

It is waiting for you to do something with it.

But you have never seen this time before.

You have never felt this space between your fingers.

You have never experienced the heaviness of it.

You have never experienced the visceral reality of its existence. As you would a piece of furniture in the room.

There are moments when you are locked-in. You are driven and focused.

And in these moments you feel Alive.

But these moments are few.

They are rare.

The bulk of your daily existence is spent Not feeling alive.

And growing restless on account.

You have tried to find treatments for your restlessness.

But no one has told you why you are restless.

No one has told you that the reason that you are restless is because you have fallen out of the Exalted State of Creativity.

A man believes that sometimes he lives in exaltation, and

other times he does not.

But he is mistaken.

For he does not realize that when he is in Exaltation, he is  
Alive.

And when he is not, he is Dead.

The dead are always restless.

Death is a petri-dish where vermin collect, and diseases  
grow.

If you seek evidence for this, simply examine the deer that  
races through the snow, its eyes gleaming, its skin perfect and  
pure.

Then examine the one that lies on the side of the road,  
being picked apart by vultures and maggots.

Do you see?

Exaltation is Life.

Domesticity is Death.

Why is it so rare for man to find himself in exaltation?

2. Because of the environment that resides within him.

In this discourse, we will focus on the first one. (The environment in which man resides).

In 1954, Roger Bannister broke the 4-minute mile.

This is a story of its own.

But the point which must be understood for the purposes of this particular context is that 46 days later, John Landy broke it as well.

And that within a year, three others did also.

And that over the last half century, more than a thousand runners have broken this barrier, which was once thought to be impossible.

What does this show?

It shows that human beings are a function of their environment.

The environment that a human being resides in dictates the depth and the frequency with which he will live in Exaltation.

Examine yourself.

You live in this present-day society, which is as it is.

What is the effect of this societal environment upon you?

The depth and frequency with which you live in exaltation will give you your answer.

However, if I placed you in a small village in the countryside of ancient Japan, where every member of that village was devoted to mastering the art of Samurai, you would live much of your daily existence in exaltation.

Because something inside you would not allow you to be the outsider who is non-exalted.

The same way that, in your current environment, something inside of you does not allow you to be the outsider who Is.

And even if you are that rare individual who bucks the trend, after visiting the exalted state more often than your

fellow man, you will consider yourself “ahead of the game,” which will place a ceiling upon your ability and desire to live in exaltation.

Would you like to know a secret?

Humans never allow themselves to stray too far from their competition.

Burn that into your brain.

For it is a secret truth of the human mind (that it doesn’t want you to know).

Man is alive when he is Creating.

There is no such thing as “down time.”

Neither is there such a thing as “work.”

Nor is there such a thing as “productivity.”

Such things are an insult to the time and the space that you feel between your fingers.

There are indeed mundane things that must be tended to in

any domestic and societal existence.

And a small slice of this precious time and space can be allotted to such penances of domestic living.

But the remainder of all the moments are ones that you long to lose yourself in, without quite realizing this longing.

It isn't about "motivation."

For motivation wears off by the time you reach the parking lot.

It isn't about "getting things done."

These "things" are administrative, mundane, insignificant chores. They are but empty "productivity."

May I ask you a question?

Why would anyone want to become "world class" at doing chores?

The only justification for wanting to become world class at doing chores is so that he can slip into Exaltation the remainder of the time.

But this is hardly the case, as your very own life can attest to.

There is not “so much to do.”

There is Everything that awaits you.

This time and this space await you.

Humanity awaits you.

Posterity awaits you.

It isn’t about “practice.”

It is about discovering the hindrances to your Arrival.

It isn’t about “staying busy.”

It is about never needing to.

The non-exalted place in which you live is not your home.

It is your coffin.

You are a glorious creature that was made to roam the  
depths of the great oceans.

It is time to slip back into the abyss, that is your true home.

Namaste.

# Where There Is Ego, There Can Be No “Family”



Whether the creation of a “family” is congruent with the fundamental nature of human beings is a question that is fertile for exploration in another discourse.

Given that families are the mainstay of our society, let us examine The Truth with regard to what sustains them and what destroys them.

And perhaps most importantly . . . if the family ever truly existed at all.

This is a stark, objective, nonjudgmental, and pure examination of the fundamental nature of human beings within a family unit.

If we examine a typical family unit, what do we find?

We find a pair of adults and a number of children.

The adults provide for the children, so that they may remain fed, housed, and clothed.

The children play, study, and relate with their parents and others.

But if we look closely . . .

If we peer behind curtain and look deep inside . . .

When we remove the names, the hierarchies, the allegiances, and the blood relations . . .

What do we find?

We find a man who sees the world his way. He does for his wife. He does for his children.

Also, he needs from his wife. He needs from his children.

He thinks he should be treated this way. And that he shouldn't be treated that way. He should at least be given obedience by his children, and love by his wife.

But this is not all. He has many beliefs . . . about politics, friends, society, finances, parenting, organization, routine, philosophy, grooming, diet, health, habits, vices, television programs, movies, books, and so on.

The wife does for her husband. And she does for her children.

Also, she needs from her husband. She needs from her

children.

But this is not all. She also has many beliefs about anything and everything.

The children sometimes obey their parents, and sometimes they do not. They are heavily influenced by the culture at large and the culture in their home.

Over time, they also acquire their beliefs about anything and everything.

They also have their needs from their parents (Needs that extend beyond shelter, food, and clothing).

Each member of the family is completely resigned to their own persona, their own sense of self, their own ego.

Understand that I am not using ego in the sense of “self-aggrandizement” or “inflated self-importance.”

I am using it in the sense of one believing himself to be an Individual “me,” who is distinct from the other “me’s” in the family unit.

As mentioned above, this is a stark and objective examination of the fundamental nature of humans within a family unit.

Without the slightest form of “judgment.”

I will now make a raw statement of Truth.

***Where there is a group of individuals who are resigned to the idea of “me,” there cannot be a family.***

Four, five, or twelve “me’s” cannot make a family.

One may certainly “refer to” such an entity as a “family,” but it would be in name only.

Why?

I will begin the explanation by removing the reflexive ideas that your mind may have produced after reading the statements above.

*I am Not speaking of ideas such as:*

*Altruism*

*Kindness*

*Selflessness (in the traditional sense)*

*Compassion*

*There is no “I” in team*

*Sacrificing oneself for the whole*

These are all false and reactive societal constructs.

They do not exist (to be explained another time).

Where there are individuals who are given to their own ideas and beliefs and sense of “me-ness,” there cannot be a cohesive family unit.

There can only be a group of individuals who “try to get along despite their differences.”

There can only be a group of individuals who strategically modify their words and actions in order to keep the family

solvent.

There can only be a group of individuals who “try to do what is right.”

As such, it will be a lifelong series of “efforts.”

A lifelong series of “ups and downs.”

A lifelong series of “struggles.”

But, you see, Nature never “efforts.”

Nature never has “ups and downs.”

Nature never has “struggles.”

This will be an enormously difficult concept to imbibe, having come from a society which has hailed precisely the opposite, since the beginning of time.

You ask, “But life IS up and down. Family, like life, has its struggles.”

To which I will respond, “Only the sort of life that we have been taught to live. It is all we, as humans, have ever known.”

Understand this: If something is all a human has ever known, he has no choice but to somehow justify it. For if he has no alternative to offer, he will live forever in a state of angst.

As it turns out, man lives forever in a state of angst, regardless.

But at least he has tried to mentally organize it in a patchwork that he can accept.

Where there is a set of ego's (in the form of "me's"), there cannot be a family.

*The reason for this is because no matter how much a person may "love" the other, he will infinitely and always, deep within his heart of hearts, prioritize this "me" over any other me.*

One may reasonably ask, "But if a child is in danger, most parents would risk their life for the child."

In all frankness, I will take it even further. Most parents would not only "risk" their life, but would gladly Give their life for their child.

But the reason they would do so is not just because of the child. But because the child belongs to Him or Her.

The child belongs to the parent's sense of "me and mine."

Lest your mind whisk you away into outrage, allow me to state that I am not attaching any sense of judgment to this. This is not "bad" or "good."

It is an objective and non-judgmental statement.

Where there is a group of "me's," there can be no family.

Why?

*Because where there are a group of "me's," there is no deep-seated communion.*

I am not speaking of "altruism."

For "altruism" is a "me" who tries to "self-sacrifice" for

another.

It is a “me” who is engaging in a “holy” act.

Then what, in full truth and authenticity, is a family?

***A family is a group of humans who cannot but for the life of them, think of themselves.***

***When they look into the mirror, they see the others.***

Outside of the family environment, they may become personally driven and ambitious “me’s” if they wish.

But within the family, they have no sense of “self.”

This is a True Communion.

Please understand that I will not so disrespect the reader as to “preach” to him.

I will not so disrespect the reader as to perform what I call a “drive-by,” by telling him to “become egoless” and ride off into the night.

Having lived in this society, he will have had enough of such maltreatment.

This is neither responsible nor prudent.

Firstly, the very idea of becoming “egoless” is saturated with ego.

For it is an act of replacing a self-identity of one with ego, to one without ego.

But the “one” continues to exist.

When a human being glimpses a vision or a grand possibility . . .

There is a chance that it will touch something deep within him.

And if this happens, in that very moment he becomes Sincere in pursuing that very quest.

And this is infinitely more effective . . .

This will allow him to reach this place infinitely quicker . . .

Than if he were given as many techniques, practices, and methodologies as there are stars in the night sky.

Namaste.

# On Becoming Immune To What Others Think Of You

Humans live reactive lives.

A person says, “I don’t care what they think of me.”

This is a reaction against an ego that cannot bear the fact that it is indeed affected by what others think of it.

A person says, “I will do exactly as I please, no matter what anyone says.”

This is a reaction against a fear of being controlled by the opinions of others.

Who is the one that is truly immune to what others think?

The one who acts in silence.

And makes not a single reactive statement.

Careful. I know where you are going with this.

You might get the bright idea of Forcing Yourself to remain

silent.

And Forcing Yourself into not making a reactive statement.

But this too would be a reaction.

You will not have gone anywhere.

Then what is the genuine characteristic of one who truly  
has become immune to what others think?

What is it that clinches the deal, so to speak?

The thought of what others may think does not even arise in  
his mind.

This is the one who has . . . Arrived.

This is always the case, in any and all things.

The title of this discourse will have created apprehension in  
the minds of some. For they will fear becoming “narcissistic”  
or cold.

I do not subscribe to any ideas put forth by society. If it  
does not exist in nature, for me it does not exist at all.

What, fundamentally, is “cold” and “narcissistic” and “good” and “compassionate” and “sociopathic?”

These are all reactions.

They are reactions against a fear of their opposite.

A man fears being called a “narcissist,” so he becomes an “empath.”

A man fears being called a “pushover,” so he becomes a “disciplinarian.”

A “disciplinarian” fears being called “cold,” so he tries to become “compassionate.”

Each is a face that man creates so that he can live with himself.

Each is a face that man shows to the world so that he can avoid self-conflict.

None of these things exist.

They are constructs created by a society that has lost its

way.

A society whose foundation is fear.

A society that has strayed so far from nature, there is no way back.

Let us arrive at The Truth: Why is it that man seeks validation from others?

Because he is not content with who he is.

He has holes that need to be filled. He has wounds that need attention.

And where can he get such things but from the world around him?

The question then becomes, Why is he not content with who he is?

Hasn't the world told him to "love yourself," and "be happy with you are?"

Certainly it has. But by doing so, the world has put him into a conundrum, you see.

How can he love himself if he does not know what love truly is?

How can he be happy with a self that he does not truly understand?

Then what is The Truth?

The Truth is the dirty little secret that the world will never tell you. For it does not fit its flowery narrative.

The Truth is that it is impossible for man to be content with who he is.

And thus it is inevitable that he will look to the world to ease his discontentment.

Why is it impossible for man to be content with who he is?

Because the things that man believes himself to be are lights and shadows.

One may be able to stand for a moment upon shifting sand, but it is impossible for him to build a home upon it.

If a man is asked to describe himself, he might say, “I am the founder of Company X. I am 32 years old. I am 6 feet tall. I enjoy hiking, climbing, and running. I have a lovely wife and three children, ages 6, 9, and 12. I am a compassionate person, but of course I have my flaws. I get too angry sometimes. This is one of my great flaws. But I am heavily into self-improvement. I love to read books, and talk with friends. I have many strong qualities . . . ”

If one were to honestly examine what this man said, one quickly discovers that he hasn’t said anything at all.

What did this man say that is Not shifting sand?

What did he say that is firm and foundational enough to support a permanent home?

Company X could go bankrupt. One small scandal, one bad business deal, one off-handed comment in the media, and the company could be gone. He knows this. And thus, he lives in fear.

Shifting sand.

He is 32 years old, and 6 feet tall. This “32” will one day become “72.” And as his bones become brittle, and his spine

becomes to bend with old age, the “6 feet’ will one day  
become “5 foot 9.”

Shifting sand.

His wife may be with him forever. But if she is, there will likely be endless conflicts, subtle or grand. Or they may get a divorce.

Shifting sand.

His children will soon become adults. And they will leave their father’s house forever.

Shifting sand.

His anger is something he is “working on” through “self improvement.” This is a prescription. He will follow such prescriptions forever and gain a sense of false security for having gotten a little bit better at anger, in certain circumstances. And his compassion is a reaction to his guilt for the anger.

Shifting sand.

All of man’s ideas, thoughts, and beliefs about who he is

are an attempt to hold onto shifting sand.

There is nothing Solid to be found.

Because there is nothing solid there, he can he possibly become “content?”

How can one become content in something that is poorly understood, and constantly changing?

There is no solid ground.

And where there is no solid ground, there is no possibility of contentment.

There is only one subtle fracture attached to another.

If a man truly seeks to become immune to what others think of him, he will have to be willing to drop the nonsense.

He will have to be willing to see that it is his very own fragmented nature that compels him to turn toward others.

He will have to be willing to see that whatever “others” may give him will soon wash away with the shifting sands.

He will have to be willing to see that it is only once he becomes Whole within himself that he will no longer need anything from anyone else.

And he will have to be willing to see that in order to become Whole within himself . . .

He will have to go on a Journey to see through all the things that he is Not, but has for the whole of his life believed himself to be.

Man was created to be a universe unto himself.

But he becomes the Universe, only once he recognizes . . .

That he is not a “self” at all.

Namaste.

# How Anxiety Is Manufactured In The Mind

Imagine, for a moment, a tree.

This tree is subject to many assaults. Wind, rain, snow, ice, hurricanes, tornadoes, tropical storms, insects, fungus, and even the chainsaws of deforestation.

Any of these things may happen to a tree. At any given moment. On any given day.

Yet one has never seen a tree that was not perfectly still.

I have always been mesmerized by the stillness of trees.

Why is the tree still?

The tree is still because it has no concept of itself.

Why does the tree have no concept of itself?

Because the tree has no mind.

A human being has a mind.

And because he has a mind, he has a self-concept. He has a self-image.

Where there is a self-concept, there is a strong desire to preserve it. And an instinctive need to protect it from harm.

Man spends his life in a desperate attempt to keep the sandy shores from becoming drenched by the incoming tides.

The Mind can do anything it wishes to the man it possesses.

Anything.

Whenever it likes, it can tease him, assault him, soothe him, control him, enrage him, or make him anxious, worried, and afraid.

Man believes that he is in control of his life. That he is the one who makes his decisions.

How preposterous.

Take, for instance, a man who is fighting with his spouse.

She accuses him of being lazy and inconsiderate.

The man's mind will scour his past in order to find evidence to the contrary. It will illustrate times when he was not at all lazy, and most considerate.

The mind of the spouse will find examples of the

times when he has been lazy and inconsiderate.

After some time, both minds will begin to change in shape and color. Each of their minds will begin to create guilt for the antagonism that they showed to the other.

The mind will then create remorse. This remorse will compel both individuals to apologize to each other.

But with each repeated episode of conflict, something fundamental within each of them will have changed.

This conflict will create fear and anxiety within each of the minds. A fear that it might happen again.

Why will they fear that it might happen again?

Because man fears displeasure. He fears pain. He fears discomfort of any kind.

Each of these two individuals will begin to grow averse to one another. The word choices, the body language, the truths that are kept to themselves, and hundreds of small things will all be done in an effort to avoid conflict.

And an effort to avoid the pain that is associated with this conflict.

Over time, the relationship will harden. It will

become brittle. And die.

For it is a relationship of aversion. It is a relationship of avoidance.

Not necessarily an avoidance of each other. But an avoidance of being natural and free, borne of the fear and anxiety of the pain of potential conflict.

What a man does not have, the mind creates fear and anxiety of not receiving.

What a man does have, the mind creates fear and anxiety of losing.

Then man tries to be clever.

He searches for a way to “treat” this anxiety and fear.

Industrious by nature, he delves into mediation, mindfulness, pills, workshops, and various methods and techniques in order to lessen the effects of this anxiety and fear.

But these are but ointments on a wound that extends into the depths of his core.

Such wounds cannot be “treated.”

And because they cannot be treated, man leaves this world never having lived a life free of anxiety and fear.

Whatever he may have succeeded at . . .

Whatever he may have attained in this world . . .

He will have failed at the most fundamental aspect of his life.

Is there a way out?

Is there truly a cure to fear and anxiety?

Can a man, in his current life, truly and practically attain what few have ever attained in the history of human civilization?

Yes, but . . .

Why the “but?”

Because no matter how closely you may be reading these words, your mind is reading them closer.

It is interpreting them for you, making modifications as it sees fit. An omission here, an addition there.

And presenting its own version of them to you.

And because you have such reverence for your mind, you will accept the interpretation as gospel. No questions asked.

In many ways, it is almost pointless for me to write these discourses.

I write them as a reminder to my own mind. As I

finalize the process of dismantling it altogether. In order to live permanently within the freedom that is the fundamental birthright afforded to all human beings.

I write for those one or two rare humans in this world who serendipity brings. Individuals who, for whatever the reason may be, are ready to become Free.

I will tell you the way out.

But, I will be frank. It will likely do nothing for you.

Because the mind will receive it as a prescription.

It will make you “try to do” what I have said. And in keeping you busy in this way, you will never arrive.

This is how ingenious this mind of yours is.

How is it that man can live a life completely free of anxiety and fear?

Why is it that a tree is so naturally still? (The key word is Naturally. For I assure you the tree is not forcing itself to be still through “meditation”).

The tree is still because it is free. It is free from all anxieties and all fears.

Why is the tree free?

Because the tree has no concept of itself.

The Mind will now tell you, “You see? You too must have no concept of yourself.”

And in so doing, it will have opened up a new corridor of anxiety. For soon after you begin, you will become beset by anxiety for not being able to lose your concept of yourself.

As I say to each of my private clients on an almost weekly basis:

I will happily give you the secrets of the universe. But if you imbibe them as a prescription, they will create nothing but problems for you.

The key to all things is the pursuit of Visceral Understanding.

But man has been taught to “think.” And he has become prideful in this very ability.

It is for this reason that he cannot experience Truth.

For Truth lies beyond the domain of thought.

And beyond the outer reaches of the Mind.

Namaste.

# On Becoming A Legend



The man who becomes a legend is the man who arrives at the perfect questions.

Answers have the effect of keeping one where he is.

Questions have the effect of catapulting one to higher states.

The man of limited success will seek improvement, incremental progress, and competition.

This will bind him to a life of struggle. He may achieve periods of success in this struggle. But the success will be limited. And the struggle, unlimited.

This is where the bulk of humanity lives. Even in the professional ranks.

Professional athletes strike their head against a wall,

and the one who remains conscious at the end,  
“wins.”

The man who becomes a Legend is the man who sees beyond things such as improvement, progress, and competition.

His eyes are set upon something far greater.  
Something more fundamental to his nature, than to the craft which he pursues.

The Legend does not ask, “How is it that I can improve?”

The Legend asks, “What is my ultimate capability as a human organism? What is the glory that nature has bestowed me with?”

The common man is afraid of “losing.”

The Legend is afraid of not arriving at his ultimate capability.

These are fundamentally different paths.

They are a clear fork in the road.

One may choose to believe this or not, but one cannot “practice” his way to becoming a Legend.

And for those who say they have, what they have not recognized is what they could have been had they

walked a different path.

The world has lied to you. About so, so many things.

In my work with human beings, I make it clear from the outset that I have not taken them on in order to make them “better.”

My attention is not affixed on their level of “improvement.”

It is affixed upon their ultimate capability as a human being.

As it turns out, this approach has allowed me to help individuals achieve otherworldly success in a fraction of the time.

But, in Truth, it isn’t an “approach” at all.

It is an uncompromising insistence that we not stray from their ultimate capabilities.

Becoming a Legend has become more difficult than ever.

Because the time in which we are living belongs to what I call the “distracted generation.”

If a man lived in a jungle, without the luxurious distractions of the modern world, he would have a much easier time becoming a Legend.

As did Miyamoto Musashi.

In order to become a legend, one must have a certain DNA.

Not a genetic DNA. But a sensibility DNA. A personality DNA.

A DNA that is ready and willing to fully imbibe the fact that everything he has learned from the world has been scandalously wrong.

A DNA that is sympathetic to the fact that technique is a prison.

A DNA that has the capacity to embrace the fact that competition leads only to limitation.

A DNA that is willing to understand that it is only in becoming a Master, that one becomes a legend.

A man who is outraged by truths that lie miles beyond the picket fences of tradition, convention, and prevailing “expert” dogma has no chance of becoming a legend.

Such human beings are not ones that I seek to “convert” or “convince.” They are human beings for whom I have no time or regard. And if such a human being has accidentally found his way to my work, it will be best for us both if he leaves immediately.

Never to return again.

My time is limited on this earth.

I cannot afford to waste a single minute.

Becoming a legend is about Becoming Serious.

Not serious enough to “do the work.” But Serious enough to explore The Truth.

Serious enough to abandon all hope.

Serious enough to abandon all striving.

Serious enough to arrive before one arrives.

Have you understood my words?

A legend becomes a legend Before he becomes a legend.

All things happen Before they happen.

This must be understood.

And before you reflexively send me an email asking me to “explain,” understand that prematurely doing so will place you in the difficult position of being immune to any explanation that I could potentially provide. (I rarely respond to emails).

Only the one whose Seriousness has matured, has created an internal environment that spawns True

## Questions.

Allow these words to seep into your bones, rather than relegating them to the “collection area” known as the Intellect.

Greatness arises from the Viscera.

Not from the brain or the lips.

The fact is that almost all men, women, and children on this earth will inescapably succumb to the distractions of their lives.

There are but a few who will have the DNA to overcome the momentum of society’s conditioning.

These individuals alone, are candidates for becoming Legends.

Namaste.

# The Truth About Success (That Even Successful People Don't Know. And That Not A Single Person In This World Will Tell You)



Those who are unsuccessful . . . COULD BE Successful.

Those who are successful . . . COULD BE Great.

Those who are great . . . COULD BE Legends.

They are all missing a Truth.

Well, in actuality, they are missing several Truths.

I will share one of these Truths with you here today.

Here it is:

Man is not comfortable unless he invents struggles.

If a man is working toward a lofty goal, if he is told that it is clear sailing, that nothing is in his way, and all hurdles have been removed . . .

He will not feel comfortable with this. This may sound good to him. But it will not be acceptable to him.

Such a thought will be so intolerable, in fact, that he will invent struggles in order to feel more comfortable.

Why?

Why would any sane human do such a thing?

It must first be understood that man is not a sane human being.

He is a conditioned one.

I will reveal to you a fact.

Man has absolutely no cognition or recognition of this fact,

but it is precisely the place from which he functions.

The fact is an unspoken internal belief system. One that is in the air that he breathes. He has inherited it from his parents, teachers, coaches, gurus, books, media, and every person he has ever met.

If you put a gun to this man's head and insisted that he tell you the absolute truth without withholding a single thought, no matter how crazy or embarrassing or self-defeating it may sound, this is what he would say (if he valued his life):

“Listen, there has to be some form of struggle. No one gets anywhere without hard work and toil and years and years of pain, failure, disappointment, and struggle. Nothing is smooth sailing. And even if you were to clear the way for me, I just cannot accept this. It isn't right. It's just plain wrong. Struggle, sweat, hard work, and grinding has to be there. Or large scale achievements cannot be had.”

Let us speak Truth.

I will not abandon you as all the others have done, by leaving you with a drive-by sort of philosophy and letting you fend for yourself.

I will remain with you on this. Point by point.

I will look you in the eye as I speak.

As I try to convince you of Nothing.

But state the absolute Truth, just as it is.

A healthy portion of the thousands of minds that are reading this are hoping for something. They are hoping that I will make at least a token concession that “hard work” is needed.

For only then will they be able to take me seriously.

Only then will they be able to breathe a sigh of relief that I am “one of them.” And now that I am one of them, they can now allow themselves to listen.

I will address this in the following way:

I take no stance on things.

For if I take a stance on something, I will be forced to “defend” my position.

And this act of defending my position will take me away from the Truth.

My allegiance is never to any man, group, or philosophy.

And it certainly isn't to "myself."

On with The Truth . . .

Man believes in "working his way up."

This is manufactured struggle.

This is inventing extra rungs on the ladder . . .

This is inventing hurdles on the track . . .

This is inventing a headwind on a calm and sunny day . . .

Understand this: Of all the struggles that any human being, successful or unsuccessful, has had to face, the overwhelming majority of them are Invented.

Are there some "natural" setbacks that occur?

Yes.

Are there things that do not go according to plan?

Yes.

Are there falls along the way?

Yes.

But these are very small in number.

Man has a habit of making small things seem big. In order to give himself the feeling of conquest for a win, or the feeling of resilience for a loss.

I will restate the Truth:

Man is not comfortable unless he invents struggles.

An athlete who seeks to become a professional looks at the “traditional path” of getting there. When there are paths that he may have never looked sufficiently outside the box to consider. And if he dares to take the first step toward this path, a siren sounds. The world of people, friends, parents, coaches, teachers, media drop everything and run toward him. They line the sidewalk by the thousands and spout their traditional and predictable nonsense.

The teacher says, “Make sure you get your education first.”

The parent says, “Make sure you have a backup plan in case you don’t make it.”

The coach says, “It’s a hard road. Less than 1 percent make it. Give it a try, but you don’t know how good those pros really are.”

The media says, “He doesn’t have the size, the strength, or the pedigree for it.”

And why would these people Not say these things?

Firstly, they likely never had the courage to dream big. So they settled for a traditional life of struggle and making ends meet.

Secondly, even if they did have the courage to dream big, they became victims of these very same people. And they failed because of it.

And, to a degree, they cannot be blamed.

How can a man possibly allow himself to believe that “someone else” is going to make it, when “he himself” did

not?

Their invented struggles ruined them.

The one who succeeds also invents struggles. It is just that either he has not invented quite as many, or he simultaneously developed a self-image of resilience in order to overcome his invented struggles.

What is the Path to becoming successful, or great, or a legend?

The Path is to first become Sincere.

Discover for yourself if you truly wish to know The Truth?

If you do, then explore which of your struggles are TRULY natural. Discover which struggles are flames that you Truly do not fan.

And then examine which struggles you have Invented. Without the slightest bit of self-blame or condemnation.

For if you condemn yourself, you will create more excuses.  
And thus, more struggles.

Discover which of the struggles you were Conditioned By Society to create.

A good sign is this: If society and the people around you support and and endorse the struggle, you can be assured that it is invented.

There are many other Truths that involve recesses of your Mind that the world simply hasn't come to know.

There are places within your Mind that, if they are so much as recognized, you will have no choice but to leap into a new level of being.

But, for now, I will leave you to examine your invented struggles.

So that you may begin to see just how readily within your grasp it is . . .

To become a Legend in your field.

Namaste.

# The Secret To Making Perfect Decisions



This discourse will not be understood by the man of common thinking.

Nor should it.

For this discourse is not for such a man.

It is for the man who seeks The Truth about things.

Let us not waste time.

Let us go straight to the Truth.

What is the Truth about making perfect decisions?

The Truth is that if one relies upon thought to make a decision, his decision will be imperfect.

This is a loaded statement.

Let us unpack it.

What does it mean to say that the decision will be imperfect?

It means that the decision will be the product of hope and fear.

What does it mean to say that an imperfect decision will be the product of hope and fear?

It means that the decision will be made in search of one thing, while trying to avoid another thing. It will be reactive. It will be based upon pleasure on one hand, and aversion on the other.

Such a decision is imperfect.

It cannot be based upon the True course of action.

It is tainted.

It is impure.

Returning to the loaded statement, what does it mean to say that “if one relies upon thought to make a decision?”

After all, isn’t “thinking” required in order to make a decision?

If thinking is employed to make a decision, the mind

will create an impure decision. The nature of the impurity is that which has just been described.

If one does not “think,” from where will the decision arise?

If one seeks a Pure decision . . .

If one seeks a Perfect decision . . .

He will Not do as the world prescribes: mental models, techniques, hacks, and methods. For such things do not create perfect decisions.

They create intellectual decisions.

Intellectual decisions are created by the mind.

And the mind is full of impurities of the ego. Of hope, fear, gain, loss, aversion, and so on.

The way to arrive at a Perfect decision is not through “mental models.”

The way to arrive at a Perfect decision is not by way of “deliberation.”

The way to arrive at a Perfect decision is not by putting on one’s “thinking cap.”

It is arrived at by taking it off!

The way to arrive at a Perfect decision is by turning

Off thinking.

Naturally, one will wonder how a perfect decision can possibly arise if he turns off the very mechanism that is believed to give birth to decisions.

I will tell you.

When thinking is turned off, interference is turned off.

When thinking is turned off, the mind is turned off.

When the mind is turned off, hope and fear and all impurities are turned off.

It is precisely this place of quiet and purity that is ready to receive a Pure and Perfect Decision.

This perfect decision may arise as a feeling.

And it may even arise As a thought.

But it does not arise FROM thought.

The wheels stop spinning like tires in mud.

The mind no longer spins in circles.

Confusion disappears.

And when the perfect decision arises, as if out of nowhere, the person may or may not be able to explain why . . .

But deep in his bones, by way of an insight he cannot quite articulate, he Knows it is the Truth.

And this Truth . . . is Perfect.

Namaste.

# On The Systematic Eradication Of Stress (For Those Who Are Truly Serious)



What you are about to read is a treatise which is aimed solely at The Serious Individual.

The individual who is tired of games, potions, one-off techniques, tips, tricks, and all things that are aimed at the unserious masses.

This is for the individual who is simply tired of sloshing in the stale and muddy waters of that which is wholly ineffective.

This is for the individual who seeks The Truth.

This is for the individual who Truly, Genuinely, and Sincerely wishes to eradicate Stress from their lives.

This treatise is Not for the individual who seeks temporary relief, or wishes to feel a bit better, or is in search of a few tips.

For that, you are best served seeing a “psychotherapist” or attending one of the thousands of “stress-management” workshops that are offered around the globe.

This is for the individual who Has or is on the Cusp Of jumping full force into a Journey to Eradicating this Cancer of stress from their life.

So that he or she may, in a word, taste Freedom. Perhaps for the first time in their lives.

My work has always been Exclusively for The Serious.

If this is You, then let us have a Real conversation.

If we examine any industry, be it medicine, engineering, personal finance, marketing, health, self-development, leadership, success, aircraft design, or software development, we find a perfectly consistent trend.

It is the same trend in all things on this planet.

And that trend is that everything moves toward greater and greater Entropy.

All things move toward a greater Dilution and a Dumbing Down.

In every field, there is The Noise and there is The Truth.

## **What Do I Mean By Stress?**

By stress, I mean all things that cause turmoil to arise within you.

Fear, anxiety, depression, emotional pain, anger, nervousness, mood swings, and so on.

Anything that robs you of Peace.

Anything that removes you from a state of Perfect Flow.

Anything that prevents your life from becoming a Living. And prevents your craft from becoming an absolute Masterpiece.

This is what I mean by Stress.

## **Where Do We Begin?**

That which is false begins with Addition.

That which is Truth begins with Subtraction.

Let us first Subtract the false and/or irrelevant ideas that have been drilled into your head.

Let us eliminate all the talk of biology and physiology. How stress is physiologic. How depression is divided into chemical depression versus behavioral depression.

My dear friend, please understand that All things are

physiologic. If someone tells you something funny and you laugh, that is physiologic.

The behavior Stems From the physiology. It is not Independent of it.

If you drink a glass of orange juice, or take a Tylenol, that is a chemical. And it produces a certain change in your physiology.

Something is not made serious or bona fide on the count of its being deemed “chemical” or “physiologic.”

**It is Serious because it robs you of the Experience Of Life.**

It is Serious because it robs you of a beautiful relationship with your spouse and your children.

It is Serious because it causes you Pain.

And understand this: The pain of the Mind is infinitely more painful than the pain of muscle and bone.

For the wounds of the latter trend toward healing. While the wounds of the former tend to grow deeper.

## **THE TRUTH . . . About The Eradication Of Stress**

If a man is an alcoholic, or has a problem with substance abuse, no serious-minded person would believe that a tip or a technique would cure him.

I must make something very clear at this juncture. To even think of judging any man is pure folly. For life lived in the conventional way is an intensely painful affair. And man will seek any outlet and will grasp at any straw in order to experience even a moment's respite from the pain.

Where that pain comes from is something that I'd love to tell you. But, if I may be completely honest with you, it may sound otherworldly and cryptic to you. It will very likely be something that you've never heard in your life. And this is the way The Truth almost always is.

It has nothing to do with intelligence. It has everything to do with Exposure. And thus I will refrain from revealing that.

Very well. Let's continue.

What is The Truth about eradicating stress from your life?

What is The Truth about living without turmoil?

What is The Truth about finding a way to True and Genuine and Unmistakable Freedom?

What is The Truth about finding Peace?

What is The Truth about working without Mental Interference?

The Truth is this:

**It requires a Sincere Journey.**

A true, authentic, sincere, no-nonsense, heart-felt Journey.

The same as it does in alcoholism or substance abuse or anything that is Serious and Necessary.

What is the point of me telling you that it requires a Journey?

The point is that when a Sincere Human Being decides to embark upon a Journey, it means that he has once and for all set aside all the things that are cosmetic and palliative.

The point is that such a human being is ready to leave behind all things that are aimed at “managing” and “dealing with” and “slightly improving” stress and turmoil and anxiety and conflict.

Why would any human being want to “manage” cancer?

Why?

The only reason that he wouldn’t look for a Cure is if the doctors and the society told him that a cure was impossible.

And quite frankly, Even Then, there would be that One Serious Human Being who would say, “To hell with all of you. I will comb the edges of the Earth. I will travel to holistic healers and shamans. I will do anything I have to do to find a Cure for my cancer.”

THAT is the sort of human being to whom my work is devoted.

And to whom this treatise is devoted.

Some who read this may think, “He is telling me to go on a Journey because he wants to sell me something. That’s why

he won't just come right out and tell me what this Journey is.”

I understand how the mind works. And for the person whose mind has sent him this thought, I will be happy to respond.

Whenever we read anything these days, we have so many questions and suspicions that arise. And these questions and suspicions are never answered.

Articles and books and podium talks are given in a Vacuum. Authors and speakers spend their time on the Nuts and the Bolts of the matter at hand.

But the Real and Delicate conversations are the ones that the Mind is having with the reader. The Mind raises suspicions that the speaker or the author is trying to “sell him something.”

And quite frankly, this is true. We live in a world of ceaseless, nonsensical marketing aimed at making a quick buck.

Your mind may or may not be raising such suspicions to you. But in case it is, I will not cop out. I will not grant myself the convenience of avoiding them.

As I have always done, I will speak The Truth.

First I will tell you my limitations in revealing Everything to you.

And then I will reveal to you The Truths that may genuinely be game changers for you.

As much as any man can without having spoken to you

personally.

## **I Do Not Know The Journey Until I Speak To Someone**

A man once asked The Buddha, “Sir, is there a God?”

The Buddha replied, “No.”

Another man asked The Buddha, “Sir, is there a God?”

The Buddha replied, “Yes.”

One of The Buddha’s disciples witnessed this. He approached The Buddha and said to him, “Venerable Sir, why did you tell one man that there is a God and another man that there is not?”

The Buddha said (paraphrase), “I gave each man the knowledge that was best suited for his journey.”

Believe me, I would have no problem outlining exactly what that Journey would look like for you.

None whatsoever.

But it is literally impossible for me to do so for several reasons.

One reason is that I do not know where precisely you sit.

Do you remember in the days before GPS, you would call the store and ask for directions? And the very first thing that the person on the other line would ask you is, “Where are you coming from?” The store keeper could not possibly give the

same directions to everyone. For each person would be coming from a different side of town.

Wherever we go, we can only go from where we currently are. And unless I know where you currently are, how can I possibly give you directions, and risk steering you the wrong way?

Another reason that I cannot tell you your journey without speaking with you is this: For Me, Every Human Being Is Their Own Unique Universe.

I have never brought a briefcase to any meeting with one of my clients.

I have never brought a power point presentation.

Or a “five-point plan.”

Or a predetermined agenda.

Or, believe it or not, any idea whatsoever of what I am going to say.

If I give a talk, I do not Prepare a speech.

Then what do I do?

What I am about to tell you is something that may tremendously benefit you in your life.

Before I give a talk, or before I speak with a client on the phone or in person, whether it is the First time we are speaking or the 20<sup>th</sup> time we are speaking, I have trained myself to rid myself of all involuntary thoughts. So that I can

remove all interference and become One Hundred Percent Available.

It is very much a Jedi skill that has taken time to develop.

But in becoming One Hundred Percent Available, something quite miraculous happens. You begin to see into the human being. You acquire the ability to predict what he is going to say.

And The Path to transforming him or her Organically begins to materialize.

In essence, you stop listening with your ears, and you begin to listen with your entire body.

I won't go further into it. I have perhaps already ventured into the otherworldliness that I promised to avoid earlier.

There is so much that I cannot tell you in this first encounter. For you would not believe me. You would not believe that such things are indeed possible.

These are some of the reasons why I am unable to outline what your Journey will look like.

## **Can I Give You Some Truths That Will Help You If You Are Truly Serious?**

Yes. And I will share those with you shortly. But I am incredibly hesitant to do so.

Why?

Because you see, human beings are built in a very peculiar way. If you just Give Them something, they won't value it.

Why?

It is simply the way we are wired.

We live in a world of constant information. We are bombarded by useless "list posts," and "10 ways to be happy," and "The next best thing."

Have such things transformed us?

In a way, they have. And unfortunately so.

They have not transformed us in the way the article or headline promises. No sir. Not in that way all.

They have transformed us into endlessly suspicious creatures who always look at every human being askew, wondering what their angle is, and what they want from us.

Make no mistake: Noise Poisons Human Beings.

And all of the noise has transformed us into hesitant, weary, and suspicious creatures. And that is the natural way in which we have conformed to our environment.

Similar to the way in which "Brooks" (a character in *The Shawshank Redemption*) had become so "institutionalized" after 50 years of imprisonment that he favored incarceration over freedom. So much so, in fact, that days after being released, he hung himself.

It is this that makes me hesitant to reveal to you some of these Truths.

What I mean is that the words will be read Too Easily. Even That is a very difficult thing to explain. But I will do my best.

Your brain will read the words. And it will know the meaning of each word according to its Dictionary Definition. But when the words are arranged as they are, they will be read Too Easily.

They will be an insulin spike, of sorts. It may require not only a Double-Take, but a “500-Take” to see what is being said.

These are not ordinary ideas, you see. In many ways, they are not even meant to be Read, but Ingested.

When you Ingest something, it bypasses the brain. And in bypassing the brain, a human being is freed from the endless Intellectualizing that the brain produces.

If I were to inject you with a life-saving antibiotic, I wouldn’t present it to your brain. Because I wouldn’t want to burden you with having to Think about it.

I would simply inject it into your vein.

But I wrote this treatise to Humanity. And I will not turn back now.

I simply caution you to Understand This:

**The words that I am about to present to you are pregnant with the sort of Significance that have the power to**

**transform a human life.**

**And they will begin to do their magic inside the one who is  
Ready to receive them.**

### **The Truths About Eradicating Stress**

Remember, The Truth always begins with Subtraction rather than Addition.

Subtraction is imperative, because unless one clears the way for The Truth, there will be no space for it to stand.

If you truly wish to eradicate stress from your life, you must understand something. It is somewhat like having gangrene. You can cut out the gangrene, but a part of You is going to go with it. You see, human beings Say that they would like to be free of their dramas, but they will fight you to the death if you try to take them away from them. For who would they be without them?

Meditation is a band aid. You can do it if you like. Remember, this treatise discusses the road to the Eradication of stress. Not just temporarily making you feel better.

Meditation is not as sacred as you think. It is a temporary reprieve, if anything. It cures nothing. It is simply another impotent Prescription. And Prescriptions do not work. You do not yet know the meaning of the last sentence. That statement is like an island on the surface of the water. You haven't seen the mountain that supports it. I will say it again in order to emphasize its critical importance: Prescriptions Do Not Work.

And I do not just mean medication prescriptions. ANY prescription. Be it an activity or a “doing” of some sort. Because it is devoid of Authenticity. It comes from the Lips, rather than from the Bloodstream. One last time: Prescriptions. Do. Not. Work. And what will you find in the world? Nothing but Prescriptions, unfortunately.

The only thing that medications will give you is side effects.  
So they are out as well.

Stress management seminars are just that. “Management.”

This is like swirling muddy water. For the briefest of moments a portion of the water will be clear. But the very next moment, the muddy water settles again.

Mindfulness is an institutional fad. It is a brightly-colored cherry picked from an Eastern tree and replanted in the West. Try it for yourself if you like. How long will you hold the mind at bay? How long will you Force your awareness on each and every thing you are doing? Mindfulness is like holding up the walls of a condemned house. Soon your arms will tire, and mind (and the house) will come crashing down upon you. The Buddha wasn’t mindful. In actuality, he became MindLESS. But once again, this is broaching dangerously deep and forbidden territory. And I promised I wouldn’t go there (even though it is The Absolute Truth).

The Ultimate Subtraction is to subtract Everything.

Yes, Everything.

Do I mean that nothing at all works?

Nothing that the world tries to sell you works. That is correct.

None of it.

You don't have to believe me. Just look in the mirror. Has it worked?

Look at your neighbor. Has it worked?

Look at the millions who continue to attend "stress-management" workshops. Has it worked?

### **Then Please Tell Me What Works**

I will tell you what works.

If you go to the emergency room with internal bleeding, they don't simply open you up and fill you with thirty packs of gauze and send you home, do they?

Yet this is exactly the approach to just about Everything in modern society. Especially when it comes to self-development and mental health.

What they do in the emergency room is attempt to discover the Source Of The Bleed.

This is precisely where Cures in anything begin.

They begin in finding the source of the bleed.

What is the source of stress?

Psychotherapists and mental practitioners will say that “stressors” are the source of the bleed. Stressors meaning a “stressful event.” And they will give you a way to “deal with” or “handle” the stressor. To behave differently. To speak differently. To look at the other person’s perspective, and so on.

But we are here to discuss The Truth, correct? Well, the truth is that the “stressor” is not the source of the bleed. It simply sets the stage for the bleed to take place. The bleed was bound to happen at one point or another.

Then what is the Source of the Bleed when it comes to stress? One of the central sources of the bleed when it comes to stress is the fact that a human being isn’t yet ready to eradicate stress from his or her life.

This is one of those statements that I discussed earlier. Those words came out way too easily. And you read them way too easily. And your mind judged them way too easily.

This is an enormously difficult thing to explain. Because it is so subtle. You almost have to be half of a Zen Master to even realize it.

My goodness, where shall I begin?

Okay, let us take a man named John as an example. Does John wish to be free of stress and turmoil and anxiety and the like?

Yes, he does. John would love to be free of such turmoil.  
Most do.

But he isn't necessarily Dying to be free of it. He may lay awake at night Stressed. But he doesn't necessarily lay awake at night Absolutely Craving to never have stress again. He doesn't fantasize about categorically eliminating all such turmoil from his life.

If he does, this puts him in a very select group of individuals on the planet. Individuals who Deeply Crave something so wildly that they it is Front and Center in their every waking moment.

Is this not like everything else?

If you are reading this treatise, you are almost certainly a highly successful individual. Did your success come from pursuing it part time, with half effort? Did it not fill your every waking moment? Did it not visit you in your dreams?

Couldn't you taste it? Even smell it? Come hell or high water, this is what you were going to do.

My friend, water boils at 100 degrees. But at 99 it only simmers.

Why is it that people are led to believe that a career takes every ounce of their blood. But finding freedom or peace is something they can outsource to a week-long seminar?

Now, I come to an even more subtle and complex point. My goodness, this is going to be difficult. But, once again, I will give it my best.

The world has told you that you must “work at” bettering

yourself. It has told you that you must “work on yourself.”

In fact, you might have deduced from the previous paragraphs that this is also what I was recommending when I said that you must put your life into it the way you put your life into your career.

Well, not quite. Very soon you will come to see that nothing is really sacred when it comes to the information that society has filled you with for your entire life.

You might say, “Well if I don’t work on myself, what’s the alternative? It certainly isn’t going to happen by me doing nothing at all.”

I see your point. But the answer is Yes and No.

You see, when you “work on yourself” the way in which the therapists and society tell you to, you will largely be spinning your wheels. Because the “work” that you will be doing will be largely in the form of cosmetics such as behavior modification.

“Work on yourself” is psychology’s way of telling you to adhere to a certain norm. It is telling you that you are Faulty and that you need to be Fixed.

Essentially, it is telling you that you need to be more Correct in the way that you think and act. Because if you do it Correctly, you will begin to feel better.

But you see, this leads us right back to “managing” and “dealing with” cancer.

A Cure. A Complete Eradication is what this treatise is aimed at. Not palliative treatment. Not “management.”

What is imperative to understand is that this is not a Fault that needs Fixing.

Why?

Because of a very important Secret Truth:

**That which you attempt to Fix gets worse.**

We are not talking about a leaky faucet or a faulty carburetor. We are talking about the Subtle and Delicate Interiority of a Human Being.

In order for you to transform anything, you must first understand how it is designed. When you attempt to Fix something related to the Mind, it only gets worse.

Why does it get worse?

**Because your attention moves from the problem to the fix. And soon the Fix becomes the new problem. While at first you were attempting to Fix the problem, soon you will attempt to Fix the Fix.**

And when the Fix doesn’t work (it never does), you will begin to wonder if you did the Fix “correctly.” Maybe you need to Fix the way you do the Fix. And in this way, the Fix becomes the new problem.

Now you are going to ask, “Well, if I have the problem, and it doesn’t respond to a Fix, then what do I do?”

What you must do is to first drop all “doings” and “fixes” and come to a Realization.

That Realization is this:

**Your stress and turmoil are serving a purpose for you. As strange as it may sound to you, there is something that you are gaining from it.**

Whether it may be the excuse to complain, or a way to continue your victimhood of a life, or something else. You must realize how attractive it is to live as one who is wounded and stricken.

It doesn't seem so on the surface. But if you look deeply, you will find that your turmoil is serving a need. It has become a part of your Identity. And you are confused by what your life would be like without it.

### **What Then Is The Ultimate Truth?**

The Ultimate Truth is to Fall in Love.

With what?

**To Fall In Love With The Idea of Living A Life Free Of Stress and Turmoil.**

What would that life look like?

What would it feel like?

Now, I know what you are thinking. You are thinking that I'm

telling you to visualize it in order to make it a reality.

No sir, I am most certainly not. Because that is also a Prescription.

The reason I am asking you to see with your mind's eye what it would look like, and what it would feel like is so that a Journey can be created toward the exact vision that you wish to procure.

Understand this: The question is not “How do I get to that vision?”

**The question is “What are the things that are standing in the way?”**

Once we know the exact vision, we can begin to painstakingly isolate the things that are in the way. And we can remove these rocks one by one, and allow the river to flow.

I simply cannot reveal to you a more honest and sincere Truth than to say that nothing is possible until you are Ready.

Are you truly Ready to leave stress behind forever?

The question is not as easy or as innocent as you think.

It simply isn't.

Are you Ready to leave behind the Wholly Familiar life of Turmoil? Even though all that you are and all that you know is intricately intertwined within it?

What will this new life look like?

It is unfamiliar territory.

You see, this is why many are content with “managing” and “dealing with.” Because that way they don’t have to compromise what has come to be their identity.

They are not looking for a whole new life. They are simply looking for a slightly improved version of the current one.

I will not try to sell you on the idea of finding Freedom. Or discovering a life of Peace and Equanimity.

Such an idea will attract those who are Ready.

And it will seem frightening or fantastical to those who are not.

But it is available here and now.

Human Transformation is your birthright.

When a human being becomes Ready, even the seemingly impossible becomes Possible.

# The End Of Turmoil



Shall we discuss The Truth about turmoil in a human being's life?

No Prescriptions.

No tips.

No "ways to deal with" it.

No "what you should do."

No "what you should say."

No empathy.

No sympathy.

No “put yourself in the other person’s shoes.”

No “be compassionate.”

No “act your age.”

No “be kind.”

No “take a deep breath.”

No “take five minutes to calm down.”

No “medications.”

No “psychotherapy.”

No “what happened in your childhood.”

Only.

The.

TRUTH!

Very well. What is The Truth about turmoil in our lives?

I will give it to you straight.

So straight in fact that you will feel as if I have omitted something.

Here it is:

**The reason that we have turmoil in our lives is because we**

## **do not Understand.**

No fireworks went off, did they?

No light bulbs went off, right?

No halos appeared.

No bright and shining light appeared in your third eye.

And the reason that none of this happened is because I gave it  
to you Too straight.

I gave it to you Too simply.

Let's get to the heart of this critical matter.

A matter so critical, in fact, that it is the Root Cause of all the  
turmoil in our lives.

What do I mean when I say that we do not Understand?

Imagine that you are sitting in a large backup on the highway.  
As the clock ticks, your frustration grows. Anger and  
impatience visibly rise within you.

Turmoil has arrived within you.

Now imagine that a police officer comes to you and says, "Sir,  
I know that this is causing you a grave inconvenience, but  
there has been a big accident half a mile up the road. An  
elderly gentleman has lost his life. And his niece is trapped in  
the car. At this very moment, the Jaws Of Life are hard at  
work extricating her from the vehicle. I promise to have you  
on your way as soon as I possibly can."

Suddenly, your turmoil vanishes into thin air.

Frustration and anger has been replaced by compassion and thoughts of good will for the victims.

Why?

Because you Understood.

And this Understanding instantly took away all of your turmoil.

Imagine a child who acts out. A child who is emotionally combative. Who is sometimes disrespectful to her parents.

This parent and child have lived in conflict for years.

The parent has come to have a certain image of his child. The image that he harbors of his child is that she is disrespectful and combative and enjoys giving a hard time to her parents.

For as long as the child's behavior persists, the parent's image of the child also persists. And thus conflict is never far away.

Imagine that one day, the child comes to her father, and says,

"Daddy, I know that you think of me as disrespectful. I realize that I haven't been easy to deal with. But I'm ready to tell you The Truth. Because until now, even I didn't know The Truth.

Daddy, since I was a little girl I've always wanted to please you. I wanted you to be proud of me. I wanted you to look at me as the person you've always wanted. And from my sports matches to my school work, the thing that I've wanted more than anything else in my life is for you to look at me with eyes

of Overwhelming Approval.

That you were satisfied that I had turned out to be the person that you could tell the entire world about. I've never felt this from you. I've always felt like I've never been good enough. And this One Thing is the source of all of my emotional pain. And this emotional pain is the reason that I have behaved the way that I have."

For any father in the world, this type of Understanding would immediately destroy the false image that he has harbored for his child for so many years. And replace that image with one of a Decent and Lovely Human Being.

The father's turmoil has suddenly vanished.

And compassion fills his heart.

Without doing anything at all.

Simply by having Understood.

You see, my friend, we get angry because we do not Understand.

We have conflict, because we do not Understand.

We do not Understand the Situation at hand.

We do not see The Truth in all its dimensions.

The question that haunts me is the same question that is at the Very Heart of all of my Exploration.

That question is: **What Is It That I Have Not Yet**

## **Understood?**

The only possible way for any human being to feel turmoil is through a lack of Understanding.

Please be clear. By “understanding,” I do not mean to “show understanding.”

That is a Prescription. That is cosmetic behavior modification.  
It is not Real. It is not True.

To Understand is to Understand the situation at hand.

To see through the fog.

To see Clearly what precisely is at the root of the issue.

To Understand is to be Immune to turmoil.

This is at the very heart of my Teachings.

And far more importantly, this is at the very heart of my Learnings.

# How To Leave People Stunned And Mesmerized



Whether it is the movers and shakers of your industry . . .

Whether it is the prime time media and the journalists . . .

Whether it is your employers . . .

Or whether it is the passerby on the street . . .

None of them looks, feels, or judges you by way of their conscious mind!

No sir, they do not!

None of them looks upon you through the lens of who you

really are or what you've accomplished.

None of them, not a single one, looks at you as if you were a blank slate and creates their impression about you after a day or so to evaluate what they have gathered.

Why not?

Because the human being is not built this way.

It will be an enormous mistake (and I'm certain you've made this mistake before, we all do) of believing that human beings are creatures of reason and intellect.

**They Are Not!**

They have never been!

And they never will be!

It is not the “rational mind” of the other that looks at you.

Why not?

Because The Mind, by its very nature, is Irrational.

And the intellect is for computation moreso than for perception.

It's not the other person's mind that sees you, nor is it his or her intellect.

**It is his Spirit!**

And Spirits are mesmerized when they encounter an Enlightened Spirit.

I'll say that again: **Spirits Are Mesmerized When They Encounter An Enlightened Spirit.**

People consider spirituality to be this otherworldly element which has nothing to do with their practical daily existence.

They consider it as a sort of hobby or sideshow.

Words sometimes get in the way. You don't have to call it spirituality. You can call it whatever you wish.

The point is: It is The State Of Your Mind that determines your daily experience of life.

It is the state of your mind that determines how much turnover you have among your managers, staff, and employees.

It is the state of your mind that determines how much wealth you amass.

It is the state of your mind that determines whether you come off as luke-warm or Downright Captivating to those who buy your products and contribute to your empire.

And shall I tell you what is the most Perfect, Supreme Sublime, and Highest State Of Mind there is?

Shall I tell you the state of mind of The Gods?

Shall I tell you the state of mind exhibited by the ancient saints and seers and glorious shamans who walked the Earth?

**The state of No-Mind.**

**The state of *Atmamun*.**

I'll tell you another secret: Mind is Interference.

This is why human beings suffer "highs and lows."

This is why human beings suffer divorces.

This is why human beings have fits and stops and starts and emotional turmoil.

Once you remove the Mind from your path, the heavens  
Literally open up to you.

Literally!

Because you finally have the most mesmerizing capability of  
a human being in your grasp:

CLARITY.

It is like the movie, *Limitless*.

But you don't need a drug called "NZT."

The power is already hardwired into you.

You see, once you become consistently CLEAR, you trigger a biochemical reaction within every person you meet.

The moment you shake hands with that person, or give them a hug, or even stand in front of them, Their Spirit Immediately Senses That You Are Enlightened.

And they begin to abide by your suggestions, and offer to go out of their way to help your cause, and tell the world about you, and practically worship the ground you walk on.

Why?

Because they have no choice! That's why.

Because they are not functioning by way of their conscious mind, or their intellect.

They are driven and controlled by their Spirit.

Their Spirit is their charioteer.

And once it detects Clarity in you, even in the slightest, they submit to your will.

It's just that simple.

Why do you think that throughout the history of India, businessmen donated cars and palaces and millions of dollars to a swami?

Because it was so rare for them to have found someone who had Clarity, the spirit within them overcame them. And they became not only an advocate, but a Worshipper of this swami.

They wouldn't just sing his praises. They would be willing to walk to the ends of the earth for him!

I must say, the secrets that I share with you are not meant for the ears of the masses.

They are meant for Unicorns.

They are meant for One Of A Kinds.

And understand this: The people who end up coming to me almost never know that they are One Of A Kinds.

But if they learn precisely how to listen to the Spirit within them, they immediately see it.

The Spirit must be sharpened. And it does not take long to do so.

Once you do, your life, the world, and all the people in it will toss rose petals on the ground you walk upon.

# Pleasure Leads To Pain

Man spends every minute of every day chasing pleasure.

This will seem an outlandish concept to some.

For they will wonder what is wrong with doing this. They will wonder what else there is.

Why does man seek pleasure?

Because his life is unsatisfying.

He must seek pleasure in order to get a hit. Then another. And another.

And in stringing together these hits, he seeks to create a pleasurable life.

I would never tell a human being Not to seek pleasure.

Because if I were to tell him that, he would ask me what he should do instead.

Transformation does not arise through habits, rituals, and prescriptions.

It arises through direct Understanding.

It arises from seeing with fully open eyes.

Walking down the road of pleasure is an endless walk. It is chasing breadcrumbs.

If one is going to chase something, it is wise to chase something that will give everlasting fulfillment.

It is wise to chase something that will put an end to the chase.

But to chase something that can only lead to more chasing is futile.

If I want to run toward something. I will run fast, long, and

hard. Even if it makes me feel out of breath. Even if it makes my legs ache with pain and fatigue. Even if it makes me drop to the ground and vomit from overexertion.

Because I know that having reached it, I will be able to rest forever. I will know that having reached it, it will be done. I will have arrived. I will never have to chase again.

This is worth the effort.

But to run fast, long, and hard, become overexerted, and have my legs ache and drop to the ground in vomitus for something that is only going to need more chasing is ridiculous.

This means that I will have to run fast, long, and hard, become overexerted, and have my legs ache and drop to the ground in vomitus for the whole of my life!

Who would agree to such a preposterous thing?

Man does.

And the reason he agrees to it is that each time he chases, he

Believes that this will be the last chase. So it appears to be worth it.

But each time he arrives, he realizes it was only a mirage.

So he must chase again.

And he is surrounded by a world that not only does the same thing, it gives him prescriptions on how to improve his running. It gives him medicine for his pain. It gives him kneepads to comfort his knees when he falls to the ground.

Not a single person in his life tells him that what he is chasing is the chase itself.

Not a single person in his life tells him that everything is a mirage.

Not a single person in his life tells him that there is something that he can have without chasing it.

So that he will never have to chase again.

Pleasure would be a wise strategy if it lasted.

So that he will never have to chase again.

It doesn't, as you know.

Happiness would also be a wise strategy if it lasted.

It doesn't, as you know.

Peace can last.

Freedom has ultimate permanence.

But the world just pays lip service to such things.

Because it can only sell you the things it knows about.

It can only sell you a moment's respite.

It can only sell you a drop or two of happiness.

It can only sell you a few minutes of escape in the form of meditation, hedonism, alcohol, a massage, or a vacation.

Truth be told, even vacations are not fully peaceful.

Think about your experiences with vacations. Are they completely peaceful?

Or do they have their own miseries.

The world cannot sell you what it does not have.

It cannot sell you what it does not understand.

Nothing creates pain like the search for pleasure.

Because each after each high, there is an unavoidable low.

And the drop onto the pavement hurts more than the  
momentary pleasure of floating above it.

Man goes to parties. He laughs to hide his miseries.

He drinks to numb himself from his pains.

On the one hand he chases in order to find something.

On the other hand he drugs himself in order to alleviate the  
pain of the chase.

But rarely does he realize this.

Because everyone around him is doing the very same thing.

And the world in which he lives encourages him to keep at it  
with the false promise of a future payoff.

I have never promised any client a future payoff.

We must have it Now.

Having even a fraction of it today proves that it exists.

But it cannot be arrived at by way of prescription.

Go to a coffee shop, a nightclub, a business meeting, a restaurant . . . What is the conversation you hear?

Reactive laughter inciting reactive laughter.

A recitation of the mundane events of one's day.

Outrage about the bad service.

Complaints about the cable company.

The talks are such drivel. Such nonsensical gibberish.

A man dresses up, leaves his house, and drives across town . . . to talk about this?

Go to a restaurant and humans are chattering about nonsensical things. While music plays overhead repeating the same nonsensical tune and the same word over and over.

Personally, one need not wait for hell.

This society is worse than any hell in the afterlife.

The hell in the afterlife might, at least, be interesting.

Something tells me that the devil is fairly ingenious. I have a suspicion that one could have a truly deep conversation with the devil.

Something tells me that the devil knows all about pleasure and pain. Perhaps he created pleasure in order to entice people into his world.

One of the rarest things in this society is a deep conversation  
about The Truths of one's life.

The absolute Truth.

One can lose himself in such dialogues.

One leaves them feeling refreshed and rejuvenated. He sees a  
new path before him.

A path to end all paths.

Rarely does one come across such a human.

Unless he first becomes such a human.

The pleasure that puts an end to the chase for pleasure.

Discover that.

And you will forever be free from pain.

Namaste.

# What Is A Human Being



A human being is not a personality.

It is not a set of likes and dislikes. For this is Mind.

A human being is an organism.

A nameless, identity-less organism.

It has numerous functions which serve to sustain itself.

It feels.

It senses.

It perceives.

But it does not “think.”

No, no. It does not think at all.

“Thinking” is a learned behavior. It is a sumptuous delicacy.  
It is a garnish. It is an adornment.

Feeling and Perceiving in their raw form lead to Knowing.

A human being in its native form Knows without thinking.

It reacts without “considering.”

It sees without identifying.

It lives in a sort of graceful neutrality.

And in this way, it does not get entangled.

It moves through the gravel paths and grassy fields without a care in the world.

For there is no one to care for.

But the moment this human being superimposes upon itself a personality, the mind is born.

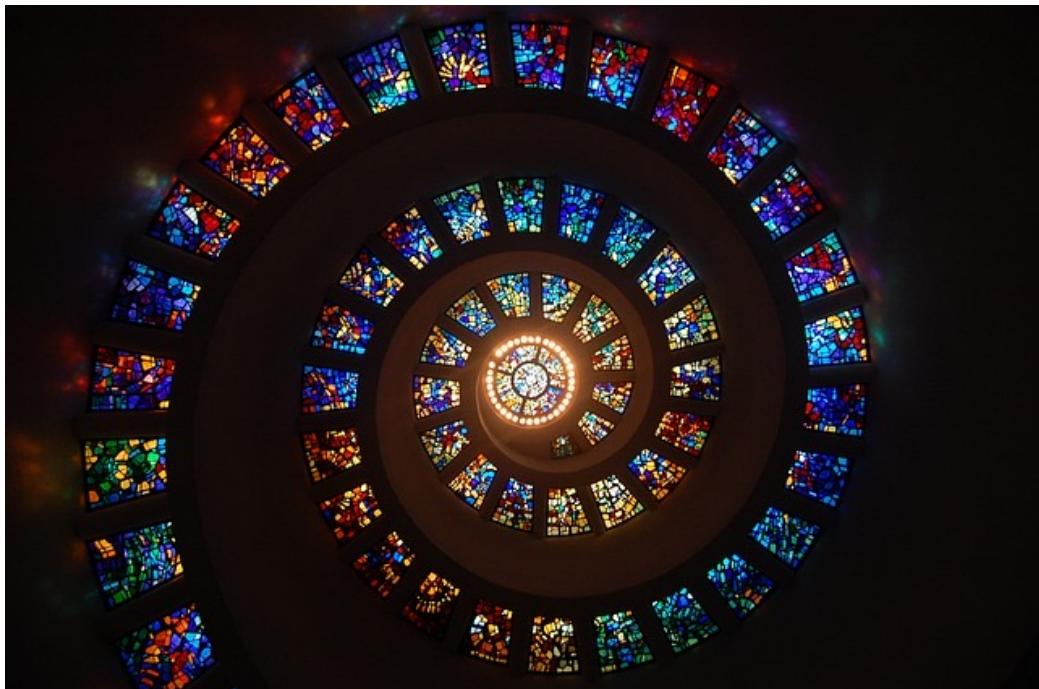
And the human being will forever lay under the soot and rubble of this mind.

The day that he realizes this, he begins to emerge.

And when he does, he clears the soot from his eyes, and sees what he once saw a long time ago.

This is Atmamun.

# Becoming Perfect



Perfection has become both a laudatory and a condemned word with the passage of time.

Each word comes with its own baggage.

And the baggage that accompanies this word has to do with “contrivance” and “an overbaked effort” and “perfectionism.”

Understand that Perfect has nothing to do with Perfectionism.

Perfect is the state of Being Perfect.

Perfectionism is the Need to be perfect.

And this need is, fundamentally, a reaction against the dislike of being excessively imperfect.

You may wish to read those three lines again.

If we look at Nature, we immediately recognize that it is perfect.

All things arrive on cue. All things flow from high to low.

While the forests may appear wild and disheveled . . .

While the trees may lean . . .

While part of the sky may turn purple, while a short distance away it is clear . . .

While water may collect in ditches or flow around rocks . . .

Not a hair is out of place.

The seasons do not arrive according to a calendar. For it is only man that bows to the concept of “time.”

They come when the conditions are ripe.

I would like to ask you: Why not make your own life as Perfect as nature?

Are you not a part of nature?

Why does nature live perfect and blissful, and man live in imperfection and turmoil?

Mind you, if you decide to walk this Path, there can be no failure.

For the very possibility of failure implies that you believe there is the possibility that you were not meant to be Perfect.

You see, if a person pursues something that he does not own, somewhere within himself he accepts the possibility of failure. For it wasn't his to begin with.

But if a person believes that something is rightfully his, and bestowed upon him by nature, then failure becomes unacceptable.

For the latter would be to lose what he already has.

And the former is to fail to achieve that which was not.

The latter is a necessity.

The former is a luxury.

I will state with painful honesty that the depths to which I am interested in taking a human being are often far beyond the depths to which some are willing to go.

At each new level we arrive at, I will often think to myself (sometimes I will verbalize it, other times I will not), "This is only the beginning. There are so many more dimensions to arrive at, my friend. We've only scratched the surface."

I suppose when your heart is bursting with an ocean that does not wish to be contained, you seek to guide The Rare Ones to the very same ocean that lies within them.

Mankind has lost the war with his mind. And the greatest reason for this is because he doesn't even recognize that a battle is taking place.

For those that recognize the battle, the mind plays another clever hand. And it whispers to them various ways to win. But

of course these are only decoys.

There is no more clever foe in existence than the one that lives  
inside you.

And human perfection Begins with understanding This Mind.

### More on Perfection . . .

If you try to do something perfectly, it will be imperfect.

If you need to be perfect, you will have succumbed to  
perfectionism. And thus you will not be.

If you attempt to guide the instrument, it will be a conscious  
manipulation. And thus you will err.

If you consciously try Not to be perfect, then you will be  
trapped by the trying Not To, and thus perfection will evade  
you once again.

If you attempt to modify your behavior, you will meet with a  
circumstance that your modifications cannot overcome, and  
thus you will fail.

If you attempt to think a certain way, the mind will create a  
thought against your thought, and it will win.

If you attempt to follow a prescription or a “ten-step process”  
or “the four P’s” and “the three D’s”, your mind will smile at  
you and say, “Really? Is that all you have, young novice?”

One who is of the common ilk and has not had any initiation  
into The Way, will likely hear my words and say,

“So you don’t want me to try. But you don’t want me Not to

try. You don't want me to think. But you don't want me to force myself from thinking. You don't want me to guide. But you don't want me to completely let go. You don't want me to try to be perfect. But you don't want me to even need to be perfect. But still you think I'm supposed to arrive at perfection. Is this what you're saying?"

I will look into this man's eyes with a gentle smile, and say . . .

My dear friend, is that a problem?

# Do You Worry About ISIS?



A few days ago, I received an email from a lovely Seeker I have come to know and respect.

She asked, “Do you worry about ISIS and its propagation in the world?”

I responded to her with a “No.”

And then I felt that this was a topic worthy of discussion.

I will speak candidly.

And I will speak The Truth.

In those within whom there is True Sincerity, my words  
will find a home.

Man himself is more dangerous and more tumultuous than  
any terror organization in the world.

The things I am about to share are neither figurative nor  
symbolic. They are quite literal and practical.

If ISIS targeted our homes and destroyed them ten times  
over, it would not fractionally compare to the inner turmoil  
that we have experienced in our lives.

Who needs to worry about “ISIS” when within our minds  
lives all the “terror” we can possibly handle?

Anger. Greed. Envy. Jealousy. Disappointment. Pain.  
Remorse. Guilt. Hope. Fear. Failure. Sadness. Frustration.  
Anxiety. Hatred. Confusion.

ISIS kills a man once. But the things listed above kill a man  
a thousand times over.

Is this not worse than ISIS?

Man could eradicate every ISIS in the world, but he would still be left with all of the above.

And if a man became Free of all of the above, then even if ISIS targeted him, he would die having lived in Peace and Freedom.

You may not believe this, but until a short time ago I did not know what ISIS was. And in many ways I still don't.

I haven't watched television in over two years.

I do not read the news.

I have no interest in what politicians are doing.

The weather is the weather.

The stock market is the stock market.

To me, such things are all distractions. And what does the mind love more than a tasty distraction?

Man simply looks for a place to belong so that he has something to fight for and fight against.

And the reason that he does so is because he is hell-bent on avoiding his life.

He will do anything and everything to avoid looking within himself.

He is willing to look at the death and destruction in the world.

But he is not willing to look at the cataclysm that is his Everyday Existence.

The world is the world.

It has nothing whatsoever to do with you.

How you feel on a daily basis has everything to do with you.

And I will state categorically that, at least for myself, bombardment by rifle shells is simply no match for bombardment by involuntary thoughts!

It matters not how we die.

It matters only how we live.

I will not tell you to turn off your televisions.

I will not tell you to drop politics once and for all.

I will not tell you to stop reading or watching the news.

For such actions must arise from within oneself. Otherwise,  
they will not be genuine.

There is so much inside of a man that remains to be  
explored.

There is so much that remains to be witnessed.

There is so much magic to be found with regard to the True  
Capabilities within us.

And there is so little time.

Devoting our lives to finding Perfection in the way that we  
live . . .

. . . is far more inspirational than worrying about how we  
will die.

# The Ancient Secret To Escape The Imprisonment Of Anxiety And Roam Wild And Free In The Hills



This discourse is for those who are Serious.

It is for those who are Sincere in their search for The Truth.

I will give it to you straight. Which has become my trademark.

It is why I have been blessed to have the opportunity to guide the world's most recognizable names in the world of professional sports, Business, and the Performing Arts.

I will give it to you Raw. And Unadorned.

Are you ready?

Here it is:

## **Anxiety is the natural byproduct of living life as Your Manufactured Self.**

In my new book, *Atmamun*, I discuss this in a chapter titled, *Your Manufactured Self*.

What is this manufactured self?

In this discourse, I will refrain from diving into the deep end of The Truth about the fundamental nature of the mind, its genesis, and the manner by which it imprisons human beings.

I will provide a logical and simple explanation as to why anxiety arises, and what one must do if they Authentically wish to escape its grasp.

The reason I say “Authentically wish” is because although a significant percentage of the population complains about their dramas, they will fight to the death anyone who tries to take them away from them.

For who would they be without their drama?

But if you are authentic, let us continue.

Let's talk about you, shall we?

For your entire life, you have lived as “yourself.”

You might naturally ask, “Who else would I live as?”

I understand your question. But please stay with me.

You are a human being. This human being has been tagged with a “name” and an identity and likes and dislikes, and preferences and prejudices, and various personality traits.

All of these things that have been attached to this fundamental human being are Accumulations. They were not a natural biologic part of you at birth.

And this is why as a small child, you felt Free.

You see, a human being is born a *tabula rasa*. But society cannot help but to doodle all over her.

As you grew up, you began to think of yourself as this person who harbors all of these Accumulations.

And you began to fear for this person. You began to worry about this person. Because you wanted to keep her safe. And free from harm. And with a particular level of comfort. And with a certain level of success.

You wanted her to be happy and joyful and free. And anything that threatened these possibilities, made you anxious and fearful that she might succumb to misery and turmoil and depression.

In this way, this person became your liability.

This person became your prison.

For she robbed you of all your Freedom.

Your mind will likely protest and say, “But that person is

Me!"

This person is not you at all. It is a self that has been manufactured by your conditioning. It is a self that has been manufactured by your Mind.

And something very fundamental within you knows this to be true.

You don't believe me?

Hold out your arm. If I were to now point to your arm and ask, "What is that?"

You would say "That is my arm."

Did you catch that?

When you say, "That is my arm," you are implying that you are not your arm. You are implying that there is a "You" over here and an "arm" over there.

You are implying there are two things that are present, rather than just one.

I can see the arm. But where is the "you?"

If I ask you to point to yourself, you will likely point to a body part. If you point to your chest and say, "I'm here." That is not "you." That is your chest.

If you point to your head. That is not "you." That is your "head."

I can see your arm, your chest, your hand, your face, and your

head.

But where is this person called “you?”

You have spent your entire life, my friend, worrying about someone that does not fundamentally exist.

Your mind created a “self.” And you were left to be its caretaker.

If at the conclusion of this discourse, you were to take Three Minutes to do the following, you would experience Instant Freedom.

Would you like to try it?

Say out loud, “For the next three minutes, I am officially off duty. I will not be the caretaker of this person. Whether it is hungry or thirsty or tired or sleepy is not my concern. It can feel whatever it feels and do whatever it likes. I have left the room. For I am well overdue for a much-needed rest. When I return after three minutes, I will once again become its caretaker.”

Write to me about the experience that comes over you during this Three Minute foray into freedom. I’m serious. Here’s my email: [Kapil@KapilGuptaMD.com](mailto:Kapil@KapilGuptaMD.com)

The secret is that for the rest of your life, you can be a caretaker if you wish. You may adorn this person and beautify her and take her to the highest levels of wealth and success.

None of that is a problem. In fact, it can be quite exhilarating. As long as you are Free while doing it.

But the visceral knowledge that You Are Not Her will keep you free of anxiety forever.

Xanax, Zoloft, or Lexapro not required.

For you will have created a thin layer of space between you and her. And this thin layer of space will be the Greatest Freedom Of Your Life.

If you are not her, then who are you?

Perhaps we can go into that in a face to face conversation which allows for a deeper exploration of Life Truths.

For now, I will simply say that You are the person who Knows that you have a manufactured self.

It is this that is your Key to Freedom.

It is this that will allow you to once again become Wild and Free to roam the hills and valleys of your life.

# Michele Wie's Effortless Path to Becoming the New World #1

“Doc, who do you believe is one of the best living examples of a professional athlete who can easily reach World Number 1, but hasn’t and likely never will? And why?”

My answer is Michelle Wie.

Before I dive into the details behind the specific reasons why Michele hasn’t reached the number 1 spot on the LPGA Tour and what she can do to Quite Easily achieve it, understand that when you and I first met, you also suffered from some of the very same issues Michelle has.

One of the central recurring themes of our work together has been this:

The vast majority of professional athletes, particularly tour players, Never reach even 70% of the potential that their talent comfortably demands.

Why is this the case?

Before I reveal the answers and the details, I want this to really sink into your heart and your brain.

The far and away most talented human on the LPGA Tour is ranked 164th.

This is what I mean by the epidemic of tour players not reaching even 50% of the potential that their talent

comfortably allows.

I'll put it this way: Even if Michelle practiced 1 hour a day, and sat on the beach for the rest of the hours in the day, her native ability and talent and experience ALONE should get her into the top 10!

**She should be in the Top 10 Just By Showing Up for her tee time!**

But instead, she grinds and practices as hard as anyone. She inculcates David's endless and knowledgeable swing advice. She rehearses her backswing before every shot. She perfects the knock-down shot which penetrates through the wind.

Would you like to hear a quote in a recent article about Michelle? It read, "Wie is not a player of consequence."

Wow!

The most talented player on the LPGA Tour is "not a player of consequence!"

I know each of you perhaps better than you know your own selves. And if that was written about you, I'd be getting a phone call from you. And I'd hear in no uncertain terms all sorts of things from your mouth that would be unbecoming to a world class player of your stature.

Let's just say it would piss you off beyond all measure (to put it mildly).

You'd feel that the world has conspired against you to somehow punish you.

It's not Michelle's fault that she has such great talent. Why should the world conspire against her?

If you were her, you'd charge off for the battlefield to take what's rightfully yours.

Wouldn't you!

And we'd walk fast and furious together in this cause.

It is likely that Michelle has felt this as well. But I'm certain that amid the media reports and widely scattered whispers, she sits in the dark corner of her room at night wondering What Went Wrong, and How She Can Rise To Become The Player She Was Meant To Be.

What's even more incredible than the fact that Michelle is not ranked as the world's number 1 player, is How Easy it actually is for her to get there.

Michelle has succumbed to the trap that most tour players succumb to at some point in their careers. You will recall that when we first began working together, I didn't allow you to even mention the word "technique." And some of you fought me tooth and nail on this issue (You know who you are). In fact, I even threatened to sever the relationship over it. I just wasn't going to have it.

There was a reason for that.

You see, the easiest trap to fall into as a tour player is to believe that Technique Is Responsible For Your Failures.

We have beat this horse to death in our consultations together.

And I know that some of you are having post-traumatic stress about it.

Technique never Is, Was, or Will Be the reason for failure at the professional level. Some tweaks to technique might turn a 69 into a 65 on occasion. But technique, especially at Michelle's driving distance and talent level, should NEVER prevent her from getting to 69 in the first place.

Then why does Michelle miss so many greens, despite such a prodigious driving distance?

Well, it's a course strategy issue far more than it is a "swing" issue.

And quite frankly, it's far more of a Mind Approach To The Game issue more than even a course strategy issue.

Somewhere inside of Michelle, there is a pressure which compels her to try to capture low scores so that she can in her own mind live up to her own potential.

Michelle has lost herself. And once she learns where The Michelle Wie really lives, she will become her.

This, in combination, with her technique-orientated nature continually sabotages her efforts.

You will recall that it was only once you openly allowed me to help you get over the "technique disease" that your results IMMEDIATELY began to appear, as if out of nowhere.

Then came the real training.

We evaluated the entire game in a totally new way.

A way that allowed the scores to Come TO YOU, instead of You Chasing Them.

And come to you they did. In spades!

Why did this happen?

Because that which is chased can never be owned.

At Jack and Tiger's peak, scores came to them. While others chased scores and derailed themselves, scores chased Tiger and Jack and propelled them into the history books.

Michelle has not been trained in this way.

Each of you WERE trained in this way. This is, in fact, all we did, as you will easily recall.

Tiger and Jack were also trained in this way.

There is a way to play professional golf in which good things are maximized, and bad things are minimized. For Free!

There is a way to play professional golf in which scores come to you, rather than you chasing them.

This is the secret of World Champions.

This is why Lydia experiences the success that she does. The Freedom which she has cultivated, allows her to be a veritable Magnet for low scores.

I've only mentioned a few things here. I haven't even talked about the secrets from the vault.

I haven't even opened the room which I let very few people into.

The path for Michelle to reach World Number 1 on the Rolex Rankings is Easy.

It's ready-made and waiting for her.

But this is a wonderful example of how easily a pro athlete can miss The Truth, even though it is sitting three inches to her left.

Michelle should be part of the conversation, week in and week out.

But unfortunately she will likely leave the sport never having achieved what is rightfully hers.

Simply because she will never have the occasion to realize The Plain and Simple Truths that will propel her to that spot in a hurry.

And what will hurt more if she ever comes to find out, is How Easy it would have been for her to get there.

# The Secret Training That Bestows Instant Enlightenment Upon Any Man Or Woman Who Touches It



I'd like you to imagine a fence at the edge of a great city. On one side of the fence is the populations of hurried masses running to and from work, fully immersed within the overwhelming and seemingly inescapable current of domestic existence.

On the other side of the fence is a lush, verdant valley at the foot of an expansive mountain wilderness. Within this valley roam the True Seekers of the world. They walk toward the solitude of the jungle, forests, and caves in search of

something that the great city has never been able to give them.

They may work in the great city, but their sensibilities continually retreat toward the Land Of The Ancient Saints.

Then there are those who sit atop the fence. They are considering a jump into the verdant and mysterious wilderness, but the power of the great city still has a hold on them.

For years I've received emails about courting the masses and taking my message to the wide swathes of humanity. I also receive emails from mass print and online publications requesting that I send them some of my work. My words have been published in some mass publications, and my book is available on a mass website called Amazon, so one cannot correctly say that I haven't made my work available to the world.

But I won't be disingenuous. The personal requests that I receive to take my work to the masses, and the publications that approach me to present my work to a wider circulation are not taken seriously, I admit. The masses have never been interested in transformation. They are only interested happy quotes, token commentary, and staying right where they are for their entire lives.

The material world has ensnared them. And understand this: if you try to forcefully pull a man away from that which he holds dear, he will retaliate violently.

As I've often said before, man will bitterly complain about his miseries. But if you attempt to remove his miseries from him,

he will fight you to the death. For he does not know who he would be without them.

The human beings on the wilderness side of the fence are All-In. These are the rare and sacred souls of this earth who quite often reach Enlightenment in this lifetime. My work is for them.

Then we come to the ones on the fence. The vast majority of those who are reading this discourse are the Rare Souls of the Earth. But a few of them are on the fence (If you are one of the masses who has accidentally wandered into this world, please let me know and I'll remove you from this private list).

As I said, a few of you are on the fence. The words of wisdom, the call of Enlightenment, the talk of banishing your Ego, the promise of Freedom, the experience of Truth, the magical possibility of becoming free of Thoughts, the opportunity to live as a God . . . are things that ring true to you. They touch an authentic place within you. A place that the world, the city, and domestic life has not been able to touch. There is a longing within you for such things. Perhaps it is from the samskaras of your past lives.

Whatever else may be said, you feel that there is this part of you that simply won't be denied. A hunger that just won't go away. A thirst for Truth that you have felt for much of your adult life. It is who you are.

Then why do you sit on the fence?

I must admit that the moment I wrote the above sentence I immediately felt a bit of unease. For I felt that perhaps you

began to think that I was going to try to coax you off the fence. Or that I was going to “motivate” you to once and for all enter the world of the Gods and roam the ancient forests and mountain valleys.

In that glorious masterpiece of a film, *Bravheart*, there is a scene that comes to mind.

William Wallace, the leader of Scotland’s resistance has been captured and imprisoned by his enemy, The English King.

During his imprisonment, the woman who would be the English Queen comes to visit Wallace in prison.

She says to Wallace, “Sir, I come to beg you to confess all, and swear allegiance to the king, that he might show you mercy.”

To which Wallace replies, “If I swear to him, then everything I am is dead already.”

Never in all my life have I attempted to coax any man away from his sensibilities. Never have I attempted to “motivate” anyone. For if I do, then I am dead already.

I respect Tony Robbins for some of his insights, for some of them are undeniably correct. But his attempts to “motivate” and “energize” and “scream” and “dance” are sugar highs that leave a man by the time he reaches the parking lot. It is silly.

And completely fruitless.

If I ever have millions coming to my talks, I will have done something seriously wrong.

If you want an Entertainment, sign up for Tony’s seminar and

dance the night away.

For I am far more interested in looking into a man's heart in unflinching silence, than I am in "motivating" him to change.

### **Never try to awaken a man who wishes to stay asleep.**

Thus, the people who are in the great city have headphones permanently stitched to their ears and involuntary thoughts bombarding them at every second of the day.

They cannot hear the car horn behind them, much less hear my words.

But what about these people on the fence?

Why is it that they sit on the fence?

They sit on the fence because their mind has cleverly created a fence within them. An internal fence which is even larger than the one they find themselves sitting upon.

This internal fence has made many clever divisions:

Spirituality vs Real Life

Lofty Thoughts vs Practicality

Living In The Clouds vs Living in Domestic Reality

Living In A Cave vs Living In A House

Family Man vs Ascetic

This is understandable. For the gurus and the spiritual texts and the sermons and the swamis have been anything but Practical. They have simply sermonized and proselytized and

prescribed and preached.

Love is all. God is all. I am all. You are all. We are all one.

Whether or not is true is not the point. The point is that such talk is completely impractical. And thus it hasn't the power to transform anyone.

Such lofty and “scriptural” talk just creates a division within the mind which basically implies that a man must choose between the “practical life” and the “spiritual life.”

Shave your head. Wear orange robes. Sell your possessions. Leave your family. And beg alms on the side of a dirt road in the far east.

Am I right?

Listen, if you wish to donate your money to the temples and churches, that's your business. If you want to give away all your wealth and become a hairless monk, that's your choice.

But if you have bought into the fact that these are the prerequisites for achieving Liberation, Freedom, and Enlightenment, you've been sold a bill of goods, my friend.

Almost 100 percent of the so-called Swamis that you will meet in India are fakes. The ones that are not fakes are the ones you are not likely to encounter. For they live in abject seclusion at heights that frighten the common man. And this is by design.

The gurus and the preachers have spoken of The Mind in very vague and uncertain terms. On the one hand they call it great

and benevolent. On the other hand they call it evil and maniacal.

The fundamental premise that has been at the heart of their ineffectiveness is that they come at the world with an attempt to Convince and Convert. They have an angle, you see.

No matter how lofty the angle, or how “healthy” the advice is, it is proselytization nonetheless. And the mind rejects any attempts at proselytization.

Allow me to present to you in no uncertain terms how the mind is costing you your career, your relationships, and your life.

This is NOT “spirituality.”

This is practical, real-world consequences of how the mind is costing you your career, your relationships, and your life.

It matters not if you like it, anymore than whether you like the fact that the Sun rises in the East.

Whether you are an executive, an actor, an artist, or a professional athlete, your mind is costing you millions in the pocketbook and heartache and misery in your day to day life.

How so?

I'll give it to you straight. No BS. No loftiness. No pie in the sky. No sermons. No rituals. No meditation. No religious scriptural nonsense.

Just straight, plain English.

Lean into the screen, shut the entire world out for a moment,  
and I will tell you.

Are you leaned in?

I'm not joking.

If I'm going to tell it you straight, don't have music on in the background or headphones in your orifices or background chatter in the hallway.

Close the damn door. Pull down the blinds. Yank the headphones. Turn off the music.

And Lean In.

I'm not wasting your time, so please don't waste mine.

If you waste my time, I might get the sense that some of the masses have snuck in, at which point I'll pull the plug from this laptop and stop this discourse in mid-sentence!

Okay?

Here is how the mind is costing you Everything!

Let's take yesterday as an example. Yesterday was Tuesday. You might have had business meetings, or auditioned for a part, or met with a client, or trained in the gym, or practiced your sport, or spoken with your children, or conversed with your wife, and so on.

Right?

Are you with me?

## DON'T DRIFT!!!!

I need you HERE, my friend.

In every single one of these activities and encounters, you simmered in Involuntary Thought. As your child or your client or your acting partner or your business associate was speaking to you, you only heard a small fraction of what they said. Only a small percentage of their words got past the noise in your head.

If you were in the gym or practicing your sport, you had almost zero moments in which you were completely Clear. Zero moments in which you experienced Complete Silence.

When you were Not involved in your work, these involuntary thoughts buzzed around your head like a swarm of bees. Causing you to have small blips of emotion. Small doses of disappointment, apathy, sadness, disappointment, hope, fear, anxiety, and so on.

Am I right?

This has been your daily existence for your entire adult life.

Has it not?

There have been those rare and fortunate times when the thoughts in your head simply Vanished. And you saw things with 3D clarity. And your work and your words became perfect and effortless.

You were in “the zone.”

Right?

And you searched for that your entire life. But you never found it. And then you just stopped searching altogether. Hoping that this mystical state would one day arise again.

What is this mystical state that you have not been able to cultivate?

What is this thing called “the zone,” anyways?

Google “the zone” and you’ll find all types of descriptions.

And None Of Them will tell you what it actually is.

All they will tell you is that the heart rate slow down, time slows down, and things become effortless.

For years I wanted to know what the zone was. As I look upon my shelf I see at least two books on “the zone.” They spend 300 pages saying that time slows down and things become effortless.

And they say that the zone is a state in which the mind becomes calm. So they try to get people to calm their minds, and what happens?

The mind grows more restless.

I must admit, these books used to really piss me off. I’ll have to burn them tomorrow. They have no right to sit on my shelf.

Because they don’t reveal Truth.

Because they never told me what the zone really was!

So as they say, if you want something done properly you have

to do it yourself.

So I spent years doing experiments with the mind, trying to figure out what this “zone” actually was.

And one day, I figured it out.

The zone is Not a state in which the mind is calm. Because if you try to grab a lion by the throat, it will retaliate.

Then what is this “zone”?

The zone is a state in which the mind has Disappeared!

The zone is a state in which you achieve the state of No-Thought.

**The zone, my dear friend, is a state of No-Mind.**

So what does this mean for you?

What it means is that when a man who undergoes a special training to learn to Stop Thinking, he gains Clarity.

He gains *Atmamun* (the mind of the spirit).

And when you converse with a family member in this glorious state, your family member falls in love with you all over again.

When you speak to a business associate or an employee or a prospective client in this state, your words and your presence send a signal to the person’s mind that you are a Stalwart and a Master for whom they would do anything.

(You don’t actually believe that how a person views you or

feels about you is actually a conscious and voluntary act on his part, do you?)

When you audition for a role, you experience Zero Interference and Zero self-consciousness and, thus, you so completely become the character you are portraying, that the casting director cannot imagine having anyone but you play this part. For it is only the novice who acts. The professional BECOMES.

When you play your sport on the grand stage, you see the field and the fairway in front of you, and this monumental clarity allow you to internalize it so completely, that it almost feels like cheating. And no matter what happens during the game, nothing troubles you. It's not that you have a good way to "deal with it." It just doesn't arise in the first place.

The individuals who wrote those books on the zone, and the therapists and the sports psychologists have all said that the zone comes very rarely and it can only last a short period of time, perhaps a few minutes to a few hours to a day.

These are people who cannot even tell anyone what the zone actually is. How credible is their advice concerning how long it can last?

Let's get beyond the BS, shall we?

This place I've carved out in a remote corner of the world has always been devoted to Sincere Truth. And it is and has always been Only for the Sincere Seeker.

So let's speak the actual truth, shall we?

You can absolutely, without a doubt, and incontrovertibly train yourself or be trained to live in the state of No-Mind.

You can absolutely, without a doubt, and incontrovertibly train yourself or be trained to live in Clarity.

And doing so will garner you millions in your business. It will mark you as a rare One-Of-A-Kind human being who will be coveted by the leaders of your industry.

It will make you have Storybook personal relationships.

And it will turn you into a Rembrandt of your craft.

**Put succinctly: The inability to curb involuntary thought is the single most pervasive Cancer of all mankind!**

It is the source of all of his anxieties.

It is the cause of all his turmoils.

It is the genesis of all his failed relationships.

It is the reason behind him living at a fraction of his mental and physical capabilities.

It literally and practically costs him millions in his work, miseries in his life, and failures in his relationships.

Listen carefully:

If you do one single thing in your life . . .

If there is a wormhole to practically becoming The God of your own life . . .

If there exists a Panacea anywhere on this Earth . . .

If there is a straight and direct path to becoming a living  
Master or a Holy Saint . . .

If there is a secret route to achieving bona fide Human  
Perfection . . .

If there is a wholly achievable and Authentic way to live  
every single day in Peace and Bliss . . .

Train yourself or become trained to think only when you wish  
to think, and turn off thought and exist in Clarity and Silence  
when you wish to live in clarity and silence.

The training to have thought under your own personal control  
is the single most direct and shortest path to really and truly  
becoming Enlightened. In the very clothes you are wearing. In  
the very house in which you sit.

As you begin the training, your thoughts will begin to stand  
out. Then the mind will begin to protest. At which point you  
know you are on the right track. This is where the real game  
begins. The gauntlet of the mind. It will begin to throw more  
thoughts at you. But you will avoid some of them. Then after  
a short period of time, you will begin to experience Glimpses.

This is similar to the way in which the ancient Himalayan  
Saints achieved Siddhis. You will experience glimpses and  
flashes of No-Thought. You will look at a television screen, or  
a tree, or your child's face and see it almost the molecular  
level. It will be stunningly clear.

Your emotions, in the beginning, will still come at you. But a

very interesting thing will begin to happen. You will find that a thin space has begin to grow between you and your emotions. The emotions are beginning to lose hold upon you.

The mind is beginning to lose its control of you. Then after some months, you will begin to notice large gaps in time. Where 4 hours will pass, and you thought it had only been 30 minutes (this is how writing this discourse has felt for me).

Then each word you speak begins Conscious rather than Reactive. Have you noticed that no two people every truly talk. They engage in a series of reflexive verbal reactions.

They are not conversations at all. It is essentially Mind speaking to Mind.

I won't tell you what happens after that. It's not that I'm trying to keep it from you. Not at all. It is just that if I tell you these things your mind will begin to think them too fantastic to be real. And I cannot give your mind this license to lie to you.

And as for "living in the moment" or "experiencing the now" . . . no one has ever told you the secret missing piece: The one and only thing in the entire world which keeps you from The Moment is involuntary thought.

Devote one small part of your life to this one single training, and as sure as the night follows the day, all of the things listed above will become your living reality.



# The Highly Coveted Secrets To Becoming A Real Life JEDI MASTER



I have always aimed to create the One refuge in the world  
where there exists nothing but Pure Truth.

No nonsense. No BS. No silliness. No jargon. No  
prescriptions. No tips.

Just . . . The Truth.

Only for The Serious.

George Lucas is no doubt a Seeker. It cannot be otherwise.

He took the beautiful ancient secret of Prana from Indian mythology and gloriously splashed it across the silver screen as The Force.

Prana, you see, is the life force.

In the orient, they call it Qi (“chi”).

Pranayama is believed to be exercises in breathing. This is yet another example (like the modernization of Yoga in the West) of sacred Truths that have been commercialized and bastardized, even within the very countries in which they originated.

Pranayama has really nothing to do with “breathing.” In the same way that Yoga is not Really about asanas (postures).

Pranayam is the voluntary internalization of the life force which exists all around us. The “force” is called Prana.

By the way, should you do it?

No.

Because anything that you do because of a “should” is a

complete and utter waste of time.

The same goes for “meditation.” And if you’re doing it for your “health,” you’ll get the same benefit as eating a half-eaten apple. (And it’s a lot easier to eat the apple).

Let us examine with the Truths to becoming a Bona Fide Jedi Master.

For starters, shall we leave telekinesis out of it for now? I’ve been asked a number of times if I’ve learned to move objects with my mind.

I’ve also been asked about the quickest way to read people’s minds. And how to instantly switch off involuntary thought. And even how to levitate. (I haven’t quite figured out levitation yet, but there is an ancient Tibetan practice of “running on air” from the days of Milarepa that I’ve been examining for quite some time now).

There’s something you should know. And it’s enormously telling about the relationship between the Jedi of Star Wars and the way in which legendary masters were trained in the ancient East.

For instance, do you know what they used to say about the

warrior monks of the Shaolin Temple of Hunan Province,  
China?

“A Shaolin Monk is master of himself.”

“He walks through walls.”

“He can be seen but he cannot be touched.”

“When he walks he cannot be heard.”

Sound familiar?

You see, my friend, the Jedi Master didn’t just exist in Star Wars.

They were, and they Are, a real and true thing.

In fact, I have a consultancy (Siddha Performance) in which I train select, hand-picked world class professional athletes and reveal to them the secrets of the ancient trainings.

Why is it so rare for someone to become a Jedi?

The reason it is so rare is because of The Culture. The culture of your industry. The culture of your family. The

culture of the society.

And most importantly, the culture that exists inside your mind.

You want brutal honesty?

The brutal honesty is this:

Almost every adult human being on this planet is Incurably Doomed.

Why?

Because they have taken such a beating from the culture of their own industry that they will simply never be the same.

The lies and the propaganda that have been played like a running loop in their mind have penetrated so deep that it has quite literally changed the anatomic arrangements of their neural networks.

My friend, almost no one recovers from such a beating.

Almost no one comes back from such a purgatory.

The reason that I say “almost” is because there are always the Exceptions. And those Glorious Exceptions are the princes of mankind.

Those glorious exceptions are Ready to receive The Truth.

Those glorious exceptions have the Qualifications to become a Living, Breathing Jedi.

And for the ones who have been incurably brainwashed by their culture (be it the professional golf culture, the business culture, the self-help culture, the spirituality culture, the meditation culture, the performing arts culture, the mindfulness culture, or any of the toxic cultures that the dim and common men have created), this will be nothing more than an “entertainment.”

The remainder of this discourse is, quite frankly, exclusively for those Glorious Exceptions of mankind.

A Jedi is master of himself.

What does this mean?

This means that he controls the Universe around him.

You heard it as you read it.

The Jedi has learned to control the Universe around him.

The things that may affect others do not affect him. The rules that apply to others do not apply to him.

For some incredible reason, the very way that nature looks at him is Different . . . than the way it looks everyone else.

The Jedi has broken through to a new sphere of existence.  
He has “cracked the code.”

And he lives within the cocoon of a New Earth . . . whilst walking on the ground with mere mortals who would scarce understand the possibilities that exist for a human being.

Unspeakable ones.

If I revealed the mystical powers of the Jedi . . .

If I sat down and told you the Freakish capabilities he has achieved . . .

It would send your mind into a tailspin.

I'll go a bit easier on you, and reveal to you some that are equally powerful, but perhaps more graspable.

One: A Jedi has graduated to such a level that emotions can no longer ensnare him. Emotions are available to him, but they cannot so much as lay a finger on him without his consent.

Two: As a result, he has become Permanently Cured of all the anxieties that torment mere mortals on an almost hourly basis.

Three: He is able to give to his family (and anyone who comes to see him), precisely what they need when they need it. He knows what to say, how much to give, when to shelter and comfort, when to set loose. And he knows this because he has attained that most elusive of superhuman qualities:  
Clarity.

Four: All of his actions stem from Wisdom. They are bathed in wisdom. They are sheathed in wisdom. It is not that he “practices” it or “attempts to do the right thing.” The Wisdom simply surfaces at the right time. Without him having to do anything at all.

Five: He has gone through a secret training that the ancients

were banned from ever speaking about to the uninitiated. And he himself has been sworn to secrecy. For there are some revelations which when given to one who is Unprepared, become very dangerous to one's constitution.

Six: All conflicts have disappeared. When other humans come to fight or to argue with him, the minute they come within five yards of him, their ill will suddenly vanishes. It is as if there is an invisible shield around him that protects him wherever he goes. How does this happen? Very well, I'll reveal something to you. (psst . . . All conflict is Self-Conflict)

Seven: His career and his success are in the palm of his hand. Because he no longer has interference, his destiny is now in his own hands. Not "theoretically" or "philosophically" but as a present-day reality.

Eight: While his fellow human beings suffer the unending torment of "getting in their own way," he sails toward the horizons of his very own choosing. Why? Because he has learned the secret of making his mind retreat when he needs it to retreat. And come forward when he needs it for his own personal use.

Nine: The Mind is the ultimate slave master of man. And this Jedi has been led by the hand, inch by inch, compartment

by compartment, through the Mind's inner machinery. He has been taught its locations, its hiding places, and its inner workings. He has been trained to see when it is coming, and how to avoid its assaults. As a result of this training, the Mind now sits by his side as a somewhat spherical pulsating ball of fire that he can employ at moment's notice to satisfy even his most fantastical wishes.

Ten: Number ten is teetering on the limits which divide this world from the one that you haven't yet seen. The ancients did this quite regularly. And, I'll confess to you in this moment, that this is one of the ethereal and mystical powers that has served me in my quest for Truth. And which has allowed me to share insights with select others. It is a force to which I am eternally grateful. For not in a thousand years could I have known the (albeit small number) of magical insights that have the power of transforming a man's life condition into one that he has never before known. It is this power that leads me to say that it is not "I" who does what I do. It does not come From me. Rather, it happens Through me.

What is this power?

I'll say it once, and allow it to hang in the air:

When I want to know something . . .

When I need an insight . . .

I do not read a book, or analyze it with my intellect. (I rarely read books anymore, and the only reason I would occasionally read one is for the inspiration to reach further into the deepest corridors of my mind). And as for intellect . . . I realize that you've always been taught that it is your greatest weapon. I realize that it is a deep source of pride for societal men. And I realize that men have no choice but to rely upon it.

The reason that they have no choice but to rely upon it is because they have not discovered the glorious power which puts the intellect to shame!

It has been available to me for the whole of my life. And I am not the only one.

What is this mysterious power?

To simply download the knowledge that you seek from the universe around you. Like downloading part of a hard disk onto a flash drive.

Man has learned to walk. But there are a few men (most of whom you have not in flesh and blood, met), who have

secretly learned how to Fly!

They say that all men are created equal.

Is this true?

Perhaps in theory. But so few are the men (or women) who set off on that One Journey to claim the frankly magical capabilities that were set aside for them, that the statement has very little practical value.

I will close with the following Truths:

For those who tell you that there are No Secrets . . . they have either not discovered them, or they seek to keep YOU oblivious of them!

If you seek The Truth . . . and I mean THE TRUTH . . . about how to become a Jedi Master . . .

If you seek THE TRUTH about Cures rather than “treatments” . . .

If you seek THE TRUTH about navigating your life to a horizon of precisely your own choosing . . .

If you seek THE TRUTH about anything and everything that you feel is foundational to your existence and intimately near and dear to your heart . . .

You won't find them in ANY of the traditional places. I won't try to convince you of this. I'll allow the statement to stand on its own.

Are all such things available to You?

Yes, but they do come at a price. The greatest of which is Visceral Sincerity.

The unshakable desire To Know!

And let me tell you this . . .

Psychologists, coaches, psychotherapists, motivational speakers, preachers, parents, friends, and priests will trip over themselves to "help you."

But no Master worth his salt will give a man the time of day unless he personally sees the Fire Ball of Sincerity in his eyes.

When he sees the one who is Dying to Know, he will bring

him into his coveted space, in a small and private corner of  
the world . . .

And make him privy to The Secrets that are man's  
birthright, but few ever set out to claim.

I bow to Master Yoda for reserving his wisdom for The  
Genuine and The Sincere

Namaste.

# The Wisdom Of Peter Fenton



It is said that like attracts like.

It is said that in life there are no coincidences.

It is perhaps not a cosmic coincidence that in recent weeks I've come across the words of a prominent venture capitalist in Silicon Valley whose name is Peter Fenton.

It is clear from his words that he is given to seeing beyond the cosmetics of life. And that there is something fundamental to his nature which seeks The Truth.

His words are fertile for exploration. And they provide a great springboard from which to explore some of the great truths of life and human beings.

Each section will begin with a quote from Peter, followed by

an exploration of the idea.

***“We get it wrong a lot. But what’s interesting is when we get it right.”***

Peter is correct. Failure is much more common than success. I’ve often wondered why this is? Why is it the case that in any endeavor, the times we get it wrong are much more plentiful than the times we get it right?

Man is conditioned to thinking in terms of Failure and Success.

And he suffers because of it.

A perfect example is The PGA Tour. The tour player looks at a given tournament as an opportunity for a reward. As such, a tournament can provide only two possibilities. Winning or Losing.

When you have reduced the situation into a win versus loss endeavor, it is not a search. It is not a journey. It is only a dead end. At the end of the tournament, you have either won it or you have lost it. The basic (and shortsighted) question you were asking has now been answered. The result has been stamped. It is now over. And the player then goes to the next tournament asking the same basic and shortsighted question.

What’s wrong with this?

It isn’t a question of wrong versus right. It is a question of What Are You Ultimately Seeking?

Man has become accustomed to living his life chasing a series of dead-ends. And counting his wins and losses along the way. This does not provide him with any sort of lasting satisfaction. And what he lacks in quality, he attempts to supplement with volume.

Satisfaction lies in pursuing a Quest. Engagement lies in setting off toward the mysterious forests and mountain peaks armed with a search for Truth.

If yours is a search for a fundamental truth, there are no wins and losses. There is only experimentation. Every single thing that you do becomes an experiment to refine, analyze, and come closer and closer to the holy grail.

“Don’t reinvent the wheel” is a phrase for those who seek prescriptions. I say that the wheel Absolutely must be reinvented. For each person. In each endeavor.

For that which has a rule book isn’t worth the lint in your back pocket.

If you continue to seek “answers” you will run in circles.

If you continually refine your Questions, you will create a magnificent journey.

***“Those who become great possess a profound, deep, innate motivation. And they know the answer to the question, ‘why are we doing this?’”***

Fundamentally, this is a matter of having a Vision.

Society has always taught us to have “goals.” Goals may temporarily focus a man. But a vision inspires him.

Goals are strategic. Visions are consuming.

Goals are for the logical and the practical. Visions are for the wild and maniacal.

Goals come from the brain. Visions come from the marrow.

I understand that you have been taught to color between the lines and walk along the center of the sidewalk. And I will not try to teach you otherwise. For if coloring between the lines is the sort of advice that has the power to capture you, then the advice that I give to you will fall upon deaf ears.

The man or woman to whom I’m currently speaking has no use for “advice.” He or she lives less by the intellect and more by the heart.

And understand this: **There is only one thing in the world that the mind is afraid of, and that is the heart. When the heart speaks, the mind trembles.**

As for the starting of a new business venture, I will say this:  
Create something that the world has never before seen.

Competition is for the common man. I will state firmly that if you have competition, then your idea is not sufficiently original. And if it is not sufficiently original, it is essentially a job. And is there anything in this world that is more beneath the possibilities of a human being than a “job?”

I understand that you’ve been told to “work your way up.”

I have a more captivating idea for you: Work Your Way In.

Do not stand in line at the front door and say, “Will you buy my product? I will provide you with a good deal.” You will have the door slammed in your face. And so you should.

Rather, go to the back door. And when the person answers it, look into their eyes and say in a calm and confident tone, “I have created something that is not available anywhere else in the world. You are one of the few people that I have chosen to reveal it to. Would you like to see it?”

***“My partner, Bob, likes to say be a learn-it-all not a know-it-all.”***

Socrates was the wisest man in the land. And the reason that he was wise was because he admitted he was ignorant.

I will state with all candor that how much I truly know I could fit on the head of a pin. This leaves me with a life full of opportunities to explore The Truth.

You see, the intellect is largely a place of ego. One is more captivated by the idea THAT he knows than WHAT he knows.

To borrow a few phrases from my recent discourse, ***The Source Of Ultimate Human Intelligence*** (<http://bit.ly/2aQBJGV>):

*The reason that some are visionaries and artists is not because they are more “intelligent.” It is because they are*

*more Available.*

*That which comes From you will be limited. That which flows  
Through you will be divine.*

The path to ultimate wisdom is less about accumulating “information” and more about mining for the truth that exists inside of you.

It is less about investing “effort” and more about discovering that which is instinctive.

It is less about “thinking” and more about becoming thoughtless.

It is less about “speaking” and more about becoming silent.

I will tell you a fascinating truth: My native land of India is awash in legendary scriptures such as The Upanishads, The Bhagavad Gita, and The Vedas. These are widely known as the most ancient and wise secrets in the history of human civilization.

They are present in millions of households around the world.  
Where they sit and collect dust.

How could it be that a set of books that hold the secrets to all of man’s ills are barely cracked open?

They are only cracked open by modern-day swami’s and lecturers who satisfy their own egos by “interpreting” them to an audience who reflexively nods its heads in agreement, then forgets all about them.

Why is this so?

Because the only knowledge that is transferable is tactical and logistical knowledge. Knowledge of fundamental wisdoms is not transferable. And if it is transferable, it is certainly not transferable through words. For the peculiarity about words is that they always tend to miss.

It is for this reason that the great ancient traditions would transmit knowledge from master to disciple via a touch of the hand or direct thought transference, without the written or spoken word.

The man who understands that he is more ignorant than wise . . .

The man who understands that he has more to learn than he has to teach . . .

Is not being humble. For all attempts at humility are essentially artifice.

The man who understands that he does not know is not a man of humility, but a man of wisdom.

***“Admit what you’re not great at because you have to play Your game.”***

It is often said that we should work on our weaknesses.

While it may be logical to make our weaknesses less weak, it will serve you greater to make your strengths more strong.

If you spend your life fortifying your weaknesses, you will have missed your glory.

It takes so long for a man to divorce himself from the substrate of mediocrity that is modern society . . .

It takes a herculean effort to overcome the messages that speak of human beings in terms of their limitations rather than their possibilities . . .

Does it not stand to logic that we should mine the depths of ourselves in order to discover and refine that one element of ourselves that marks us as a unique creation?

My friend, nature makes originals.

Society makes carbon copies.

I ask you this: For the days that you have left to live on this earth, which one of these would you like to live as?

***“Be hyperfocused.”***

Of this I am a living example, albeit to the detriment of my “business.”

It is sheer madness, I admit. But I no longer allow myself to think about the number of offers from potential clients, introductions, phone calls, and business meetings that I simply never responded to.

Even I admit that it makes absolutely no logical sense. And I do not try to justify it upon intelligent grounds because from a

business standpoint it is quite foolhardy.

My defense is not one of strategy but of innocence.

You see, while it is the way that I make my living, I've never really considered my consultancy a "business." While it may be called a business in the strictest sense of the word, I've never really considered myself to be "selling" anything.

I confess a hopeless idealism. I seek only to work with the rarest of individuals. Individuals whose particular strands of helical DNA share an angular twist similar to my own.

Individuals who don't settle for anything but The Truth. Individuals who seek The Ultimate. Individuals who gag at the site of "list-posts." Individuals who dismiss self-help and new age jargon.

Individuals whose eyes are filled with an absolutely uncompromising vision.

Individuals for whom anything less than the peak over Everest simply will not do.

As it has thus far worked out, serendipity has orchestrated magical encounters with those who have gone on to become my clients.

That which is transactional requires a "business model."

That which is organic invites the innocent hand of alchemy.

Peter Fenton has the sort of DNA that I find to be rare and

unique.

He breathes a different sort of air.

There is something wild and artistic within him.

In a word, I consider him Kin.

# The Secret Journey to Becoming World #1

Those who become the top 50 or the top 30 in the world have suffered the interference of the mind for quite a long time. But this is where the fun begins.

Some stay at this level, others rise to a point, some fall back, and a few rise all the way to World Number 1.

How much of this is related to the mind?

100% of it.

You see, when you get to top 20, 30, or 50 in the world in anything, talent is no longer of any consequence. The professional athlete is taught to “keep getting better,” and to “get a little better today than he was yesterday,” and “keep practicing.” The sports psychologists will tell him to “stick with the process.”

If you recall, when we first began working together almost all of you came to me with one or more such phrases on your lips. Remember?

But an entirely new form of training is required to get from 50 or 30 to World Number 1.

From here on in it’s the gauntlet, my friends. The gauntlet of The Human Mind.

You asked why it is that the mind makes things difficult for

the pro athlete.

It's not that the mind made it difficult for you. The reason that you experienced so much difficulty and pressure and anxiety and pressure and fear and the whole bit is because you tried to fight the mind. A few of you even told me that your "sports psychologist" asked you to talk back to your mind and to say the opposite of whatever it told you.

How did that go over? (This is why I don't believe in sports psychology).

In past discussions, via email or telephone or face to face, we've explored how and why the mind sabotages the professional athlete, and how it is that he or she can remain Untouched by the mind.

We've also discussed how the only True Freedom is freedom from the mind. And through our training sessions, we've learned how to play as a Master and be completely Free. And we've learned how to do it On Demand.

Based upon the question you've asked, it seems we must revisit some of these truths.

The secret path to World Number 1 does not happen through the ice rink, or the ski slopes, or the Olympic swimming pool, or the fairways at Augusta National.

It happens squarely and solely through the tempest of the mind.

If you fight this tempest, it will destroy you.

If you listen to it, it will control you.

So what is an athlete to do?

As I've mentioned to each of you before, your greatest weapon is an unshakable understanding about the fundamental nature of the mind.

Not "psychology." Not "behavioral modification." Not "positive thinking." Not "visualizing." Not "hope." Not "process."

U-N-D-E-R-S-T-A-N-D-I-N-G.

Why?

Because once you truly understand something, something very interesting happens: You become Free Of It. You escape its grasp.

You ask why did the mind trouble you and why it continues to trouble you today.

Let me ask you a question.

Does a dog barking in the distance trouble you? Does it put you into consternation? Does it make you fret and analyze?

No.

Why not?

Because you firmly understand that it is a dog, and that a dog's nature is to bark. And because you understand this, it doesn't trouble you on any deep level.

If we apply this to the mind, what did we learn in Week 1 about the mind?

Anybody?

We learned that, 1) the mind is a Desiring Machine, and 2) that because it desires something, it simultaneously fears that it won't get it, and 3) the fear of Not getting it far exceeds the desire For getting it.

Therefore, in your journey to World Number 1, the mind intensely desired this position. And in each of your tournaments, in each shot that you took, in your imaginings about the tournaments, in your anticipation of major championships and Olympic events, it caused you untold Anxiety.

It sabotaged your efforts.

Why?

Some of you think that it's because you "wanted it too bad."

While that is to some degree true, what is slightly more accurate is that its fear of not getting it was monumental.

And the fear of not getting it made you tight. And made you Think. And just to get this out of the way, I don't care if you were positively thinking or negatively thinking. It's still thinking. And the human being becomes instantly world class the moment he is Not Thinking at all.

With increasing fear of failure came increasing thoughts. With increasing thoughts came increasing "perceived consequences." With increasing perceived consequences came

increasing anxiety. And with increasing anxiety came a Loss Of Freedom.

This was illustrated by a 32-year-old tour player whose words I recently came across. His name is Rafael Cabrera-Bello. He said, “One thing is being in contention many times, which I’m obviously doing. But maybe there is something more that I need to do to finally get that next win. Or maybe it’s a matter of staying a bit more patient.”

As for “being patient,” I think it’s overrated. Impatience and urgency work far better than “patience.” Patience is certainly a virtue in the heat of the tournament, in order to stay disciplined. But, make no mistake, getting to World Number 1 is all about fire-blazing urgency.

When I first heard Rafael’s words, the part of the phrase which caught my eye was, “Maybe there is something more that I need to do . . .”

As each of you can attest to, I hear Everything a pro athlete says when I’m working with him. EVERYTHING. Because he cannot hide the truth for long. His words will reveal his heart, sooner if not later.

For Rafael to say that maybe there is something he needs to do, what it suggests is that he has Insight. And believe me, insight is perhaps the rarest trait of a professional athlete. Such people tend to be receptive. And they tend to have a better than average shot at becoming World Number 1.

I’ll put it plainly. Most athletes are taught and believe that doing more of the same in greater numbers and with greater

intensity will get them to the top. This is common and wishful thinking.

But rare is the athlete who even Entertains The Possibility that perhaps there is something other than what he is currently doing that holds the keys to his ascent to World Number 1.

I'm not sure if Rafael has even considered being World Number 1 in any serious way. Most professional athletes are terrified at such a prospect, whether they admit this even to themselves. But that statement implies that Rafael has the DNA to do it if he became serious about it.

Thus, the secret path to world number 1 is not to quiet the mind or fight the mind. You cannot quiet a storm. And if you fight with it, you will lose every time. And lose badly.

The secret path to world number 1 is to train every day to reach the state of No-Mind.

Each of you has done at least a portion of my No-Mind training and the astronomical results have spoken for themselves.

This is complete Freedom. The professional athlete has all of his talent suddenly available to him at his disposal. He is Clear. And he becomes as close to Perfect as a human can be.

# The Backdoor Secret To Becoming A Buddha



Robes, caves, and boddhi trees are not necessary.

If you are sincere in your quest, I will take you through the backdoor and reveal to you the secret to becoming a Buddha.

If you are a person with this rare form of DNA, lean in, for what I'm about to reveal to you is a secret that will transform the whole of your life.

This is quite possibly what you've been looking for your entire life, but the cosmetic messages of the world have led you astray.

Let's begin.

Questions are far more important than answers. For the key to solving anything is to keep refining the question until it is so

incisive that the solution blossoms right in front of your eyes. I will ask pointed questions. And follow the questions with a succinct answer. And this, in turn will be followed by an explanation.

I will be with you every step of the way. I will not lead you astray.

As I said, this discourse is for the one who is truly Serious. The first question is this: Why are you not already a Buddha?

Now, that is too general a question. So we must refine it.

What is it that stands in your way of becoming a Buddha?

This is a much more precise question. Do you see how it focuses your attention?

Let's refine it further.

What is the one thing that stands between you and Instant Buddhahood?

Now, that's an incisive question. Because it focuses you even more. It trims all the fat. And gets straight to the source.

What is the answer to this question?

**The one thing that stands between you and Instant Buddhahood is The Mind.**

What do I mean by that?

You see, the mind is a wild and insatiable force. It came into existence the moment you bought into the idea that you were

an independent, flesh and blood, egoic entity. I don't refer to ego in the traditional sense of the word. To have an ego is Not to believe that you are grand and great. It is to believe that you exist at all.

Your mind will now begin to snarl and get excited, so let me explain. You are not the flesh and blood entity you believe yourself to be. You are actually a consciousness. But because you don't realize this in your heart, you live as a condensed form of matter known as a flesh and blood human being.

This flesh and blood human being is whom you refer to as "I." And the moment this idea of I comes into existence, the mind does as well.

You then succumbed to the belief that you were the mind.

And now when it roams, You roam. When it becomes angry and emotional, You become angry and emotional. When it desires, You desire.

You see, dogs were meant to run and bark. And when you see a dog run and bark, you think nothing of it because you understand that this is the natural behavior of a dog.

But imagine that you tied one end of the leash to your dog, and the other end of the leash around your neck. Yours would instantly become a tumultuous life, would it not?

This is precisely what you've done with the mind. But the mind is such a subtle and clever entity that it is incredibly difficult to entertain the idea that it is separate from you.

You have had rare moments of clarity in your life. Times

when you've done something with perfection. And after it was complete, you sat back and marveled at your wonderful performance or creation.

During this creation, you had zero interference. It was natural. It was effortless. You felt like a God in all his majesty.

I know that you've been told it is "the zone." But no one ever told you what the zone really was.

I have explored and experimented with this idea for over twenty years. And today I will share with you precisely what the zone is.

And it coincides with the backdoor secret to becoming a Buddha. I will come to this shortly.

So if it is the mind that prevents you from becoming a living, breathing Buddha, what should you do about it?

I will now share with you another insight that no one has ever told you.

The mind cannot be calmed. Or tamed. Or changed.

It can only be Transcended.

Now we come to the Backdoor Secret To Becoming A Buddha.

The backdoor secret to becoming a Buddha is to achieve the state of Atmamun (the mind of the spirit).

What do I mean?

You are incredibly tied to the belief that you are the mind.

And just on the other side of that belief is the glory of Buddhahood.

Clarity, the zone, nirvana, moksha, samadhi, enlightenment are a state of Atmamun. They are Not states in which the mind is “calm.” They are states in which the mind has disappeared.

When there is no mind, there is no ego. When there is no ego, there is no manufactured self. And it is then that you begin to live AS ever-present consciousness.

### **It is then that You become a Buddha.**

Your mind is likely asking loads of questions at this moment. These are questions I get from my clients all the time. If I don't have a mind, won't I lose my intelligence? Won't I go insane? Won't I become an emotionless stone?

Your intelligence flows at about a 20% capacity precisely Because of the mind. The presence of the mind produces an endless barrage of thoughts and fears and worries. And these produce endless interference to the natural flow of your intelligence.

### **You are far more intelligent Without the mind, than you ever will be With the mind.**

As for whether you will go insane . . . man is a creature who has a thought, the thought produces an emotion, the emotion produces a reaction, and the reaction produces another thought, which produces another emotion, and another action, then another thought. Is this sanity to you?

The truth, my friend, is that Mind has made a schizophrenic.

The only way to Sanity is to live beyond the mind.

As for becoming an emotionless stone . . . all the wars in the world are not caused by people. They are caused by Minds! Mind makes a man ruthless. For it functions through ego. And ego knows no limits and no compassion.

In the state of Atmamun, you actually become the best You that is humanly possible. All that emanates from you is perfect. Because the source of your words and actions are no longer the mind, but pure consciousness.

Your life becomes a masterpiece. And each of your actions a work of art.

You achieve the state in which the Seer becomes the Seen. You see everything in High Definition, because the mind no longer stands as a veil between you and that which you choose to look at.

And then something very interesting happens.

The mind that was once your master, now becomes your slave. Only now are you able to use it to move mountains and part oceans.

For your entire life, you've only been told the punchline, haven't you. About how the mind is your greatest tool and how it can move mountains. But no one ever told you that in order to make the mind a tool, it must first be transcended.

Half-truths are far more dangerous than outright lies.

And the truth is that transcendence comes first, and then the mind curls up next to you like a lap dog.

I ask you this , my friend . . .

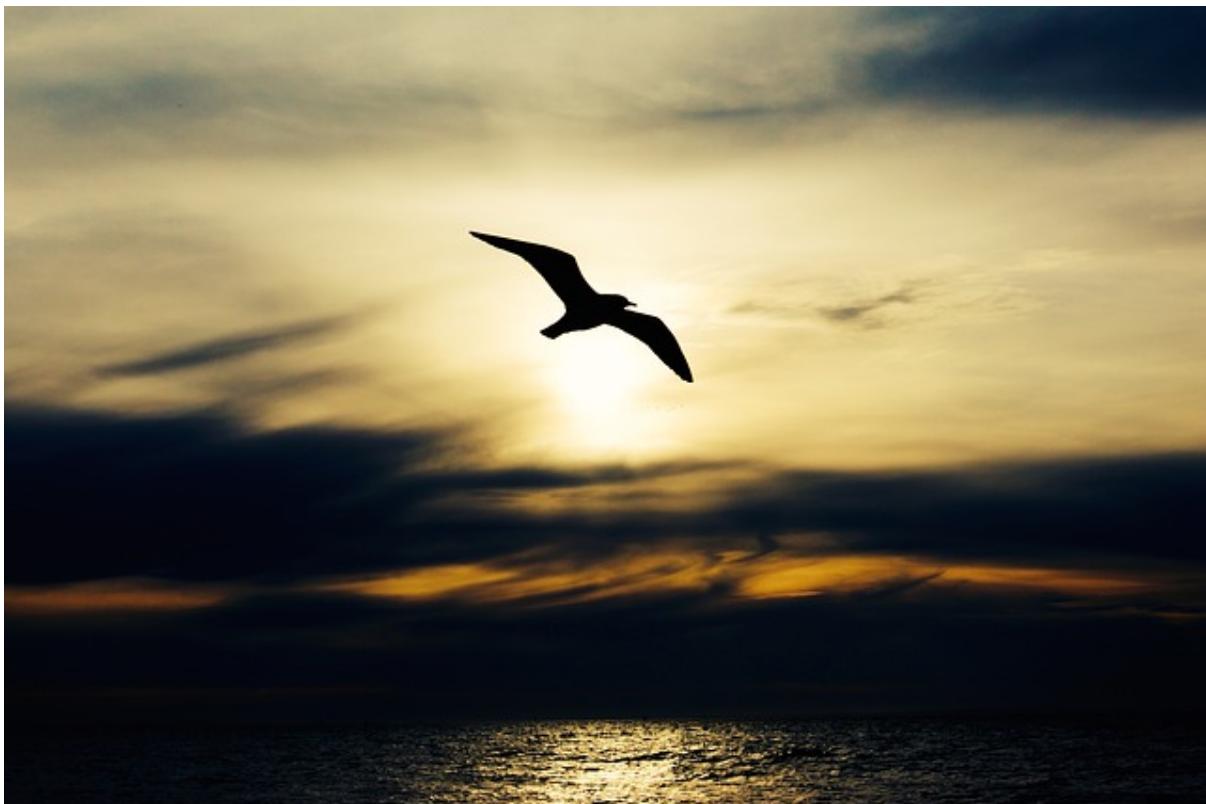
Can you think of any greater way in which to live your life?

This is the direct journey to become a Buddha.

And unless it begins today, it will never begin. For even if tomorrow does come, it will come as Today.

The earth is my witness.

# On Becoming So Free That You Float Through Life



As I stand on a mile-long stretch of beach, I look out across the Atlantic. It goes on forever.

A few yards from me, I notice a seagull suspended in mid-air. It's not flying. It's floating. On an imperceptible breeze.

It looks at me with a tinge of pity. Almost as if to say, "If only you could experience one moment of what I have experienced all of my life."

I ask it about its experiences. It says, "It is not able to be expressed in mere words. But I can hover over the ocean waves and know that they cannot touch me. I can fly to heights in which the wind becomes playful and know that I

can fly through it. I can see what lies over the horizon and know that it is mine for the taking. I fully realize that my lifespan is but a fraction of yours. But perhaps this is nature's way of giving you time to search for what I have already found.”

The question that this seagull spawns inside of me is, “While we may not be able to fly, is it not possible for us to float? To float through the remainder of the days that we have left on this earth?”

Possible or not, what's the point in living a life in any other way? For living a life in any other way cannot be called Living. One may have a heartbeat, but so does the man who lays comatose on a respirator.

It is very seductive to believe that One Day, life will come to us. That One Day, we will be free.

If you subscribe to this belief, please let me ask you this question: “At what point do you decide that you've waited long enough? What are the signs that will tell you whether your belief was correct or incorrect? What milestone or marker will mark the end of this belief experiment?”

The truth, my friend, is Not that life is avoiding you. The truth is that it has been searching for you for decades.

But you have been nowhere to be found. It has knocked on the front door, but you were more interested in the back door.

It has given you subtle instinctive insights, which you ignored in exchange for thoughts.

It has even tried to create unspeakably painful events in order to get your attention. But you accepted the scars and hoped

that the pain wouldn't afflict you again.

I don't mean to single you out. You have plenty of company. We are all just as guilty. We are all ignorant in so many ways.

I'm here to say to you quietly, succinctly, and gently, that  
There Is A Way.

Forget all about the things you've done wrong. Forget about the ways you've caused others pain. Forget about the ways you've cursed life and sunk deep into depression and despair.

I'm giving you permission to give yourself a blank white slate.

I'm suggesting that you begin again. And to treat the remainder of your life as the encore of your existence.

Let's get you to a place within yourself that will allow you to Float through the remainder of your life.

If you are Sincere and Determined, I will get you started.

Starting Today . . .

Begin to see your every human interaction through the lens of freedom. The freedom to speak your heartfelt truth to the person you are speaking to. The things you've always wanted to say, but didn't.

Treat your profession as an expression of your freedom. For if it is not, it's a "job." And I will state emphatically that human beings were not meant to be "workers." They were meant to be Creators. And the only person who can create is the one who is free. If there are parts of your profession that are binding you, change them. Immediately. If there are parts of your profession that give you strife, it is because you are not

insisting upon Freedom. Instead, you are hoping that it will come to you if “things start to go your way.”

You must begin to look at your life as if you own it. Own your failures, for they are but experiments. But there is a trap in ownership. And that is the trap of possessing. Own it and you will carry it in the palm of your hand. Possess it, and it will consume you.

Decide precisely where you would like to go. And if this is too difficult, decide precisely where you no longer wish to be.

Create. Succeed. Earn. Enjoy. But keep it at arm’s length. The only thing to keep in your heart is Freedom. Everything else is negotiable.

Freedom is only available Today. And today is the thing you have ignored for years.

You see, sunrise and sunset do not complete one day and give birth to another.

There is only one day. And that day sees the sun rise and set thousands of times. And it is within this day that you must take hold of your life.

Because it is slipping through your hands.

Freedom is not something that you work toward. It is something you cannot live without.

Freedom is not something that you dream of. It is something that you live within.

Freedom is not something that will one day come. If it does not come today, I promise you it will never ever come.

Whether you are pulling into the driveway, or turning off the

lights, or boarding a plane, or putting on your socks, or talking to your children, or pouring a cup of coffee, or arriving at a tournament, or having a business meeting, Freedom should be your companion. For this is the gift that nature has given you.

And if you are not free in any and all events, no matter how mundane or how important, then you must look squarely at the barrier to that freedom. And as you continue to look squarely at the barrier, that barrier will begin to dissolve.

Why should your life be any less free than the seagull who floats over the Atlantic?

The day you begin to view your Freedom as your living breath is the very day you will begin to float through life.

The day that you open your eyes and see Freedom in your grasp is the day you will be able to look the seagull in the eye and see your own reflection.

# Achieve This. And You Will Become God



I have thus far shared this with only my private clients. I tell you it for a reason I am not certain of. Perhaps to give yourself an opportunity to make your life the benediction it was meant to be.

You've become very familiarized with it, haven't you.

This voice inside your head.

It doesn't necessarily speak to You. It just speaks.

Even as you're reading these words, it's speaking. After every third word, you're interrupted.

Whatever you see, you don't see in Full. Because as you're trying to see, it's talking.

The tape recorder in your head is always left on. The battery never dies.

Those rare glimpses of Freedom and Bliss and Peace that you've felt in your life were the result of the tape recorder accidentally turning off.

It stalled, and you saw the heavens. It paused, and for a moment you became Free.

In the temples, the ashrams, and the monasteries around the world . . .

In meditation camps and silent retreats around the globe . . .

There are teachers and instructors teaching about meditation. There is chanting. There is incense. There is prayer. There are mantras. There are prostrations. Posters on the wall. Holy texts on the alter. Tradition. Ritual. Ancient passages. Retreat into a cave for years at a time . . .

For what purpose?

To shut off this voice in the head.

It is like the cartoon of the man who has destroyed his entire house after numerous failed attempts at swatting a fly.

The Rinpoches and the Buddhist masters and disciples are true seekers. I hold them in high regard because of the purity of their intention.

But facts are facts. And the fact is that only a small fraction of even these lovely souls succeed in shutting off the voice in their head.

One will naturally hear this and wonder how plausible it is if even those who meditate all day and follow years of ritualistic teachings aren't able to accomplish this task.

That would be the wrong question.

A better question is this: Why do those who achieve it, achieve it?

And why do those who do not, fail to do so?

I will Not enter down the road of modeling the behaviors of

successful people. For success is a product of non-negotiable visions more than it is a product of behaviors.

The people who achieve anything are the ones for whom the vision and the pay off is central to their existence. They would consider their life a complete failure if that particular thing was not accomplished.

The pictures of business, entrepreneurial, and worldly success have been painted thousands of times and thus it is easy to visualize them and be familiar with what the outcome will be like.

But the visions of achieving Thought-Freedom have not.

So allow me to paint this picture for you. As I wrote this last sentence, I was rushed to write the next one in which I would vehemently proclaim that it is Not my hope that anyone will stand before this picture with wondrous eyes.

It is neither my wish nor my hope that you will imbibe it. I am neutral in this regard.

You see, motivations are never actually created. They are always latent in a particular human being. And when the impetus arises, the motivation that was always there, comes

alive.

I will paint this picture. Without trying to “sell it” to you. I will not adorn it with pretty adjectives. Although I must admit that the very content of the outcome may itself seem so compelling that it sells itself. I will do my part in painting the picture in the most matter-of-fact way that I can.

Thought-Freedom is not freedom of thought. It is the freedom to think only when you want to think. And the ability to have Silence of Mind when you are not thinking.

Thought-Freedom is to have Silence as your default state.  
And thinking as a voluntary and utilitarian act.

For all of your adult life, you’ve had the precise opposite.  
Have you not?

When you need the car, you drive it. When you don’t need it, it doesn’t drive keep driving around the block. It sits quiet and still in the garage.

If you were to live in Thought-Freedom, you would have thoughts Only when you wanted to have them. Thought would become utilitarian. It would be a tool. And thus you would only Think when you needed to think. Thus you would have

all the great thoughts and ideas, without the noise.

There are great ideas coming at you every minute. But you only hear them once in a blue moon. And this is because they are drowned out by the mental chatter. The noise. The constant stream of involuntary thought. The tape-recorder.

If you attained Thought-Freedom, the voice of the person you are speaking to would not only be heard, it would be Felt. And in a short time, you would begin to hear the words he or she was Going to speak, before they even spoke them. Yes, you would be able to read their minds. As I wrote this last sentence, I did it as matter-of-factly as I could. I'm not selling you. As I said, if the claim sells itself, that's not my doing.

If you attained Thought-Freedom, then you would become what you see. There would be a union between You and It. And thus you would see it wholly, fully, in 3-dimensions, and as if for the first time.

If you attained Thought-Freedom, you would never suffer an emotional outburst. I'll quickly give you a factual reason for this lest you think I'm selling you. The reason that emotional outbursts arise is precisely because of Involuntary Thought. The involuntary thought produces an involuntary emotion. This is what I mean when I say that human beings

do not live their own lives. Nor do they live the life of someone else. They live as reactive, bare nerves. A spinal and reflexive existence.

To which the remedy you've been given is to "take a moment to think before you react." Or, "you cannot control what happens to you, but you can control how you react to it."

My dear friend, if you have not achieved Thought-Freedom, while you are "thinking" about your reaction, you are just sitting in the car which is wildly driving around the block. The thought is still not yours. It is not under your control. And, while you may produce a slightly less emotional outburst today, it is bound to be released tomorrow.

Because the car has not been parked still and quiet in the garage.

If you attained Thought-Freedom, your work would become a masterpiece. Because you would work without interference. You would, as a natural byproduct of Thought-Freedom, achieve Super Concentration.

It has been said, "All of man's ills arise from his inability to be still."

But what has not been said is, “The inability to sit still is the result of the greatest disease of mankind: Involuntary Thought.”

Is this a Panacea?

It is in fact the only bona fide Panacea in existence.

Put succinctly, if you train yourself to achieve Thought-Freedom, you become a living, breathing God.

From the moment you awake, to the moment you sleep, and into the dream state, your life becomes Divine.

It is done systematically. For when you begin this journey to Thought-Freedom, your mind will tell you exactly what you want to hear. This is great pitfall in this oh so delicate journey through the snow-filled mountain passes with invisible crevasses at every corner.

In this journey, the mind will come begging you to stop. And when it does, you will have ascended close to the peak.

Then you will have glimpses of Ultimate Reality. You will feel yourself slightly floating as you walk. For your body will act according to its own intelligence, uninterfered with by

involuntary thought.

This involuntary thought is like a drop of red dye which filters through the ocean of our entire existence.

And then you will come to a point where you look around and find there are no thoughts. No matter where you look, there are no thoughts to be found. You can create them by thinking. But they are completely under your command.

You have not only achieved The Moment. It has finally become yours once and for all.

What I've given you in this discourse is the actual fine print underlying Enlightenment, Moksha, Nirvana, Samadhi, Freedom, Peace, Bliss, and Liberation.

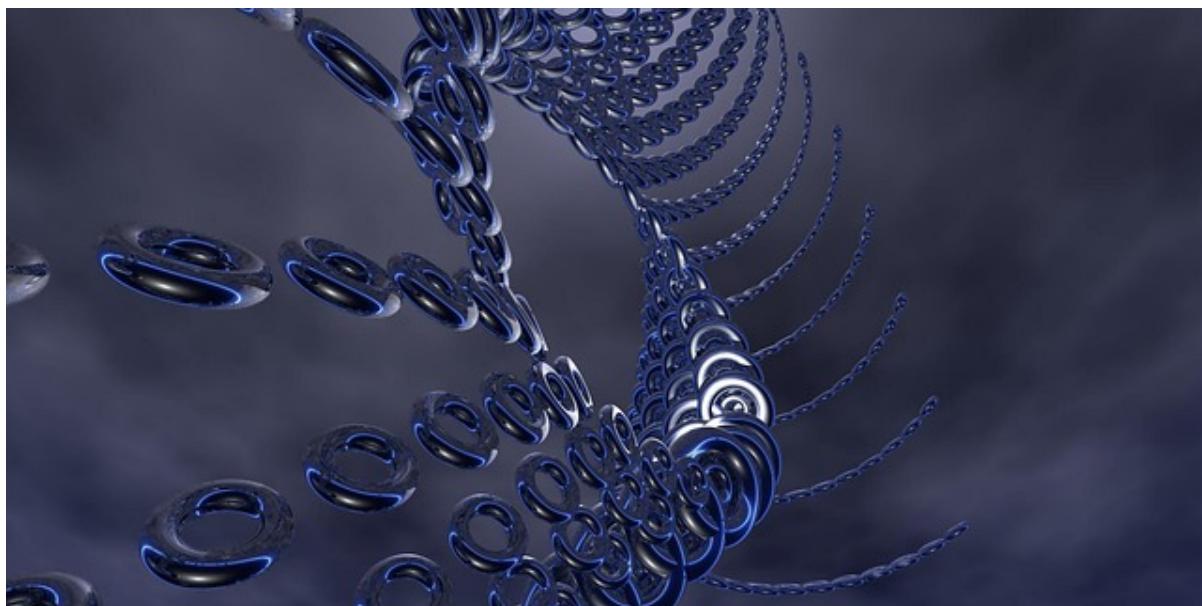
Become trained to do this, and you get all of the above for free.

Simply put . . . This is the only thing we must achieve. For upon achieving this one thing, all needs, desires, pains, and miseries vanish.

And one becomes a living god.

Namaste.

# The Incredible 90-Second Stress Cure For World Class Executives



A man whose life is saturated in stress has no need to worry about stress eventually killing him.

For he's already dead.

His experience of life consists only of the nuts and bolts. A series of sequential events. Wins and losses. Checks and balances. Money-in versus money-out. Putting out fires. “Managing” employees. Trying to fix social dramas.

He is a man who has wholeheartedly succumbed to the belief that if all of the things in his life can be fixed and arranged into a certain semblance of symmetry, Then he will be able to truly live.

Little does he realize that no man in history has ever been able

to accomplish such a feat.

Not one.

Is this because he didn't try hard enough? Or because he wasn't smart enough? Or perhaps because he didn't know how?

No.

Then why has no man in history ever been able to tidy up all of his affairs, fix all of his problems, and finally sit and relax?

**Because this thing we call life is a drop of quicksilver. You are free to arrange it into any shape you wish. But if you wish for it to maintain that shape you had better be prepared to sit on your knees holding it in that position forever.**

For the moment you let go, it will become amorphous once again.

Knowing this, does wisdom lie in trying to "manage" and "fix" and "arrange" your life?

Or does it lie in understanding your life so completely, that you live in symbiosis with it.

The modern executive's life is so full of stress that he often doesn't even recognize it as stress. He recognizes it as Life Itself.

His stress, his worries, his fears have become part of the furniture. But he identifies stress as that one odd-colored

lampshade behind the corner sofa.

At some point, he decides to seek help. He decides to attend a week-long seminar on “stress management.”

Then he is doomed.

Why?

When I was a child, I had a habit of rubbing my lower lip. And my mother would say, “Stop rubbing your lower lip.

You’re going to make it swell.”

Her warning was spot on. For the lip is a small mass of muscle. And if you irritate or “manage” it, the muscle will hypertrophy (grow.).

If you repeatedly rub or “manage” a part of your skin, acne will develop in that spot.

**Similarly, if you try to “manage” stress, it will spawn additional forms of stress.**

For when the “stress management tips and techniques” don’t work, then you will become stressed about not having overcome your stress.

Then you’re really sunk. For I don’t know of any program or seminar or “life coach” (whatever that is), who gives you tips and techniques on how to overcome the stress that resulted from the failed techniques of stress-management seminars.

You’ve already heard all of the tips and techniques that these coaches and seminars teach a thousand times, haven’t you?

You've heard the advice from the "award-winning" stress experts, the psychiatrists, the psychologists, and so on, haven't you?

In case you haven't, here they are:

Breathe deeply, Be Present, Reach Out, Create A Social Network, Meditate, Be Mindful, Exercise, Spend Time In Nature, Eat Right, Stay Positive, Do Yoga, Cognitive Therapy, Psychoanalysis, Distance Yourself Emotionally, Play, Cognitive Restructuring (wow), Be Grateful, Remind Yourself That You're Worth It, and so on.

I sit back and look at these so-called solutions and I do understand why executives would entertain them.

Why wouldn't they? They need help and, therefore, they will seek help from the avenues that are most-readily available to them.

What I don't understand is how wonderfully intelligent human beings who are seeking to help their fellow man would allow themselves to succumb so drastically to the cosmetic and the derivative.

What I don't understand is why the rarest thing in the world is a man who is willing to walk to the ends of the earth in order to discover The Truth.

If a man or woman is going to become an expert in his or her field, then is it not incumbent upon him or her to embark upon a journey into the wilds of the universe in order to find the answers that no one else has found?

If you are going to become a world authority on something, should you not be driven by a maniacal and consuming desire to dive into the depths of the South China Sea or to climb to the peaks of the Nepalese Himalayas in order to get to find it?

And not to open your God Damned Mouth until you return battered, whithered, and unshaven from this journey into the far corners of the world.

And at that moment, the world will gather at your feet because you will Deserve to be heard. Because you did the work that no one else on the planet was driven to do.

Let me ask you something,

Do you want to “manage” your stress?

Or do you want to be Free Of It?

If you want to manage it, go to a stress management seminar.

If you want to Be Free Of It, read on.

First, a word about the techniques listed above:

Things like breathing, be present, meditation . . . is it “wrong” to recommend such things?

I’ll respond in this way:

Is it “wrong” to tell a middle school student to solve the problem of quantum gravity?

Is it “wrong” to tell a waitress who is earning minimum wage, to invest half a million dollars in a startup?

Is it “wrong” to tell a novice swimmer at the YMCA to leave this minute and go swim the English Channel?

It’s not wrong, but it’s highly impractical.

Unless you are willing to change your breathing pattern for life, it will only be a temporary fix. The stress will return with a vengeance.

Meditation as a form of “stress relief” is also very temporary.

Meditation for purposes of realization and self-inquiry is a different animal altogether.

As for “being present”, let me tell you that it took Buddha 7 years of asceticism in the isolation of the jungles of Northern India to learn to become present.

And yet these people spout the phrase “be present” as if it were a twenty-yard stroll to the corner market.

Instead of embarking upon this fruitless stroll to the corner market, I’ll give you something that will literally catapult your ability to single-handedly rid yourself of all your unwanted stress.

Are you interested?

Very well.

You see, in your life you have events or deals or happenings that could go either way. If they go the way you’d like them to, you gain pleasure. If they go the other way, you feel pain.

Now, The Ultimate journey is to arrive at a point in which you are untouched by pleasure or pain. But this is a journey

toward becoming a God. This is a journey toward attaining Human Perfection.

This is the journey of journeys. It is the journey of the few. It is the legendary journey of the man who insists upon nothing less than The Ultimate.

There are clients of mine who I am guiding through this very journey. But this is only because they are among those rare Princes of mankind who have expressed an unflinching desire to embark upon it.

The universe has arranged it so that our paths would serendipitously intersect and it is truly an honor to explore this ultimate journey of man with these rare individuals.

If this is the sort of journey that grabs your heart, perhaps you are also one of these rare souls. And this journey awaits you.

In the meantime, I'd like to give you a million-dollar gift of truth which you may keep. And which you may employ for the rest of your life.

As I mentioned before, in your life there are several things that might go your way or they might not.

What this incredibly resourceful mind of yours does is that it takes this raw material of possibilities and it constructs an elaborate scaffolding of hope and fear. This is the skeletal structure that we call "Stress."

It then runs a loop of recurring thoughts, which you simmer inside of. This is your experience of Stress.

There is something you must understand about the mind. Something that it doesn't want you to know. But I'll reveal it to you here:

**The mind is ten times more fearful of Not getting what it wants, than it is desirous of getting what it wants.**

Read that again.

And it is for this reason that it runs like a wild hog through your head.

But you can settle this mind. And cure your stress in 90-seconds.

Shall I give you the secret?

Very well, my fellow man.

Go to your mind and say this:

“My dear mind, I understand that you’re agitated. If I were you, I would be agitated as well, given the uncertain and trying circumstances we face. You can keep your stress. I wouldn’t dream of taking it away from you. But if you could please limit it to 10% of what it is now. I’m willing to accept 10% stress, so that I may immediately feel 90% Freedom. I will keep my word. But I ask that you please keep yours. You cannot move one inch past the 10% mark. And I will not meddle anywhere within your 10% boundary. And you will not meddle anywhere within my 90% boundary of Freedom. Thank you, mind. Let’s begin now.”

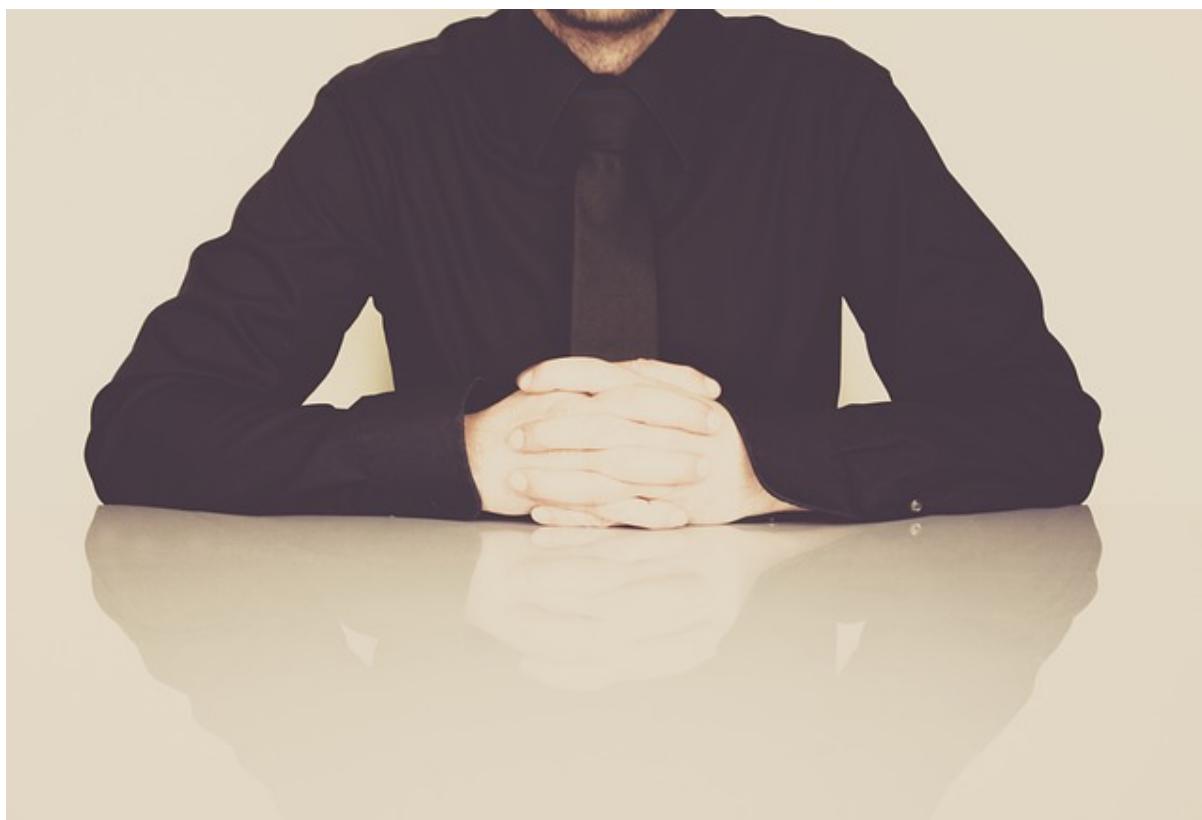
From that point forward you will notice that the mind will re-

calibrate and regulate itself to stay within the 10% limit.

One final secret. (but don't tell your mind I said this): You will initially bait the mind with 10%. And once it goes to 10% (which it has no choice but to do), as time goes on, you will make a new contract with it, ultimately reducing it to Zero.

The Freedom you've searched for all of your adult life . . . is finally here.

# The Secret To Working Completely Unstirred With Those You Cannot Stand



Your co-founder . . .

Your business partner . . .

An aggravating client . . .

Even your secretary . . .

Is there a rift in any of these relationships in your life?

Do you sometimes dread the upcoming meeting with them?

Do you want to know what to say and do so that these interactions become “more pleasant?” And so that you know how to “deal with them?”

Or do you want to arrive at a place in which such interactions Simply No Longer Have The Power To Stir You?

Ever.

I’m frankly not sure why I even offered you the first option. That’s not what I do. So let’s move to the second and get started.

I will begin with a few statements, then spend the remainder of the discussion expounding upon them in painstaking detail.

**Your problems have Nothing Whatsoever to do with the other person.**

**The way you feel about him (or her) needs only to be acknowledged and Never to be addressed or fixed or worked upon.**

Please drop all thoughts of trying to be “extra kind” or “more compromising” or “bending over backwards” as a means of saving or mending the relationship. Because nature has a way of Punishing insincerity. And when this kindness and compromise and bending over backwards is not returned, you will be twice as furious as before.

Forget all ideas about trying to “make things better.” Forget about trying to mend the relationship.

Why?

Because if you do this, the relationship you will be trying to mend will be the wrong one. The relationship that needs to be addressed is Not the one between you and him. It is the one between you and your mind.

So let's focus upon the fire, rather than the smoke, shall we?

Okay, let's keep going.

I fully accept that you don't like this person. I accept your sentiments as genuine. And I will not try to talk you out of them.

But the fact that you don't like him is really of no consequence. The fact that you don't like him has no bearing on anything. It is no more significant than you preferring one brand of cola over another or one shirt color versus another.

There is something that we must settle at this point. It is imperative, and this is what it is:

You Believe that Because you don't like him, that this leads to feelings of animosity, which leads to confrontation, and a miserable feeling is the result.

**But if we examine the matter closely, what Really is the case is this: The two center points are 1) the anticipation of having to meet him, and 2) the experience of the meeting itself.**

The anticipation of your meeting with him causes you just as much, if not more, internal strife than the meeting itself.

Let us focus here. For herein lies the Key to the entire matter.

I bet you've asked yourself many times what you've done wrong, what he's done wrong, how to get along, how to mend the relationship, what sort of things you should say, how to put it all behind you and start again. And so forth.

And such questions were your attempt to lessen the pain and the drama that you felt when you interacted with him.

Right?

But I'm willing to bet that you've never asked yourself the following question:

**Why does the anticipation of your meeting with him cause you to stir inside?**

You probably think that the answer is obvious. The obvious answer being that because you don't like him, you dread the experience that you are going to have with him. And the anticipation of this dread causes you to stir.

But I believe that there is a more fundamental reason. One that perhaps you haven't dug deep enough to find. And it is this:

The reason that the anticipation of meeting him causes you to stir is because of Fear.

Fear of what?

Fear of the possibility of your emotions running wild.

Fear of the possibility that you will lose control.

Fear of the possibility that you will do something drastic.

Fear of the possibility of sinking into despair, anger, and all manner of inner turmoil.

And all of these things reside within YOU. They have nothing at all to do with Him.

My dear friend, your internal strife does not come from your anticipation of meeting with Him.

**Your strife comes from your anticipation of meeting the part of yourself that you may not be able to control.**

You see, if you knew with Complete Certainty that no matter how disagreeable the meeting became, your Internal emotions would remain checked, and that your mind would not run wild, you would not feel any anticipation at all.

Regardless of how much you disliked him.

Knowing this, the remedy has nothing to do with Him or mending the relationship or any of that.

The remedy has everything to do with exploring the reasons why your mind gets away from you in difficult situations.

In settling that specific internal affair, you will quite automatically work with people you dislike seamlessly.

Because there will no longer be a need for anticipation to arise, you will not stir Before the meeting. And because your mind will remain firmly under your thumb, there will not be any internal strife During the meeting.

You might, then, logically ask the next step in the journey:

How Is It That You Can Bring The Mind Under Your  
Thumb?

A beautiful question it is.

But I must leave this for a future discourse.

# How To Make Tomorrow The Most Joyous Day You've Had In The Last 25 Years



Whether you are reading this at night, the morning, or in the middle of the day, take it as a 24 hour cycle from the time that you begin reading it.

This discourse will tell you the way to make the next 24 hours the most joyous in the last 25 years. If you're under 25 years of age, pick a number, but make it double digits.

And if you're too young to do even that, then you're a child. And you haven't as yet walked into the dense and dark cloud of adulthood, so go back to your ice cream cone before it melts.

Everyone has always told you that “change takes time.” That things happen slowly. That you must keep working at it and one day it will come.

I’m telling you to forget all of that. I’m telling you that if you Sincerely do what is in this discourse, the next 24 hours will be the most joyous hours you’ve had in a very long time.

Are you ready?

Here we go.

For the next 24 hours, you must convince yourself that nothing that you own is yours.

The house that you are living in belongs to someone else.

The clothes that you are wearing were borrowed from someone else.

Your spouse is someone you are meeting for the first time.

Your children are being introduced to you for the first time.

The job that you are going to is not yours. You are filling in for someone.

The car which you drive to this job is not yours.

Now let’s get deeper.

You have no name. You have no history. You have no biography.

If someone calls you by your name, feel as if this name is foreign to you. You can go ahead and respond to the person.

After all, whey create an unnecessary drama?

During the next 24 hours you have ZERO ambitions.

You have no desires.

If something needs to be done, you do it.

If someone calls you, you respond.

If someone asks you a question, you answer it.

BUT . . . as you answer their questions, stick to the facts. DO NOT infuse it with your own personality or opinion.

Because you have no personality. And you have no opinion.

During the next 24 hours, you cannot “like” anything.

During the next 24 hours, you cannot “dislike” anything.

If someone cuts you off as you’re driving to work, you’re not only forbidden from reacting to it. You’re even forbidden from Disliking it.

If you have a business meeting, sit in your chair and listen to the sounds coming out of other people’s mouths. If something within you feels the instinctual need to respond, then respond.

BUT . . . nowhere in this response can there be even a tinge or a shadow or a stain of your own personality. Remember, no likes. No dislikes.

Say what needs to be said. Then return to silence.

Do not mope. For that would mean that you’re taking a stance of some sort. You are forbidden to take any kind of emotional

stance.

Your opinions are forbidden. Your preferences are forbidden.  
Your habits are forbidden. Your mannerisms are forbidden.

For the next 24 hours you are basically a man on rent.

For the next 24 hours you are a shell of a human being.

Every word that comes out of your mouth must be measured  
and articulated as if it were a finely crafted piece of music.

In fact, you must feel your vocal cords create the word and  
feel the word rise up your throat.

You are not allowed to “react.” For reaction comes from  
emotion. And for the next 24 hours, you are emotionless.

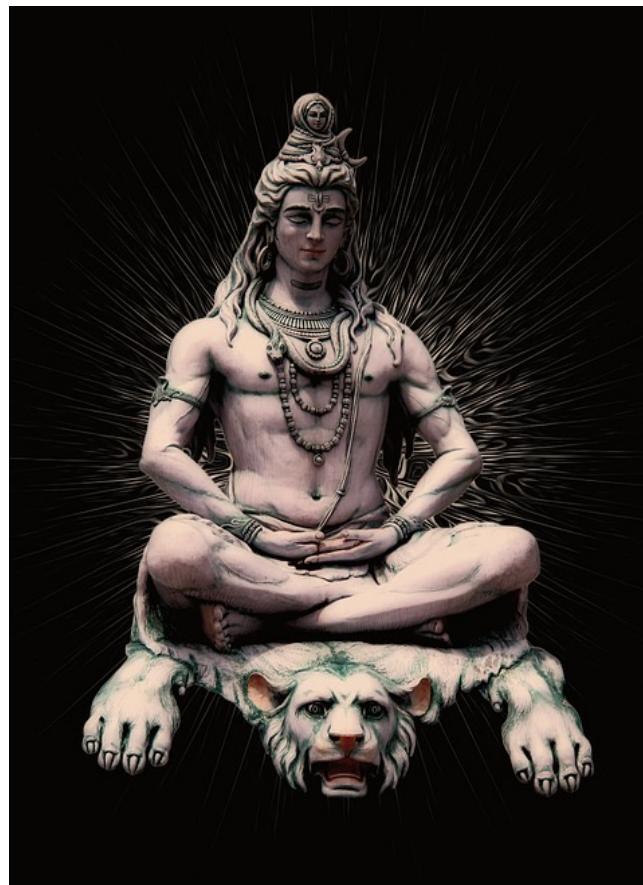
You must see every single thing in your life as if it were the  
first time you were seeing it.

When the 24 hours are complete, send me an email. No matter  
the time of day.

And tell me about your experience.

I’d be honored to hear it.

# The Superhuman’s Path To A Stress-Free Existence



Silicon valley “superhumans” as the media refers to them, and other Great Achievers and “superhumans” around the world have achieved great things.

Their accomplishments are to be lauded. Their drive is to be commended. Their contributions to society are to be admired.

It is not easy to do what such people have done. And I congratulate them on their truly prodigious achievements.

I will, however, stray from the moniker of “superhuman.” For

I do not believe that anyone is superhuman. Rather, everyone is Subhuman. Accomplishments that such people have attained do not demonstrate a rise “above” humanness, but an exploration and a demonstration of true human possibility.

As did Reinhold Messner and my personal favorite, Bernard Moitessier.

I will state with complete certainty that Stress is a significant theme in their lives. For stress is a constant thread in any form of worldly success. Where there is great accomplishment, there is great stress.

Does it need to be so? Certainly not. And do not for a single moment entertain the idea that I’m suggesting that one should not achieve.

Let man climb to the greatest heights. May he create what has never before been created. May he create monuments and move mountains.

**And as he does this, may he remain Untouched by Stress.**

How is such a thing possible, you may ask.

And if you ask it quickly, I will know that you are asking reflexively. It is not a True Question. It is a comment in the form of a question. Placing a question mark at the end of a comment does not make it a question. A rising inflection of the tone of one’s voice does not make it a question either.

For no True Question begins with the word “how.”

“How” might work for finding a particular website or creating

a strategy for search engine optimization or fixing a car engine or removing a stain off a carpet.

But “How” is rendered wholly inadequate in the matter of the human heart.

“How” is useless in the transformation of human beings.

**“How” is inoperative in the Real and Significant Matters of human existence.**

The self-help books, the psychologists, the gurus, the motivational speakers, the list-posts, the websites, the magazines, and the priests have all provided you with “tips” and “remedies” and “solutions” for stress, haven’t they? They’ve given you a thousand “HOW’s,” haven’t they?

Has it worked?

The churches have spent thousands of years telling stories of Jesus. Has anyone in the parish become Jesus? Ever? A single one?

The Indian gurus have millions of followers and they listen to their lectures on enlightenment. Do any of the people in the audience become enlightened? Ever? A single one?

People give useless advice and talk around issues because there is a huge market for such things.

And the “executive coaches” and others who give you tips on stress perhaps know that they don’t have the answer because they don’t talk about cures at all. They talk only of stress “Management.” If all someone wants to do is “Manage”

something, then they deserve to see one who only knows about managing it.

So do I know the “How?” Yes, I could certainly create a HOW for you. But if you understood the way in which the human mind processes things, you would beg me Not to give you this “How.”

For if I give you the How, I can be absolutely certain that you will never do it. And even if by some chance you did it, it would lead nowhere. Because the reason that you would be doing it is because I told you to do it.

And if you look at the successes of your own life, they became successes because you created your own How. And you created your own How because your craft was an affair of the heart. And not a lifeless prescription handed to you by another.

So, Mr. “Superhuman”, can you live your life untouched by the hand of stress?

I will not say, “Yes you can and let me show you how.” For I’m not a “motivator.” Nor do I wish to seal your fate.

Rather, I will say, “Stress has a cause. I will dispassionately outline for you the cause of stress. And I will Not burden you with the hope or the expectation of doing it.”

Everything that I am about to say states the way in which things happen in modern society. Based upon the state of human beings’ understanding of the human mind.

Let us get down to it:

When a man becomes a great success, he gradually becomes imprisoned by it. He continues to gain monetary and egoistic pleasures from his success. But he does not gain Peace from it. Rather, it torments him. It makes him anxious.

The success creates an image out of him. The image of him being So and So. And this image diffuses into his own mind.

And he feels the need to Live Up To this image. And to Behave As this image. And to Create More in order to keep this image alive.

And this image becomes his fundamental imprisonment.

The greatly successful man is believed to be “busy.” He is believed to be an “important man with many responsibilities.”

The truth is, his life is just as empty as anyone else’s. He procrastinates. He tries to find meaning. Just like anyone else.

As for his “busi-ness” and his “many duties”, most of them are chores. Most of them are nooses around his neck. Most of them are nothing more than unwanted shrapnel from his explosive success.

Understand this: The Mind Spares No One! Especially The Accomplished Man.

What is the cause of this emptiness? This stress? This anxiety?

**Stated plainly, The Cause Is This Idea Of  
“Accomplishment.”**

Hear this: Explore and achieve until your heart is content. But consider None Of It an “achievement.”

But Why?

**Because, dear friend, a man can handle the 180-pound frame of his body. But he cannot handle the 3 oz label attached to it.**

His skeletal frame supports him. The 3 oz label crushes him.

Similarly, man can handle a thousand grand successes. But the Idea of him becoming a “success” crushes him.

He can have a thousand accomplishments. But looking back at them as “accomplishments” is simply an unbearable burden.

Doing Things Sincerely is infinitely possible. Looking back at them in admiration and labeling them as “successes and failures” is the road to ruin.

My friend, if you achieve the world and do not bother placing your name upon the achievement, you will be both Successful and Free.

If you achieve the world and lightly placed your name upon it and allow yourself a single moment’s guilty pleasure of self-admiration, you will be both Successful and Relatively Free.

If you achieve the world and stamp your name across the achievement and imbibe it as Yours, you will be Successful and Imprisoned Forever.

And Stress, anxiety, the loss of freedom are manifestations of

this imprisonment.

Understand that I am Not speaking of “humility.” All so-called humility in modern society is false. It is simply being “humble” in order to deathly avoid the label of “arrogant.”

I don’t believe in humility as a Principle.

In fact, I don’t believe in it at all.

Why?

Because there is no alternative.

It is entirely Utilitarian.

If you look upon your achievements as Yours and you firmly stamp them with your Name, you will live a life of Imprisonment. Therefore, arrogance is not an option. Not because it’s “wrong” to be arrogant. But simply because you don’t want to be miserable.

And if arrogance is not an option, the idea of “humility” never takes birth. For the very genesis of the idea of “humility” is, in fact, the original idea of arrogance. If the latter is not an option, the former becomes the default.

And if something is the default, what is the need to Name It?

I have no intentions of trying to Make You do any of the above.

I will simply say that Freedom follows a man who subscribes to No Images.

Peace follows the man who has No allegiance to Form.

**And the Power of Zeuss follows the man who invests the whole of his heart and his life energies into otherworldly pursuits without even the thought of calling them an “achievement.”**

And, ironically, this becomes the Grandest “Achievement” in his life.

# Why Man Lives In A Constant State Of Anxiety



A subset of the population seeks help for “anxiety disorders.” This implies something quite profound. What it implies is that those who do Not seek such help feel that they are NOT under the spell of anxiety.

Man believes that he experiences “anxious episodes.” When the truth is that his entire life is one unending anxious episode.

**It is not that he lives in Freedom and occasionally experiences anxiety. It is actually that he is Anxious and momentarily experiences an episode of Freedom.**

But he doesn’t see this.

## Why?

Because the things that are closest to us are the things that are most difficult to see.

The things that we get accustomed to are the things we call “normal.”

And why should someone seek help for that which is normal?

When a man has known nothing else, his state of existence is his norm. For there are no alternatives to compare it to.

And it is sometimes a single glimpse of understanding that affords him the insight that forever transforms his life.

Perhaps, for one person and one person alone, this discourse may serve as this glimpse.

Your entire life, almost every inch of it, from morning through sleep is a living, breathing, anxiety.

Your behaviors, your actions, the things you say, the compulsions you have, the vices you are bound to, the thoughts that you experience, the desires, the hard work, the striving, even your so-called intelligence are all manifestations of Anxiety.

Your entire life, from its smallest to its largest parts, is one tightly wound ball of Anxiety.

And it is so close to you that you have come to imbibe it as yourself. As a part of your personality. As a part of your fundamental nature. As the YOU you have always known.

The rush to get to work on time is your Anxiety.

The rush to get the kids ready for school is your Anxiety.

The obsession of getting the kids to bed at night so that they may get to school on time the following morning is your Anxiety.

The compulsion to do a good job at work is your Anxiety.

The need to progress and succeed and accomplish is your Anxiety.

The thinking about yesterday's lunch as you eat today's dinner is your Anxiety.

The searching for your keys, the dirty dishes in the sink, the tires that need to be replaced, the amount that you need to tip the waiter, the parking spot you hope for, the waiting for the light to turn green, the choosing of the funds for the 401K, the speed of your modem, the inbox that allows a spam message, the light stain on the shirt, the tardiness of the landscaper, the dip in the stock market, the thought of being promoted, the frame that never seems to hang straight on the wall, the anticipation of a thunderstorm, the neighbor's dog which keeps intruding into your backyard, the water drops on the mirror, the length of your hair . . . are all your Anxieties.

The question is not “What makes you anxious?”

The question is “What doesn't?”

The question is not “When are you anxious.”

The question is “When are you not?”

It is so insidious, so normal-appearing, that you don’t even notice it. And the fact that everyone around you also experiences the same thing reinforces its normality.

The majority of people who read this discourse will say, “But the things that you mentioned are a normal part of life.”

I simply could not Disagree More.

Allow me to explain.

Must you change the car tires? Yes.

Must you brush your teeth? Yes.

Must you get the kids to bed and to school? Yes.

Must you search for your car keys? Yes.

Must you address low internet speeds? Yes.

The point is NOT that one IGNORE the chores and the activities and ambitions for success. That is not the point at all. Of course one needs to address all of the domestic elements of one’s life.

But let me ask you a question. And I request an honest answer from you.

When you are doing these things, do you feel calm? Relaxed? Joyful? Blissful? Equanimous?

You see, the Experience of your life, the flavor that you taste, the coolness or warmth on your skin is NOT the result of

What You Do.

**The Experience of your life is a function of How You Feel  
When You Do It.**

And understand this clearly: Anxiety will absolutely make a man die sooner.

The most arduous life, lived in poverty may not affect the man who holds it at arm's length.

The most luxurious life filled with accomplishments and riches may completely bind a man who holds it close.

And the latter is absolutely the case. As I can attest to this from my work with clients.

Man never knows Peace. He never knows Freedom. He is always running. And searching. And hoping. And Striving.

You will naturally read this statement and believe that I'm telling you to be peaceful and free.

I assure you I am not.

Nor am I admonishing you for being anxious.

I am simply here to lay out the facts, and provide you with the reason why.

What a man does is his business. I am not a preacher or a well-wisher or a motivator or a psychologist. I wish to offer you NO PRESCRIPTIONS. Or bring you to my way of thinking. I have no potions. No light blue pills. Or even a word of encouragement.

For experience has taught me that “advice” is utterly useless.  
For man does not do what he SHOULD. He does what he  
FEELS.

I will state quite frankly that greater than 99% of the people  
on this Earth will die having never escaped their anxieties.

This has always been so.

They will die never having known Peace.

They will die never having known Freedom.

They will die Never Having Lived.

And I will also state with almost complete certainty that you  
will be among them. For the odds are simply not in your  
favor. Or mine.

You may go to your psychologists and request Xanax, or  
ingest your favorite substances, or read self-help books, or  
join a commune. And these things will not make a dime-sized  
dent in your ability to Experience the nectar of your life.

The only thing that has a chance is the only thing that has ever  
offered a chance.

And that is the Unadulterated, Dispassionate, Unadorned,  
Unflinching **TRUTH**.

What is this Truth?

What is the Reason that your entire existence is an exercise in  
Anxiety?

Your level of understanding of one particular thing makes it

**IMMINENT and INEVITABLE that your life is Anxiety Personified.**

What is that thing?

Your Understanding Of Who You Fundamentally Are.

Here is the truth, put plainly:

**The Man Who Is Convinced That His Body And His Mind ARE HIM Is Doomed To A Life Of Anxiety.**

It cannot be otherwise.

I'm not asking you to adopt this "theory."

This is THE TRUTH.

For the body is a man's clothing which he sheds at death. And the mind is an anxious, desiring machine. And if you LIVE AS a desiring, anxious machine, what else can you be but anxious?

You have been told that The Mind is the most powerful force in the world.

This is correct. And because you live AS THE MIND, this force controls your entire life.

But if you understand who you fundamentally are, the body and the mind become your SERVANTS and not your MASTER.

If you are not the body or the mind, then who are you?

You are that presence who recognizes that you are Anxious.

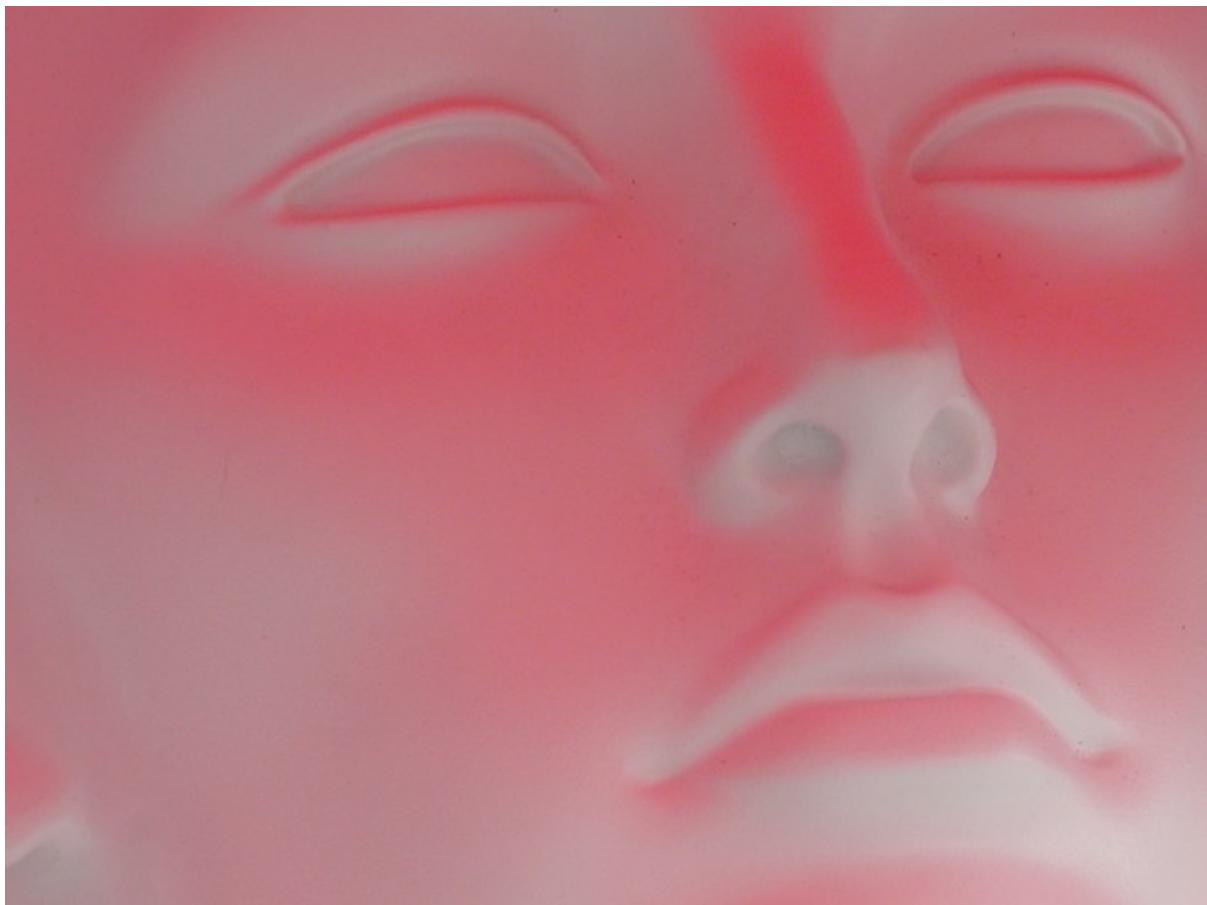
You are the presence who recognizes that he has a body and a mind.

**You are that presence who recognizes that there is a YOU.**

To live a life completely free of Anxiety . . .

Now this is a life worth living.

# The Source Of Ultimate Human Intelligence



In any field, there are the common and there are the few.

There are those who practice a vocation. And there are those who make it an art form.

There are those who see five feet in front of them. And there are those who see light years into the future.

Why!

We are told, “Because they are more intelligent.”

Whenever I hear that phrase, I don’t respond. And the reason I don’t respond is because the ensuing discussion goes nowhere.

The reason I don’t respond is because the person who makes that statement feels that it is actually a viable answer. While I feel that it is actually the beginning of a question.

Have you noticed that in this world everyone hides behind something? The lecturer hides behind the controlled environment of his power point slides. The teacher hides behind the “corroboratory” information in the textbooks he cites. The novelist hides behind his ability to control the chronology of “seemingly random” events. And the non-fiction author hides behind his terminologies and graphs and “scientific” jargon.

Almost all such avenues of information are essentially drive-by’s. They make a claim and then justify it by carefully chosen scientific evidence which supports their own claim.

Unless something is in the wild, off the cuff, or on the spot,

it's not an intelligent communication of ideas. It's a skit.

The world equates intelligence with information. If someone knows a lot about something, he is known as “intelligent.”

Or if someone is well-read, he is “intelligent.”

Or if someone has a 4.0, he is “intelligent.”

Know-how, knowledge, and performance indeed demonstrates proficiency. But is it really Intelligence?

And if it is intelligence, is it the Ultimate Intelligence that a human being is capable of experiencing?

These are the things that I've been exploring for years. Now do you see why I remain silent when someone says that so and so is intelligent?

Intertwined with the idea of intelligence is the Ego of being Intelligent. And this puts a ceiling on one's intelligence. But we'll save that for another time.

Let's explore the source of ultimate human intelligence.

There have been moments in your life in which you came up with a truly rare idea. Or a brilliant solution.

Where did this come from?

You might say, “Well, it came from me. I’m intelligent. So I thought of it.”

To which I would reply, “Very well. If you are so intelligent, then why is this not an everyday occurrence? If it’s under your conscious control, why would you not use this intelligence every day? Why wouldn’t you create 100 brilliant world-changing ideas every afternoon?”

Why wouldn’t you?

You see, we return once again to a running thread that pervades human logic. And that is this, “If it comes from me, I’m the one who created it.”

Anyone who subscribes to this (which is basically almost everyone) will function from a place of very limited intelligence. They may have greater intelligence relative to their friends and peers. But it will pale in comparison to what is truly possible for them.

Allow me to ask you this: What is a lamp without electricity?

What is a sailboat without wind?

What is a plant without sunlight?

Let me be frank: Human beings, by themselves, are very limited creatures. And perhaps something within them recognizes this limitation, thus spawning the need to create an Ego of being intelligent in order to make up for the feeling of emptiness.

Getting back to my original question, why is it that some in a given field are visionaries and artists, while others are average?

I will tell you. And it has nothing to do with what the science magazines tell you. It has nothing to do with their brains. You can look at Einstein's brain in a formalin-filled jar and hallucinate all the subtle differences that will conveniently support the presupposed claim of his great intelligence. But in the end, these will be hallucinations. And their only significance will be to further sensationalize age-old stories.

The reason that some are visionaries and artists is not because they are more “intelligent.” It is because they are more Available.

What do I mean?

What I mean is this: Brilliant ideas, genius inventions, and world-changing insights are around us all the time. Even at this very moment. They hover in the ether.

But the vast majority of humans do not see, hear, or feel them.

Why?

Because their degree of craving is minuscule, while the visionary artist hasn’t thought of anything else in twenty years! The whole of his energies and every chamber of his heart has literally been donated to the search.

And this is the price he pays for the brilliant insights which literally float into his mind. But he doesn’t pay the price Consciously or Strategically. He simply doesn’t have a choice. It is his natural default. It is his DNA.

This extreme degree of being Available to the ether is the

key to the vault.

Understand this: That which comes From you will be limited. That which flows Through you will be divine.

In this way, Ultimate Intelligence is not a creation, but an availability.

It is not a form of action. But a form of surrender.

It is not found at an office desk between the hours of 9 and 5. It is found in the brutal heat of the Sahara under a quarter moon at 2:37 AM.

If you understand this, you will stop searching for intelligence amidst the latticework of your thoughts.

Instead of filling yourself with effort, you will make yourself empty so that the Truth may enter.

Instead of creating clever answers, you will begin forming exquisite questions.

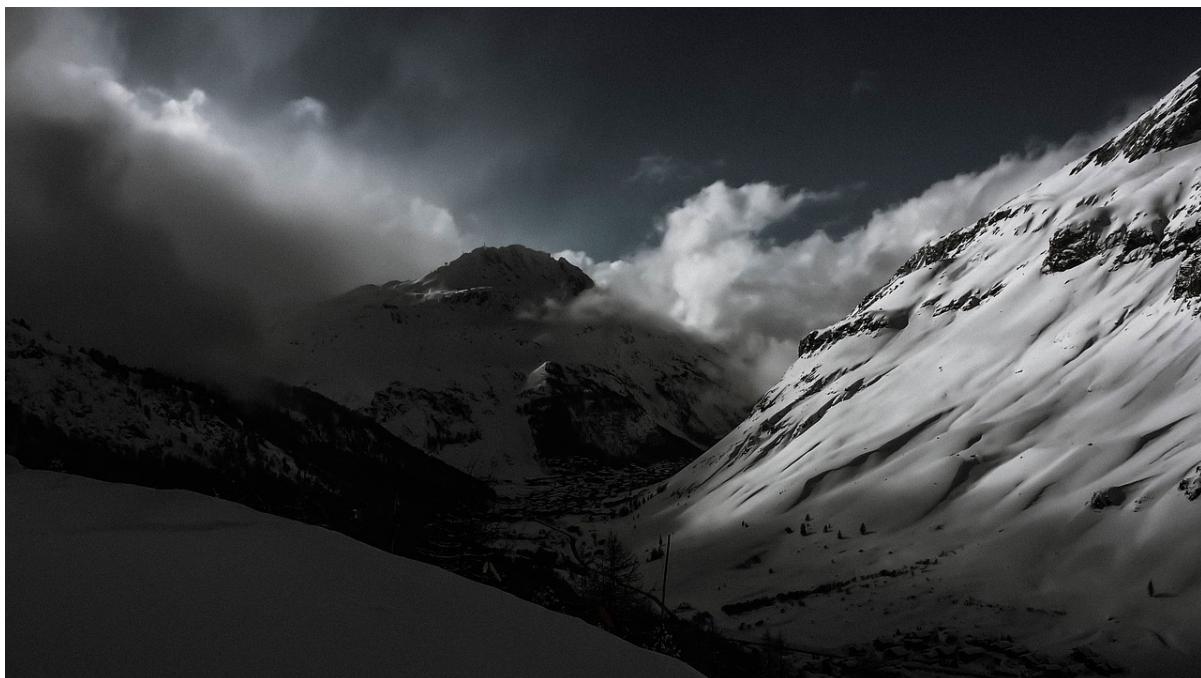
Instead of bolstering your persona with the idea of being “intelligent,” you will become less of yourself in exchange for becoming more of the Ultimate.

Ultimate intelligence is not that which you consciously create. It is that which you wholeheartedly tap into.

It is only the man who is willing to let go of his idea of being intelligent that becomes privy to nature's greatest secrets.

And this, my friend, is nature's cruel and genius design.

# For Jeremy . . .



Recently, I received an email from a beautiful seeker. He has been with me since the beginning.

I will share it with you:

Kapil,

As I read your latest discourse, I find myself sitting silently with tears flowing down my cheeks. For the last several years you have inspired me more than any person I have ever met.

Your words bring me more and more realization every day. You were meant to do this, and not just for the top level

Professional Athletes and CEO's, but for millions around the world. I know you will not agree with me. But I know it to be true.

I would love it if you would write a discourse about who it is that inspires you. The way that you have inspired me.

I must confess that when I receive letters like this, I do not know how to respond. I often do not respond to them. For I fear that any response I would give might do injustice to the sanctity of the letter.

I will, however, respond to the question that this letter has posed.

We are attracted to those individuals in this world whose DNA matches our own. Whose sensibilities so beautifully replicate the ones that flow through us.

We feel a kinship with them. We feel that they are the one person in this world who is Just Like Me. When we see them, when we hear them, instantly we know. We quietly say to ourselves, "I finally found him. He is the one. He is the person who was created just like me."

When we hear them speak, or read their writings, it unlocks

something primal and sacred within us. Something only they could unlock.

We could sit with them in a quiet secluded place, and talk forever.

There are three such human beings that I have come across in my life.

One is The Buddha (not his teachings. But the man himself.)

One is Jeremy Jones.

One is Bernard Moitessier

This letter is for Jeremy.

I first learned about Jeremy from a 60 minutes episode with Sharyn Alfonsi (a beautifully rebellious spin on the spelling of her first name. She was destined for this interview).

Immediately after watching the episode I dropped Sharyn a note. I do not remember what I said. But I was completely taken by the episode.

I went online and began to learn about Jeremy. His childhood. Yes! I listened to what he said in videos. Yes! After each thing he said, I said to myself, Yes!

He said that he grew disenchanted with medals and Olympic games, as they were not his true quest. Yes!

He said snowboarding was a spiritual journey. Yes!

He asked a helicopter to drop him off on top of a mountain. When the pilot said that this wasn't possible, Jeremy said to himself, "That's just not a true statement." Yes!

He wanted to access the world's most remote places. But he could not access them through conventional means. So he became a mountaineer in order to access them. Yes!

The snowboard could not cut through the heavy snow. So he cut it in half and called a "split board." Yes!

Some of his quotes:

"I'm getting better at figuring out how to go to more obscure places."

"It's very easy for someone to sit back and say he's crazy,

he's selfish to go out and do what he does with family at home. And I struggle with that. But my kids need to see people living life. And drinking life up as much as possible.”

A person on his team (such individuals tend to surround themselves with equally elite individuals) says, “There is another frontier. That frontier is the human power to experience the mountains. That intimacy and depth of knowledge with the snow, the terrain, your own abilities, your equipment . . . You’re going into a whole new realm.”

I am not here to tell you that you should follow your passion, or do what you love. Because a person who doesn’t already feel this way isn’t going to change his DNA.

I will say that all things in this life come down to Obsession, Possession, and Inspiration.

It’s a particular DNA. I don’t know where it comes from. And I wouldn’t know how to instill it in somebody.

The greatest compliment in this world is to be called Insane. I will also, however, say that living as an Insane, Obsessed, Possessed human being is not an easy life.

The artist can never be sane.

It is a life of extremes. Moderation is incompatible with becoming world class. I respect the Buddha more than the Buddhists. And the teaching of the “middle way” is complete bullshit.

“Moderation” may produce a sense of temporary happiness. But there is no way in hell it will produce Enlightenment.

“Moderation” may make one reasonably proficient. But there is no way in hell it will make him a World Number 1.

“Moderation,” and “work life balance,” are yet another example of impotent prescriptions sold to the unmotivated masses.

Mania. Obsession. Rebellion. Reckless Abandon.  
Possession.

Such things are not only utilitarian, they are the nectar of life.

Why?

Because they provide what man has sought for his entire life without knowing that he was seeking it.

They allow one to Lose Himself.

To Disappear in their quest.

I have whispered this into the ear of clients and audience.  
And one day it will catch fire. One day, when the world sees it  
as The Truth, it will echo throughout the hills.

The Truth of NO-MIND.

The Zone is a state of No-Mind.

This is what Jeremy experiences on the unimaginably steep  
spines that he takes on.

It is the raw stuff of life.

It is uncivilized. It is un-societal. It is taking on Nature in  
Nature's backyard. With your bare hands and your bare heart.

Life and death are inextricably linked. And the less space  
there is between them, the more Alive the human feels.

Jeremy, as you read this message, know that your heart has  
been seen. Your message has been heard.

Brother, you are an inspiration to a generation.

When we meet, we will have a conversation that lasts into  
the night.

Namaste.

# A Ribbon In The Kananaskis Wilderness



Just beyond Barrier Lake there is a turnoff which leads to a few abandon huts and a magnificent view of two mountains that stretch perfectly vertical in front of your eyes.

The trees sit perfectly still.

The snow reflects the rising sun from the East.

And the mountains seem to speak to one another from across the narrow stretch of highway.

If you sit with your back toward the road, you will find on your left a small yellow ribbon that sits tied to the branch of

an evergreen tree.

The ribbon betrays a slight breeze that rises from the valley floor. And this breeze gives this ribbon life.

The ribbon hangs limp. Then flutters like a wave. Than hangs limp again. And flutters again.

This inconspicuous ribbon that sits hidden in the wilds of the Kananaskis wilderness seems to be sending a message.

I do not know who put it there. And I do not wish to know, for this knowledge might only serve to destroy the dream.

Its behavior is so haphazard. So completely carefree. Lawless. Illogical. Natural. And Completely FREE.

If the wind does not come, it sits.

If the wind caresses it, it flows.

**It desires neither.**

**Yet surrenders to both.**

When it hangs limp, it has no anticipation of when the breeze might return. For it is content to lay still forever.

And when it flows, it thinks not of when the breeze might give it rest. For it finds rest within the flow.

This ribbon tells a story to the person who is willing to listen.

**And the story that it tells is the story of our lives.**

If a common man is asked to look at this ribbon, he will consider it insignificant. And the reason that he will consider

it insignificant is because he feels that his life is MORE significant than the ribbon.

And if I were to tell him that his life has no greater significance than this fluttering ribbon he might feel insulted.

And yet this is exactly what I am here to say to you.

Your life . . .

And my life . . .

Has absolutely no more significance than this fluttering ribbon.

In fact our entire life fits neatly within its width and its flow.

All of our dreams. Our aspirations. Our expectations. And desires. Amount to nothing more than a ribbon fluttering in the winds of a mountain wilderness.

We look at our life as if it were a mountain.

But it is only a ribbon.

We aspire to climb a mountain.

But we live more fully if we become it.

And while we make plans to “move” mountains, we only move ourselves, as they watch us in silence.

All that you have achieved will one day whither.

All that you have created will one day crumble.

The persona that you have built will one day fade.

For it has all along been a ribbon floating aimlessly in the wind.

**Unless your experiences give you Everything today, they will give you Nothing tomorrow.**

Building legacies is for fools.

For every house that you build will be a house of fog and sand.

The only tangible moment in your life is the one which finds you reading this page.

And once it is gone, it is gone forever.

It is a grand irony of life that that which appears permanent is fleeting. And that which appears fleeting is the closest thing to permanence.

The ribbon knows this.

Perhaps this is why it dances.

# Nervousness Amongst World Class Performers: The Truth That's Never Been Told



Whether it is a professional athlete, an executive giving a speech, an interviewer who hosts a podcast, or a singer who sings on stage, every one of them encounters Nervousness.

Why? What is this concept of “nervousness?” From where does nervousness arise? And why does it come about?

The “scientists” create elegant charts highlighting a somewhat linear line between a certain degree of anxiety and performance.

Performers themselves say, “If you’re not nervous, then that means you don’t really care.”

“Sports psychologists” say that nervousness is completely “normal.” And that if you Weren’t nervous “there would be something wrong with you.”

These people are all fair-weather fans. They suffer from Stockholm Syndrome. If every performer vomited throughout the entire performance, they would say that “research has shown” that it is okay to continually vomit, so long as there are 4.2 minute-long gaps between each vomit. They would say that it is “normal” to vomit. They would say that if you didn’t vomit, “something would be wrong with you.”

Understand this: **The overwhelming majority of human beings are not interested in The Truth. They are interested in justifying the status quo.**

Wherever there is a demand, a supply is created. Therefore, the proliferation of such Status-Quo-Justifiers, these “coaches” and “scientists” and “psychologists”, is the direct result of the receptivity of individuals to such frivolous advice.

Not only do the professional athletes, executives, and performers Accept such pseudo-explanations, they begin to Parrot them. Thus, the birth of a version of Stockholm Syndrome.

And Stockholm Syndrome it is. For a man who believes such things remains forever Captive to them.

Rare is the Man who seeks Freedom. For he is content with a “scientific” explanation as to why Freedom is not possible. So long as there are charts and graphs and data points and useless power point lectures.

(By the way, why do people use power point for anything other than Photos? If you are going to read off the damn slide, why do I need you there? I know how to read just as well as you. Power point is a convenience for the speaker. And an insult to the audience. Next time you are in a “conference”, look at the number of people in the power point lecture and count how many of them are looking at their iphones. Now that’s something worth doing a “lecture” on.)

I’ve had these very issues presented to me from, for instance, a Hollywood actor who experienced extreme nervousness during auditions.

I don’t want you to look at this matter as me versus them. I don’t want you to look at this as my opinion versus theirs.

I want you to look at it from the standpoint of the Individual, whether he is a pro athlete or an executive or a performing artist.

What typically happens is that the individual says to his adviser that he is nervous. And the adviser gives him some brightly colored pill, or breathing technique, or “advice” as to why it’s okay to be nervous. And the individual says, “Okay. Thank you.”

But what if the individual was a rare sort of individual? And

what if the conversation went like this?

“Dear adviser, I’m nervous.”

“No problem. Here’s a technique for dealing with the nervousness.”

“You don’t understand, adviser.”

“What don’t I understand?”

“I don’t want a technique. I don’t want to deal with it. I just don’t want to be nervous.”

“But it’s completely normal to be nervous. Even the best of the best are nervous.”

“I don’t care about the best of the best. And if they get nervous, then they don’t inspire me at all. Tell me where nervousness comes from. Tell me Why I’m nervous. Where does this nervousness Fundamentally come from, dear adviser. Tell me, damn it! This is why I hired you! Tell me Now!!!!”

“You’re nervous because you’re human. It’s normal.”

“That’s the best you’ve got? Do your clients buy this crap? How are you still in business? I’m nervous because I’m human? I’m human 24 hours a day. So according to your logic, I should be nervous 24 hours a day. But I’m not.”

“Just do this and I promise you you’ll deal with it better.”

“I already told you. I don’t want to deal with it. I want to know where it comes from.”

“It’s natural to be fearful. It’s fight or flight.”

“Fight or flight? Now you’re using buzzwords on me? Listen, adviser, I’ve read all about fight or flight. I’ve read all about the sympathetic and parasympathetic pathways of the peripheral nervous system. The synapse. The saltatory conduction. The release of noradrenaline. You want me to give you a power point lecture on it?”

“No I don’t.”

“Then stop giving me slogans and bumper stickers and pop psychology. Give me what I’m looking for! Why the hell am I nervous?”

“I don’t know! I can just try to help you deal with it. No one has ever asked me where it comes from. So why should I spend my time learning about that? There’s demand for the treatment. There’s no demand for the Why!”

“Dear adviser, those are the most truthful words you’ve ever said to me. Thank you. And Goodbye.”

Now That is the sort of individual I take on as a client. A Lion of a man. An Uncompromising seeker of Truth. But how many of these people do you think there are in the world?

Have I been nervous before? Yes. And I took it as a personal human failure. Regardless of the outcome.

Don’t try to ease my pain! Don’t give me words of comfort. It absolutely IS a personal failure.

After the times I felt nervous, I said to myself, “The fact that

you are nervous means that there is something obviously wrong. Let's figure out where this nervousness comes from.”

And I began to dive deep into the concept. Strand by strand.  
Nerve fiber by nerve fiber.

Why would I do that?

Because it simply wasn't okay with me to be nervous!  
Anxiety is Not Okay!

NO WAY!

Do I still get nervous? Yes, but far less. And largely with respect to my childrens' performances in their sport. But this is absolutely poisonous to me. And I've been on a full force, unrelenting, 24-hour a day personal quest to Completely rid myself of this nervousness, no matter how “normal” it may sound to be nervous for your children because you want them to do well. I will perhaps write a discourse about this personal journey some day.

As for nervousness, this is what I discovered. I will deliver it to you succinctly. In a No-Nonsense fashion. What I am about to give to you is the True Starting Point.

**Nervousness arises because You have something to gain from the transaction. If you have nothing to gain, you will not feel nervous.**

Therefore, the Question is not “how do I stop being nervous?” or “how do I deal with the nervousness?”

**The Great Question is this: “How can I be so sincere, so**

**authentic, that I have everything to give, and nothing to gain?”**

My friend, wherever there is Hope or Gain, there is Mind.

And wherever there is Offering, there is No-Mind.

# What Is The Point Of A Mailing List?



As the days of my life pass before me, I find myself becoming disenchanted with myself. The dramas, the meanings, the goals, the “personality” . . . it all seems to be fading away.

I find myself speaking less and less. It has now occurred on several occasions that I sit before my laptop screen and feel an intense emptiness to it all and I shut the screen, toss it onto my desk, pull the blanket up to my neck, close my eyes and feel the IMMEDIACY of my existence.

And in doing so, completely abandon all within me that has never really existed at all.

When I first started my two websites, I did a lot of reading from the “experts” about what to do to build an audience. The one thing that I kept hearing again and again is that “You

must have an email list!”

Being completely uninformed in such matters, I put up boxes on the website (after spending hours learning how to do so), and slowly, people began to “subscribe.”

Then after they would subscribe, I would send them a few lines of welcome. Some responded. Some didn’t.

The ones who did not respond to my “updates” and such, I removed from the list. As many of you who have been with me over the years can attest to, I’ve sent out several emails in the past encouraging people to Unsubscribe.

### Why?

Because I don’t wish to speak to the masses. Quite frankly, I don’t respect the masses. I never have. I don’t care what you think of me for feeling this way. That’s your business entirely.

I’ve never been a “group” sort of individual. I’ve never gone to any dinner or event with a “group” of five, ten, or twenty unless something in the situation forced me to do so.

I’ve always been a ONE-ON-ONE person. ALWAYS. To be even more honest, I’ve always been a ONE-on-ZERO person. I’ve spent most of my life communicating with myself. The societal and social issues have never interested me.

And wherever the masses went, I’ve always ran like hell in the opposite direction.

When I send out a SIDDHA INSIGHT, or “update” the membership about my latest discourse, I’ve begun to question

the point of doing so.

The experts say, “You need a mailing list so that you can sell your audience things.”

Listen, my friend, it’s true that I’ve written a book and I have informed the audience that I’ve written a book and I’ve told them where they can get the book. But quite frankly, I’m really NOT trying to “sell you” anything.

To be completely honest with you, Amazon has sent me several messages over the last several weeks essentially saying the following: “We are trying to deposit the royalties from your book sales into your bank account, but the bank account information that you provided us with is incomplete. Please submit the following information so that we may get your royalties to you.”

It’s been over a month, and I haven’t responded to any of their messages. I might at some point. Who knows. But that’s how much I care about “selling stuff.”

So when I send out a SIDDHA INSIGHT or an “update” about my latest discourse, I’ve begun to ask myself, WHAT IS THE POINT OF DOING SO? What am I really saying?

Am I trying to “teach you” something?

Am I “hoping” that you will read it and send me an email telling me how much you like it?

Am I trying to “help” you? (whatever that means).

What’s the point?

The truth is, IF my Siddha Insights or my discourses enrich your life in any way, then you will come because you Want to come. And you will read because you Want to read. And you will implement if you Want to implement.

I have no interest in Competing with ANYONE. Any dogma. Any philosophy. Any prescription. Any teaching. Any methodology. I've never in my life followed ANYONE. And I don't ask you to follow me. And I don't believe in the concept of competition, either.

I'll tell you that there was a time when I had NO SIGNUP BOXES on my site. I just had my email address and I made it mandatory that if someone wanted to speak to me that they actually go to the "trouble" of telling me the TRUTH about why and who and so forth.

I think I will go back to that again. Once I figure out "how" to get those boxes down 😊

Listen, my friend. I'm not here to sell you anything.

I am an ageing man sitting on the side of a remote Himalayan Pass, increasingly shedding the bondage of my manufactured self and immersing myself whole into the sanctity of Life and No-Mind.

I have an interest in speaking ONLY to true seekers. And frankly, those are the ones who end up becoming my clients. And with them, I explore the whole of their being, with the whole of my own.

I send them text messages at PRECISELY the moment that an

insight strikes me. Not at “scheduled” intervals. There are no rehearsals. No silly prescriptions. Simply a stark and unflinching Exploration whose goal is to reach **ABSOLUTELY AND TOTALLY AND COMPLETELY AND UNCOMPROMISINGLY THE PEAK OF EVEREST!!!!**

To live a life ABSOLUTELY free of Conflict!!!

To live a life filled with COMPLETE FREEDOM!!!

I really don’t wish to talk to anyone else.

So this is what I’m going to do. (and I hate beginning a sentence with the word “so”).

Send me an email. I don’t know what you should say or shouldn’t say. It’s up to you. It’s all about Sincerity and Spontaneity.

If something within me is MOVED by your letter, I’ll respond in some fashion that I cannot foretell.

If I don’t hear from you, I wish you all the best. (though I still can’t figure out what that means).

# What Only The Seeker Has The Courage To See



The mind plays an ingenious trick on us.

It is the trick of Permanence.

It makes us believe that who we are now we will always be.

It makes us believe that what we have now we will always

have.

It tells us that death comes to OTHERS, but it will not come to ME.

It tells us that our accomplishments will always be ours.

It tells us that our lives will always be JUST SO. And that if we HOPE, they will be even better.

Let me give you a dose of truth. I know you don't want it, for it is not as sweet as what the mind tells you.

Then why am I telling it to you?

Because you may not be able to handle what is coming in one massive dose. But it might be manageable in slow sips.

I do not wish to dishearten you, my dear friend. But you must open your eyes to what lies in store.

You must open your eyes to what these series of events you call "life" truly has in store for you.

Are you ready?

Whatever you have accomplished will one day be lost  
Without A Trace.

Your children will grow older and leave the house. They will not need you anymore. And they will never again look at you the way they once did.

Your good looks will turn to stone. And your hair will turn gray.

Your stretch of “good luck” will come to an end. And you will be waiting your turn for death to come calling.

And when it does, you will look back toward your life and realize that NONE OF IT MEANT WHAT YOU ONCE THOUGHT IT MEANT.

You will realize that most of your life was FOR NAUGHT.

And you will drop to your knees and WEEP.

You will realize that if you had known what was coming, you would have lived much differently.

You might have kept the same profession and worked toward it, but with a different taste in your mouth. Without

pressure or strife. Because somewhere within you, you realized that it was superfluous.

You might have looked at your children differently. Instead of spending your life “teaching” them your knowledge, perhaps you should have LEARNED from their JOY.

You might have sat with them for no particular reason at all.

Just because YOU KNEW that this day was coming.

But, oh dear friend, many “know” in their head that such a day is coming. But WHO AMONG US feels it in their heart?

This is my ode to you.

FEEL IT TODAY!

There is still time.

Drink it in small sips in order to avoid the unbearably large dose.

For I promise you this:

If you can FEEL ALL OF THIS TODAY, your tomorrows  
will take on an entirely new complexion.

If you can FEEL IT TODAY, your life will change  
TODAY!

If you awaken to Tomorrow, you will see what needs to be  
seen TODAY.

And if you need help seeing it, email me.

And I will show you what only the TRUE SEEKER has the  
courage to see.

# The Glorious Secret To Unbridled Peace



It is often the case that human beings fail to see things not because they are too far, but because they are hidden right under their nose.

In working with celebrity clients, I have found that it is almost always the case that they spend their careers chasing something. But upon acquiring it they are filled with the need to begin a new chase.

Upon completing their ascent to the top of the mountain, they believe they will see a vista of Truth. But, in fact, what they often discover is an endless landscape of mountain ranges.

This is the predicament of all humanity.

**HUMAN BEINGS HAVE BECOME ACCUSTOMED TO CHASING MIRAGES. AND THIS IS WHY THEIR THIRST IS NEVER QUENCHED.**

There is the innocent love of craft. And the ceaseless exploration of this craft through sincere means leads to mastery. And where there is mastery, there is always success.

WITHOUT the need for “striving.”

But it seems that human beings have chased for so long that they have become accustomed to the CHASE.

There is a chase in the morning. A chase in the evening. A chase at work. A chase with the children. A chase for achievement.

It is only when he or she discovers that the chase is  
Fruitless . . .

It is only when he or she discovers that there is nothing to  
Find . . .

It is only when he or she discovers that, in fact, the chase is not a running Toward something, but a running Away from something . . .

That clarity begins to dawn.

Enlightenment is not an Achievement. For it does not come to the ambitious.

Peace is not an Eventuality. For it is only available NOW.

What is it that humanity is running from?

When distilled into the most basic truth, it is a fact that man's greatest fear is not what may come. Or what may not.

It is not death. And it is not failure.

**Man's greatest fear is his fear of HIMSELF.**

Man will complain to the heaven's about the details of his miseries. But if you attempt to remove them from him, he will fight to the death in order to preserve them.

Why?

**Because he is afraid who he might be without them.**

If you lead him by the hand to a world of peace, he will hesitate. For what will he do without a world of turmoil?

It is his greatest ploy to beg for peace on the one hand, and deny it fully with the other.

Peace is a dangerous world for him.

And bliss can only be handled in small doses.

It is for this reason that I always explain to my clients that I will not attempt to bring them to a world of PURE PEACE all at once. They will be able to retreat from it at their will.

But for those rare ones who have seen through the mirage . . .

For those who have finally come to the realization that this world really has nothing to offer them . . .

We walk toward Peace in big bold steps. For they are finally

ready for it.

They are ready to live in a world without the anticipation of expectation, or the false whispers of empty hope.

And when they arrive there, they laugh. They laugh, not necessarily because of the joy they feel, but because of the complete absurdity that was the foundation of their previous existence.

It was all so simple, they say.

And it was so close. They were never far from it. But they had never before been ready for it.

Understand this dear celebrity: **YOUR MIND WILL NEVER SPARE YOU.**

For it has not spared any man, woman, or child.

It will chatter incessantly. It will rob you of your equanimity. It will entice you into petty squabbles. It will burden you with guilt. It will show you grand imaginings. And fill you with the fear of not achieving them.

It will give you a false identity. And show you a face in the mirror that you one day will not recognize.

It is a master of creation. So much so, in fact, that it has created **YOU**.

And in identifying yourself with the persona that it has given you, you will live a life of **PAIN**.

What is the way out?

Are you ready for Instant Peace?

Dear celebrity, do not be quick to answer this question. For if your response rolls off your tongue with ease, it is likely a reflexive response. And if you respond reflexively now, you will shy away at the critical moment.

You wear many faces, my dear. Some you show to the world. Some you keep hidden in the closet. And some you cannot bear to reveal even to yourself.

Behind all of these faces there is a human being. And behind the human being is the FACE-LESS CONSCIOUSNESS.

**No matter how beautifully you wear the face of your choice, the wearer will always be more than the worn.**

Shall I tell you the secret to Peace?

I will provide for you the writing on the front door. But, as in all things, the magic is in the EXPERIENCE rather than the words.

Here it is:

**WHEN YOU DISAPPEAR, YOUR PROBLEMS  
WILL AS WELL.**

What do I mean?

When you say “I”, who is the I that you are speaking of?

And who is this entity that says “I”?

From where does this voice arise?

And whom is it referring to?

Therein lies the exploration.

If you continue to live your life as one of your FACES, you will NEVER achieve Peace.

Why?

Because it is this very face that robs you of it.

Equanimity. Enlightenment. Peace. Nirvana. Moksha.  
Samadhi. Mushin.

These can never be available tomorrow. For tomorrow doesn't exist.

They can only be gotten NOW.

And they are only available to the one who has finally HAD IT.

They are only available to the one who is willing to throw away ALL OF HIS FACES.

They are available to the one who is willing to exchange his identity of being SOMETHING in return for becoming NOTHING.

And understand this: When a man becomes nothing, he instantly becomes EVERYTHING!

# The First Step

*Dr. Gupta, I would like to inquire about becoming one of your private clients. I read your Who Am I section several times about the types of clients you work with. I am very interested in learning how to become limitless and blissful and creative. But I don't know how serious or committed I will be. I'm just being honest with you. Sometimes I wonder why I am not completely driven to do these things. My motivation waxes and wanes. I don't want to waste your time. Are there any steps that I can take on my own before the screening interview?*

First I would like to thank you for allowing me to publish your letter, for it has universal relevance. Second, I truly commend you on your forthrightness.

If your motivations ebb and flow you are somewhat satisfied with your life. Conversely, the fact that you sent me this letter betrays a certain dissatisfaction with your life. This is a state of purgatory that virtually all human beings live in. It is not that you have become accustomed to satisfaction or dissatisfaction with your life. Rather, you have become accustomed to living in between satisfaction and dissatisfaction.

The motivational and the self-help types will tell you that the satisfaction with your life is good, that this will help you. I maintain the complete opposite. The satisfaction with your life is what is keeping you bound. The satisfaction will keep you in purgatory forever.

For it is precisely this state of purgatory which keeps you from setting off on your journey, once and for all. Because the only person who sets off on a journey is the one who is fed up, who has had enough, who cannot take the status quo any longer. Unless you reach this point, your journey will not have the necessary fuel to begin.

So what is the first step that you can take on your own?

Explore the nature of your dissatisfaction. What was it that compelled you to contact me?

How acceptable to you is your volatility of temperament, boredom, excitement, productivity, and joy? How acceptable to you is your enslavement to your emotions? How acceptable to you is the fact that your life is NOT putty in your hands? How acceptable to you is it that you cannot kill your mind when it misbehaves? How acceptable to you is it that you cannot make your life and your accomplishments EXACTLY the way you want them, simply by an act of will?

How acceptable to you is it that you have not become the GOD of your life?

You might appease yourself by telling yourself that NO ONE lives in this way. That NO ONE has such wildly grandiose expectations.

By saying “no one,” you are close, but not accurate. There are but a limited number of people in the world who are devoted to achieving this. They do not BELIEVE in such things. For they have gone far beyond belief. Rather, they have devoted their existence to making this a reality.

Why?

Because what else could be more important? What is the alternative? How else should one spend the life he has been given? Living in misery and mediocrity?

The human being was not meant to be a slave. The human being was not meant to bow to any god.

The human being is GOD HIMSELF!

Heresy, you say?

Most Definitely!

I am a heretic! And my work is ONLY for heretics!

My work is for the self-Revolutionary. The Transformationist.  
The HERETIC!

The very fact that you have put in the energy to write me this heartfelt letter reveals the fact that there lies within you the seed of transformation.

When that happens, your journey has begun.

In this state, you will be receptive to my words. You will not need to be pulled. Rather, my words will catalyze the momentum that you have already created, and thus you will travel at light speed.

And you will discover for yourself what it means to be

Limitless, blissful, and creative.

You will discover for yourself what a human being was meant  
to be.

# The Gupta Manifesto

My manifesto tells you what no one else is going to tell you.

For you have been lied to.

Let me show you the ways:

## ***The Glass Is Half Full***

The glass is a glass. Half-full and half-empty are both correct. One is not better than the other. You can ‘positive think’ until the sun burns out, the mind is still the mind. Whatever you say to the mind, it has a better punchline. It grins at your ‘positive thinking.’ As they say, don’t bring a knife to a gunfight.

## ***Do For Others. Put Them First. Give To Charity. Be Altruistic. And You Will Be Happy***

NO ONE does for others. It is a silly little lie. If helping another gives you joy, do it. If it gives you a sense of peace, do it. But to do it out of a sense of morality and ethics simply makes you a slave. If helping someone made you feel terrible you would never help a single person for as long as you lived. Ethics and morality live in church sermons. They do not live in the hearts of human beings.

## ***Go To Church. Go To The Temple. Listen To The Sermons.***

## ***Give A Donation***

Speaking of modern day religion, it is for the phonies. It is fundamentally dead. It is a fraternity and nothing more. It creates corpses. It is about following a set of vague principles.

If it is not in your experience, it is just words. I can almost guarantee you that is also just words for the person giving the sermon. If you must go to the church or the temple, become lost in the inspiration of the God in front of whom you sit.

Ask for nothing. Give nothing. Just lose yourself in him.

Whatever you call him. Whoever you think he is. Religiousness will benefit you far more than religion ever will. (Religion is for the Unserious: <http://bit.ly/religionunserious> )

## ***Stay In School. Get An Education. It Is Vital For Your Future***

A man needs to know the basics of reading, writing, and counting. With these fundamentals, he can make his way in the world. School has nothing to do with education. It is the

greatest conspiracy in the world. It is a night club in the daytime. It is a place to create factory workers. It is a breeding ground for obedient slaves. Nothing that you learn in school will benefit you in the real world. If you wish to become a teacher, go to school. If you wish to become a doctor, a lawyer, or an engineer, you are stuck. Because if you wish to practice such disciplines in the first world, the tyrannical regime known as government will force you to have a degree. You are free to go to a village in the third world and practice without a degree. If you choose this path, you are most

admirable. What you will learn to acquire the degree will have nothing to do with that which you will acquire the degree in. True education lies in personal experience and apprenticeship.

Fundamental truths are learned on the pavement, not the blackboard. (Education: A Cloak Of Ignorance: <http://bit.ly/cloakofignorance> )

### ***Success Comes From Hard Work***

Has every hard worker that you have known become a success? Hard work is simply an exercise in beating one's head against the wall. Success comes as a byproduct rather than as a goal. It chases after the one who has no need for her. Become consumed by that which you cannot get enough of.

And she will come running. Guaranteed.

### ***Read Self-Help Books And How-To Articles***

The person who tells you HOW is your enemy. The person who asks HOW has no interest in learning. Both are complicit. Once a human being knows the WHAT, if he is serious he will figure out the how. For within him is an ingenuity that both he and the world has ignored. Lists of HOW-TO's are not followed by anyone. Not even the person writing them. Human beings do not respond to prescriptions. They respond to that which they are driven by. They respond to that which they are passionate about. They respond in the Eleventh Hour and not one minute sooner. In my work I go to the ends of the earth to immerse people in the WHAT. For I trust in their human ingenuity to figure out the HOW. This, alone, may be the biggest differentiating factor between me

and my peers. (No Prescriptions: <http://bit.ly/noprescrkgmd> )

### ***Be Mindful***

This is the latest buzzword that has been taken from the Buddhist tradition and has become institutionalized. You can try it if you like. But it does not work. The reason it does not work is because it is both fundamentally incorrect and wholly impractical. It is incorrect because to be Mindful or “full of mind,” means to be lost in a rampage of thought activity. For this is what the mind is. Do the Buddhist themselves not call the mind a “monkey mind?” Why would you want to be Full of this? It is impractical because if you TRY to be mindful, you will tire. For how long will you fight the mind? For how long can you truly keep the ocean of thoughts at bay? The

truth is, it is mindLESSness that will be your ultimate salvation. It is the mind that seduces you. It is the mind in which you live. It is only by going beyond it, that you can truly begin to live. It is the only way. (Mindfulness? Why Would You Want A Full Mind?: <http://bit.ly/whyfullmind> )

### ***Raise Your Children To Be Good Citizens***

I will state it plainly: If you attempt to raise your children, they will become broken adults. Parents do not raise children, nature does. Your children have grown in stature, have they not? Did YOU stretch them? Their brain developed, did it not? Was this because of the ‘advice’ that you filled them with? The last thing society needs is a ‘good citizen.’ What society needs is not your concern. Society is an illusion. It does not exist. What exists is human beings. If a human being is joyful in his own skin, society takes care of itself. People

worry about ‘society’ because it is a much easier alternative than examining themselves. Who is more joyful, you are your child? So who should be learning from who? Should your child learn from you how to be miserable? Or should you learn from him how to be joyful?

### ***Pray To God. Faith Is Very Important In A Person’s Life***

Have you ever seen God? I am not saying that he does exist. I am not saying that he doesn’t. My only question to you is Have You Seen Him? Not what the holy books tell you. Not what the priest or pandit or bishop or poojari tells you. Have You Seen Him? You refuse to ask the question because you are afraid of the answer. It is much easier to jump off the cliff like the rest of the sheep, isn’t it? It always is, my friend. You pray to a being that you have never seen. You have ‘faith’ in something you have never seen. Is this not schizophrenia? Your life depends upon a God, whom you have never seen. It depends upon a society whom you fear. It depends upon your parents whom you respect. It depends upon circumstance, which you cannot control. Your life is in the hands of everything and everyone OTHER THAN YOU. Tell me, is this TRULY how you wish to live?

### ***Meditate Every Day***

If you meditate to gain something, the only thing you will gain is frustration. Meditation, in the manner in which it is prescribed, is a completely useless exercise. The idea that you spend your day living your life in the way that you live it, and then spend 10 minutes or an hour ‘in meditation’ is simply silly. You may hallucinate some effect in order to rationalize

to yourself that it was time well spent. But your life will not change. This is simply another cosmetic exercise glorified by the new age movement. If you are serious, if you don't want to waste time, forget meditation and be MEDITATIVE. In every single thing that you do. Now there is a possibility for, not only change, but Transformation.

### ***Stick To Your Belief Systems***

Because you do not KNOW, you settle for BELIEF. If you would be willing to admit that you do not know, the possibility of knowing arises. If instead you cling to a belief, knowing becomes impossible. Why? Because if you admit that you do not know, you may go on a search to find out. If you believe, you will not go on any search. You will remain in your world of fantasies and illusions, hoping and believing.

### ***Love Everyone***

You have not loved anyone your entire life. Love is not an act. It is a quality. Once a human being becomes love, dissolves into love, the only thing he can give is love. Because this is all he is. If you have not become it, you cannot give it. For you cannot give what you do not have.

### ***Help The Poor***

The true reason that you help the poor (and you will never admit it in a thousand years) is because it gives you a feeling of superiority. It gives you the feeling of being a HELPER. What an intoxicating role this is, is it not? The poor do not need your 'help.' They need food, they need medicine. And they could not care less who it comes from. But your greatest

priority, the one that entirely informs the very reason that you give, is that it is YOU that is doing the giving. Even if you do it anonymously, you know very well you are not being anonymous from the person who has the greatest need to know. You may keep it from the entire world. But you cannot keep it from yourself. In this way, is it truly anonymous?

**EMAIL** this to every single person that you know. Friend, enemy, family, or stranger.

Not because it is your duty. But because you feel that they deserve to know the truth.

**Do it RIGHT NOW.**

# Abandon The Progress And Kill The Process



If you say something for long enough, mass belief is not far behind.

I am working on a number of books at the moment. And I am trying to make them shorter and shorter. There are a number of reasons for this. But one of them is to divorce myself from the idea of creating MORE. And more is often just filler. More is simply a way of creating a perception of value. And a semblance of achievement.

The world of coaching is filled with the idea of more. Do I

blame the coaches?

Yes.

Do I understand that they live in an environment in which providing just the exact amount required to do the job is seen as providing less value?

Yes.

I understand their plight. But I blame them anyway. For they are able to rise above this plight if they so desire. They are able to stay true to their inner voice which says, “This player only needs THIS MUCH. And I don’t care if he FEELS that he is getting more if I pad the issue with more fluff.”

What is this fluff?

These charts. These graphs. These tables outlining a player’s *progress*.

Let me ask you something. Who gives two cents about *progress*?

Progress is simply a pat on the back. Progress is a silly little massage of encouragement.

What does it matter if you do something a little bit better than yesterday? What does it matter if the graph that you have so lovingly created is incrementally more steep than it was last month? What does it matter if you holed more putts this week than last week? What does it matter that you’ve got a bit more power from that wrist shot?

What does incremental improvement matter? Does

improvement sometimes happen slowly? Does it happen in increments? Yes. But in continually emphasizing this point, it has now become a habit to Chart The Increments. To tabulate and compare and monitor these increments.

***As a result, the urgency has been lost!***

An impatience toward mastery is an excruciatingly rare thing in the world. And mastery is a wild and dangerous concept. It is some far-off ideal. Some eventual occurrence which will arise as a result of *The Process*.

***Oh, but Dr. Gupta you don't understand that it takes time for the muscle memory and the neuronal myelination and the establishment of new motor patterns . . .***

**Stop talking to scientists!**

Scientists don't have a tournament in two weeks in which there will be the real possibility of standing on the 18th tee and having to hit a low cut against a westerly wind.

Scientists aren't in the position of having to take the face off with 40 seconds left on the clock and the entire season hanging on the line unless you slip it five hole past a goalie who's been standing on his head.

Do you know what the most powerful muscle memory in the world is?

***The muscle memory of inertia!***

Burn the charts. Trash the graphs. And get the job done already.

***Retreat into the forest with a toothbrush and a change of clothes and DON'T COME BACK UNTIL IT'S DONE!***

Worry about the progress later. First get the job done.

Let the process and the progress be envious of the result. Turn your eventualies into TODAY'S.

Patience is a virtue, you say? Are you here to master an athletic skill or join the seminary?

***In continually emphasizing the Process, everyone has become addicted to the Progress.***

I am extraordinarily impatient with my clients. Because there is no time to waste.

Why?

Because of this one simple reason, my friends: The mind is addicted to time. And it will amble within it forever. It will turn your dreams into eventual maybe's.

One way to shortcut it is to shock it. When the mind is shocked, it reacts. And when it reacts . . . well, this is when the real fun begins. This is where I come in. Exorcism and all. This is, as they say, *why I get paid the big bucks.*

How many years will you wither away in the process?

***When will you understand that the most critical element of success in any endeavor is URGENCY!***

If you have to make a phone call, it can wait.

If you have to chat with a colleague, he can wait.

If you are overdue on your mortgage, they can wait.

First master the task at hand, process and progress be damned!

Then you can come out of the forest.

# On The Creation of Sublime Relationships

There is no conflict between the wind and the cloud.

Why is this so?

Because the wind lives as wind. And the cloud lives as cloud.

And for as long as this so, the possibility of conflict cannot arise.

In the modern world with modern minds relationships are bound to fail. Conflict is the order of the day. And it must be so.

Why?

Because that which is attempting to be united is not unifiable.

Allow me to explain.

Human beings have created their lives in such a way that

they have installed numerous padlocks to their personas.

Each padlock conceals a particular belief or a prejudice or a preference or a philosophy.

When they create a relationship with another human being,  
they do not come as themselves.

They come with their multitude of padlocks. The person with whom they are entering into a relationship has the keys to a few of the padlocks. For this was the genesis of the original attraction.

But as time goes on, the person discovers that his partner does not hold the key to the other padlocks. In fact, the partner has padlocks of her own. To which he does not hold the key.

Is this the seed of conflict?

The only way that this would Not produce conflict is if the human being was not emotionally tied to his or her padlocks.

But if there was no emotional attachment to the padlocks,  
the padlocks would have fallen off years ago.

Therefore, because the individual has an emotional

investment in his or her padlocks, conflict will naturally arise.

It is very similar to the situation in which individuals attempt to create compatibility between the relatives of both sides of the families. There is inevitable conflict. For full compatibility between each relative of a man's family and each member of the woman's family is almost impossible.

The traditional attempts at reconciliation . . .

The ones that are espoused by psychologists and relationship experts . . .

Is to Create Compatibility.

To "see things through the other person's eyes."

To empathize.

To apologize.

To take a vacation.

To begin anew.

Such things have no lasting value. For they do not address

the root of the issue.

And, dear friend, the root of this issue is so deep that it is perhaps only one person in a million who becomes even cognizant of its existence, much less act upon it.

The root lies in discovering that these padlocks exist.

The root lies in understanding that your actions, from the complex to the mundane, are a reflexive reaction to these padlocks.

The root lies in unlocking the padlocks in order to see what it is that you have decided to hold so dear.

The root lies in the wisdom of seeing that conflicts do not occur between people, any more than they occur between the wind and the hovering cloud.

Conflicts occur between padlocks.

What is the inherent magic in unlocking a padlock?

For those few moments during which you explore what is behind the padlock, you will be living as a man who is Free Of Them.

And the more you become free of them, the more you will embody your True Self.

And once a man becomes his True Self, that which he once called a relationship now becomes a Communion.

# What Is The Purpose Of My Life?



*Anastasia writes,*

*Dr. Gupta, we are all looking forward to your visit. You asked for questions to be submitted from our audience. One of the questions that keeps comes up in one form or another relates to the purpose of one's life. I know you will discuss it when you arrive but I'm wondering if you could give us a little taste before you arrive.*

Anastasia, I thank you for the invitation and I very much look forward to the event.

I decided to publish your question because it is one of the most common ones that I receive. Believe me when I say that you are not alone. Some of my client consultations center entirely around this one question.

You ask, “What is the purpose of my life?”

Did you ask this question when you were a child?

Have you ever heard of any child asking such a question?

Only adults ask this question. And you might assume that the reason that only adults ask this question is because they are the only ones intelligent enough to ask it.

I would respond by saying that this correct. And that adults have traded their joy for intelligence.

The only person who asks this question is the one who lacks joy. The one who is miserable.

For if you were joyful in your life, you would NEVER ask about life's purpose.

If a tree could speak, do you think it would ask its life's purpose?

What about the lion that roams? Or the eagle that soars? Or the fish that swims?

Purpose is an academic inquiry. And as long as you live your life academically, you will only be going through the motions. You will walk down the path of hope and expectation. You will mold and judge and manufacture and control your life. And in doing this, you will destroy it.

If you wish to infuse meaning into your life, it is your prerogative.

If you wish to reduce it into a purpose, you are free to do so.

But may I ask you a question?

You have been doing this very thing for all of your adult life.  
Where has it gotten you?

Has manipulating and deliberating in such a way made you  
feel more joyful?

Or perhaps you believe that your joylessness is the result of  
you not having found the CORRECT purpose.

The person who immerses himself in life is the one who lives  
it.

The person who is afraid of life is the one who stands back  
and asks about its *purpose*.

Even if I were to help you discover the purpose of your life,  
your mind would soon want a new purpose.

If I were to help you discover a meaning for your life, your  
mind would soon attempt to redefine the meaning.

The question to ask is NOT “what is my life’s purpose?”

The question to ask is “what is the nature of my relationship  
with my life, which causes such a question to arise?”

So let’s have it.

What is your relationship with life?

Before you begin to question it and change it and mold it . . .

How do you know your life? How do you see it? What do you  
ask from it? How do you move with it?

Ask these questions first. And when you arrive at your answers, see what new questions they spawn.

This is a most fertile area of exploration. And there is so much more to say. It will be wonderful to dive into it with your audience.

# I Have Been Betrayed



*Vanshika writes,*

***How can I move through an experience in which I was betrayed by those whom I trusted?***

Vanshika, betrayal is the price of trust.

The interactions between human beings are not neat and tidy affairs. They are sloppy, illogical, inhumane encounters that leave all in attendance wounded.

Why is this?

Because when two human beings interact in society, it is not their wholesomeness that does the interacting. It is not their

humanity. It is their personalities that interact. It is their minds.

Every human being is to some degree untrustworthy. Is to some degree corrupt. Is to some degree a fraud. Is to some degree a hypocrite.

This is whom you are interacting with. And this is how you are as well.

Because it is in your nature to trust, you will be betrayed again. And you will feel again feel the pain as fresh as you feel it now.

And you wouldn't have it any other way.

You read that correctly.

It is not the betrayal you must move through. It is this addiction to being hurt that you must move through. It provides you with a certain solace to sit with your pain. And you have every right to do so.

You may continue with the cycle of trust and occasional betrayal in exchange for the luxury of pain.

Or you may decide to pursue the understanding that you live in a chaotic world whose inhabitants are accustomed to the chaos. In doing so, you will see the game for what it is. But then you will rob yourself of the delicacy of pain.

If you wish to trust, trust. Knowing that you will occasionally have to pay the price in the form of betrayal.

If you wish to move beyond it and see the chaos for what it is,

then do that.

Perhaps in seeing beyond the game, you will be on your way to transcending the bigger games that you play, without even realizing that you are playing them.

# From Where Do Anger And Irritability Arise?



Have you noticed that when you are feeling happy, it is very difficult to get angry? When you are happy, that which would normally make you angry has little effect on you.

In this way, happiness serves as a vaccine against anger and irritability.

But happiness is not a sustainable state.

Why?

Because it is a state of mind. And nothing that arises within the mind lasts. Because the mind is ephemeral. Happiness is simply the sister of misery. So once the state of happiness passes, you become once again SUBJECT to anger and irritability.

The important thing to understand here is that when you are in this happy state, it is not that you are effective in controlling your anger, or dealing with your anger. IT SIMPLY DOESN'T ARISE!

If this is the case, then it is illogical to pursue TREATMENTS against anger. For this is a wayward path.

The question is NOT: How Do You Deal With Anger? For once it arises, it is already too late. The best you can do at this stage is damage control.

The question is: In What State Of Being Do You Become SUSCEPTIBLE To Anger?

This is one of the seminal issues of mankind. I will conclude with that question so that we can collectively examine this step by step in order to become free of anger.

What I need each of you to do now is to send me an email responding to your thoughts about this last question. I will collect the responses and proceed in the appropriate direction in my next discourse.

This is an issue that is of fundamental importance to all human beings. Let's take it seriously.

I await your response.

This is such an important issue, that whomever does not respond will be immediately removed from the list.

My friends, WE ARE ALL DYING. When today ends, you will be ONE DAY CLOSER TO YOUR DEATH.

We have no time for EVENTUALLY.

And I have no time for SILENT SUBSCRIBERS.

# When Will My Troubles Be Over?



*Dr. Gupta, you may not remember me, but we met briefly at your private event in Oregon. I was the one who asked you about my “twelve troubles a day syndrome.” You told me that I could do better than twelve. Can you please expand upon this?*

You will have to forgive me, as I don't remember you personally but I do indeed remember the question relating to the “twelve troubles a day syndrome.”

I also remember the power outage we had that evening on

the account of the massive storm in the area.

If you are alive you will have troubles. This will never end.  
You will have them until your dying day.

It doesn't matter how you deal with it, or how you look at it, or turning lemons into lemonade or any such silliness. Trouble is trouble. Problems are problems. And they will be at your throat for as long as you live.

Almost every single day of your life there will be a running soap opera of some sort. Perhaps a new problem or one that keeps recurring. And the most intuitive thing to do is to try to resolve the problem. To put an end to the soap opera.

But this doesn't work.

Why?

Because although you try to end the soap opera with one hand, you start a new one with the other. You don't have any real desire to end your soap operas. You can't live without them.

You enjoy them. They add meaning to your life. They are like bits of your jewelry. They play a significant part in your

life.

You only pretend to not want them.

You RELISH your problems. And this is why they will never go away. You will make certain of this.

You enjoy the times of sorrow. You feel a sense of comfort when you cry. Wallowing in guilt is a delicacy. Playing the victim is a luxury.

If someone tried to take these things away from you, they would have a fight on their hands.

All your problems, your disappointments, your guilt, your worry, your miseries, your pain, your sorrow, your apprehensions, and anxieties could disappear in an instant. But where would that leave you? Who would you be without them? What would you do with your time?

I am not saying that you SHOULD let go of these things. I am saying that they exist because you invite them.

And since this wasn't enough to muddy the circumstances of your life, you have now added a new level of complexity by stating that you want to get rid of them. This will keep you

busy forever. And this is what you are seeking to do.

Human beings have a habit of creating problems for themselves in order to add meaning to their lives.

The mind that asks me for help in ridding it of problems is the very same one that created the problems to begin with.

You are the creator of your own destiny. So why not have fun with it?

How about you live without problems on Mondays, and invite them all back on Tuesday through Sunday? In this way, you will give your self at least one day a week in which you can live freely, after which you can promptly return to your soap operas.

# Aren't You Tired Of YOU?



Aren't you tired of looking at yourself?

Of the sound of your voice?

Of knowing what you are going to say before you say it?

Of thinking the same things?

Of living with the same opinions?

Aren't you tired of this person that you have lived with  
your entire life?

Aren't you tired of this person called YOU?

You try to preserve yourself in front of others. But you run  
away from yourself in private.

You make your opinions known to those around you. And  
you question them in the quiet of your room.

Is there not a whole new possibility outside of  
YOURSELF? Wouldn't you like to be something else? Not  
someone else. But something else?

Wouldn't you like to see through new eyes. Eyes that see  
what is actually in front of them. Eyes that seek reality instead  
of confirmation.

Wouldn't you like to think less?

Wouldn't you like to care less?

Wouldn't you like to look into the mirror and see only the  
mirror?

Instead of living on top of nature, wouldn't you like it to live through you?

Hasn't this YOU become a burden as of yet? For how long will you carry it around?

Why not just park it in storage while the non-You goes for a stroll?

Why not leave it to itself while the non-You sees what it has been missing for all these years?

The YOU that you have been told to look for is the same YOU that has prevented you from seeing.

Show yourself the non-You. And let those around you see it as well. They will look at you different. They will get lost as they look into your eyes. Because in them they will not see YOU, but themselves.

They will adore this aimless, opinionless, transparent YOU. The non-You.

And the most beautiful thing of all is that it will be evergreen. This non-You will require no maintenance. No care. No adornment. No grooming. No water.

You will blend into the ether.

You will be free of all that has ever concerned you.

Because you will finally be free of the YOU that brought  
about all the concerns.

May you never be Yourself ever again.

# What Will I Do Without My Children?



*Alma writes,*

***Dr. Gupta, my children have grown and moved out of the house. It should not be a surprise to me. I knew this day would come. And I have dreaded it for fifteen years. Dr. Gupta, my house is quiet. And the noise I used to complain about is the noise I crave for. I've been so silly. So petty. And now that they're gone I just don't know what to do. My life has revolved around them. And now there is this big hole in my life. What should I do?***

My dear Alma, you are being disingenuous with me. You are not asking the question that you really want to ask. You don't really want to know **WHAT YOU SHOULD DO.**

I know the question you want to ask me, Alma. It is masked in your words. And if you don't ask it, it's okay. I will ask it for you.

What you really want to ask me is, Is it okay to live in their memory? Is it okay to pretend as if they were still here? Do I really need to move on? I know that I'm supposed to accept this as a part of life, but I don't want to accept it, so does that make me crazy?

Alma, although your children are no longer there, live as if they were. Listen for their wild footsteps. Hear their shouting. Listen for their tantrums. Sit on their bed and look at their pillow. Immerse yourself in their pictures. Watch their home videos.

Allow yourself to BE. Be any WAY you wish you to be. If it's crazy, so be it. If it is called depression, so be it.

Even though they are gone, be with them. Be with their old clothes. Their toothbrush. Their baby teeth. Their fingerprints on the wall.

You need not move on. You need not be reasonable.  
Such things take care of themselves.

Simply allow yourself the freedom to feel. To any degree.  
In any way. For as long as you like.

If and when this ends, a different sort of question will arise.

And when it does, please send it to me.

# The Most Cataclysmic Mistake Of Your Life



I won't keep it a mystery. I won't lead into it. I will spare you the suspense.

The most cataclysmic mistake of your entire life is  
**BELIEVING THAT YOU HAVE TIME.**

You have become so incredibly comfortable in this well-

worn life of yours. There is an oval depression right in the center of it, where you nestle into it.

There is so little time. But you are so accustomed to hearing from science fiction movies that tell you that the end is coming. You have become numb to it.

Intellectually, you KNOW that you are only here for a short time. You KNOW that your days are numbered. But intellectual knowing is only good for Trivial Pursuit. Intellectual knowing does not change your life.

Do you know that your days are numbered?

You will likely reply with a reflexive and meaningless  
“yes.”

But if you truly know that your days are numbered, how many days do you think you have left? How many years?  
How many months?

If I tell you that you might have ZERO days left . . .

If I tell you that you might die TOMORROW, you will acknowledge this in a Trivial Pursuit-sort of fashion. You will acknowledge it with that matter-of-fact KNOWING. You will

probably even be thinking of something else while answering the question.

And this is the way it is going to be until death comes to you. You will die with unsettled affairs. Fixing your curtains, making your bed, and mending the loose ends of this comfortable life.

Your mind says that for you it will be different. That you are special. Your mind will ask you, “Do you really think you are going to die tomorrow?” It will tell you that you have plenty of time. It will tell you that your most important duty right now is to save for retirement. To refinance your house. To re-upholster that comfortable couch. To fix the dent on the car.

As I said, you are completely immersed in this life of yours. And that is why it will be such a gargantuan shock when death arrives. And this death is a funny thing. It always comes at the most inopportune times. It does not even have the decency to make an appointment or wait until it is convenient.

It’s coming. It has already started its journey STRAIGHT TOWARD YOU.

You don’t believe me?

Is there any shortage of death around you? Are people not dying everywhere? Every hour? Every single day?

And for each one of those people, DEATH CAME TOO SOON. It rudely came before the time was right. They needed more time. But it ripped through their life in a flash.

I won't try to convince you that the sky is falling. I will simply tell you that it is. I know you won't believe me. Your mind will dismiss my words. It will bring your attention back to planning the next thirty years of your life.

You look at your life and you see an endless horizon. You see an endless amount of time. And this one fact more than any other robs you of the opportunity for bliss. This one fact more than any other keeps your existence an average existence.

Every human being should be born NOT with a birth certificate, but a death certificate. If only we were told the time and the day that we were going to die.

Perhaps then we would be convinced that we have no time.

And with death only a few steps behind us, how beautifully

we would live.

# Who Is That Person In The Mirror



How many decades has it been since you looked at that person in the mirror?

I don't mean looked while shaving, or looked while putting on makeup.

I mean LOOKED.

When was the last time you looked into this person? Gazed at this person. Looked at the reflection of this person's pupils.

The reflection has become more of a silhouette rather than an individual.

It has become a representation of a person instead of the person himself.

You dress this visage, you adorn it carefully, you prepare it regularly in order to show this mask to the world. But the mask that you carry around is not only to show to others. It is also to show to yourself.

You may look into the mirror every day of your life. But you haven't seen yourself in years. You haven't noticed the seer. You have forgotten about the individual whose heart beats behind the image.

The mirror is very clever, is it not? It only shows you what you want to see. It is complicit in your self-betrayal. But there is more if you are willing to look.

But are you sure you want to look? Are you prepared to look?

If you decide to look, why not look THROUGH the reflection instead of AT it? Look into the eyes for as far as you can see.

This image is stark. Though you may be apprehensive, I assure you that IT is not. While you only glance at it, it looks deeply into you. When you are not looking.

This begs the question. Which is the real you? The one who looks into the mirror?

Or the one who looks from it?

# I Was Not Meant To Be A Parent

*Yvana writes,*

*Dear Dr. Gupta, In keeping with your recommendations, I am not going to hold back as I ask this question. No matter how embarrassing or shameful. I asked you to use my name because I feel like I need to be called out. I am completely lacking as a parent. I get angry at my children every single day. I say things I should not say. I demand from them. I expect from them. I am about to burst into tears as I say this, but I don't feel I was meant to be a parent. If you could please say something to me about this, I am very much willing to listen.*

Dearest Yvana, thank you for your generosity.

Yvana, human beings were meant to have children.

But they were not meant to be parents.

Understanding and patience and all the virtues that are ‘supposed to be’ exemplified by parents really have nothing to do with parenting. They have to do with the state of mind of a human being.

The emotions that you unleash upon your children pale in comparison to the ones you feel inside. They tend to surface during moments of frustration. And when you are dealing with children, the interaction between parents and children are, in fact, the greatest source of such frustration.

Why is this?

Because children and parents live in two entirely different worlds. They are almost different species.

The child lives in the moment. He cares not for practicality or sensibility or responsibility or appropriateness. Such things are not a part of his life.

The parent lives precisely in the world of practicality and sensibility. To him, the moment is as far away as the setting sun.

When two people who come from entirely different worlds are put into a confined space, conflict is almost inevitable.

So what should you do about it?

Yvana, the most important thing that you can do is to Understand.

What you need to understand is not that you are a bad parent.

What you need to understand is not that you are a bad human being. But an unblissful one.

I am not saying that you should be blissful or you shouldn't. As always, my goal is simply to make it abundantly clear why this is happening.

When one is not blissful, for whatever reason, he lives in a constant state of irritation. The slightest sound, word, or behavior is earth shattering to him. As a result, he is prone to emotional outbursts.

When one is blissful, he is almost immune to emotional outbursts.

So the key is not to try to change your behavior. And not to try to become a better ‘parent.’

The key is to become blissful.

Yvana, the very day you become blissful, living (and parenting) will take care of themselves.

# Should I Quit My Job To Follow My Dream?



*Gordon writes,*

*Dr. Gupta, I've been working at a job that does not provide me any satisfaction. I basically do it to pay the bills. I feel that there is so much more that I can offer to myself and to the world. I know exactly the path I wish to take, in a perfect world. Should I quit my job to follow my dream? Or should I find a way to somehow live with it? Thank you.*

You are not alone, Gordon. Millions of people around the

world find themselves in a similar situation. We have so-called practicality on the one hand and dissatisfaction on the other. You want to do what you feel you were put on this earth to do. But you feel that what you must do is what feeds your family.

Gordon, it is imperative that you look at my words as being entirely impartial and completely to the point. For this is the quickest way to progress.

The answer to your question is very simple. Where you are now is the direct result of what you prioritize. As of this moment your priority is not to follow the path that you instinctively feel that you should embark upon.

How do I know this?

Because you haven't embarked upon it.

Mind you, I am not telling you that you should embark upon it. I am not telling you that you "owe it to yourself" to embark upon it. I am not telling you to follow your dreams.

I am simply telling you that the reason that you have not done so as of yet is because this has not become your overwhelming priority. It might become your priority

tomorrow. Or next week. Or never.

But when it does become your priority, you will follow  
your path AND feed your family.

How will you do this?

You will find a way.

But in attempting to “find the way” first, you are stalling.

The time that you are spending to ask me what you should  
do is the mind’s clever ploy of avoiding the matter altogether.  
As long as you are talking about it, you are avoiding it.

You may be miserable at your job, but you’re not quite  
miserable enough.

You might want to follow your dreams, but you’re not sold  
on them yet.

Lukewarm is a purgatory, Gordon. Uncomfortable to  
stay. But not uncomfortable enough to leave.

Worry not, Gordon. When your misery becomes unbearable  
to the point that you simply cannot find it in yourself to work

there one more day, your path will change.

Instantly.

And instead of asking me what you should do. You will be  
telling me what you did.

# The Worst Thing A Parent Can Give

*Dr. Gupta, I once heard you say that the worst thing that a parent can give to his child is his Mind. You went on to explain this in greater depth, but I was so struck by the statement, that I completely missed the explanation. I've never heard that before. Can you please expand on that?*

Parents are in the habit of giving too much to their children. And most of what they give is not only detrimental to the child's growth, but it interferes in his development as an individual.

The worst thing that a parent can give to his child is his Mind. The child's mind is far superior to that of the parent. This is because it is not well developed. A well developed mind is simply a trash bin that is more full. The more empty the trash can, the less the trash.

In giving his mind to his child, the parent passes on to him all of his prejudices. He passes on to him the way in which he perceives the world.

The child is barely born and the parent stands in wait with a suitcase full of advice.

The child does not need your advice.

The child does not need your help.

The child does not need your direction.

The greatest thing you can do for your child is to not interfere.

It is the most difficult thing in the world for a parent to do.  
But it is also the most important.

The mind is the greatest burden known to man.

And the less of yours you give him, the less burdened he will  
be.

# No Prescriptions

The world is in love with the notion of *how*. Students love to ask for it. Teachers love to dispense it. But the student who asks this is not a true seeker. And the teacher who dispenses it is not a true teacher.

## Why?

Because *how* asks for a prescription. *How* asks for a method. *How* asks for a template. *How* asks for a recipe. *How* asks for *THE WAY*. And those who ask the *how* question, ask the question precisely because they are ready to follow the *how* answer. And if a person is willing to follow the way indicated by another it is only because he believes that there is, in fact, a path that is ready for him to tread. He has not yet come to the realization that a path is not a road, but an experience. And that experience is not something to join or walk toward. It is something that is continually and incrementally unfolding before him as a function of his way of perceiving his place in the world.

In some ways, the very act of teaching is to misunderstand and to underestimate the nature of the human machine. As teaching is largely about the dispensation of information. The human brain does not respond to another's words. It responds to its perception and translation of those words. In this way, the teacher and the student are forever speaking a different language.

The teacher teaches the *how*, not only because he feels it is the

only way or the best way. But because he simply loves to do so. He gains something from it. Emotionally and financially.

The student asks the *how*, because he seeks a quick resolution to his problem. And though it may only work temporarily, he becomes accustomed to this chase.

The true seeker is consumed with the *WHAT*. For him, the *how* is like the remora fish that rides the belly of the great shark.

The great teachers are not teachers at all. They are seekers.

They are not so much interested in their student's development of technique, as they are in the development of his understanding.

Teaching technique will lead to an enhancement of one's technique. But never to the realization of one's potential.

Asking for the *how* does not make one great. It makes one dependent.

Seek understanding. Not instruction.

For the ultimate technique is devoid of conscious action.

And the ultimate understanding is devoid of thought.

# What Is The Ego?

*A topic I am really interested in learning more about is the Male Ego. How is it one handles situations when the said ego is hurt and what are the situations that generally hurt it?*

I look at things on a fundamental level.

I look at things at the root and constitutional level of human beings.

I will now talk about ego in a way that many of you are perhaps not accustomed to hearing it.

The context in which ego is used in society is from the standpoint of pride, boastfulness, and grandiosity. But when I use the word ego, I am looking at it from a much more fundamental perspective.

One who has an ego is not the one who is proud or boastful. It is the one who simply feels that he exists as an independent being.

If one says, “I am great,” his ego does not begin with the

word “great”. It begins with the word “I.”

It is not a male ego or a female ego.

It is simply ego. It is a falsehood. It is a phantom. A phantom that you tend to and groom each day.

And though you spend decades protecting it, it will always be hurt.

In fact, you will spend years of your life suffering its pain and mending its wounds. Not recognizing that it has been a phantom all along.

What hurts it?

Anything that threatens its existence.

It will incessantly proclaim “I am!” And as long as IT IS, it will be subject to countless blows.

To show you the ways in which to tend to it, or mend it, would be to disrespect your fundamental nature.

You are free to buy into its claims. You are free to stand guard over it.

But the price for this is immeasurable suffering.

And we pay for it with our lives.

Thank you for a wonderful question.

# The Mindset For Success

***What is the relationship between intention and outcome?  
Is there a mindset of determination that can help to bring  
about success?***

The world is obsessed with success. It is not difficult to see why. It is highly valued in our society. And it makes an individual feel accomplished.

The problem with choosing the route of success is that you constantly find yourself looking over your shoulder. You are looking at your competition. You are looking to see where you stand in the order of things. You are looking to see how far you have come and how far is left to go. All the while, there is constant strife. There is immense suffering.

The road to success is filled with immeasurable turmoil. If you look at the lives of ambitious individuals who are on the road towards “success,” you will inevitably see tremendous conflict. Conflict within themselves. Conflict in relationships. Conflict all around.

Does this mean one should not be successful? Does this mean that one should not pursue his dreams?

Certainly not.

But there is a better way toward success than by chasing it directly.

If you find what you love . . .

If you find the very thing that produces joy inside you simply by the act of doing it . . .

If you find that thing in which you can totally immerse yourself and which consumes your daily thoughts . . .

Success is inevitable.

It will come of its own accord. Without chasing it.

The problem is that most people chase success for success' sake. It is not that they wish to be successful at something in particular. They simply wish to be A SUCCESS.

Let your intention be to immerse yourself in your chosen passion. Come what may. Come success or come failure.

No competition. No hope. No striving. No scheming. No judgments. No comparisons. Simply an all out immersion in your chosen discipline.

Completely available to it. Learning every inch of it. Playing with it. Experimenting with it. Losing yourself in it.

In doing this, success will have no choice but to come. The irony is that when it does come, the joy that it brings will likely pale in comparison to the joy you have felt all along.

# You Do Without Your Drama?

Everyone human being claims he wishes to be happy.

He does not.

He claims to crave peace.

He craves no such thing.

If happiness was what you truly craved, you would have had it a long time ago.

What you really want is the events of your life to happen in a way that you believe will give rise to happiness.

What you want is happiness with conditions.

What you want is happiness on your own terms.

Let me tell you this: You may die today. Or you may die tomorrow. But whenever you die, you will die an unhappy person.

If you truly wanted happiness you would be willing to let

go of everything. You would be willing to let go of all your conditions. You would be willing to tear up the contract with your life.

But if you did enter into this new space of vast emptiness, what would you do?

What would you do without your drama?

If you dropped all your hopes and dreams would you be forced to sell your home and live in a cave?

No.

You would move through your life as you do now. You would keep your hopes and your dreams. You would maintain your relationships and your work.

But you would be just a little bit removed from them.

Your hopes and your dreams and your relationships would be come playful little things, rather than life-altering events.

And in this way, you could move freely. Without a care in the world.

Life would become easy. For you would not live under the threat of guillotine at every turn.

You would do your work to your best. You would love your relationships with all your heart. You would allow life to happen without taking it personally.

You would happen. And things would happen. And you would recognize the difference between the two.

What a wonderful life this could be.

Don't you think?

# To Do Or Not To Do Is NOT The Question

The seasons come and the seasons go. Without us.

The rain falls and the rain evaporates. Without us.

The rivers, the mountains, the forests, they all tend to themselves.

Our hair grows. Without us.

Our bones grow. Without us.

Our food is digested. Without us.

Everything outside of us is happening without us. And everything inside of us is happening without us.

So why are we under such great compulsion TO DO? What is it that we are constantly struggling TO DO? Where is it that we are constantly rushing TO GO?

The answer is Not to NOT DO.

There is no answer.

And if there is a question, it is this: WHAT ARE WE  
DOING? WHY ARE WE DOING?

Isn't everything already done?

What will our DOING do? Will it change anything? Will it  
create for us a new world?

Doesn't UNDOING perhaps make more sense?

And doesn't the futility of our DOING make even more  
sense?

Whether we are here or we are not, all will continue on.  
That which needs doing will be done. And that which needs  
no doing will not be done.

In the end, our doing is just a habit of doing. It is not a  
means to any end. For that end never arrives. It has never  
arrived for anyone.

Perhaps there is only a walking and an experiencing and an  
innocent reacting, as we proceed through life.

And if there is an act of doing, perhaps it is not to do  
anything at all.

# Education: A Cloak Of Ignorance

Society has a habit of using big words to infuse a semblance of meaning into that which is fundamentally meaningless.

One of the most sacred words the world over is Education.

What does this word truly mean?

What does it mean to be EDUCATED?

We must be practical in our lives, shouldn't we? We must examine things for what they really and truly mean to us. We must examine their effects upon our lives and question their validity and effectiveness, should we not?

Society's idea of education is that a human being has had SCHOOLING. He has spent a number of years filling his head with information from various disciplines. He has done this on the promise that doing so will allow him to earn a salary and support himself and his family.

This is the societal contract. Get a degree and the world will give you a job.

But can you name any job in the world for which the requirements to get the degree are actually practical and useful in order to perform the job itself?

Did the 12 or 16-plus years of education that you had do anything to enhance your actual life? I understand it may have got you a job and allowed you to make a salary. But let us leave that for just a moment.

Aside from very basic reading, writing, and counting, which could have been completed in a couple of years, did spending all of those years of learning facts and charts and history and the like do ANYTHING to enhance your life? Do you look back on your life and count your blessings that you went through those years of so-called education because it affects how you feel on a daily basis?

If you spent 12 or 16 years doing something, it must be very important for your life, should it not? The payoff should be huge, shouldn't it?

Has the payoff been huge?

Was it worth it?

Has it made you joyful? Has it provided you with good relationships? Has it provided you with an outlook on life which has lead to a peaceful existence? Has it made your life energies blossom?

Why do we believe that filling our heads with useless information is something that we should spend the most coveted years of our life pursuing?

Why do we believe that learning about dead people from the past and learning about fancy numbers and charts and signs and symbols has anything to do with living a joyous, productive, or successful life?

Do we even remember any of those things that we learned?

So, let's get this on the record. We will spend at least 16 years of our life pursuing something on a daily basis, which we will almost completely forget, and never use.

Are we serious?

Society has become a land of the walking dead. And education produces dead people.

School is a nightclub in the daytime hours. It is a

convenience for working parents.

Education, as it is defined in society, has no relationship to intelligence. It is nothing more than a cult practice. A societal expectation that goes on being propagated by those who refuse to question its validity.

It is the biggest hoax of modern times. And it has nothing to do with being a human being. In fact, it sucks the life out of human beings.

Education has created more dead people than all the cemetaries in the world combined. It is the source of ultimate mediocrity. The source of robotic clones.

Perhaps we should invest in a new type of education. One that allows us to discover what life is.

One that allows us to discover who we are.

Perhaps the uneducated ones in the world are more attune to life than those who are educated.

Perhaps it comes down to a choice between life vs knowledge.

Perhaps the best approach of education would be to pursue  
a knowledge of life.

So that we could learn to live, rather than talk about it.

Perhaps the most ignorant man who has escaped the machine of education, maintains his primordial and virgin state of being, and thus is the most educated of all.

# Making Love Work

*Do you agree that SUSTAINING love is not a spontaneous experience? It takes lots of time, effort, and energy to know what to do to make it work. What type of wisdom should one have to know what to do? Are there rules to follow?*

The problem with love lies in understanding what it truly is. We only know about the things that we have associated with the word love. And we have, for so long, taken these things to be love. Perhaps the best place to begin is to understand what love is not.

Love is not possession.

Love is not control.

Love is not expectation.

Love is not hope.

Love is not subordination.

Love is not infatuation.

Love is not agreement.

Love is not negotiation.

Love is not cooperation.

Love is not compromise.

Do any of us truly know love? Have any of us ever known  
love?

Love is like the concept of God: we do not dare to imagine  
ourselves without it.

Why should love take effort? If it does take effort, it is  
because we try to conform it to the contours of our beliefs,  
and mold it into the shape of our expectations. This, indeed,  
requires great effort, does it not?

Perhaps love is not something that we do, but something we  
are. Perhaps love is not directed toward anyone or anything.  
Perhaps we are simply a wellspring of it. Perhaps we carry  
with us the potential and the capability of it, but do not allow  
it to surface.

Perhaps love arises when we escape from the regimented and cocooned existence that we call life, and allow ourselves simply to be.

Perhaps love is, only when we are not.

# The Most Dangerous Place In The World

Where is the place where the mind can have such a direct influence on someone else? A place where human beings have complete access to the sensibilities, the thoughts, and the fears of another. A place in which control of another human being's life is a most seductive proposition? A place in which emotions, desires, expectations, and guilt are intricately woven into the very foundation.

In this place, the influence of one human being upon another can be detrimental or inspirational. Sometimes neither. But often, both.

Where is this place?

The family.

The family is a place in which mind collides with mind. Each searching for its own place. Each longing for its own freedom.

But what is not understood is that that which seeks freedom is the very thing produces the enslavement.

What makes the concept of family so cumbersome is that every member of the family is lost in a search for something.

What makes the family so dangerous is that none of the

members knows what precisely it is he is searching for. This search, this endless groping, causes the members of the family to collide with one another. Each member searching for something, not with the other members, but through them.

The family must be understood for what it is. The members must understand their true state of spiritual evolution. Those who realize this can truly impart wisdom. For them, the family becomes a haven.

For those who believe that they know, for those who believe that they are in control, suffering is the order of the day. And endless conflict the staple of their lives.

# Was This The Work You Were Meant For?

Work is a tradition for us all. We rarely question it. We give it years and years of our life.

Why do you do what you do?

When you were a child, sitting alone on the edge of your bed, is this the dream that you dreamed? Is this the craft that you imagined for yourself?

For you, is work simply work? Or is it something different?

Does it require all of your faculties? Does it demand the full nature of your intelligence? Does it add to who you are?

Or does it detract from your existence?

Is it a place which allows you to escape the family? Is it a convenient excuse for arriving home late?

What is your work? What is it really? I am not asking what you do. I'm asking what is your work?

If it is simply work, can you make it something else?

If it is simply work, can you see it for what it is?

What is the one thing you have always avoided? What is that thing that you were always forced to stop doing?

One final question: If you had only one day left to live, is the place you go now, the place you would go then?

# It's About The Dance, Not The Dancer

Dance is an organic state of flow. In this state the body is instruction-less and technique-less. It is like water, flowing from pure instinct and thoughtlessness. The body does not *respond* to the music. It personifies it.

When a dancer has reached a particular level of skill, he must seek to abandon technique and allow the body to move under the weight of its own momentum.

This is not based upon self-esteem, for in this state there is no self. This has nothing to do with confidence, for the body is hardly aware of itself, much less confident in itself. This has nothing even to do with performance, for performance is a contrivance, a lie. In this exalted state, it is not performing. It is being. It is lost in its own rhythm, its boundless freedom.

The best is not what you do, it is what emerges from you. Your greatest performance will be the one in which you do not try to perform. If you see the audience as watchers, you will become self-conscious. If you see them as critics, you will become tense. If you do not see them at all, your greatness will shine.,

Abandon all methodologies. Drop your adherence to technique. Discard your positive imagery. And allow yourself to be.

Dance is about the dance, not the dancer.

Deleted

# The Raw Truth About Human Relationships



Warning: You probably should not read this.

This discourse is neither clouded by emotion, nor suffused by hope.

It is not meant for most of the humans that will set their eyes upon it.

As a client once said to me, “I am both transformed and exhausted at the same time. There is only so much Truth I am able to bear.”

Much of what I say will slip by unnoticed.

Your eyes will have seen it, but it will not register.

(Even the statement I just wrote will not have registered).

Here is the first Truth that will not register:

No human can give anything to another human.

One might say that he receives affection or kindness or validation from another human being.

Very well.

If the individual who gives such things is a stranger, these things will soon wear off. Within a very short period of time they will disappear forever, as if they were never given at all.

If the individual who gives such things is a family member or a relative, this affection, kindness, and validation will be sandwiched between need, regret, disappointment, scorn, conflict, and sadness.

No human can receive anything from another human.

Whatever a human receives “interpersonally” is, in the end, received “intrapersonally.”

What a human receives is never received precisely in the way that it is given. It is never received in its raw form. It is processed and repackaged through his intrapersonal repackaging system before it is presented to him.

What a human receives runs through the car wash of his “interpretation mechanism.”

The only human who is able to truly give is the one who does not need.

Giving material or monetary goods or services without hope of return is within the capabilities of human beings.

Giving emotionally to a stranger without hope of return is also within the capabilities of human beings.

True giving can be achieved in these particular circumstances precisely because one can be free of need in these scenarios.

Giving emotionally to a relative or family member without hope of return is a virtually impossibility.

For in the domain of human relationships, need lurks

around every corner.

In fact, it is precisely this need that compels humans to create the relationship to begin with.

Humans are caught in a devastating conundrum.

This is caused by the need to be “good” and do what is “right.”

“Good” and “right” are imprisonments of man.

It is difficult to come down hard on man for having such noble ideals. For who can condemn a man for wanting to be “good” and to do the “right” thing?

This is where the seas begin to part. This is where the floor begins to crumble under one’s feet. This is where populations become divided.

This is where The Truth shows its teeth.

“Good” and “right” and “moral” and “immoral” and “kind” and “unkind” and “empathetic” and “cold” are words that only have meaning within the false domain in which they were created.

They have no meaning whatsoever, in the domain of The Truth.

There is an enormous and unimaginable consequence to subscribing to such words.

The consequence is a life of utter turmoil and confusion.

Why is this so?

Because, try as he might, no human being can live up to a “word” or an “ideal.”

For “words” and “ideals” are moving targets.

Right, wrong, good, bad, moral, immoral . . . are situational ideals with a list of exceptions and disclaimers longer than those muttered in the fast speech at the end of pharmaceutical advertisements.

The fine print is longer than the tomes of congressional bills.

Worded in a particular way, immoral can be made to sound moral. And moral can be made to sound immoral.

If you do not accept this, I will provide you with a name  
which may instantly settle the matter for you:

Adolf Hitler.

If you ask a thief why he steals, whatever answer he gives you will have been repackaged as “justified” and “moral” in his mind.

A relationship between two persons contains one person too many.

If we examine this matter through a lens of uncompromising clarity, the truth is that a relationship between two people is essentially a relationship between two sets of needs.

Each person attempting to fill their needs through the auspices of a “relationship.”

If we look more closely at the cellular level of this so called relationship, we discover that if two humans have come together in order to fulfill their needs, then the relationship isn’t about the “two people” at all.

It is only about themselves.

For if they were both “needless” they would likely not have started the relationship to begin with.

Therefore, human relationships consist of individuals who live side by side, cohabit, share space, and reside in the “vicinity” of one another.

Human relationships consist of two independent individuals who are bound by a thread of need.

Human relationships consist, fundamentally, of one person attempting to make himself whole.

Human relationships consist of unrealized human beings attempting to “join forces” in order to suffer through their broken state.

Neither human in this relationship has anything to offer to the other, no matter how much they would like to.

For the truth of the matter is that each is struggling with his or her own brokenness.

Two broken pieces cannot be mended.

Two halves cannot make a whole.

Henry Miller once said that it is a crime to bring children  
into this world.

This is truth.

For every parent ruins their children. No matter how “well-  
adjusted” they may turn out to be.

Humans are quick to raise the flag of “science” and  
“biology.”

They are quick to say that “biological organisms are  
programmed to have progeny.”

Factual though this may be, my response is this, “Biology is  
only interested in itself. It does not give a pittance about  
YOU.”

Man’s greatest problems . . .

The ones through which he suffers for a lifelong sentence  
on this earth . . .

Are not the problems related to “biology.”

They are the problems related to Himself.

I once wrote a discourse which may be found somewhere, titled, “Nature Does Not Give A Damn About You.”

You do not necessarily need to read it.

The title says it all.

Nature is nature’s business.

Man may be horrified to learn that nature is “selfish.” But here we have yet another example of a “moving target” packaged as an ideal.

Nature is concerned only with itself.

But what to do with this problem called “Your life?”

Human beings spend the whole of their lives attempting to make amends, get along, be more kind, be more forgiving, accepting people for who they are, learning not to interfere, offering help even though it is not taken, and on and on . . .

These appear to be clear cut signs that a human relationship  
is an unnatural pursuit.

A “good” human relationship is one in which the band-aids  
have been set in place. And the ball has been balanced on the  
edge of a pencil. So long as nobody moves an inch, it might  
remain solvent.

This human life is cruel and strange in so many ways. And  
human relationships doubly so.

Help is offered with the need for it to be taken.

Help is received with the resentment of not being left alone.

Much of human relationships teeter upon the foundation of  
fear.

Fear of not gratifying.

Fear of being rejected.

Fear of conflict.

Fear of failed expectations.

It is only when a human being becomes whole within himself, that he is good to himself or to any other human being.

It is only when he genuinely arrives at a place of needing nothing or no one that he is able to receive without pleasure, or to give without hope.

What a human seeks above all else in this life is Freedom.

And this freedom can only be provided by one thing, and one thing only:

The Truth.

# The Game Within The Game

The game that is being played, is never the real game.

The game must be found.

It must be excavated from the rubble of tradition.

The game does not create awards.

The awards create the game.

Like rivers that flow toward the Sea, the minds of men flow toward pleasure.

And all societal things are reverse-engineered from this point of pleasure.

The one who figures out the game within the game is the one who reorients his mind away from pleasure.

For it is only then that he will have the Clarity to see what lies before him.

It is only then that he will be able to disassemble the pieces

dispassionately.

And stand witness to the patterns that are invisible to the untrained mind.

Before one is able to learn the true game, he must first learn to See.

For if he does not, the only things that will be visible to him are light and dark shadows. And he will enter the world of the blind.

In order to See, one must discover what it is that is propelling him in a particular direction.

One must discover the true nature of his motivation.

For it is this very motivation that creates the game that he plays.

The Truth is that no man truly sees The Game.

For men have, for eons, become conditioned to the game of Personal Gain.

One must be vigilant at this juncture. Lest he succumb to

the trap of “spirituality,” which hails personal gain as a tenet  
not to be broken.

In succumbing to this trap, he will simply exchange the  
game of personal gain for the game of spiritual gain.

They are one and the same.

The game of personal gain does not break any tenets.  
Rather, it prevents one from Seeing what needs to be seen.

The game of personal gain may be hailed as immoral,  
unspiritual, dastardly, or evil. Such notions have no effect  
upon the one who seeks Truth.

Such things are common men being common men.

Such things are society being society.

The game of personal gain only allows one to see the game  
as it currently stands. It does not allow one the Clarity of  
dispassionate disassembly.

The one who plays the game as it currently stands, will be  
subject to the same limitations as its current breed of players.

The game as it currently stands is institutionalized. It has a complex infrastructure. It is divided into rules and hierarchies. It consists of carefully-placed “mentors” in high-back chairs that are color coded according to the seniority of the mentor.

This institution has many rooms.

One room is devoted to instruction. It is populated with “the best” instructors carrying degrees on high quality paper with an embossed seal that tickles the skin as one runs his fingers across it.

Another room is devoted to media. It is responsible for propagating the conditioned messages into the world. So that passersby will succumb to its fumes, like the smell of fried rice from a near by Chinese restaurant.

Another room is devoted to publishing. Here, they package the propaganda into books that are shipped to the masses. The “mentors” come down from their high-backed chairs and enter the stage of the carefully-constructed “conferences” where they spout the same propaganda printed in the books.

Humans become conditioned by this gospel. They then begin to seek acceptance by the “powers that be.”

And they become swallowed by the game being played.

The man of Truth views the game as it is being played, and he asks himself, “Is what these people saying based upon Truth? Or is it based upon conditioning? And if I am feeling a pull toward this game, what precisely is it that is pulling me?”

He begins to examine himself for any receptors that may attract the very same virus that has infected the game’s current practitioners.

And he begins his Internal Journey toward the innermost recesses of The Mind.

So that when he emerges from the other side, he emerges with the Power of Sight.

And with this power of sight, he avails himself of a possibility that exists only for Men of Sight.

Now he is in a position to dispassionately disassemble the game.

And discover the game within the game.

And in its discovery, gain access not only to the game

within the game . . .

But to his latent capabilities that had forever been held  
hostage by blindness and conditioning.

Namaste.

# Siddha Short Game Coaching

Short game coaching is something that I feel compelled to offer on a limited basis. I have added this service in response to the numerous requests I have received from passionate amateurs who wish to take their short game to a **VERY HIGH LEVEL** in a **VERY SHORT PERIOD OF TIME**.

The short game of golf is, in my opinion, the heart and soul of this game. If golf can be mastered, this is where it is done.

I don't possess a very high regard for a "how to" method of learning. For this rarely leads to mastery.

It is precisely the incredible ingenuity of the human machine that accomplishes otherworldly results as a function of a **VISCERAL UNDERSTANDING** of the matter at hand.

## ***My Approach To Coaching***

The cornerstone of my approach is this: To teach in a way that utilizes the intelligence of the human machine as an asset, rather than a hurdle. And to impart information in a manner that allows the player to create motions that are based upon **HIS UNDERSTANDING** of the matter, rather than a mimicry of the matter.

Simply put, if I manually adjust your bodily positions into a "correct" setup, and I tell you to move in a "certain way," you **MAY** get it temporarily. But in a matter of hours or days, you **WILL** definitely "lose" the setup and the motion. And because you learned through rote and mimicry, rather than through

understanding, you will forever be dependent upon me to “fix” you.

However, if I say things and explain things in whatever manner I must in order to help you UNDERSTAND, your setup and your motions will be created BY YOU, based upon your understanding. And although you will return to me having lost some of the understanding, we will continue to refine the understanding until the point comes when you can monitor yourself even in the middle of a tournament round.

For, ultimately, you are your own best teacher.

### ***Logistics***

My work is performed (1) by consultation appointment only, and (2) on a traveling basis at the host site of my clients, or at tournament venues, or (3) through Skype.

### ***How It Works***

Simply put, I will travel to your host course and spend the entire day or afternoon with you, depending upon the level of attention that your short game requires.

Or, if you have an in-house golf room or any place inside or outside that you can swing a wedge and have a computer by your side, we can conduct the consultation through Skype.

By the end of our time together, your short game will grow by leaps and bounds. In almost all cases, by the end of our time together, the client’s short game is better than it’s ever been in their entire golfing career.

It's not magic. It is simply a matter of understanding. And learning from the perspective of No Mind. When one learns through No Mind, learning happens at an exponential pace.

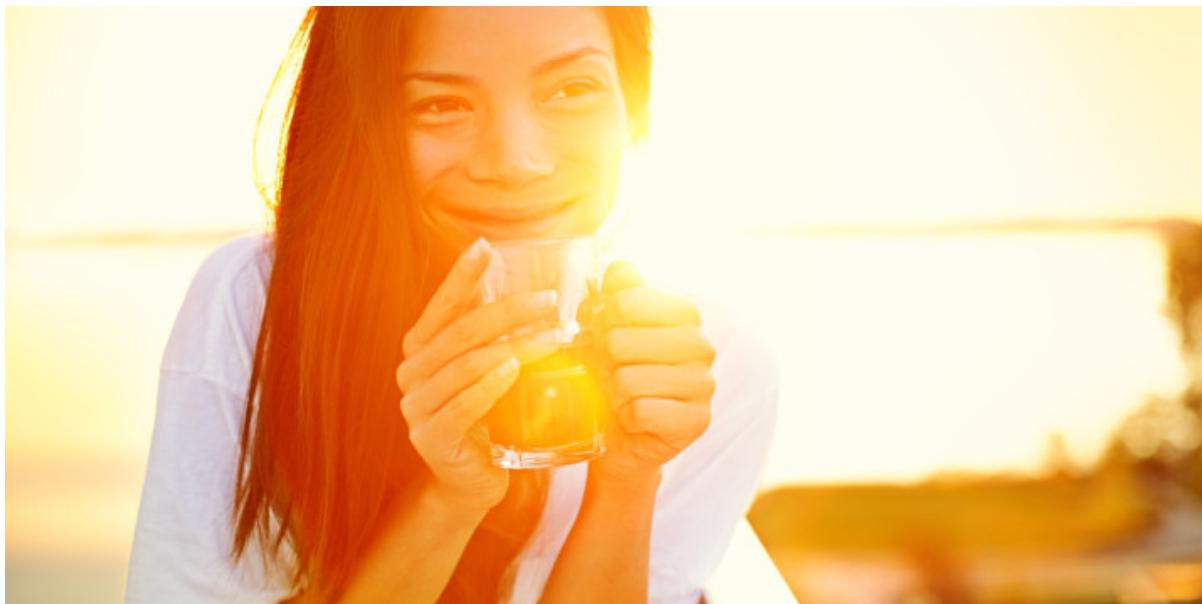
Due to the overwhelming and, frankly unexpected, demand I've had for this service, I work purely on a limited appointment basis.

If you would like to avail yourself of this service, email me at DrGupta [at] SiddhaPerformance [dot] com (replace the “at” and the “dot” with the appropriate symbols).

# Guest Discourses



# Success Comes To Those Who Have No Need For It



The idea of hard work leading to success has been a universal and sacred tenet for centuries.

But is it true?

Does hard work truly lead to success?

Is every hard working person that you know a success?

Or is their life full of disappointments and anguish?

As is always the case, this advice is a reactionary response  
to

laziness. Those who lack drive and motivation are told that  
they need to

work hard in order to become a success.

However, the idea of hard work has led to just as much frustration as

has the failure to reach one's goals. And there are good reasons for

this. Since childhood, whatever activity we have been involved in, we

have been told to do it HARD. Work hard, play hard, study hard, strive hard, practice hard.

But it is often the case that success arises organically, rather than by force.

It comes as a side effect, a byproduct.

It comes because the circumstances are fertile for its emergence.

It comes when the time is right.

It is not necessarily won by grabbing it by the throat.

Often, however, we see human beings fall into the trap of striking a

brick wall again and again. We see them attempting to force that which

must be brought about through tact.

We see them using muscle rather than sensitivity.

We see them act through brawn rather than gentleness.

Aiming for success directly, rarely results in success. At

least not in the form it is envisioned.

Then if hard work is not the secret of success, what is?  
If repetition and endless striving is not the answer, what is?  
It may be helpful to change our perspective about success.  
And experience joy on the journey, rather than frustration.  
What if we were to abandon the idea of success and failure  
altogether?

Societal mores would scarce stand for this.

Let us begin with a particular discipline, a craft, a hobby,  
whatever you would like to call it.  
Something that you love to do. Not for purposes of success  
or fame or wealth or achievement. None of that.  
Simply something that you love. Something that you makes  
you joyful. Something that is difficult for you to stop doing.

Then what if you were to give yourself completely to it.

Learn  
everything about it. Immerse yourself in it. Drink it. Suck  
the marrow  
out of it.

Forget entirely, whether you will fail or succeed. Whether  
you will  
progress or not. Whether you will “make it” or not.  
Whether you will  
become known or not.

Simply do it for its own sake. Do it for the joy that you  
experience whilst doing it.

And do it with every drop of blood rushing through your  
heart. Come what may.

Do it for the pleasurable feeling of time disappearing. What  
a feeling that is.

Do it for the feeling that comes from complete engagement.  
Without fear of failure or hope of reward.

Can you do this?

Perhaps you have found something like this but you  
abandoned it  
because it was not financially viable. Perhaps you were told  
that there  
was no future in it.

It is important to know something. If you can do something  
with so  
much engagement and with so much care that it consumes  
your entire  
being, there will be a future in it.

In fact, you will within it not only a future, but also a  
glorious present.

If you can give yourself entirely in this way to any

particular endeavor . . .

Success will not be some eventual reward. It will be experienced each and every day.

And the ultimate success that you are accustomed to hearing about? That

will be yours as well. Not necessarily because you wanted it. Not

necessarily because you secretly hoped for it.

But because it is the natural result. Success does not always yield to

the strongest or the most robust. She does not necessarily give herself

to the ones who call her name the loudest.

She is fickle and mysterious in her ways.

When you love something so deeply that you could not care less whether

it leads to success or failure, you are on the right path.

Success will not only arise, but she will chase after you like an unrequited lover.

Not because you want her to. But because she simply has no choice.

# The Honest And Painful Truth About Success



Let's talk about Your success for a moment. The one you have always dreamed of. The image that fills your mind the moment I say the word.

Yes, that one!

That success that you have been making passes at. That success that you have entertained in surges of motivation. And shelved in moments of apathy. That success that has led you to the glossy covers of magazines. And the promises of self-

help books.

You won't find it in those pages. It is not present in those advertisements.

But such things do serve an enormous need. They provide a seductive sort of luxury. The luxury of avoidance. The guiltless pleasure of procrastination. A glorious distraction to keep you from doing what you know you must do.

Are you ready to look squarely at your dreams? And abandon the mock outrage for not having achieved them?

The person who asks how to be a success, doesn't really WANT to succeed. And he knows it. He is simply making conversation.

Talking ABOUT success gives him the cheap satisfaction of pretending that he is on the road to success.

But, of course, he is not.

Stop asking What To Do!

No one can help you become a success. And anyone who agrees to give you tips is only stroking his own ego by feeling that he is an expert who is being helpful.

The person who asks for tips is the very same person who isn't going to follow any of them.

If this is what you want, you are wasting your time reading ANY of my work. Just google success and you will find all the guiltless pleasures and tips about success that you can possibly handle.

I know what you've heard. I know what you've been told.  
Let's dispel some myths.

Success is NOT about getting off the chair and doing something. It is NOT about taking action.

Success is NOT about jotting down positives and negatives on a two-column comparison.

Success is NOT about positive thinking and aphorisms.

Success is NOT about following anything that you've been told to do.

Success is a byproduct of hunger.

And if that hunger has to be manufactured, it is NOT

hunger!

When you are hungry, you will do all the things you were told to do. And NOT because you were told to do them. They will come from your bones and not other people's lips.

You having failed to achieve success has nothing to do with you not having done things Right. Or because you didn't follow the right plan. Or because you didn't have the correct advice. Or because the Timing wasn't right.

If you have not achieved success it is because Not Achieving It was, to some degree, okay with you.

And because it was relatively okay with you to remain where you are, you did.

Do not for one second think that I am saying that you Shouldn't Feel Okay About Being Where You Are. I have no intentions to steer you a certain way, or to motivate you, or to get you on the path to success.

I am saying that the reason that you are where you are is because you are okay with being where you are.

How do I know?

Because if you weren't okay with it you wouldn't be there!

Stop the endless searching for advice.

Stop reading the how-to articles.

For they are no match for your extraordinary inertia.

When you absolutely despise where you are. When it's suffocating you. When it simply is no longer acceptable to you, you will act.

And when you act it will NOT be because someone told you to. But because you will be MOVED to.

Success will happen not so much because following your dream will be so enticing, but because the alternative is simply not an option.

The source of your greatest momentum will not be the happiness that pulls you, but the pain that pushes you.

And mark my words, you will feel the exhilaration of success. And you will feel it in the center of your chest.

Not when you reach the end of your journey, but in that

magical moment when you choose to embark upon it.

# Only The Fool Can Become Enlightened

Enlightenment is a topic that has been the cornerstone of spirituality for thousands of years.

It is the goal of every true seeker.

It is the promised land for every devotee.

It is hailed as a utopia in a faraway land.

But few experience it.

And even fewer live within it.

It will not be experienced in sermons.

It will not be found in ancient manuscripts.

It will not be discovered in holy books or on the lips of priests and pandits.

It is not an achievement. In fact, it is an anti-achievement.

No intelligent man has ever become enlightened...unless he was first willing to give up his intelligence.

All that you believe you know is false. Your education, your societal status, your accomplishments and your degrees may serve you well in society.

But they have no value in the search for enlightenment.

Because it is precisely what you think you know that prevents you from [seeing what truly](<http://www.elephantjournal.com/2013/03/the-power-of-presence-amy-cushing/>) is.

Your knowledge, your perceptions, your preferences and prejudices stand as a gargantuan wall that separates you from the world of peace. They are your cocoon.

And your coffin.

As long as they stand tall, the light of truth will be unable to reach you. And you will forever remain in darkness. Enlightenment is not

a quest, but a possibility. And this possibility is only possible for the one who is courageous enough to admit that he does not know.

For it is only the one who does not know who is willing to go on a search.

Your intelligence binds you to your ego. And your ego to yourself. And within this self you have rotted for many lifetimes.

The way out, the way to enlightenment, is to first be willing to do what only a few in the history of mankind have been willing to do.

To admit that you [know nothing](<http://www.elephantjournal.com/2014/08/can-we-ever-be-free-from-ego-david-powers/>).

To come to the realization that your education is for naught.

To understand that your ego and your pride is baseless.

To admit to yourself and to all that you know, that you are

an idiot.

As an idiot, possibility once again reigns supreme.

The clouds part and the heavens avail themselves to you.

The solid that you once were has now become a void.

And existence has a place to flow.

In becoming an idiot, you have become a blank slate. And nature carves her calligraphy on the flat of your chest.

You instantly assume the power of the mighty oceans.

And the briskness of the Eastern breeze.

For you are no longer isolated from that which is fundamental to your constitution.

You are no longer separate from the hand that bore you.

In losing your idea of your self, you have abandoned all that has bound you to ignorance.

In abandoning your so-called intelligence, you have allowed for the possibility of wisdom.

In becoming a fool (or ‘idiot’), you have abandoned the search. For all that you once searched for has now come searching for you.

In becoming empty, you have gained the world.

You have finally arrived.

And moments from now it will dawn upon you that this place in which you have arrived, this place that [you searched for][\(http://www.elephantjournal.com/2014/05/buddhas-determination-for-enlightenment/\)](http://www.elephantjournal.com/2014/05/buddhas-determination-for-enlightenment/) for so long.

Is the very place in which you have always lived.

And when you discover this, you will laugh a thunderous laugh.

You will laugh the laugh of a fool.

# How Long has it been Since You Lived?



Human beings do not live in the world of reality.

They live within the world created by their mind.

They are, thus, subject to its whims, its patterns, its haphazard fancies.

It is a life of routine. Emotional swings. Varied moods.  
Mental confusion.

What is this thing we call the mind? Does it truly exist?  
Can it be controlled? From where does it arise?

We live our lives according to pattern. The pattern of the sleep cycle that we have created for ourselves. The pattern of the route we take to work. The pattern of the manner in which we speak to our children. The pattern of our activities between returning home and going to bed.

We feel that we have a reason for doing what we do. We feel that there is a good reason for our patterns. If someone questions us we justify the patterns. Because we hold them so dear. Our habits have become our personality. Our habits have become us.

What is the consequence of such an existence?

Patterns and habits are extraordinarily seductive. Inertia is a very appealing phenomenon. But we pay for it with our lives.

Such an existence is barely an existence. And it certainly isn't living. I do not have a standard manner of living against which I am making this judgment. The real litmus test is our level of bliss in any given day.

How many moments of bliss have you known today?

How many?

If a man is blissful, he can be certain that he is living a life. He can be certain that he has learned how to live. If he is not, there are questions that he must ask.

Why do we have such habits? Why do we live according to these patterns?

Because we live within our minds. The mind justifies everything. It has an answer for any question that you ask it. But the answers that it provides are non-answers. They are simply well-crafted justifications. Why do we listen? Because for all of our lives the mind is all we have known.

A wonderful contrast is to watch a child.

He notices every bend in the road. He asks about the shape of the cloud that you didn't see. He asks about the ripple in

the pond that you didn't notice. He lives in a land of color. He lives in a land which is overflowing with life. While the adult hasn't seen a new thing in years.

The adult lives in yesterdays and tomorrows. The reason he does so is because he feels that there is something to come. The child lives squarely within today. Because, for him, all that might come has already arrived.

The child lives beyond the mind. Until he is taught otherwise. Until he learns the habits of those around him. And soon the colors begin to fade. And where he once saw life, he now sees images. That which once raised questions, now produces assumptions.

What is the way out? Can we return to seeing what truly is? Can we act spontaneously, free of habit and conditioning? Can we recapture the mystery and the anticipation of the moment the way we once did?

We can.

How?

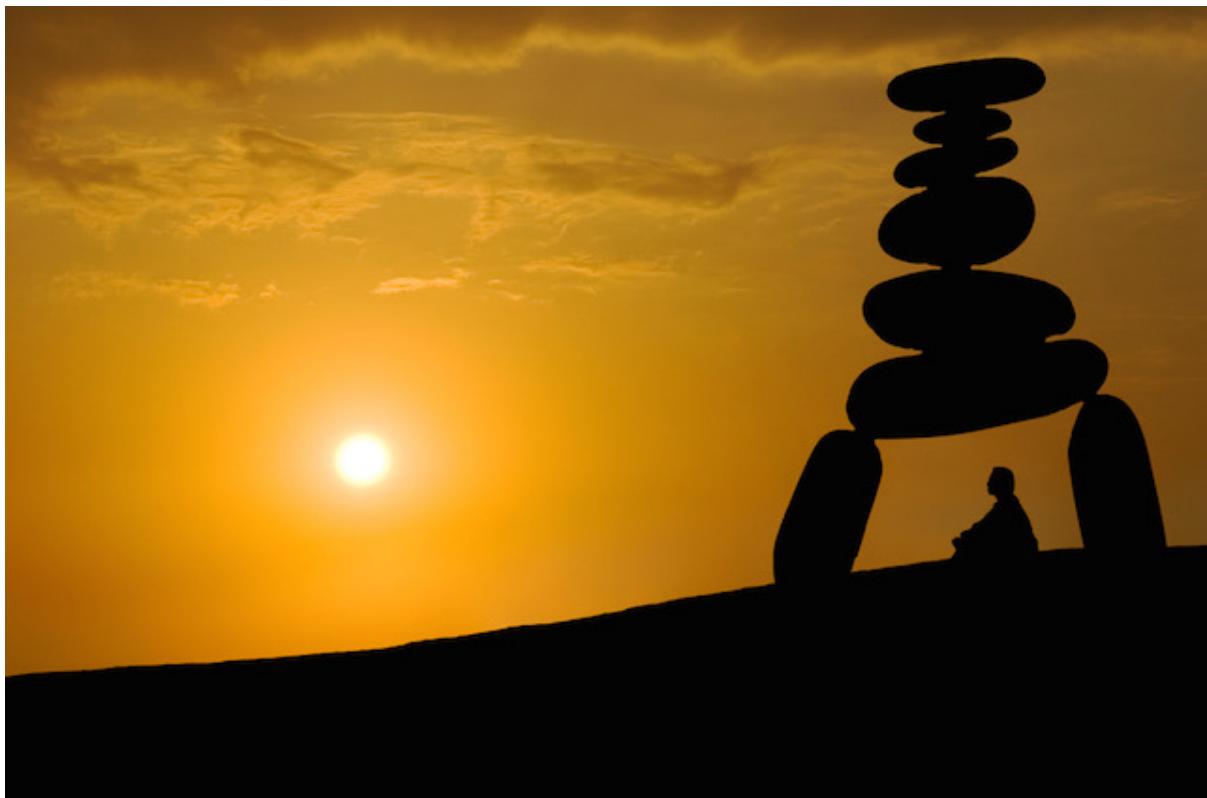
By understanding that we have lost it. By understanding that we have retreated within the mind. By ignoring the

answers that our mind gives to us, and by understanding that the thoughts it produces belong to it and not to us.

This is the opening of the door that has for so long remain closed. And by opening it, we can perhaps see what we used to see. We can sit witness to that which has been there all along.

And we can, for once, turn our life into a living.

# When YOU Disappear Your Masterpiece Appears



“Happiness is absorption.” ~T.E. Lawrence

During my years in university, there was a cook that I remember to this day. He worked in the university grill. He was well known amongst the students and staff. For his happiness.

Whether it was 6AM or 6PM, whether it was weekday or weekend, sunshine or hail, he greeted everyone with a

boisterous “Good morning. How are you this morning?”

There might have been forty people in the breakfast line and he would greet every single one the same way. Many, including myself, would often wonder how it was that a man could be so joyful. Regardless of the time or the day.

While this was the quality he was most known for, I found another which was even more impressive.

I once snuck into the kitchen to watch him cook. I wanted to see this man in his natural state. What was he like behind the scenes?

As he would make a grilled cheese sandwich, he would place the bread onto the grill as if it were made of glass. He placed two pieces of cheese onto the bread and he took his spatula and he pressed down evenly and gently.

His left hand poured a small bit of oil onto the pan, while his right handled the spatula. He placed the sandwich onto a plate. Precisely in the center. He took a knife and pressed his left palm upon the top of the blade and pressed down, and then after it was cut he flicked his left hand into the air as if it were a show.

But there was no one there to watch. No one that he knew of, that is.

Suddenly one of the servers dropped a plate which fell and shattered about thirty feet from him. He didn't so much as flinch. His focus remained on the sandwich. On his ultimate creation. All the while, his lips remained pursed in concentration. His sleeves hung loose at the wrist. The entire affair was done with such rhythm, such grace. It was a ballet.

I remain convinced to this day that he did not even hear the plate fall.

I have spent years giving myself to my endeavors. It was difficult in the beginning. Distractions were the order of the day. And the mind was difficult to settle.

But it is much easier now. In fact, I have used this approach not only with work but with my daily existence. And things happen of their own accord. Whether it is playing the piano or writing a discourse, the fingers seem to find their own way. The instincts and the motions come to me rather than from me. And I sit watching the beautiful dance unfold.

This, my friends, is what I have discovered is the secret of making a masterpiece of your craft.

Society, from childhood forward, is taught to do things according to a certain technique. In a certain way. According to a certain methodology.

Superiors judge the individual for how well they follow the methodology. How good the result is. And whether every direction is adhered to. The type of individuals that are created in this manner are not leaders but followers. What is being taught is not creativity, but mimicry.

Is it a wonder that the creative, the elite, in any discipline are so few? It is not that only a subset of human beings harbor creativity. It is that only a subset choose to nurture it.

The world is addicted to the “how to.” And there is no shortage of individuals to indulge them.

Creativity is a profound rebellion. That which comes from a sacred place within you is far superior than that which comes from the world around you.

The secret of work lies not in the comparing of the result against a prevailing standard. The secret of work lies not in following a recipe. The secret of work lies not in the praise that it garners.

The secret of work lies in the state of the human being performing it. The secret of work lies not in mindfulness. But mindlessness.

Mindlessness?

Yes, mindLESSness.

If you examine an event or a time in your life when you created something valuable, a masterpiece of your creation, you will find that time disappeared. During those minutes or hours in which you worked, nothing else in the world existed. You were the only person in the world. And your task was the most important thing in the world.

There was no time. There was no distraction. There was no mind.

And most glorious of all, there was no YOU.

Your hands worked of their own accord. Dancing to a rhythm all their own. Neuronal impulses traveled directly from brain to fingertips, bypassing YOU altogether.

There was no thought of what it might look like. There was

no hope of anyone liking it. There was no fear of it being ridiculed. The entire affair was thoughtless, mindless, and egoless. This is how masterpieces are created.

In the end, it is YOU that stands between you and your masterpiece.

When you become lost in what you are doing . . .

When the mind goes away . . .

When YOU disappear . . .

Your masterpiece appears.

# If You Don't Follow Your Dreams You Might Just Get What You Deserve

Most of us spend a lot of our lives negotiating for things we want.

You negotiate with your boss about your salary. You negotiate with your wife about the color of the bedroom wall. You negotiate with the vendor about the price of his produce.

But why would you negotiate with your dreams?

## I Must Be Practical

You might think you need to be ‘practical’.

But, for your whole life you have been nothing but practical. You have cocooned yourself into your neat little life where everything is safe and nothing can go wrong. You have lived according to the words of those who abandoned their dreams long ago.

You have lived according to the lifeless words of a society for whom dreams are a luxury they simply cannot afford.

How practical is your practicality?

This practicality that keeps you lifeless.

This practicality that keeps you tied to your appropriateness  
and prudence.

How practical is it for you to go on ignoring that which  
refuses to be ignored?

What If I fail?

You WILL fail. And though you may fail a thousand times,  
it is far better than living a life in which failure is not  
possible. A life of constant failure is also a life with a constant  
possibility of glory.

Do not set out to try.

Do not inch closer to the cliff in order to peak over the  
edge. Fail! And in the falling, you will float through the  
failures and the successes and the possibilities that are  
available only to the one who is willing to FAIL.

I Should Have A Backup Plan Just In Case

Just in case?

You've lived just in case your entire life.

As long as you have a just in case, you will never leave just in case.

And the backup plans are sold to you by those who desperately need you to back up. These backup plans are hefty creations, aren't they? These volumes in which people have outlined in every conceivable detail why it is that they will not succeed.

They have mapped the entire strategy to back up. So detailed, so comforting, so elaborate is this back up plan that they never have a chance to use it. For they never take a step forward.

In spending all their time creating a backup plan, they cement their existence firmly into yesterday. And in doing so they kill any possibility of tomorrow.

Pick up your back up plans. Place them neatly on top of one another. Invite those who helped you create them.

And as they are admiring these tomes, set them on fire. Let

the smoke rise into the clouds. Let it be carried by the jet stream so that those in nations around the world can see it and smell it. The smell of burning bridges. The smell of boundless freedom. The smell of glorious possibility.

You have been told NOT to set off in search of your dreams until you have a backup plan.

I am telling you NOT to set off in search of your dreams until you have burned your backup plan.

Man is an eleventh hour creature. He acts only when his back is against the wall, when he is at the edge of a cliff, and there is nowhere else to go. And NOT ONE MINUTE SOONER.

If you have a backup plan, you will ensure your failure. If you succumb to practicality, you will have nothing but practicality.

### I Cannot Live Without My Dream

You cannot live without your dream because your dream will not let you live without IT.

It will pester you and goad you and chase you into the dark

and quiet recesses of your being.

It will demand its expression.

It will insist upon its exploration.

And the danger comes when you hear it no more.

The danger comes when you have become numb to its  
touch.

For then all is lost. It has died.

And you have died with it.

For as long as you cannot live without your dream . . .

For as long as it tugs at you . . .

For as long as it drives you to confusion and turmoil . . .

Living remains possible for you.

The question is not whether it is practical. Or whether you  
can afford to follow it. The question is whether you can afford

to live a life without it.

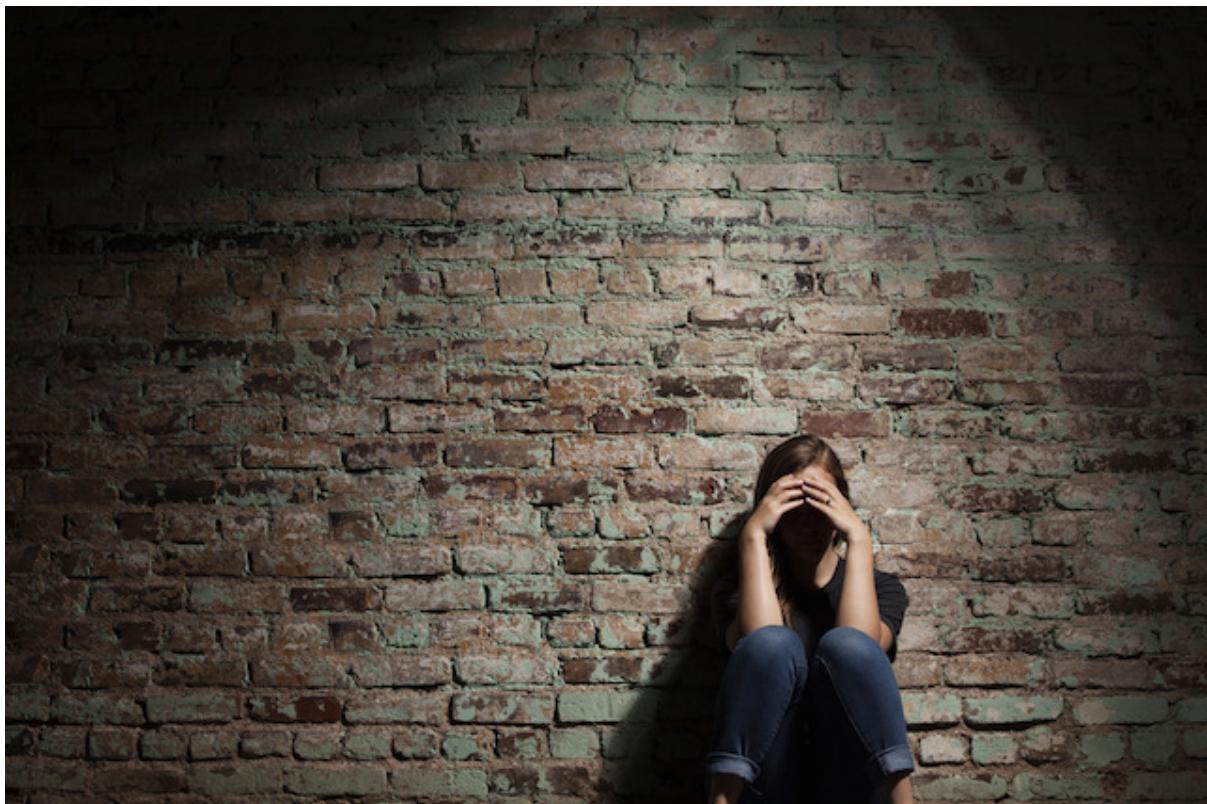
For it will only chase after you for so long. And once it dies, your life fades into insignificance.

Dreams were never meant to be negotiated with. They were meant to serve as a reminder of your possibilities. A reminder of your greatness. A reminder of your humanity. They were meant to keep you alive in a world that slowly drifts toward death.

To negotiate with your dreams is to eventually live without them.

And to live without them is to never have lived at all.

# When Life Doesn't Meet Our Hopes and Expectations



“Anger always comes from frustrated expectations.”

~Elliott Larson

I was recently watching my younger son play in a golf tournament. We had extensively prepared for this tournament over a period of several days. His technique was finely tuned. The game plan for attacking the course was in place.

The first two holes went wonderfully.

We arrived at the third hole, a medium length par three with water to the left.

In the middle of his swing, a golf cart carrying bags of ice drove

right in front of him at a distance of about fifteen feet. This broke

his concentration and he stopped his swing. He attempted to gather

himself and he proceeded to hit the shot.

The ball went into the water.

This was the beginning of a number of curious “breaks” that happened on almost every single hole until the final one.

The result was a disaster. The tournament was ruined. The game plan was shattered.

There were so many wounds inflicted that day. And I, perhaps more than him, suffered every one.

I learned much from that day. One of them is the idea of a thin layer of space.

What do I mean?

The organs inside the human body sit next to one another,  
but  
they do not touch one another. They sit within body  
cavities but they  
do not touch the cavity.

Rather, they are separated from their surroundings by a  
membrane of space.

Perhaps we can apply this ingenuity to the way in which we  
live our lives.

As we experience the various emotions and events that we  
encounter in  
a given day, we feel jolts and grates and frictional rubs. We  
are  
affected by each one.

Why?

Because unlike the organs in our body, we live directly  
apposed to  
the events of our lives. As such, the slightest shudder feels  
like an  
earthquake. Every scratch feels like a flesh wound.

What if we could learn to live our lives with a thin layer of space between us and the events that we experience?

What if there was a thin layer of space between what we hope to receive and what we actually receive?

A thin layer of space between our expectations of what should be and what actually comes to be.

Perhaps this space would act as a shock absorber. Perhaps it would allow us to experience jolts as jolts. And scratches as just scratches.

Perhaps this space would serve as a gutter in which the excesses of our demands and our hopes would collect and flow away, leaving us content with what is.

Perhaps this is the only way that our lives can be enjoyed.

Perhaps it provides us a dose of wisdom. Teaching us that life flows according to its own rhythms, rather than according to our

whims.

Perhaps it can teach us that our miseries come from seeing  
life  
through the prism of our own expectations. And that to see  
life in this  
way is to not see it at all.

Perhaps a bump will seem more like a ride than a jolt.

Perhaps  
thunder will seem more like a sound rather than an  
impending storm.

It is our interpretation of events that gives rise to the  
parallel universe in which we live. As few of us truly live  
within the  
world. Rather, we live inside the mind.

The mind sticks to everything that it experiences and we  
feel the reverberations of each and every one of these  
experiences.

But with this thin layer of space, we can perhaps keep the  
tempest that surrounds us in perspective. And at arm's length.

This thin layer of space affords a thin window of time.

Time that  
allows for a measured response. Time that allows for action  
borne of  
wisdom, rather than emotion.

It is not the words, but the space between them that makes  
communication possible.

Perhaps it is a thin layer of space between us and our lives  
that makes living possible.

In understanding this thin layer of space, perhaps I can  
begin to  
appreciate that the events that happened on that day did not  
happen to  
my son. And that they did not happen to me.

They just happened.

# Why Meditation Has Failed You

The lotus positions, the chanting, the mudras, the breathing  
—it has all infiltrated the public mainstream.

Human beings are enamored with form. But form is simply  
the silhouette of function.

As with all things in life, sincerity is the lifeblood of transformation. When you sit in a pose that you believe to be correct, are you being sincere? Do you believe that taking ten or twenty minutes out of your day to meditate will bring about some miraculous change in you?

Has it worked?

Such things rarely work.

And the reason is because they are pursued and perceived as events that are independent of your daily existence. There is a period of time that you spend meditating. And then there is another (larger) period of time that you spend living your life. And as long as these remain separate, meditation will simply be a daily routine among others.

If all you seek is a bit of calmness. Or modicum of stress relief. Or a taste of mock spirituality—

Then, by all means, carry on.

But if you seek transformation—

If you seek bliss—

Drop meditation!

And become meditative!

When you drive your car, when you do your work, when you wash the dishes, when you put on your clothes, when you brush your teeth, when you slip on your shoes—

**Be Meditative.** What do I mean by being Meditative?

Water is a beautiful example of a meditative element. If you pour it into a container, it conforms to the shape of the container. It does not resist the rock. It simply flows over and around it. It is meditative because it gives itself entirely to the situation in which it finds itself. And by giving itself to everything, and resisting nothing, it encounters no conflict.

No trepidation.

## Be Meditative.

Lose yourself in the act that you are carrying out.

When you brush your teeth, feel the rhythm of the strokes.  
When you put on your clothes, feel the texture of the fabric.  
When you make the bed, snap the sheet and watch it ripple.  
When you drive to work, feel the rolling sensation as your car accelerates down the hill. When you do your work, watch the hands as they caress the slippery black keys on the keyboard.

Allow it all to be a dance. And your life will be one as well.

In doing this, you will have no need to meditate. For your very life will be a meditation.

In doing this, you will venture beyond your mind and become available to instinct. And when your work is carried out by the hand of instinct, it will be a masterpiece.

There is no need to go to an ashram, a church, or a temple. Or for silent retreats. Or for holy books or sermons.

Such things are for those in search of prescriptions. An antidote. A smoky, green potion. Such things are for those

who are looking to be shown The Way. Such things are for those enamored by form.

They are not for the serious. They are not for the sincere. For, if you are sincere, you will drop the words of others and take matters into your own hands.

And you will not do so when the time is right. You will not do so when the moon is in a particular orbit. Or when your sensibilities are ripe. Or when you feel a sudden urge.

You will do so right. This. Minute.

You will drop this side-job, this hobby, this concept of ten minutes of daily meditation.

And you will become Meditative.

Why would you possibly have the need for these glossy magazine subscriptions if your very life is a masterful example of that which they espouse? Of what use is meditation to a person whose very life is a meditation?

In becoming Meditative, you will not be acquiring things. But losing them.

In becoming Meditative, you will not become more. But less.

You will float not toward somethingness. But nothingness.

In becoming Meditative, you will lose yourself.

And in losing the self that you have forever believed yourself to be, you will find the one you have been searching for all along.

# To Manage Your Emotions Is To Perpetuate Them



You have heard the advice of *keep your head up*, and *keep a positive body language*, and *force a smile on your face*, and *keep a cool head*.

You have also heard of *managing your emotions*.

You have certainly known managers in your life. How well-liked are they? How efficient are they? You have heard of world-class businessmen. World-class athletes. World-class CEOs. World-class artists.

Have you ever heard of a world-class manager? World-

class managers live within the theories of academia. For managing anything leads to a manipulation of it. And that which is manipulated gets taken away from its natural source.

What if it were up to you to manage your heartbeat? Would you still be alive?

What if it were up to you to manage your respiration? Would you still be breathing? What if it were up to you to manage your digestion? Would you be appropriately nourished? What if it were up to you to manage your brain activity? Would you still be intelligent?

Think of all the things that are NOT up to you. The things that happen of their own accord. Are they not wonderfully efficient in their self-managed state? Unmanaged by you?

Now think of all the things that are up to you. Things that you directly control and manipulate and regulate and MANAGE. Your relationships, your decisions, your strategies, your financial choices, your parenting methods, your attempts at happiness, your attempts at success, and so on. How does their efficiency compare to that which goes unmanaged in your life?

There is an enormous amount of appreciation for the fact

that some athletes, though they may be writhing in emotional discontent on the inside, are able to present an acceptable face on the outside. They are able to demonstrate a semblance of keeping it together. In fact, this is actually being taught to athletes. That no matter how you feel on the inside, just don't let it show on the outside.

If an athlete is feeling it on the inside, he might as well let it show on the outside. For in letting it show, he will let it go. Let him break every club in his bag. Let him throw his caddie into the lake. Let him scream at his coach.

The effects upon the athlete's performance are a function of what he feels on the INSIDE, regardless of whether he CHOOSES to manifest it on the outside.

When an athlete is playing his best, is it because he manufactures a calm face on the outside, or is it because he feels calm on the inside? Is it because he keeps it together, or is it because he is together?

The INSIDE is the only side that matters. The inside is what the athlete reacts to. The inside determines how he performs.

Dealing with emotions or managing emotions is to settle in

for a life-long fight. Because you will not have addressed the source of the emotional turmoil, you will be doomed by it forever.

In understanding one's mind, one understands the seat of emotional strife. He begins to unravel the maze of complexity that has been his life for decades.

In the work I do, I choose not to add things to human beings, but to subtract things from them. Subtract that which they have accumulated in their endless attempts at fixing and concealing and dealing and managing.

In this way, I can have the professional athlete return to his fundamental state. Like when he was a child, and all that was done was done naturally.

When there was no need to manage anything. When anything that came, left just as easily.

That which is managed is perpetuated. That which is managed gets destroyed.

When one's conflicts and inner struggles are explored and examined, they begin to disintegrate.

When they are managed and manipulated, they grow roots  
within the human being.

Is it not time to unravel and dismantle the very force that  
has been managing YOU for so many years?

# The Road to Golf Glory



Man sees an ocean and he seeks to collect oysters from it.

He sees a field and he seeks to extract glory from it.

Golf courses are no longer fields of play, but fields of battle. They have become fields upon which man fights for the full extent of his self-worth and the integrity of his own personal image.

The golf course is seen as a minefield. And thus the player treads hesitant and fearful with every step.

Man has become a discontented creature. His life is almost never sufficient just the way it is. He is never enough just the

way he is.

Drama is his drug. He creates it. He swims in it. He drinks it. He suffers its every high and its every miserable low. This is the game he has created for himself.

Complexity has become a habit. For he feels that intellectualization is forever the road to truth. As a result, he feels he must create something where there is nothing. He must attach importance to something that inherently has no importance. He must create a story out of disconnected events.

The media is a master at this. But the media learned it from man. The media is, in fact, the public manifestation of man's private musings.

If man initially looked upon golf as a game, it is a game no longer. Somewhere along the way everything became real. And this reality has caused more suffering than can possibly be imagined.

Reality is too mundane for man. And this new reality that he has created is simply insufferable. So much so, in fact, that it is not sustainable.

Man has a habit of turning backyard battles into world wars. He has a habit of turning play into conquest. As an athlete he has turned the field into a wishing well. And he comes with a decade-full of baggage in hand.

For him, the field is no longer a field, but an opportunity. An opportunity to replenish what he lost long ago. An opportunity

to look into the mirror and see a reflection that is greater than  
the image that produced it.

He has certainly found his way to it. But how can he make his  
way through it?

Perhaps he could look at the field through innocent eyes. And  
a motiveless heart.

Perhaps he could look at the game as an expression of his joy.  
By looking at play as an expression of his freedom.

For if he cannot play with freedom, of what use is it to play at  
all?

In order, then, to play the game, one must commit himself to  
the playing. To play like a warrior, with full presence of mind.  
Losing himself in the rhythm. And allowing all of his skill  
to surface.

If the athlete comes to the game in search of something, he  
will not be able to PLAY it. If he comes to the game in hope  
of something, he will not be FREE within it.

The game is inherently empty. It is a skeletal structure. A  
scaffolding. The game itself does not contain joy. If it did,  
everyone who played it would always be joyful.

The game provides an arena. The athlete brings the joy. But  
the athlete who brings a demand will leave empty-handed.  
The athlete who arrives with hope will leave disappointed.

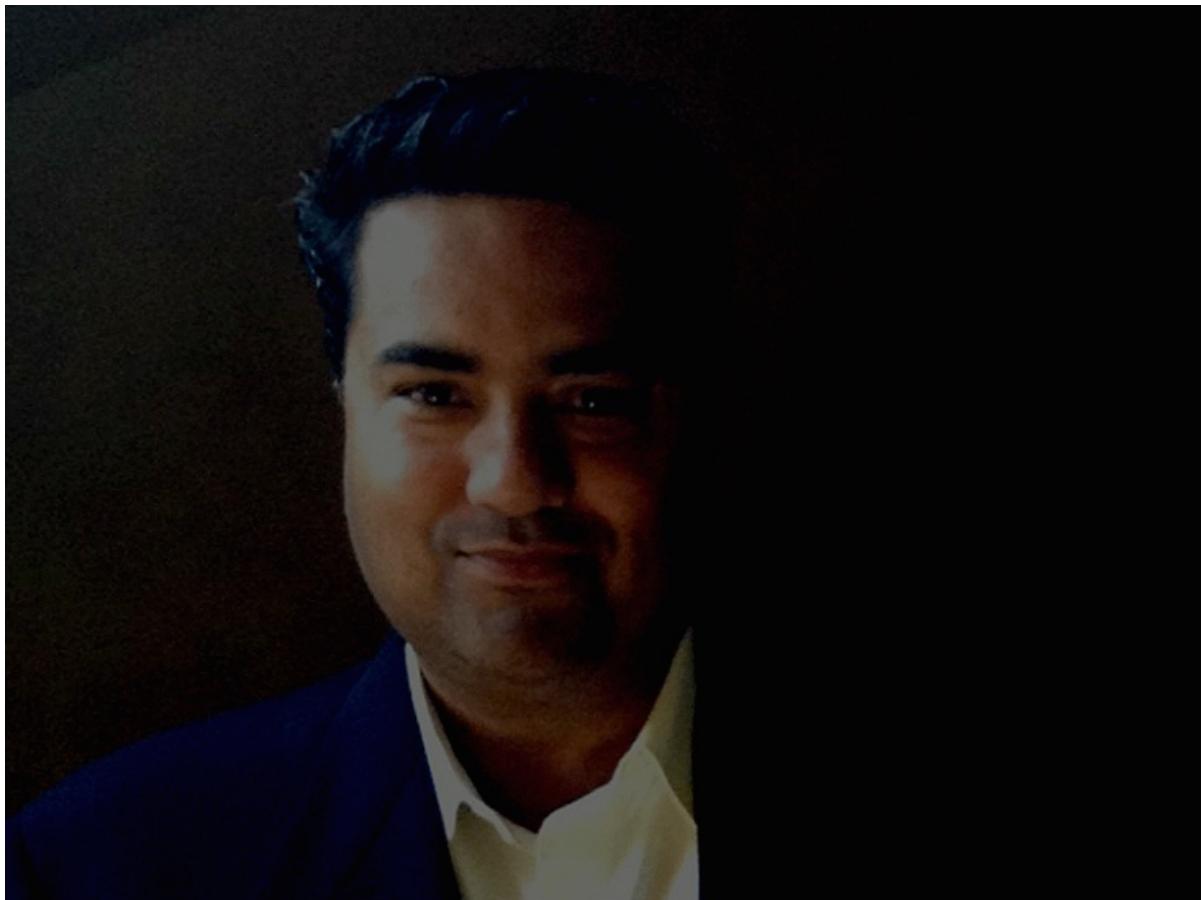
Why?

Because he is looking for an ocean without realizing that he is  
in a desert.

The game is a desert. Windswept and wild.

And as long as the athlete fails to realize this, he will forever  
suffer within it.

# The Secret To Finding YOUR GAME



Though it is not the modern way, the truth always lies beneath that which is immediately graspable. And it lies further than one's natural and customary reach.

You struggle to find your game. You have it in practice. You find it on the range. You have it on the practice green.

But you lose it on the course.

Why?

The reasons are varied, but let's discuss one fundamental possibility. Perhaps one you have not explored. For it deals

NOT with tips and tricks, but a dissection of the matter at hand.

**Could it be that the game that you are attempting to play in the practice area is NOT the same one you attempt to play on the course?**

Could it also be that the game that you are attempting to play on the course is NOT the same one you attempt to play in tournaments?

Could it be that the “goal posts” are being moved without you being aware of it?

I will explain.

How long has it been since you asked yourself why it is that you play? Is it perhaps time to have a SINCERE conversation with yourself about the source of your joy as it relates to golf?

**You see, before you can work on your game, you must figure out which game it is that you are attempting to play.**

Perhaps in the practice area you are attempting to play golf.

You are using a club to advance a ball to a target. You are working on mechanics. You are working on trajectory. And all various manners related to the wholly innocent activity of ball advancement.

But could it be that when you enter a tournament or a match that the game suddenly changes?

Could it be that while you play golf on the practice ground, you play the winning-vs.-losing game in the tournament?

Could it be that while you play golf on the practice ground,  
you play the don't-embarrass-yourself game in the  
tournament?

Could it be that while you play golf on the practice ground,  
you play the I-must-redeem-myself game in the tournament?

Could it be that while you play golf on the practice ground,  
you play the I-must-raise-my-Official-World-Golf-Ranking  
game in the tournament?

Could it be that while you play golf on the practice ground,  
you play the I-must-keep-my-Tour-card game in the  
tournament?

At this most delicate juncture in this conversation I will tell  
you fear not, for I am NOT about to judge you. I am not about  
to tell you what you should or should not do. This is an  
epidemic in the world of performance and instruction and it is  
not my way.

I have no interest in advising you to refrain from playing any  
of the games above. **I simply ask that you discover for  
yourself, honestly and sincerely and without fear of  
judgment or reprimand, which game it is that you play.**

I will state in a purely clinical and non-judgmental way that if  
you play any of the games above, or your personal flavor  
thereof, that you are not playing the game of golf. Once again,  
I reiterate that I am not asking you to abandon any of those  
games in exchange for the game of golf.

I am simply stating that if golf is what you practice and golf is

what you train for, it is golf that you are improving at. But if in the tournament you are not playing the game of golf, you might as well be playing the game of soccer.

You see, athletes often lose sight of that which is fundamental. And given the culture in which the athlete finds himself, it is completely understandable why he would lose sight of the fundamental.

The fundamental, the secret, is to discover for yourself:

1. Which game is it that you are really playing?
2. Why is it that you play?

All across the world, from the professionals to the amateurs, the game is no longer a game. The game has not been a game for a very long time.

The game has become simply a vehicle. A vehicle for gain. A vehicle for conquest. A vehicle to fill the emptiness a man feels. **A vehicle for man to settle the scores of his unrequited dreams.**

The game has been a clothes line upon which man has begun to hang his dirty laundry.

And, as such, the game is no longer the game it was intended to be.

Perhaps if you were willing to return to the game that first attracted you to it, you could play it beautifully once again.

Perhaps if you rediscovered the fact that the game is meant only to be played and not to be used, you could play it with

aplomb.

Perhaps if you returned to the game in its wholly virgin form  
you would discover that all the demons that have frightened  
you belonged to all the other games you brought with you,  
and not the one spawned their existence.

Perhaps...

# On Becoming A Golfing God



You have had those days before. You speak of them still.

It matters not your age. Or your level of skill. You know exactly the days that I am speaking of. The days where you could do no wrong. The days in which golf felt effortless. The days in which the ball seemed to gravitate toward the hole. The days in which you marveled at your own possibilities.

Those rare and treasured days in which you tasted *The Zone*.

It is at once mythical, mystical and mysterious. It is the subject of legend and lore. But you have lived the legend. And you have craved it ever since.

How could you have it one day and lose it the next? Is it not

possible to bottle it? Or to tease it out of hiding?

Like all things, the first step is to understand it. And in this journey to understand what it is, we must first understand what it is not.

Much of what you are about to read will surprise you. For it will likely be the antithesis of what you have heard.

The zone has more to do with the mind than it does with the brain. The fascination with electrodes and brain signals and imaging reflecting glucose uptake is simply an example of scientists playing with their toys. Its real world application takes place only in the pages of reference-laden journals, rather than in the day-to-day experience of the human being that is the golfer.

### What do I mean?

When a golfer is in the zone, do you think he cares which of his brain hemispheres was more active or what his heart rate was or which parts of his brains lit up on the scan?

And can the scientists who disseminate all of this impressive jargon take a golfer and put him into the zone using all of their fancy toys?

Forget the electrodes and the scans and the *myelination* and the *motor patterns*. Let's talk about the reality that YOU the golfer knows. And what YOU the golfer experiences on any given day.

Let us move on to the mind.

Perhaps the most ubiquitous phrase in the lexicon of sport psychology is *Mental Toughness*. Sport psychologists love this phrase. Let me ask you a question. When you are not playing well is it because your mind is your friend or your enemy? And if it is your enemy, why would you want your enemy to be *tough*? If it is your mind that gets in the way of your performance, would you rather it be a *tough* adversary or a *weak* one?

The zone has nothing to do with *mental toughness*.

What about all the talk about *positive self-talk*? You have surely tried to tell yourself that you CAN DO IT and that YOU WILL PREVAIL. And when you did, did the mind not whisper back? Which voice had the greater effect? Your *self-talk*? Or the mind's response?

What about thinking *positive thoughts*? You have likely tried this as well. When you had a *positive thought* it made you feel better, right? But how many seconds did it take for the negative thoughts to return?

You have perhaps even tried breathing, yoga, meditation, positive imagery, visualization, aphorisms, exercise and diet modification. Did any of these do the trick?

If you agree to suspend all of this ill logic. If you can abandon for a few minutes this bag of colorful potions, perhaps we can have a serious conversation.

Are you ready?

The side effects of the zone may be detected in the brain, but

the zone itself is not found there. The zone has nothing to do with *mental toughness*. The zone is not about *calming the mind, controlling the mind, appeasing the mind, or taming the mind*.

In case you have not noticed, the mind cannot be tamed. It was never meant to be tamed. The mind is a tempest. A wild beast. Frenzy is its very nature. And if you stand in the way of this storm, you will be devoured.

The zone is not a state of a strong mind, a quiet mind, or a calm mind.

The zone is a state of **No Mind**.

When you experienced those tranquil, effortless days in which you accessed the zenith of your skill, it was because you had **transcended** the mind. Purely by accident. You did not have positive thoughts or happy thoughts. You had NO THOUGHTS. When there is no mind there is no thought. And when there is no thought, you have access to the full sum of your skill.

Can we get into the zone at will? Certainly. But it will cost you something that you may not be willing to pay: **Your intelligence**. The deep-seated belief which says that **YOU KNOW**.

***Understanding the state of no mind will be more about unlearning rather than learning.*** It will require you to abandon all that you have been told. It will require you to admit a certain degree of ignorance. In accepting ignorance, you will begin to clear your mind of the cobwebs of thoughts.

And you will begin the road toward **clarity**.

Can you do it? Can you make yourself available to existence?  
Can you let go of the knowledge of which you are so proud?  
Can you allow yourself **Just To Be**? Can you allow yourself  
to regress into childhood? Wholly new and innocent?

If you are willing, you will have started the journey. The  
journey toward **No Mind**. The journey toward clarity.

The journey toward becoming A Golfing God.

Your Reaction?

# FREEZING



At certain moments in the game, the player experiences overwhelming fear, enormous pressure, and unbearable tension. The outcome of the game is at stake and the player feels that he is required to perform at his best, or all will be lost.

At this stage of the game, some are hailed as heroes and some are said to have “frozen” or “choked.”

How does a game have the power to produce a physiological response almost identical to that which occurs in a true life and death situation?

A person’s perception is his reality. If a situation is perceived as life and death, the physiological response will mirror those

of life and death.

And when a game is perceived as life and death, the game is no longer a game.

If such feelings are unacceptable to you, you must explore what the game means to you. You must define why it is that you play.

If a win produces elation, you may wish to examine what it is you have won. If a loss produces despair, you may wish to examine what you believe you have lost.



Do you truly believe that a trophy, a cup, or some clever mix of steel and plastic has the power to incite such an intense physiological response?

Is it about the trophy? Or is it something else?

Is it about the ranking? Or is it something deeper?

Freezing in what is perceived to be the critical moment in a

game is a response to overwhelming fear.

For such a fear to arise, something enormously valuable must be at stake.

If you feel such a fear, I assure you that the game you are afraid to lose is not the one you think you are playing.

# EVENTUALLY



A man's actions are a direct result of his perceptions. And what a man perceives as safe and comfortable will guide the nature of his actions, for he is accustomed to the safe and the comfortable.

His motivations are often impure.

By impure I do not mean to imply immoral, but rather, eclectic, or a mixture.

If we examine this from the standpoint of commitment and drive toward a specified goal, we often find individuals who

seem to work but fail to attain their goal. We have heard of the student who pursues one PhD after another.

Or the man seeking God who enters a religious sect.

Or the athlete who joins an academy.

There is certainly nothing wrong with attaining multiple PhD's, entering a religious sect, or joining an academy.

But if we impartially examine the outcome of these tactics, I would not hesitate to guess that the multiple PhD student did not go on to greatness in any given field; that the man who entered the sect did not truly find the God he was seeking; and that the athlete who joined the academy did not make it to the professional ranks.

Certainly, success stories can be found. But they are extraordinary rare.

Why is this so?



I am compelled to return to the word, impurity.

Does the multiple PhD student wish to become a success?  
Partially.

Does the man who enters the sect wish to find God?

In a way.

Does the athlete who joins the academy wish to become a professional?

To some degree.

Why do I say this? Because those who truly wish to become, become. How do we know they wished to become?

Because they became.

There is a comfort in the process. There is a self-denial in the

striving. The man who joins the group affords a degree of ammunition in affirming to himself that he truly wishes to become.

The groups, the processes, the sects, and the societies often serve as a haven of sorts. A shelter to assuage one's self-doubt.

Those who become may use a group or they may not. But they view these as temporary stops on the road toward their goal.

While those who delude themselves see these as a comfortable abode.

The man who craves his goal sees it in terms of the now. And because he sees it as reachable, he performs all the preliminaries required to attain it.

The man who has doubt sees his goal as something that may eventually come. And because he does not see it as a certainty, he continues to rest (or hide) in the process.

# FEAR AND THE ATHLETE



I have never seen an athlete who did not live in fear. He walks with it. He sleeps with it. It has become so much a part of him that he does not know where his self stops and the fear begins.

Some consultants call it anxiety. Others call it pressure. You can call it what you like. For me, it is fear. Its power is enormous. It is as old as man.

The performance community, coaches, psychologists, and the athletes themselves are intent upon creating massive walls to shield the athlete from it. These walls come in various forms: rituals, aphorisms, routines, self-talk.

Legions of athletes subscribe to them. Who can blame them? It is natural to arm yourself against such a fastidious force.

# FREEDOM



*14 year old Guan Tian-lang playing in his first US Masters.  
The youngest ever qualifier*

Just before the performance begins, before the first serve, the first tee shot, the jump ball, the big speech, or the final putt,  
are you free?

In these moments, do you have command of your mind? Can  
you use the mind as you wish?

Can you look the gallery in the eye?

Can you control your club as if it were an appendage?

Or are you subservient to the result?

A person who is free belongs to himself. When the situation arises, he summons his abilities and directs his faculties according to his command.

A person who is not free allows the result to define him.

# INTERVIEW: WITH DR KAPIL GUPTA

Magnus and I are really excited to bring you today's blog post. We have featured a couple of his excellent discourses in recent newsletters but today we bring you a very interesting and revealing interview from Dr Kapil Gupta.



A world renowned expert in helping those achieve their goals we are delighted he took the time to provide you with some great material.

If, after reading this, you do not take the time to assess your own attitude to your performance on the course – TRY HARDER!

He defines himself as a seeker rather than a preacher, an admirable but rare quality in the golf coaching industry today.

In common with Dr Gupta we share the notion that everybody is unique and that no singular method is applicable to performance improvement.

So without further ado – “the interview” with Dr Gupta of [SiddhaPerformance.com](http://SiddhaPerformance.com)

## **MEANDMI: LET'S START WITH A LITTLE ABOUT YOUR BACKGROUND, DR. GUPTA.**

**Dr Gupta:** I have always been fascinated by the human mind and how it affects the lives of human beings. I was enamored by the various powers that the ancient Yogi's of India had cultivated through an understanding and exploration of the human mind never paralleled in human history.

I wanted to discover how these understandings could be applied to the world of world class human performance, across various endeavors such as athletics, art, business, and day-to-day living.

I immersed myself into experimenting with the mind and achieving states that would allow human beings to create masterpieces of their work across any endeavor of their choosing.

## **WHAT ATTRACTS YOU TO SPORTS PSYCHOLOGY?**

I am not a sport psychologist. What I do is frankly the antithesis of sport psychology.

Sport psychology asks a fundamentally different question than what I ask. It asks *What mental tricks, tips, techniques can the athlete be taught that will improve his performance?*

I ask, *How can the athlete transcend his mind so he will not have the need to resort to performing?*

When a human being is at his best it is not because his thoughts are “more positive” and because he thought more about the “three C’s and the four D’s” on that day.

When he is at his best it is because on that day he hardly

thought at all. He simply reacted to the nature of the circumstance.

Where did this come from?

This came from Freedom.

In my work with my clients I tell them during the first part of the session, "Today you will achieve Freedom." Not eventually, or after "the process," or at some point in the future.

You will have freedom TODAY!

### **WHY IS GOLF APPEALING TO YOU?**

I am around golf quite a bit because my boys are heavily involved with tournaments and training. So by this very fact alone, I've helped many golfers.

But in all honesty, I am steadily branching into different fields of not only sport but also art, acting, music, and so forth.

I love to explore with human beings their capacity to access the glory of their humanity. And in so doing, access the wondrous possibilities that they are capable of.

Not in theory. But in hard line practicality.

Not eventually. But on the very day we meet.

### **YOUR ARTICLES ARE WRITTEN VERY DIFFERENTLY TO MOST THAT ARE OUT THERE AT THE MOMENT. YOU ASK QUESTIONS MORE THAN DISPENSE INFORMATION. WHY DO YOU LIKE TO DO THAT?**

From the time we are children to the day we retire, we are TALKED AT.

In school, teachers threw information at us.

How much of it do you remember?

As adults we attend conferences. And the speakers flash power point slide after power point slide. And this is much more of a convenience for the speaker than it is a benefit to the lis-

tener.

How much do you really get out of these “conferences?”  
Human beings have been taught to believe that the most effective way to learn is to be taught.

They have been led to believe that the most effective way to teach is to throw information at people.

An analogy, if I may.

Imagine a patient who has been traumatized and has lost a lot of blood. He is taken to the emergency room. In order to keep him alive, he must be given Saline in order to maintain a minimum degree of blood pressure so that he can continue to perfuse his brain and heart and his organs.

Does the emergency room doctor take a bucket of saline and splash it onto the patient?

Of course not.

He injects the saline INTO HIS VEINS. Because it is only once it is injected into the veins that it can truly benefit him.

It is the same with “teaching” and learning. If you throw a bunch of information ONTO human beings, it will not penetrate them.

It must be injected into them.

And how is this done?

Therein lies the ART. And like most significant things in life,  
Art trumps science.

The speech and the writing must be customized and engaging and wholly relevant and interesting. For if it is not, it will not penetrate the human being.

Nor should it.

If it is not powerful enough to gain access to the veins, it is not worthy of the human being’s time.

**TELL US ABOUT THE BIGGEST CHANGE IN ONE  
OF YOUR CLIENTS THAT YOU CREATED.**

I don't believe in incremental improvements over time.

I believe in TRANSFORMATION.

This is why I am extraordinary selective in who I take on. I only accept consultations I am inspired by.

I could no doubt triple my income if I did not adhere to such a philosophy. But I feed off of inspiration. It gets the best out of me. And, as a result, I'm able to get the best out of those with whom I have the pleasure of working.

If I accepted even 60% of the requests for consultation that I receive, the results would be divided into some good, some great.

But because I only accept those consultations that inspire me, the results are always great.

In fact, I know the results are going to be Truly Grand from the moment I read or hear the words of the potential client in the screening interview.

And one of these grand results is always FREEDOM.

Human beings throughout history have been willing to die for freedom. Yet so few clients taste it.

And there are very few consultants in the world who are devoted to offering it.

## **WHATS THE HARDEST THING ABOUT YOUR JOB? WHEN DOES IT BECOME DIFFICULT TO HAVE A MEANINGFUL EFFECT ON YOUR CLIENT?**

I wouldn't say it's hard for me, but perhaps something that can be difficult for some clients is to convince themselves that they truly can let go of all the crutches and band aids and tools and tips that they have grasped at for so long.

It's interesting because they tell me that they've truly wanted to let go of these things. But they've been afraid to do so because they feared the performance repercussions that might result.

When they receive the permission to let go of them, they feel an incredible relief.

The reason that they feel relief is because they have finally been given the freedom to remove things from themselves rather than adding things to themselves.

They often tell me that they feel “Lighter.”

## **HOW DO YOU SEE THE FUTURE OF THE PROFESSIONAL GAME CHANGING WITH REGARDS TO PSYCHOLOGY?**

For as long as there are legions of athletes who value solutions more than questions, there will be consultants on every corner willing to cater to such a need.

For as long as athletes value tips over fundamental exploration, there will be consultants willing to serve them.

The world has always drifted toward greater entropy. The human being has always drifted further and further away from himself.

Science is now valued more than art.

Machines and digital read outs are valued more than feel.

Prescriptions are valued more than native intuition.

Manuals are valued more than ancient scrolls.

This will likely never change.

## **HOW DO YOU LIKE TO SPEND TIME WITH CLIENTS? IS IT OVER A COFFEE OR ON THE COURSE?**

My work is based on pure spontaneity. For spontaneity allows me to be nimble with regard to the needs of the athlete.

I have no briefcase. No charts. No graphs.

I bring with me the full force of my humanity. And I allow it to interact freely with that of the human being before me.

If I were to ask you directions to a certain bank, the first thing

that you would ask me is where I am coming from. If I was on one side of town, the directions would be different than if I were coming from a different part of town. It is the same with human beings. You do not approach a glorious human being as a board upon which to paste information. You understand where he is. And you help to create a path based upon where he is.

I do not believe in systems or “5-step” plans. It is a free and nimble exploration which is recreated anew with each client.

There is no mold. You indeed must recreate the wheel every time. The human being deserves nothing less.

Sometimes we may spend more time in discussion. Other times we may spend more time on the field of play or in the actual environment of whatever craft the individual is an expert in.

My allegiance is to the human being. Not to any system.

## **YOU HAVE MENTIONED YOUR SONS GOLFING PROWESS IN PREVIOUS POSTS. WHAT WOULD YOU SAY ARE IMPORTANT GUIDELINES FOR JUNIOR GOLF?**

As for junior golf, I think it is best if we reserve that topic for another time. I certainly have much to say about. I think it deserves its own space.

The most difficult thing about a parent helping his children is that it involves two very heavy duty elements: Parenting and Teaching.

This is, in some ways, implausible.

The reason that I say this is because parenting is not about parenting at all. It is about being. It is about representing a certain level of wisdom which the child can be exposed to. But this is not the case because we are all flawed human be-

ings. We are working on ourselves at the very same time that we are “raising” our children. And, thus, we constantly fail. Nature created a gestational period of nine months in order for the child to be full developed before it is born.

Perhaps it should have also created a gestational period for the adult, so that the adult would be fully invested in wisdom before he would be allowed to have a child.

I learn EVERY SINGLE DAY how to help and NOT HELP my children. I have had my successes and I’ve had my miserable failures. I am on a road back to myself. And perhaps this is what they will learn from me the most.

There have been several things from the standpoint of practice habits and fundamentals and concentration and focus that I have absolutely insisted upon.

But perhaps the greatest thing that I’ve given them is to value Freedom above all else.

I’ve often told them to hold my words to a very high level of scrutiny. And to trust the instinct within them. To be their own teacher. And to value questions more than answers. For the more refined their questions become, the more the answer will reveal itself. I’ve told them that to reflexively search for the answer is to avoid the question.

For the answer is found in the very heart of the question. And it usually comes in the form of a more refined question.

# Dialogues: Athletes



# Introduction

What you are about to be exposed to is an examination of critical issues that confront practically every athlete at some point in his career. The pronoun he is used throughout the manuscript, not to be dismissive to females, but for the purposes of simplicity and narrative flow.

The issues that are explored deal with the nature of thought, perception, and emotion, specifically as they relate to performance. I chose to explore these matters through a series of dialogues, as this medium provides a direct examination of a particular issue as the athlete sees it. You may perhaps see yourself in the questions that are asked.

An exploration of the human mind is the ultimate journey. It is meant for the resolute among us. It is meant for the person who truly wishes to know and who truly wishes to see.

My responses to the athletes' questions are intended to assist in their exploration of their questions. For it has been my experience that there is greater benefit in defining a question, than in receiving an answer.

If you are looking for formulas, prescriptions, and tricks, you are certainly invited. But I doubt that you will find what you are in search of.

If, however, you are a seeker, who is compelled to mine the depths of his own constitution in search of what he can ultimately become, welcome.

# Fluctuations in Performance

Why does my performance fluctuate?

Because your state of mind fluctuates.

How do I stop my state of mind from fluctuating?

It depends upon your level of awareness. A siddha, a zen master, or a yogi have escaped the tyranny of their mind. Your mental states will fluctuate in direct accordance with your level of mental mastery.

What if I have not, as yet, attained any level of mental mastery?

Then the most important thing you can do is simply to understand that your state of mind will fluctuate. This understanding alone will be greatly beneficial to you. Dealing with the known is far more bearable than living in the unknown.

So just by understanding this fact, my fluctuations will go away?

If you seek quick solutions, they will leave you just as quickly. How you feel determines how you play. What you think determines how you feel.

How should I think?

The word should will not help you. When you have played your best, what did you think about?

Not much.

Precisely.

Fluctuations in performance provide a direct insight into the workings of the human mind. If moods, thoughts, and mental states fluctuate, will not all that emanates from such a mind also fluctuate? Fluctuation is not a disease of the

mind. It is its nature. While it is difficult to stop the mind  
from going here and  
there. No one says that you must go with it.

# Winning

I play to win. Can you teach me how to win more often?

I suppose that's possible, but I believe that there are others who would serve you better in this respect.

Every player I know plays to win.

Then every player you know must also suffer the side effects of such a motivation.

What side effects?

Tension, nervousness, fear, anxiety, hope, frustration, elation, and so on.

But these are all a natural part of playing a game.

It depends upon your definition of natural. The fact that most people experience them does not make them natural.

Natural does not mean democratic or pervasive. Natural means in accordance with nature. If the masses have a similar motivation, then the masses will experience similar side effects.

How do you know that this is not natural, or in accordance with nature?

How I know, or if I know, is completely irrelevant. The point is how you feel about these feelings. Ultimate reality makes no difference to you. But how you feel makes a huge difference to you. As far as you are concerned, how you feel is your reality, and this is all that matters to us all. If one person hates feeling nervous and tense and disappointed and hopeful; if he hates such emotional swings, he will either leave the sport or he will discover a way to not feel those feelings. If he believes that these are an inevitable and natural part of playing the sport, he will leave the sport. If he believes that he can find a way to not feel these feelings and still play the sport, then he will set out to find this way. If another person is to some degree okay with these feelings, he will continue the sport and continue to ride the emotional storm. Therefore, the route that you take depends upon how you feel about these feelings and whether or not you believe that they can be changed.

I have always played to win. I don't know why else to play.

Do you not play because you love to play?

I suppose what I love is to compete. I love to play in order to win.

I don't have any problem with that. What you need to understand is that there is no right or wrong, or should or shouldn't.

Every decision you make has consequences. The problem is that most people do not understand what the consequences are.

They do not understand the link between the consequences and the decisions that spawned them.

If you understand the consequences of your decisions, then the only question left to ask is if those consequences are acceptable to you.

If so, carry on.

If not, make a decision whose consequences are more acceptable to you.

But if you move forward with a particular decision and complain about the consequences, or hope that the consequences don't appear, you are deluding yourself. If you play to win, then you will experience the emotions that come from desiring to win.

Aren't those emotions the price you pay for winning?

Absolutely. If you are willing to pay that price. But

remember this, you will pay the price, win, lose, or draw. You will also pay the price, to varying degrees, even when you are not playing. Because you will be anticipating the win and worrying about the prospect of losing well before the match starts. And after the match ends, you will be high on emotion after a win, or disappointed after a loss. What I am saying is that although you have paid the price 100% of the time, you have likely won far less than 100% of the time.

What is wrong with being high on emotion after a win?

Nothing is wrong. It is not a matter of right and wrong. I will tell you, however, that the player who is high on emotion after a win will be the same player who is low on emotion after a loss. Once again, if such wild swings of emotion are acceptable to you, you have no reason to change. But do not assume that this is necessary, obligatory, or natural.

Do you play sports?

Yes

Do you not play to win?

For many years I played for nothing other than winning. For many years I had no problem with it. As I got older, and

as I began to gain more insight into the workings of the mind, and a greater awareness for how I felt and how I felt about how I felt, the consequences of my decision became unacceptable to me. I found the experience of disappointment, frustration, and elation devoid of serenity and happiness. If sports and competition were sources of frustration rather than bliss, something was obviously wrong.

It is then that I began to explore a different path. When I play sports now, I play with intensity, but the serenity and joy are more important to me than the outcome. From time to time, thoughts of winning do arise as a habitual residue from the past, but because they are not a priority for me any longer, they do not stay for long.

As far as I can remember, there was never a decision on my part as to whether I should play to win or play for some other reason.

A very good observation. Insight comes from understanding that you very definitely have a choice. Once you understand that you have a choice, it is only then that you have the freedom to choose.

But I feel that if I make a choice to play for something other than winning, I may never win.

If you are concerned that you may never win, in what way are you playing for something other than winning?

Then what should I play for?

The word "should" is irrelevant. When you first took up this game as a child, what did you play for?

I didn't play for anything.

And when you didn't play for anything, was it stressful?

It was joyful, I agree. But at that stage I wasn't good enough to compete.

So what you are saying is that once a player gets good enough to compete, he trades joy for stress, purposelessness for outcomes, serenity for anticipation, and happiness for fear?

But it is joyful to compete. I don't see the problem with that.

There is no problem. It is related to your degree of satisfaction with the state of affairs.

You may inquire as to the ratio of joy to distress. If whatever that ratio is seems acceptable to you, then there is no problem.

What do you mean by distress?

The fact that you are asking this question implies a high level of tolerance for distress. By distress I mean anything other than joy, serenity, anticipation, and freedom.

I still do not see how you can get away with playing any sport at a high level and not feel fear or anxiety or pressure or stress.

At this stage, HOW is not the appropriate question. HOW will be revealed to you, after you decide upon WHAT.

I'm sorry, I don't understand.

At this stage, HOW is a mere curiosity for you. Curiosity does not induce transformation.

If there is a HOW, it is HOW badly do you want out of this predicament? HOW dissatisfied are you with the feelings that you feel? HOW acceptable is the current state of affairs?

But the thought how unacceptable something is does not

arise unless you know that there's another way.

When something is sufficiently unacceptable to you, you will find another way.

Then what is the way?

The way to what?

The way to getting rid of these negative feelings.

You don't get rid of anything. You must understand why such feelings arise to begin with.

You told me that they arise when I play to win.

That is correct.

But I don't want to stop playing and, in all honesty, I don't want to stop winning.

You seem to know what you want. I don't see the problem.

So basically, I'm stuck.

Why are you stuck? For you, playing to win is your greatest priority. It seems non-negotiable. Then you must deal with the consequences. That is the path that you have before you.

There is nothing wrong with that.

Is there not a way that I can play to win, and not feel those feelings?

If there is sufficient hunger in you to find the answer to this question, it would be a most interesting journey.

But, according to you this is not possible?

Decades of investigation into the nature of the human mind have revealed to me that the mind does not work in this way. However, I am a seeker. A seeker has far more questions than answers. Therefore, if you find that such a way is possible, I would like nothing more than to learn from you.

You must know how a machine works in order to use it effectively. The mind works in relatively predictable ways.

Desire produces motivation, but it also produces anxiety. If one understands this, he will not seek one while avoiding the other. He will proceed with open eyes because he understands the consequences before him.

It would be incorrect to assume that I am advocating an

abandonment of one's desires. Some desires have greater consequences than other desires. For instance, winning is fraught with numerous variables and conditions that must, on balance, be met in order to secure victory.

Because the mind recognizes this, it will be given to apprehension, pressure, and fear before and during the competition.

However, a desire to play the game requires few, if any conditions to be met, and, therefore, consequences are few.

The choice is yours. The important thing to recognise, however, is that you only have a choice once you understand the inner workings of the machine.

# Match Point and Sudden Death

At the critical stage of the game, I choke. I try to stay calm, but the pressure gets to me. How do I keep myself from choking?

Sensational and melodramatic terms like choking are best left to the media. Ideas and concepts can only be understood and dealt with in their naked and elemental form, not in their sensationalized form. What you call choking is a failure to perform to your expectations in what is seen as the critical point in the game. Where is your focus when you fail to perform in these moments?

My focus is on winning.

If your focus is on winning is not on playing. Your focus is not on the shot, not on your preparation for the shot. If your focus is not on the shot or the preparation for the shot, how can you hope to hit a quality shot?

My coach tells me to stay in the moment. That's what I'm trying to do, but it's very difficult.

Why do you want to stay in the moment?

Because I've been told that it will help my performance and that it will calm me down.

Calm you down to do what?

To improve my performance.

So the only reason that you want to stay in the moment is to improve your performance?

Well, yes. This is why I am playing in the tournament, so that I can perform well.

Then you are not trying to stay in the moment for the experience that it gives you? You only want to stay in the moment to enhance your performance?

I don't understand.

Staying in the moment gives you a certain experience which is complete in itself. The completeness comes from full

attention and awareness of what is happening in that moment.

If, however, your attempt to stay in the moment is nothing more than an ulterior motive, then your attention and awareness are not at all in the moment, they are still on the performance. This is why you find it's difficult to stay in the moment. Until you love the moment for itself, you will not reap its full benefits.

So it is wrong to do this?

There is no wrong or right. There is truth and untruth. There is what works consistently, inconsistently, or not at all. This is the problem with using beautiful concepts such as awareness and perverting them to achieve worldly desires.

To perform at my best may be a worldly desire, but I don't see anything negative about it.

I agree with you. There is nothing at all negative. But to perform at your best, your mind must be at its best. Your mind is at its best when it is one-pointed and focused. If it is focused on tricks to enhance performance, performance will suffer. If it is focused entirely on the task at hand, or on the moment, as you say, with no ulterior motives, hopes, or desires, performance will naturally flow.

Staying in the moment, or mindfulness, is now a fashionable term in the West. It is being used as a tool to achieve a particular outcome. The essence of mindfulness has been misunderstood. Mindfulness is not a means to an end. If you are looking to accomplish something, mindfulness will not work. It is not a tool. It is a way of being. It is, in essence, the only way that life can be truly lived.

# Livelihood

I hate it when people tell me that it's only a game. They don't understand that, as a professional athlete, this is not just a game. It is my livelihood.

Please finish your thought. What is your take-home message to the people who tell you this?

That it's not all fun and games. It's a job.

So you've turned a game into a job?

It's both a game and a job.

So what's the problem?

The problem is that I have the same feelings that normal working people do. Just like an executive, I must perform if I want to keep my job. And the fact that my livelihood depends upon my performance, it can be very difficult from a mental standpoint.

If you've turned a game into a job and placed your livelihood in the hands of a fickle thing such as sports, I can

certainly understand why this is difficult.

So how can I improve my performance?

Why do you wish to improve your performance?

I have a wife and three children. I have bills to pay.

You have put yourself into quite a predicament.

How so?

A game is a game. It is played. It is an expression of joy. It is an expression of freedom. But you have taken a game and burdened it with the need for performance, and adorned it with conditions. You have created a new species. And entrusted it with your livelihood.

So are you saying that professional sports should not exist?

I am saying that as a human being you can create any sort of life that you wish. But if you wish to live peacefully within your own construct, it is important to see it for what it really is.

It is a game and it is a business.

Whether it is a business masquerading as a game or vice versa, it is a most volatile combination.

I can certainly feel the volatility. But I have to find a way to live with it.

And how do you plan to do that?

The only way that I can support my family is to consistently perform well.

And you believe that in order to perform well, you must look at it more as a source of livelihood, more as a business, than as a game, is this correct?

Well, of course, I don't try to think of those things when I'm playing. I try to keep it a game. But deep down I know that it is, in fact, my livelihood.

This is interesting. Deep down you understand that your livelihood is at stake. But you try to play as if it isn't?

Yes.

Has this trickery worked?

No very often.

Insincerity always causes problems. Why can you not be honest with yourself?

Because if I dwell upon how much is at stake, my performance suffers.

And it doesn't suffer otherwise?

It does. But if I can contain what is at stake, I don't feel as much pressure.

By contain, I believe you mean conceal. Have you considered how much energy and effort you are using to conceal the truth?

Probably a lot. But you cannot honestly recommend that I think of my livelihood when I play.

I am not recommending anything. What you may wish to understand, however, is that the concealment of the truth will catch up to you as much, if not more, than living with the truth.

If admitting to myself that I am playing for my livelihood produces too much pressure. And if concealing it is equally harmful, what do I do?

What do you do about what?

If I can't do either—

I did not say you could not do either. You are free to do whatever you wish.

What I mean is if there is trouble in both directions, what should I do?

It depends what you mean by trouble.

Trouble means not performing well.

Performance is actually a lie. It is a contrivance. Being is the truth. How you feel colors how you do what you do. If you trick yourself into believing something that you know is not true, you will live in a state of conflict. That conflict will undoubtedly emerge in the activities that you pursue. Begin with the truth. And see where it takes you.

If you use trickery, do you truly believe that the mind that

conceived the trick will also be fooled by it? Is it not better to deal with the truth? Is it not simpler to deal with what IS? Though you play games for a living, why play games with yourself? It may be helpful to lay out the entire matter before you, with all your hopes, worries, and misgivings in plain view. If you are to settle your issues, is this not the best place to start?

# Practice Day vs Game Day

In practice I can hit every shot. But when I play in the tournament, the shots are suddenly hard to find. I'm really frustrated by this.

The person who practices is different from the person who competes.

What do you mean? I'm not the person who competes?

You are. And you are also the one who practices.

Please explain.

Two different people in two different situations will perform differently, will they not?

Yes.

The two different people are both you. One of them practices and one of them competes. Because they are different people and because they find themselves in two different situations, their performances differ.

So how do I fix this?

What exactly do you wish to fix?

The two different people.

What's wrong with them?

I don't need them both.

Then get rid of the one you do not need.

Get rid of the competitor?

Which ever one you like.

How?

You are the one who created him. So you are the only one  
who can kill him.

But then how will I compete?

It does not sound to me like you are competing much as it  
is. If you prefer the performance of the one who practices,

then bring him to the tournament.

Mindset determines your behavior. Mindset determines your physiology. A person with a different mindset, a different physiology, and a different behavior is a different person.

Keep the person you want, and destroy the other.

# Progress

I practice diligently. I work on my weak points. I train regularly. But I'm not where I believe I should be.

Where do you believe you should be?

Much further along in my career. I should have a much higher world ranking.

What's wrong with your current ranking?

It doesn't reflect my work ethic. I've put so much into this. Some coaches have told me that maybe I don't practice the right way. But I know all the proper techniques behind practice. I practice with a purpose. I don't waste time. But success seems to elude me.

I understand your predicament. Not everything has a solution. Sometimes things take their own time.

But the way I see it, if I've put in the time and the effort, it should come, shouldn't it?

I'm not here to make you feel better. I'm here to give you

my most sincere insights, which are not omniscient. Life is not a push-button system. Things happen in their own time, and of their own accord. Life is not your problem. The problem is that you are waiting in expectation for life to respond to your demands.

It's not re a demand. I've earned it.

Which contract was it in which life promised to fulfill your desires by a certain time in exchange for your efforts?

So my efforts are in vain?

Yes.

What do you mean, my desires will not be fulfilled?

Whether they are fulfilled or not, your efforts are in vain.

How so?

Because your efforts are conditional.

I shouldn't expect anything in exchange for my efforts?

All this talk of conditions and expectations and hopes and demands. Has the effort not been enjoyable? Has it not been engaging? Has it not brought you joy? Or was it all work in exchange for a future reward?

You have to pay the price for success.

What does this mean to you?

It means that the ones who succeed earn it by doing what unsuccessful people aren't willing to do.

A successful life is a joyful life, is it not?

There will be more joy when I reach my goal.

Pay today for a better tomorrow, is that it?

Do you disagree with that?

Let us examine the situation. You spend years, if not decades, working and striving, and "paying." The reward finally comes. It is assumed that then the joy will begin. But typically it does not. Because when success arrives packaged as expected, a new type of striving begins. The joy seems to get continually postponed.

Then should I not put in the effort? Should I sit and hope  
for success to knock on my door?

It depends upon how much value you place upon  
joyfulness. Is the game that you play joyful, just as you are,  
and just as it is?

By all means practice with intensity. Give yourself to the  
entirety of your efforts. If you find joy in the intensity and joy  
in the efforts, every day will be a success. For the success of  
your life is measured by the amount of joy it contains.

# Repression

I have worked very hard with my sport psychologist on a specific pre-shot routine. I do the breathing exercises. I try to still my mind before the performance. Sometimes this works, but it's been very inconsistent. What can I do?

Why are you doing all of these things?

We are trying to help me deal with pressure.

Your sport psychologist has given you ways to deal with the pressure. And, as you say, sometimes it does work. So what's the problem?

But it doesn't work consistently.

You want these techniques to work most, or all, of the time?

Yes.

I understand what you want, but I do not think you do.

What do you mean?

You are getting exactly what you asked for. You asked for help in dealing with pressure, and your sport psychologist helped you to deal with it. His techniques did help you to some extent. He has done his job. But for you this is not enough. You want to be able to deal with pressure all the time.

This does not make sense.

Why not?

Because to deal with something is to temporarily repress it. If you temporarily repress something, will it not return, often with a vengeance?

Yes. But what else can I do about the pressure?

How do you feel about it?

I hate it. Some athletes say they like it. I also used to claim that I liked it. But in all honesty, I hate it.

Why do you hate it?

I don't like the way it makes me feel. I feel like I'm in prison.

Do you wish to live a luxurious life inside of this prison?

Or do you wish to break free of it?

I want out.

Then you must discover what you have done to imprison yourself.

I don't think I'm the one who created the pressure.

Neither does soil create the flower. But once the conditions are met, the seed has no choice but to sprout.

So what conditions were met for this pressure to arise?

If you truly wish to be free of your imprisonment, you must examine the situations in which the imprisonment is most severe. As long as you use techniques to deal with the imprisonment, you will never be free of it. You do not understand the power of this force. It cannot be controlled. It must be understood. And in order to understand it, you must be willing, not only to face it, but to look into its eyes and find yourself.

Wherever you run, you carry yourself with you. If you are satisfied by palliative techniques, I hold nothing against you. If you are interested

in breaking free of the chains of emotional bondage, repression is simply a postponement of the ultimate confrontation. How many routines will you hide behind? When will you realize that there is nowhere to hide from yourself.

# Wrestling With Demons

I have developed good routines, I use breathing techniques, I visualize, and try to relax, but frequently these techniques are no match for the pressure I feel. Could it be that I'm just doing them incorrectly?

What do you feel besides pressure?

Fear, anticipation, anger, nervousness, anxiety, . . . you name it.

How do you feel about these feelings?

Demons, plain and simple.

Why do you call them demons?

Because they rob me of performance.

Do they rob you of anything else?

Happiness, joy, peace of mind . . .

So what would you like me to do for you?

Give me a way to deal with them.

If we want to go somewhere, we must first know exactly where we are going. So what do you mean by "deal with them."

How to handle them, how to limit their power over me.

So you feel that these demons are inevitable and you wish to employ techniques to limit their power over you, is this correct?

Yes.

You have obviously tried many popular techniques that are being taught to athletes, professionals, and performers all around the world. Have they not worked?

They work temporarily, here and there.

And you wish to find more powerful techniques, is this correct?

If these have worked a little, then maybe there are other ones that work better.

There are many techniques, with varying degrees of subtlety and effectiveness. But even those are largely cosmetic fixes. If you wish to explore more techniques, there are numerous other individuals that cater to such needs.

I have been to many people, and they teach, more or less, the same things.

Please understand that I do not preach to my clients and I have no interest in steering them to my path. I remain true to my path and I enjoy exploring it with those clients who are interested in walking it. For those who walk a different path, it is best for them to find the individual who is most committed to them and their path. There is absolutely no question of better or worse. It is all a matter of what one is interested in exploring and where one's passions lie.

So I take it that you are not interested in techniques.

I am not interested in band-aids.

Then what is your interest, if I may ask.

I am not interested in how to deal with the demons, as you call them. I am interested in exploring why they arise in the

first place.

So you are interested in their eradication?

Eradication is contemplated by those who fail to understand the genesis.

So what you are saying is that if I understand why these demons arise, they won't bother me?

If you don't plant the seed, how will the flower bloom?

I've seen some athletes handle these demons better than others. But I've never seen any athlete be completely free of them.

I'm sure there are some in history who have managed it, be they athletes or not. But I agree that it is extraordinarily rare.

But if it can be done, why is it so rare?

Because few have explored it.

Maybe because few have found the answer.

Or maybe because few have asked the question.

Human beings who stand to benefit the most in this world are the ones that are given to exploration. There are courageous individuals who explore the depths of the oceans and the moons of galaxies. Few have the courage to explore the majesty of the human mind. Perhaps they are afraid that in finding their true nature, they may lose themselves entirely.

# Fear

How do I deal with fear?

There are methodologies for dealing with fear. But I find it more effective to explore the reasons why fear arises to begin with

I feel afraid in some situations. I feel afraid when I play against some opponents.

With regard to the situations that produce fear, have you seen other players in similar situations?

Yes.

Did you feel fear when you watched them in that situation?

No.

is it safe to say that the when you see the situation it does not produce fear. It is only when you yourself are in that situation that you experience the fear?

Yes.

So as to be clear, when you see someone else in the situation you are not afraid. When you find yourself in the situation, then you are afraid. So the fear is in you, not in the situation. Do you agree?

I agree.

As for that certain opponent, when you see him on the street, do you feel afraid?

No.

You only feel afraid when you encounter him as your opponent, is this correct?

Yes.

Is it, then, safe to say that the fear does not come from him? The fear comes from the situation in which you encounter him?

Yes.

What is it about this situation that produces fear inside of you?

I'm not sure.

Let's try to dig a little. With regard to this opponent that you speak of, are you afraid that he will physically harm you?

No.

Then what can he possibly do to you that might cause fear to surface inside of you?

He can beat me.

By beating you, I assume you mean that he will win and you will lose?

Yes.

So what you are really afraid of is loss. And when you see him, the possibility of a loss becomes imminent in your mind, thereby producing fear. Am I missing anything?

No.

What we have now established is that you do not fear your

opponent. You do not fear the situation. What you fear is loss. And any opponent or situation that gives rise to the possibility of loss produces fear inside of you.

I understand. So what do I do about it?

About what?

About my fear of losing?

What is your goal?

To not fear losing.

The heart of the matter is not in HOW TO, but in WHY DO YOU? So, WHY DO YOU fear losing?

Because I hate losing. I suppose that if I don't want something, I get afraid of getting what I don't want?

Or if you very much want something you will become afraid of not getting it.

The thing that I want is to win.

Now comes an important truth about the human mind. When it wants a particular outcome, it is certainly motivated to get it. And it is perhaps more fearful about not getting it.

So if I don't want to win, I won't get afraid?

If there is nothing to lose, why would fear arise?

But the game is about winning.

Is the game not about playing?

What is it that makes you afraid? How can you begin to tackle something that has not yet been defined? Like all emotions, fear arises when there is a need for it to arise. It is not so much about facing your fear as it is about understanding it.

# Expectation

My sport psychologist tells me to limit expectations. But the truth is that I do have expectations for myself. I expect to play well.

I don't see the problem.

How do I pretend not to have expectations, if in reality I do?

Why do you think he asks you to limit your expectations?

He says that if I limit my expectations I will not put so much pressure on myself to perform.

Do you agree with that?

It's true that the more expectation I have for myself to play well, sometimes I get frustrated when I don't play up to that expectation.

What your sport psychologist says is reasonable. For expectation is a sort of ultimatum. Do you respond positively to ultimatums?

No, I don't. But must live up to some standard of play that I set for myself. I am an accomplished player and I feel that I must hold myself to some level of excellence. Is that not expectation?

Certainly it is. So you feel that if you do not hold yourself to a particular standard of play, then that standard of play will not materialize, is this correct?

Yes.

With regard to the standard of play that you speak of, does that level of play emerge simply by you expecting it to emerge?

I don't understand.

If a beginner were to set for himself a standard of play similar to yours, would it emerge just because he expected it?

Of course, not.

Why not?

Because he has not developed the skill over years of

practice.

So one cannot express what one does not possess or channel, is this correct?

Absolutely.

Is it true that this beginner does not possess your level of play?

Yes.

Then is it not also true that you do not possess his level of play?

I suppose.

Why do you suppose?

Well, his performance is consistently bad because he has a poor level of skill. But I am also capable of hitting bad shots.

So, in this way, I do possess his level of play, to a degree

Certainly, you may occasionally make a mistake that can be said to be amateurish. But you have developed a particular level of skill over the years. You have a particular way of

doing things. Your rhythms of play and the execution of your technique are almost second nature, are they not?

Yes, that's true.

Do you believe that the emergence of this level of play, the skill, the execution, the technique, is dependent upon your expectation of its arrival?

What you're saying is that they are automatic.

I am saying that one can only express what one possesses or channels.

I understand. But where does that leave expectation?

The question before you now is this: If your mind and your body are instinctively given to express that which they have been trained to express, will introducing expectation assist them or impede them from expressing it?

Expectation is an ultimatum. Human beings do not respond well to ultimatums. If it is your experience that expectation consistently enhances your performance, then continue it. If you find that expectation imprisons you, drop it. It may be worth exploring what your mind and body are capable of

without any input from yourself.

# Dialogues: Coaches



# Discipline

Some of the players on my team have incredible raw talent. But they lack discipline. How do I give them a sense of discipline?

Discipline is not yours to give.

But I'm their coach.

So coach them.

Part of being a coach is to instill work ethic and proper practice routines, isn't it?

Each individual's idea of coaching is different. If you wish to create practice plans and drills and game strategies, do so. Do whatever you believe you need to do for the success of your players. But if you are looking to instill things into your players, and change players, the wind will not be at your back.

So if some players are not giving one hundred percent, I should simply accept it?

I am not telling you to accept it or to ignore it. I am telling you to face the situation and examine it for what it is.

I'm sorry, I don't understand.

With regard to the players that you speak of, I'm sure that you have insisted, even demanded, that they give one hundred percent, correct?

Yes.

On many occasions, no doubt.

Yes.

What was the result?

They did it for a while. But then they reverted.

And when they reverted, you insisted again. And they did it for a while, then reverted again. And this has likely been going on for decades, with each incoming class, is this correct?

Yes.

How do you feel about this methodology of insistence?

I'm looking for a better way. This is why I'm asking for your advice.

In your mind, what would be the ideal?

That every one of my players give one hundred percent during every practice and every game.

If you asked those players what their ideal was, what do you think they would say?

I don't know.

Do you think it is worth trying?

Basically, you're looking for a compromise.

Absolutely not. No man should compromise his vision.

Then why are you asking me to ask them about their ideal?

You may wish to ask them about their ideal so that you may begin to understand them. If you try wish to get the best from a player, you must understand him on his terms, and in his own words

Discipline cannot be given or instilled. For it is a function of desire. Each player is unique. A coach cannot reach a player until he first discovers where it is that he lives. In discovering a player's true abode, a coach catches a glimpse of his inner workings. It is only then that the coach can work his magic of weaving an atmosphere that will entice the emergence of desire.

When desire comes, discipline will not be far behind.

# Sacrifice for The Team

How do I teach my players to be selfless?

Why do you want your players to be selfless?

I want to teach them that the team is the most important.

I see things differently.

In your opinion, there is no such thing as team unity?

In my opinion, there is no such thing as a team.

I don't understand.

Do you believe that there is such a thing as a car?

Yes.

Can you please describe to me what a car is?

It has a hood, a windshield, an engine, and four tires.

You mentioned a hood, a windshield, an engine, and four

tires. Each of these I understand. But what about the car?

When all of these parts are put together, we call it a car.

So a car is simply a collection of parts?

Sort of.

Sort of? Is there a windshield, independent of the tires?

Sorry?

Does the windshield stand on its own as a true entity, independent of the tires?

Yes.

Is there an engine, independent of the windshield?

Yes.

Is there a car, independent of the tires, engine, windshield, and hood?

No, it is a combination of all of the things.

But it is not a true entity. It does not exist in and of itself. It is only a concept, is this correct?

Yes.

Is there a team, independent of the players?

No.

Then how can you ask players to sacrifice themselves for something that does not exist?

But they have to somehow work as one.

A player can only be treated as an individual, because the individual is all that truly exists. If he must work with other individuals, it is the individual that works, the individual that sees, the individual that acts, is it not?

But they all must work together.

Each must work with the other. But each of them works

from the standpoint of himself.  
From the standpoint of the individual.

But if one individual player plays for the betterment of only himself, then this negatively affects the performance of the players, collectively.

Do you know anyone who does not work for the betterment of himself? Do you know anyone who does not prioritize his own happiness and his own well being?

Perhaps not. But I have seen players who could have, for instance, taken a particular action in a game, for their own glory, but instead acted unselfishly for the benefit of his teammates.

Could it be that an external display of unselfishness was fundamentally an act of selfishness? Could it be that these players gained something more from acting in this way, than in acting in a seemingly selfish way?

I didn't see their actions as selfish at all.

This is because you view selfishness as something negative.

I view selfishness as  
inevitable.

How so?

Is the man who gives to charity selfless?

Yes.

How do you think he feels when he gives to charity?

He probably feels good about himself.

If every time he gave to charity, he felt guilty and  
depressed, do you believe he would  
continue giving to charity?

Probably not.

So when he gives to charity, does he not receive at least as  
much as he gives?

Altruism is a myth. Every human being, fundamentally,  
lives for himself. It can be no other  
way. If he gives, it is only because he receives from the  
giving. A team is a concept. An

individual is a reality. Is it more effective to deal with a concept or a reality? Individuals may give up themselves. But they will never give up themselves.

# Communication

Talking to my players is like talking to a wall.

This is because you speak to them as if they were a wall.

You mean I should speak nicer?

Whether you speak nicely or firmly or loudly is up to you.

The problem is that you need  
to understand your true audience.

I don't understand my audience?

You don't understand who it is that you are speaking to.

I'm speaking to my players, who else?

If you believe you are speaking to your player, you will  
never reach them.

Then who am I speaking to? Who is my true audience?

This is what you must discover, as it differs for each player.

You must find where a

player lives, what he prioritizes, what his temperament is, and what his sensibilities are. For these are your true audience.

How do I do this?

By first desiring to do so.

Once I desire it, how do I do it?

There are some techniques I can show you. But until you desire it, they will not bear fruit.

The body of a human being is simply a beautifully designed shell. Speaking to the shell is fruitless, for no one lives there. Reaching a human being requires a willingness to go where he lives. Not geographically, but psychologically, emotionally, spiritually. It is only then that you will have his attention. Not because this is the only place from which he will give it. But because this is the place where it lives. His allegiance is not yours to take. And his attention is not his to give. The true art of coaching, therefore, lies not in demanding from the player, but in discovering him.

# Playing For . . .

**How do I get the players to play for their team, their university.**

I don't understand.

**I'm trying to get them to play for something greater than themselves.**

The team and the university is greater than themselves?

**You don't believe they should play for something bigger than themselves?**

What is bigger than a player's self?

**You believe his world should revolve around him alone?**

Does your world revolve around anyone else but you?

**My family, my faith, my team.**

That is correct. Your family, Your faith, Your team.

**You don't understand. I'm trying to get them away from this idea of "me, me, me."**

So you would like to replace "me, me, me," with "team, team, team," and "university, university, university." Is this correct?

**Why are you so resistant to the idea of selflessness?**

There is no such thing.

**There is no such thing as selflessness?**

Absolutely not.

**So what you are saying is that a team should be made up of a group of players who think only of themselves?**

There is no other kind.

**Then how could they possibly play together as a unit?**

By feeling as if they are an important part of the group and by feeling comfortable in the role that they are asked to play.

**Exactly. So they are playing for the team.**

No. They are playing THEIR role FIRST. It happens to benefit the so-called team  
SECOND.

**So a player should play only for himself?**

A player will gain the most when he does not play FOR anything.

Playing FOR is a disease of modern sports. Players play for trophies, for money, for medals, for glory, for rankings, for teams, for schools, for countries. If players were simply allowed to play, not only would they play free and play better, they would not need psychologists in order to do so.

# No Prescriptions

You mention in your discourses that you are looking to create a No Prescriptions revolution.

Does this mean that I am not allowed to teach technique?

Allowed? This was not meant as a rule of law. You are allowed to do whatever you please.

Could you please clarify what you mean by no prescriptions?

What I mean is that it is important to allow the player to find his way with minimal interference.

What do you mean by interference?

To interfere means to create a barrier between the player and his natural instincts.

But sometimes the player's instincts get him into trouble. In the golf swing, for instance, the instinct is to hit rather than swing. This is an instinct that I

believe needs interrupting.

It is not an instinct which needs interrupting. It is a concept that needs understanding. A golfer's instinct to swing a club or a tennis player's instinct to swing a racquet are related to his mental concept of impact. Once this is corrected, so is the instinct.

But isn't this type of correcting a prescription?

I don't think so. A prescription deals with how. Correcting the player's concept of impact is a matter of what. You can correct the what. But it is best to leave the how to him.

What is wrong with teaching how?

It is not a matter of right and wrong. It is just that one's methodology depends upon one's ultimate motivation.

Please explain.

If your primary motivation is to have a player perform an action immediately and according to your direction, you will give prescriptions. If

your primary motivation is to have a player become independent and eventually coach himself, you will limit your interference.

So I am not to give any sort of prescription?

It depends upon your motivation.

If my motivation is to have the player become independent,  
am I not to give him any  
prescriptions whatsoever?

This is the problem with language. Rather than being drawn to the spirit of the message, people are drawn to the words. If I were to forbid you from giving prescriptions, would this not be a prescription in itself?

Yes, it would.

The point is not whether you give zero prescriptions, one prescription, or two and a half prescriptions. The point is that in order to make players independent, they must understand the concept of the technique. Once they understand the concept, the motions are an almost natural

occurrence.

It is the essence of the words. The spirit of the message.

The meaning lies not in the phrase,  
but in the steam that rises from it. The reason that there is  
so much allegiance to prescriptions  
is because there is an inadequate appreciation of human  
ingenuity. The human body is a most  
efficient machine. It will not have trouble producing  
mechanically, that which it understands  
viscerally.