

Our Beliefs & Nature Go Hand In Hand

By

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Preface

This text teaches very uncommon but empowering beliefs. The maxim of these beliefs can be stated in the following quote: ‘A persons’ beliefs and a persons’ nature go hand in hand, as do a persons’ nature and will, but most importantly the beliefs, nature and will of the collective create our very reality’

The main purpose of this book is to encourage the reader to explore the power of beliefs rather than the power of the mind and to promote a way of thinking that I believe to represent the shortest and least complex path to enlightenment.

Society, authoritative sources and pseudosciences encourage us to explore the power of the mind and we have been tricked into believing the mind is all powerful but the real power lies in beliefs.

This text aims to make the reader understand in a coherent manner that we have all been conditioned and tricked into taking on beliefs that are not in our best interests. In doing so this text challenges authoritative knowledge.

This text also touches on the nature of deceit in explaining how we have been tricked into taking on disadvantageous beliefs.

I (the author of this text) would like to state that I have no allegiance to any religious or political order. However I do believe in an intelligent creator and I do believe in concepts such as good, evil and enlightenment.

Parts of this text will touch on knowledge that could be thought of as esoteric in that; it will point out things that can be easily observed but not easily understood; if understood at all.

Preface

This text requires no blind faith from the reader, in fact it discourages the reader to believe anything that is not understood. Every belief promoted in this book is explained in a way easy to understand. The few beliefs promoted in this book that can not be understood can be seen as true by observation.

This text is not directly aimed at being a self help book but is equally balanced for the purposes of self help, counselling advice, how to make the world a better place for all of us but mostly shows an efficient path to enlightenment.

This book has nothing to do with manifesting rags to riches it's about manifesting the type person you want to be; while encouraging the person what you should be (enlightened).

Though this book contains a lot of my personal beliefs it is not intended to get the reader to believe my beliefs, but instead to use my beliefs as a model to teach the understanding of the relationship between a person's beliefs and a person's character. With this understanding the reader will be able to forge their own beliefs more intuitively.

You may find chapter 16 (My Quotes), serves as a secondary preface explaining what this book is all about.

You can also find a link to chapter 16 free at: https://drive.google.com/file/d/1_nB8CLVMJN9A5RJP7uEciEH51i7rV51K/view?usp=sharing

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Opening Quote

'A persons' beliefs and a persons' nature go hand in hand, as do a persons' nature and will, but most importantly the beliefs, nature and will of the collective create our very reality'

'Only correct beliefs can set us free'

There is a lot of conscious and unconscious conditioning that we go through from education to culture and the more subtle unnoticed things. It is noted in the science of psychology that most of our behaviour is unconscious. This is something that I do not necessarily challenge. However with correct discipline this behaviour will become progressively unimportant. In this chapter I aim to pass on this personal discipline to the reader. This discipline is very empowering and will make you the best version of yourself that you can possibly be.

Most people are aware that a certain amount corruption exists within our society but it's not just in our political or judicial system, it is also in authoritative knowledge and I aim to teach in a very coherent manner that we have been tricked into believing foolish things that facilitate negativity.

'Some things are true whether we believe them or not and some things are true or false to the believer depending on whether one believes it or not.'

It is empowering to acknowledge what is true regardless of what we believe and equally empowering to know that one can change their nature just by changing their beliefs. Unfortunately it's not always this simple as we have unconscious beliefs/conditioning that are often in conflict with our conscious beliefs and this is where the discipline comes in.

Sometimes one can change a belief and the effect on their nature is profound and very instant. Unfortunately this is not always the case. Near the end of this book (chapter 16) is a list of my personal quotes mixed with a few quotes from famous philosophers. These quotes are intended to give the reader an idea of how to explore the power of beliefs and ignore the power of the mind. For me personally these quotes are a representation of my way of thinking and a model of the person I wish to be and the person I am becoming. However I have no intention of getting the reader to take on my beliefs but to have their own. My beliefs are just a model to make you understand a discipline you can take on that has worked for me as I'm sure it will work for you.

'There is no knowledge more precious in this world than knowing yourself'

One can have the most empowering beliefs in the world but without knowing yourself they are completely useless.

This discipline has three simple steps. First write down all of your personal beliefs as I have done in chapter 16 of this book. Then comprehensively check to see if any of your beliefs are in contradiction. For example: Do you believe that people never change but at the same time you believe in second chances or forgiveness? Do you believe in not giving into fear but finding your self thinking or saying 'Better him than me'? Do you believe in secondary needs but like to be as independent as possible? Do you believe in free will but believe it is possible to know the future?

The second step is to spend some time in reflection each day and evaluate yourself as how well you are living up to your own beliefs.

Our beliefs & nature go hand In hand

The third step is simply to be honest with yourself and repeat the cycle and possibly re-evaluate possible contradictions in your own beliefs. You can also calibrate your beliefs especially if you find contradictions in them.

Improving as a person is as simple as these three steps. I'm guessing this sounds too easy. For some aspects of your nature it will be easy but for others it may take a lot of repetition. It's important not to underestimate the importance of being sincere in your endeavour to know yourself or these three simple steps will have no effect on your character and the person that you want to be. Self knowledge must be a fundamental and sincere belief in your system of beliefs.

Advice: Three beliefs that will help you in knowing yourself:

1. 'There is no such thing as acting out of character'
2. 'When you see fault in others; check yourself' (Confucius)
3. 'No one can make you feel a particular way, they can only surface what is already within you'

In summary:

'Repeat, repeat and repeat again until the beliefs are a part of you'

'Unlearn all that you have learned, for we have all been conditioned'

With perseverance your beliefs will eventually overpower your conditioning and you will awaken.

'The eyes of the unconditioned see with great lucidity'

Food for thought:

Upon examination of all systems of coherent beliefs one will realise that there are only two paths you can take in life. Only one of these paths will truly make sense.

Opening Quote

'From identity spawns the desire to be accepted and fear of being rejected; from these two things spawns much folly in this world'

Identity has a tendency to make people biased. What you can get people to believe and or disbelieve depends greatly on a persons identity. Identity doesn't just have to be things like are you black, white, gay, heterosexual, British or German etc. It's also who one identifies with such as: Family, a click of buddies or a criminal ring. Additionally Identity can include things like being a victim, perpetrator or sometimes people can even identify with products.

If a person identifies with a criminal ring you can get them to believe that you must never inform to the police no matter how serious it is. However if someone identifies as a Christian or Buddhist then you won't be able to get them to believe this.

When it comes to making the world a better place sometimes the reason that we believe something is more important than whether it is true or not. This is because '*Identity is a prerequisite to prejudice and war*'. In military situations the public here in the west are persuaded into believing things like: Regime change justifies invading a foreign land. They are also persuaded into believing that when other countries freely trade with the enemies of the west that they are somehow bad because they don't like meddling in foreign affairs. Again you (the reader) may believe one or the other. The important thing is to realise you probably believe what you believe not because it's true or false, you believe it because of your identity, however if people can learn to see the *folly of identity* and discipline yourselves to let go of your identity you will most likely take on a higher way of thinking and simply believe that '*No opinion is worth burning your neighbour for*' (Voltaire).

'Understand the relationship between beliefs and identity'

Clarification: If you believe in something-ism then your identity is a something-ist. It's OK to call yourself a something-ist so long as this label is meaningless to you. One of the many disadvantageous beliefs (to society) is that people are taught to be proud of their identity. I challenge this notion as identity has a good side and a bad side but lack of identity has no down side. We here in the west; and probably most of the world are taught to get rid of prejudice by celebrating identity and diversity. I challenge this notion. The way to truly stop prejudice is for black people to let go of their identity as a black and white people to let go of theirs. To stop homophobia, gay and bisexual people need to let go of their identity and heterosexual people to let go of theirs etc etc. There are some faiths that teach that all aspects of the self must be dissolved in order to become enlightened and identity is a part of the self.

Paradoxically letting go of the self enhances ones' ability to know the self and this is a mutually exclusive association in that; knowing your self will help you dissolve the self. Anyone who desires to pursue enlightenment should burn this candle at both ends to expedite this pursuit.

Additionally I would advise that not only do you let go of your identity but I would strongly suggest that you don't even identify with your own beliefs. Not identifying with your own beliefs will enhance your ability to evolve/calibrate your beliefs as we are not perfect and can sometimes believe wrong things without realising it. Also sometimes we can have a belief that is in contradiction to one of our other beliefs without realising it.

The Recipe For Control: Add any amount of the following 3 ingredients: 1 teaspoon of identity, 1 ounce of trust and or 5 leaves of authority. Then add two sprinkles of suggestion and boil in 2 pints of folly.

Psychology teaches us that the mind doesn't understand negatives. Instead of believing this, believe that: 'If this is true, that is not necessarily false' (Based upon a quote by Bruce Lee)

A slightly deeper understanding of the nature of prejudice: The combination of identity and being tricked into believing that the mind does not understand negatives is a technique of deceit used by nefarious people to promote prejudice. When a black man is getting a hard time from a prejudice white man, often the black man sees a contextual *half truth suggestion*. By this I mean that the victim sees that every time he gets a hard time it's a white (or non black) guy, so he incorrectly assumes that this is a mutually exclusive association. His unconscious makes the assumption that, if all people who give him a hard time are white then (falsely) he assumes that all white people must want to give him a hard time. It's important to understand that this *half truth suggestion* will not work if the black man has let go of his identity as a black man. If he has let go of his identity he would *zoom out* on the situation (to see the bigger picture) and see that it's the same half a dozen or so people that are giving him a hard time and the rest are not. These *half truth suggestions* only work if a person has a strong identity and or has been tricked into believing that the mind does not understand negatives. Of course the same principle applies to military situations or criminal rings or any type of political propaganda.

A cynical generalist view of the world and control (the way imperial conditioning works): People that are wise enough to let go of their identity and convince others to do the same are apostates in the eyes of the key holders of society and may have to endure a bit of loneliness and slander.

The world is divided up into lots of groups and identities. Each group has someone who is seen as an authority in that group or the authority could be a text or doctrine of some kind. The leaders of each group are almost always corrupt but because of people identifying with their respective authorities they believe what ever that authority tells them. So to control society the corrupt key holders only need control people in authority of each group.

If only the people of the world could see the *folly of identity*, the key holders of society would be overwhelmed because they don't have the resources to control seven plus billion individuals with their own way of thinking. Unfortunately people want to be accepted so much by their group that they tend to give into the fear of being rejected and neglect to do the right thing.

'Any belief that is open to interpretation is potentially open to abuse'

Another technique of negative control includes things that are open to interpretation or ambiguous instead of *half truth suggestions*. In the case of things open to interpretation, the authorities normally promote an interpretation that is consistent with disunity or a belief that contradicts an empowering belief. If someones' identity is very strong one can get them to sometimes believe things that are an oxymoron. A common mistake that corrupt people make sometimes is using an oxymoron as they are easy to shoot down and subsequently shake a persons' confidence in the person that has deceived them. Another mistake they make is to state a lie instead of suggesting one. In later chapters I will elaborate further on techniques of deceit.

Beliefs to be aware of: ¿Good and evil are two sides of the same coin? Believing this will compromise one's ability to practice positive detachment (more on this in later chapters about the power of disassociation). ¿We are all connected? This belief will open one up to being connected to evil people. Correct beliefs will emotionally cut off evil people *without effort*; reflecting their own emotional state back onto them. Effortless action can sometimes influence one in a good way, whereas reacting to them tends to feed their nature (more on effortless action in later chapters). For now It's best to understand that, if we are indeed all connected then you don't need to believe it for it to be true. In later chapters I will elaborate on the importance of belief, disbelief and non-belief as not believing is not the same as disbelieving.

Disadvantageous teachings of psychology

Opening Quote

'Much of psychology is only conditionally true'

The knowledge of psychology is similar all over the world and because we identify as humans we were tricked into taking on common beliefs based upon the authority of psychology. A person doesn't need to know or understand psychological concepts or principles for those concepts or principles to affect their nature. In this chapter I challenge this authority using common sense. These principles and arguments are a bit more complex than explained in this chapter and we will take a deeper dive into these complexities in later chapters.

The principle of 'The nature nurture debate'

Psychology suggests that our nature is a result of the way we are treated or nurtured, the environment in which we exist or did exists or our behaviour or nature is simply hard wired into us.

My challenge to this nature/nurture principle is that this only applies to children. When we are old enough to understand that our beliefs and nature go hand in hand we can; through our own will, decide what our nature will be. What I'm advising here is to reject the nature/nurture principle and instead recognise that the source of your nature is your beliefs and to chose your beliefs wisely.

The principle of: 'The mind does not understand negatives'

This principle has a much more profound effect on us than most of us realise as tricking us into believing this has a very strong connection to corruption, manipulation and identity based propaganda. Basically people have a tendency to not notice what is not being done or said. It is because of this incorrect belief that we think we have to be very vigilant, aware, conscientious and or astute to catch onto negatives but there is a way to catch onto negatives naturally without being astute. To do this without being astute one needs to leverage the power of beliefs to purify one's nature. The more pure your nature the more naturally resistant you will be to half truth suggestions that contradict your nature or beliefs. To summarise, instead of believing that the mind does not understand negatives, believe that: 'If this is true, that is not necessarily false' and believe that you should always 'Read between the lines'. More on this in later chapters.

The principle that 'Addiction is a disease'

Believe it is a disease then It may as well be, believe that it's a choice and it becomes a choice. There are also more complications to this correct belief that we will cover in later chapters.

The principle of 'Trauma'

Psychology describes trauma as lasting, but does it in a way that suggests that it is permanent. My challenge to this is simply, believe it's permanent and it will be.

The principle of 'identity dysphoria'

My advice to anyone suffering with identity dysphoria is to follow a path to wisdom and enlightenment and learn to understand that identity is an unnecessary construct which should be destroyed.

The principle of 'Seeking patterns'

Unconscious bad patterns must be rooted out. These bad patterns are usually a manifestation of our unconscious conditioning. This is because our unconscious conditioning and our conscious beliefs are sometimes in conflict with each other. More about this in later chapters

Disadvantageous teachings of psychology

The principle of ‘Finding the source of your problems’

Within the realms of psychological counselling we are taught to find the source of our bad patterns in order to resolve our problems. This often includes delving into our past. Doing this is incompatible with the belief that your nature comes from your beliefs rather than your past. My challenge to this principle is that you only need change your beliefs to break those patterns. This has some other complexities related to the last principle (seeking patterns) that will be discussed in later chapters.

The principle of ‘Closure’

We are taught that closure is a need, should you believe this then it will become a need. Such a need will keep you going around in the same circle stifling your path to inner peace. Instead of believing in closure as a need believe in acceptance. The need for closure is also related to other unvirtuous characteristics such as needing to have the last word in arguments.

The principle of ‘Belonging being a need’

Believe it is a need and it will be, believe it is a desire and it will be. Believing that belonging is a need will lead to giving into fear of not being accepted, giving into this fear is one of the biggest problems in this world. More on this in later chapters. My challenge to this belief is to instead believe that doing the right thing is more important than being liked or accepted by others. Belonging should be thought of as a desire not a need.

The principle that ‘You should not pursue perfection of your character’

Psychology teaches that perfecting your self is a disease. My challenge is simply to understand that if you believe this principle, you will stop evolving as a person. Advice: Believe that you should always compete with the person you were yesterday while tolerating imperfection in others.

The most precious Knowledge is knowing yourself

Opening Quote

'There is no knowledge more precious in this world than knowing yourself'

A great way to explain how precious this knowledge is, is to make one understand the great disadvantages of not knowing ones' self.

'The less a person knows themselves, the easier they are to manipulate'

Knowing your self is the very foundation of maturity and enlightenment. It's what makes a great, teacher, parent or leader.

As a teacher, parent or leader, your students, children or followers will reflect your denial and or possibly criticise you for it and in worse case scenarios rebel against the teacher, parent or leader. Also your denial may be used against you to manipulate you in areas where you do not know yourself.

Lack of self knowledge (or denial) is one of the two main causes of hypocrisy. The other cause is being an evil person who simply lies about their true beliefs, which will be covered in later chapters.

Denial and all aspects of the self are greatly tied into each other. You can not know yourself without diminishing all aspects of the self and diminishing the self will paradoxically allow you to know yourself.

The Biggest Problem With The World

A famous member of a Buddhist temple visited a foreign land to be questioned on arrival by a member of the press.

The member of the press asked the monk, what is the biggest problem with the world?

The monk replied first let me ask you a question. The press member agreed to this.

The monk asked, who are you? The press member told him his name. The monk said no that's not really who you are deep inside, that's your name and he repeated, Who are you? He replied by naming his job. The monk again replied no that's not who you really are, it's what you do. These questions and answers continued until the press member admitted that he didn't know who he really was deep inside.

The monk then said 'that is the biggest problem with the world', deep down inside people don't know who they really are.

The moral of this story is that when a person learns to know themselves and dissolve the self they then come to know who they really are deep down inside.

Though the knowledge here in this chapter may seem to be common sense there is a missing question in this world that people have not asked themselves let alone answered it.

Voltaire has a saying that was true in a generalistic manner at the time of writing this book.

'Common sense isn't so common' (Voltaire)

The missing question is: If the virtues of self knowledge is such common sense, why is it not reflected in the nature of the world we live in?

The most precious Knowledge is knowing yourself

There are a few aspects to this answer.

One aspect is that often people wrongly associate wisdom with goodness. The definition of wisdom is: Discerning and experienced. So Evil people can be wise and evil people also understand that a persons' nature and beliefs go hand in hand. People also have a tendency to associate wisdom with enlightenment. To quote Lao Tzu, 'He who knows others is wise. He who knows himself is enlightened'

In later chapters I will touch on the nature of evil and their techniques of deceit and wickedness. For now in the context of this text, the answer as to why self knowledge doesn't seem to reflect strongly in the nature of this world is because it has been contradicted by authoritative knowledge coming from a corrupt authority. This authority teaches that identity is a good and virtuous thing, often backed up by naming the virtues that come from identity and celebrating diversity (in the context of pride in identity).

To summarise this point of deceit, when something is common sense to the point where a wicked person can not defend an argument against it, they introduce a belief that contradicts it. In this case identity. This is because most people don't understand that anything to do with the self such as identity prevents people from truly knowing themselves.

So to summarise the answer to the question; 'Why has the virtues of self knowledge not pervaded into this world?' is that it has been compromised by people having pride in their identity. In fact negative aspects of the world we live in comes from wicked people tricking us into taking on foolish beliefs that empower them.

To summarise I would like to point out a paradox in that, from a certain point of view the path to enlightenment can be thought of as a cycle of knowing the self and diminishing the self to the point where there is no more self to know. This practice will manifest in a person who manifests plainness and simplicity.

Closing Quote

'The wicked have no empowering beliefs of their own'

'The source of their power comes from tricking people into taking on foolish beliefs that empowering them'

Opening Quote

Three beliefs to help know yourself:

- 1.) 'There is no such thing as acting out of character'
- 2.) 'When you see fault in others; check yourself' (Confucius)
- 3.) 'No one can make you feel a particular way, they can only surface what is already within you'

At the end of every day or at least whenever you have time, one should spend some time in reflection/introspection. When you become aware of something new about yourself it is a very beautiful and enlightening experience. You will know when it is a true spiritual awakening because you will feel that whatever suffering you had to endure to achieve it, that the price was worth the shard of enlightenment. It will also give you an insight into the meaning of life which is covered in later chapters.

Point 1: 'There is no such thing as acting out of character'. During introspection think on what you have done during the day and ask yourself, what were you feeling or what was the emotional motive behind what you did? For example you may have disciplined someone when the real motive was to control someone.

Perhaps you mistook fear for respect, or maybe believed you did something well for the right reason when it was really arrogance, pride or vanity.

Possibly you were being competitive or besting someone when you believed you were training someone. Do you have a competitive nature?

Is it possible that you were teaching someone a lesson or putting them in their place when it was really a reflection of your own insecurities or personal hangups?

Point 2: 'When you see fault in others; check yourself' (Confucius). Examples here are: Perhaps you are courting with someone and you feel they are leading you on. If they are leading you on, check yourself and remind yourself that you are the type of person that allows people to lead you on.

Do you believe that most people are treating you badly? Check yourself and re-adjust your level of tolerance for the character flaws of other people. Maybe you should be more tolerant or maybe less tolerant.

Find it difficult to make and/or keep friends? Check yourself because maybe you need to be more tolerant or sensitive.

Is it possible that your insensitivity is a manifestation of you being presumptuous? An example of this is assuming that because you lack a certain emotional insecurity or hangup that the person you are interacting with lacks the same, for example you might mention what you do for a living; having a job that is considered more prestigious than the job of the person that you are interacting with. In this example, you may have spiritual values whereby you do not recognise prestige, whereas the person you are interacting with does recognise prestige; triggering the person's insecurities. On the other hand if you feel that a person needs to be put in their place for having a better job than you, again, check yourself and understand that if that person is showing off his or her prestige, then showing off maybe his or her character flaw but your need or desire to put them in their place is your character flaw.

Point 3: 'No one can make you feel a particular way, they can only surface what is already within you'. During reflection do you remember driving and another driver making you very angry on the road? The anger was already inside you and you probably lack patience. Also while your being angry or possibly shouting at the other driver for holding you up, maybe you are holding other drivers up in doing so.

Has someone humiliated you in front of others? Quote: 'You can't humiliate a humble person'.

To summarise, how ever someone has made you feel, that feeling was already inside you. Your way of thinking should be to treat such emotions as reminders of what you need to learn. Let anger remind you the value of calmness and peace, let jealousy remind you the value of selflessness, let pride/vanity remind you the value of humility etc etc

What ever emotions you feel towards others and subsequent reflections on yourself, it is important to always remember that you can not change others, you can only change yourself and how you interact with others.

A simplification of the above:

When ever bad emotions are triggered within you, let this be a validation that your sense of inner peace, self worth or positivity is dependent on the absence of whatever triggered you. For example if someone made you feel bad by mistreating you, this means that your sense of self worth is dependent on how you are treated, or in some cases your sense of self worth could be dependent on the presence of something or someone (More on spiritual/emotional dependence/independence in later chapters).

Some Closing Advice: If you follow these three steps with sincerity; as you achieve higher levels of self realisation/lack of denial and enlightenment, you will need to re-check your behaviour in relation to sensitivity towards others. This is because knowing yourself well will lead to a great many other virtues, one of which will be lack of hangups and insecurities.

Lack of hangups and insecurities can very often change your behaviour in ways where you inadvertently cause people to look at themselves; surfacing their insecurities and hangups. When this happens all but the most enlightened will feel the need to put you in your place, where as only the few people that truly value knowing themselves will appreciate the lesson.

Closing Quote:

'When you develop enough enlightenment the contrast of your existence will be the most powerful teacher of all'

Unlearn all that you have learned, for we have all been conditioned

Opening Quote

Incorrect beliefs are like a disease that spreads contextually throughout society but the source is mostly the incorrect beliefs themselves. Very often these beliefs are in the form of religious, political, psychological, historical or philosophical teachings but mostly authoritative sources as authority is often corrupt.

The relationship between beliefs and nature is mutually exclusive. In other words our conscious beliefs affect our nature and our nature is a reflection of our beliefs. In saying this I am including our unconscious conditioning as this also represents a belief albeit a belief that we may be unaware of.

Additionally there is a generalistic and mutually exclusive relationship between the nature of the society we live in and the beliefs of the collective.

What am I really trying to teach here is that every belief you have, every belief you hear, every commonly believed philosophy must be questioned. When you question these beliefs we must ask ourselves how will this belief affect my character if I believe it? How will this belief affect society if I spread it?

A lot of people believe in astrology. Ask yourself what is the effect on your character if you believe in astrology? Do you want to decide what type of person you will be? If you wish to decide what type of person you want to be, then you must reject your belief in astrology. Is there a generalistic truth in astrology? If there is, it's because a lot of people believe in it.

'The self fulfilling prophecy'

If we take a common belief such as: 'The good die young' or 'Nice guys finish last'. These beliefs may be generally true in society because too many of us believe them or partly because we have many other beliefs that are consistent with them such as: 'Better him than me'. These beliefs are consistent with selfishness. For example people may be selfish because they don't want to finish last or die young; which in turn makes these negative beliefs more true in our society.

To make the world a better place for all of us we must discipline ourselves to only accept beliefs that are consistent with social conduct.

Consider how many people believe that a Utopian world is unrealistic. Consider the common philosophy of 'Guilty by association', consider most of the beliefs written in the famous book 'The Art of War' by Sun Tzu. Spend enough time reflecting on these beliefs and every belief you hear; while understanding that our beliefs and nature go hand in hand and you will see that we the people have condemned ourselves by being tricked into taking on beliefs that benefit the corrupt.

We must also understand the power of suggestion especially through context. An example here is the 'Guilty by association' belief. This belief could be a part of an individual's nature even when that individual doesn't understand the belief and/or has never even heard it. This is because as we grow up our unconscious catches onto these contextual patterns and can be absorbed into a person's nature without them being consciously aware of it. This is because the mind understands the context of this belief even if the person doesn't consciously know of this belief.

The main effect of this belief being absorbed into your nature is that, you may avoid associating with someone if they have some bad things attached to their character and you don't want these bad things to be attributed to yourself; causing you to neglect victims of slander.

Unlearn all that you have learned, for we have all been conditioned

To summarise there are probably a lot of unconscious negative beliefs we have that we are not aware of. Through a sincere will to know ourselves we can root out these unconscious beliefs.

Closing Quotes:

'Fight your demons'

Clarification: If one of your beliefs has not affected your character, then you didn't really believe it or one of your other beliefs contradicted it. We are very often unaware of our unconscious beliefs/conditioning. The way to know what has been conditioned into your unconscious is simple. Just compare your sincere beliefs with your actions, inactions and emotions.

'Unlearn all that you have learned, for we have all been conditioned'

With perseverance your beliefs will eventually overpower your conditioning and you will awaken.

'Repeat, repeat and repeat again until the beliefs are a part of you'

'The wicked have no empowering beliefs of their own'

The source of their power comes from tricking people into taking on foolish beliefs that empower them.

'The Power of the corrupt is equal to the folly of the people'

'Evil doers will always attempt to persuade you to take on beliefs consistent with antisocial conduct'

'The nature of this world is not written in stone, it is written in our beliefs which we project onto this world'

'Wrong beliefs lead to wrong judgement and correct beliefs lead to non-judgement'

Repeat, repeat and repeat again until the beliefs are a part of you

Opening Quote

Three signs that you have had a spiritual awakening:

- 1. You are certain that the suffering was worth the shard of enlightenment.**
- 2. You realise that you were not conscious before the awakening you were simply aware of what you were doing.**
- 3. You glean that you are still asleep relative to the next awakening**

If only enlightenment was easy:

Some aspects of a person's character will change very quickly and easily when one changes ones' beliefs, but others take time, effort, repetition and a bit of basic intellect. Here I will speak of the most difficult aspects of our character to change; being the things that are most deeply ingrained in most of us.

With the right way of thinking (which comes from correct beliefs) we can logically understand our short comings, but this is different from being spiritually in touch with these shortcomings to the point where we develop a deep desire and will to change these negative patterns.

First make the logical connections:

'Fight your demons'

Clarification: If one of your beliefs has not affected your character, then you didn't really believe it or one of your other beliefs contradicted it. We are very often unaware of our unconscious beliefs/conditioning. The way to know what has been conditioned into your unconscious is simple. Just compare your sincere beliefs with your actions, inactions and emotions.

Keep an audit of every belief you have. Check that they are consistent and compatible; in that no one belief contradicts another. Understand that most of us are unconsciously afraid of enlightenment. A common example of this is our attachment to identity. In most societies identity is enforced as a good thing and identity often tied into our survival as being truly individual can make us feel alone and vulnerable. Identity and anything tied into the self such as ego are antonymous to enlightenment.

Taking time out for Introspection and reflection is key to making your beliefs a part of you. During these times remember the three philosophies to know yourself (from previous chapters)

Three beliefs to help know yourself:

- 1.) 'There is no such thing as acting out of character'**
- 2.) 'When you see fault in others; check yourself' (Confucius)**
- 3.) 'No one can make you feel a particular way, they can only surface what is already within you'**

Make the simple connection to what's been conditioned into your unconscious because very often these are the hardest things to change. When you find hypocrisies in your own behaviour, thoughts or emotions, you must simply be hard on yourself and admit to yourself your short comings and remind yourself of your core values.

Repeating this enough; your hypocrisies will become less and less frequent.

Repeat, repeat and repeat again until the beliefs are a part of you

With constant practice you will start to become not just logically but spiritually in touch with your short comings and you will develop a deep sincere desire to destroy your ego as you will see that your ego is one of the deepest (if not the deepest) cause of your suffering.

Other logical connections are material attachments. Understand that loved ones can also be attachments. We are also often attached to being liked and accepted. In later chapters a deeper understanding of the nature of attachments will be covered.

Following these instructions with sincerity will eventually trigger one spiritual awakening after the other.

Closing considerations:

All relationships and interactions (good and bad) are great vehicles to enlightenment and with the right way of thinking will get you to where you need to be spiritually and emotionally.

Put emphasis on becoming the type of person that sees your own short comings without others having to point them out to you.

Consider the connection between enlightenment and knowing yourself; with the understanding of the paradox that by knowing your self you destroy the self and in destroying the self you will come to know yourself.

Closing Quotes:

'The definition of a wasted life is; to be as foolish in the end as you were in life'

'The meaning of life is the purpose of life'

The purpose being nothing more than to become enlightened. As one gets closer to enlightenment the purpose becomes the meaning and everything starts to make sense.

'The prime directive of evil is to prevent people from becoming enlightened'

'To become enlightened one must know oneself, this is why we are sentient'

'Have one master but two teachers'

With the right way of thinking the lessons both good and bad will lead you to enlightenment. Advice your way of thinking comes from your beliefs.

There is no such thing as strength and weakness, only beliefs and nature

Opening Quote

'The best reason to do the right thing and the best reason to not do the wrong thing is no reason at all'

In this chapter I will explain the power of intention. Following on from the previous chapter if one repeats correct consistent beliefs, one will develop purity of intention and ones' nature will become less complex. As one develops purity (otherwise known as cognitive consonance) one will become sensitive to anything that is not congruent with one's beliefs and naturally resistant to such contexts.

'Manifest plainness, embrace simplicity, reduce selfishness, have few desires' (Lao Tzu)

The opening quote in this chapter is an attempt to describe a Chinese/Taoist principle known as Wu Wei. It can also be equated to the Buddhist principle of Action, inaction and non-action where non-action is the equivalent of Wu Wei. This principle is difficult to describe in human terms and can not really be explained in human words, but when one achieves Wu Wei one will know what it truly means. However one can not achieve absolute Wu Wei without being perfect, though certain effortless actions can sometimes be perfect from a certain point of view.

From a certain point of view this entire book is in some way related to Wu Wei and how to develop it.

'He who knows others is wise. He who knows himself is enlightened' (Lao Tzu)

The Witness, Fool, Wise Man, Enlightened One and the Jewel.

The wise man is aware of the witness and the jewel. The fool is only aware of the jewel and the enlightened one notices only the beauty of jewel. The wise man and the enlightened one do nothing while the fool steals the jewel. The intent of the fools' action is greed. The intent behind the inaction of the wise man is caring what other people think. The enlightened one commits non-action or Wu Wei as greed is not in his nature and effortlessly does nothing without intent.

In this example what one knows plays a role in the trial of life. The wise man potentially failed this trial because he was aware of the witness. The fool failed this trial because greed was in his heart which would have made him fail regardless of whether he was aware of the witness. The enlightened one had no concern about the witness.

On the path to enlightenment knowledge and intent can often be linked, this is why more and more understanding is revealed to us on this path as knowing things beyond our level of enlightenment can invalidate the trial of life. Understanding the relationship among levels of understanding, knowledge and intent is key to understanding what Wu Wei or non-action actually is. If you desire to become enlightened, every time you try to find out information; ask yourself what is the intent behind your will to have this information.

Advice: If you value your own journey to enlightenment do not seek out knowledge beyond your level of enlightenment or seek out things that you do not need to know as this will prolong your journey. Also do not give knowledge to others that is beyond their level as this will never lead to a good place for them or society unless it benefits or restores balance.

Not seeking or desiring things that you do not need to know is covered further in later chapters regarding the power and importance of non-belief.

There is no such thing as strength and weakness, only beliefs and nature

'The road to hell is paved with good intentions'

Two people can be doing the same thing but with different intentions

Counselling Advice:

Just as everything in life is fleeting and nothing is permanent, people's reason for doing things are also temporary. Sometimes people can solve bad patterns in their life if they are given a reason to solve them or sometimes people may feel that their circumstances are an excuse for their bad patterns.

For example a person may be addicted to a substance and cause them to lose custody of their children or maybe they turned to drugs from being homeless or bereavement. Counsellors often give people a reason to come off of drugs, such as promising a home or getting their children back. Though this may work these reasons can be temporary.

'It Is better to develop a nature where you are not tempted than to resist temptation'

Advice: if you are fighting addiction (or any other bad patterns) for a reason, remember that the reason may be temporary and even with a good reason it takes effort and not everyone is strong enough to conquer addiction permanently. In context the reason for stopping drug addiction is an intention. With Wu Wei or non-action not taking drugs will be achieved without effort. So what I'm saying here is, that to stay off of drugs (or other bad patterns) you must practice what is dictated in the previous chapter until you develop Wu Wei/non-action. With correct consistent beliefs, self knowledge and repetition you will develop a nature where you will do the right thing effortlessly as the wrong thing will not be in your nature. In other words effort and intent/reason are associated. In this example if you are giving up a bad pattern to get your children back, this may seem like the right reason to break your bad habits, but from a spiritual point of view this is the wrong reason. The only truly right reason for doing or not doing something is no reason at all other than it is simply in your nature.

This is the meaning of the chapter title:

'There is no such thing as strength and weakness, only beliefs and nature'

'No resistance leads to no effort, no effort leads to no resistance'

In summary, if you have the right nature from the right beliefs, you will need no strength at all to do the right thing.

Closing Comments:

'The only way to truly defeat evil in your heart is without effort'

Our intentions echo loudly throughout society and can be the source of cycles of retaliation and rebellion or they can be the source of love, peace and harmony. The choice is ours.

Opening Quotes

'Identity is a prerequisite to prejudice and war.'

'What you can get people to believe or disbelief depends greatly on a persons' identity'

'Put your life on the line for what you believe is often an alias for: killing people for what your government wants'

This entire book is about how to develop a higher way of thinking and to make people understand that their way of thinking spawns from their beliefs. Below I will give common examples in life where people should take a higher way of thinking.

With war, instead being pro or anti one side, take the higher way of thinking and understand that the majority of people in the world are basically good but are usually betrayed by their own governments. The majority always vote for the candidate that promises peace and very often as soon as that candidate is in power they find some excuse to start invading foreign lands. A generalistic way that governments work is to censor voices of enlightenment and promote one side as good and the other as bad. A common way of doing this is to exploit people's identity and make half truth suggestions that the other side is the bad side. For example, if you tell people of identity X that, every time someone is killed it's by someone of identity Y, some people from identity X will believe that all people of identity Y want to kill people of identity X. These weak minded X people are the ones that are given guns and often join the army while the governments through the media; scare the voices of the good people into negligence. As a generalistic truth, the world has evolved into a corrupt place, not so much by bad people but by the negligence of good people. A common political excuse in the western world for invasion is regime change. The idea of regime change is a low way of thinking, the higher way of thinking is understanding that you can not change others, you can only change yourself and this applies to groups and nations as well as individuals. As one develops greater wisdom one will see that from a certain point of view there is not two sides at all but only one. Places in the world where there have been long term conflict are really places where evil people practice imperial wisdom; the wisdom of understanding how to manipulate people and keep the cycle of retaliation alive. With a higher way of thinking both sides need to overcome the corruption of their own governments rather than seeing fault in the governments of other nations. A common aspect of this imperial wisdom is often to have one side be more powerful than the other side. The less powerful side is seen as the underdog. The underdog tends to get the sympathy as the victim. When both sides are equally powerful the conflict is more likely to be shorter term but possibly more devastating.

If you are considering taking a side, remember the difference between believing and knowing. Take the higher way of thinking and think of things as plausible or implausible rather than true or false. Plausibility should be based upon basic understanding of human nature.

'We are all one, Only egos, beliefs and fears separate us' (Nikola Tesla)

'The Power of the corrupt is equal to the folly of the people'

If you believe in a particular ideology to make the world a better place. Take the higher way of thinking and understand that there is no magic ideology that will degrade corruption until the human condition changes. When this condition changes for the better we will not need to fight for a better world it will happen naturally.

Had a partner leave you for another person? You can see the other person as a traitor or you can take a higher way of thinking and understand that if two people want to be with each other then they should be with each other.

Had a partner break up with you over a rumour or external influence? You could be annoyed with the third party or you can take a higher way of thinking and ask yourself, why would you want to be with someone where third parties can manipulate the nature of your relationship?

'The nature of this world is not written in stone, it is written in our beliefs which we project onto this world'

Believe that a Utopian world is unrealistic? Take the higher way of thinking and recognise that our nature comes from our beliefs and the nature of the world comes from the beliefs of the collective. When you believe that a Utopian world is unrealistic you become a part of the team that makes it so.

If it annoys you that the truth is being censored, take the higher way of thinking and remember you can not censor wisdom.

'Understand the difference between the illusion of the mind and the reality of heaven.'

If someone has broken your confidence, take the higher way of thinking and realise that your confidence should be replaced with belief by dissociating what ever it was that was associated with your feeling of greatness. When you do this your feeling of greatness will be internalised and no one will be able to take this heavenly virtue away from you. This will be covered in more detail in later chapters.

When it comes to long term group conflict or war, instead of taking sides take the higher way of thinking and understand that; at least from a metaphorical point of view (but possibly literally) there is not two sides but only one that plays one off against the other. The metaphor here is 'egos, beliefs, and fears'.

'Any belief that is open to interpretation is potentially open to abuse.'

Beware of ideologies that promote ideas that are ambiguous or open to interpretation. With a higher way of thinking you will become aware of authoritative interpretations that are consistent with disunity or beliefs that subtly contradict empowering beliefs. More on this in later chapters.

'Have one master but two teachers'

'With the right way of thinking the lessons both good and bad will lead you to enlightenment. Advice your way of thinking comes from your beliefs.'

Are you unsure of someones' intentions towards you? Take the higher way of thinking and understand that if you value your path to enlightenment, others intentions towards you are trivial relative to your intentions towards yourself, but be wary if the intentions towards you are intentions of harm. In other words when you have bad experiences in life which are often a result of the intentions of others you can be upset or you can say, 'Thanks For the Lesson' (감사합니다 gamsahabnida)

Have you ever contemplated who shot JFK? Take a higher way of thinking and realise that who ever killed him is trivial compared to the real crime which is the existence of people above and below the law.

When you develop a higher way of thinking you will become less likely to be distracted by smoke screens.

The meaning of life and the riddle of free will

Opening Quote

'The meaning of life is the purpose of life'

The purpose being nothing more than to become enlightened. As one gets closer to enlightenment the purpose becomes the meaning and everything starts to make sense.

There is a common philosophical debate as to whether free will is an illusion or not. The answer to this riddle is quite simple, we all have freedom to be whatever type of character we want to be by acknowledging the relationship between our character and beliefs, also, through our beliefs our will is projected onto the world around us. What we are free to do or say is a result of the will of the collective, what we succeed in manifesting (externally) is a battle of wills. In other words, if your beliefs and nature are congruent with the nature of society (which comes from the beliefs of the collective) you will have more success in manifesting your desires. However if you value your soul in a corrupt world you must accept that external manifestations may be challenging and be happy just manifesting the person you want to be.

'Believe that your mind belongs exclusively to yourself and do not accept any beliefs that contradict this'

To add to the complexities of this free will debate; it's noteworthy to recognise that there is a lot of subtle and subliminal influence in this world. One could argue that subliminal violation is the literal theft of free will, I will not engage in a debate as to whether this is theft, but the higher way of thinking dictates that this is a semantic debate and distraction from what we should be doing with our lives. With repetitive practice we can align our mind with our beliefs and make sure our system of beliefs are all congruent. So the ultimate answer to this free will debate is simply that our beliefs and nature go hand in hand. In other words, if you believe in free will then you have free will, if you disbelieve in free will then you do not have free will, but the paradox here is, if you don't have free will, you still have it because disbelieving in free will doesn't really take away your free will, this incorrect belief simply creates the perfect illusion that you do not have free will when in fact you do. From a subliminal point of view, even if subliminal violation is indeed theft, then you have created the perfect illusion of theft by believing that the mind is all powerful when in fact beliefs are all powerful, so here there is yet another paradox in that; by believing in the all powerful mind you create the perfect illusion that the mind is all powerful when in fact it is not. So in summary believing in the all powerful mind is folly as it opens you up to have your free will violated. Advice: Disbelieving in free will serves the corrupt whereas believing in free will serves positive outcomes such as your personal path to enlightenment.

Three signs that you have had a spiritual awakening:

- 1. You are certain that the suffering was worth the shard of enlightenment.**
- 2. You realise that you were not conscious before the awakening you were simply aware of what you were doing.**
- 3. You glean that you are still asleep relative to the next awakening**

To make one understand the meaning of life, one must have had at least one spiritual awakening. If you have had a spiritual awakening and the shard of enlightenment was worth the suffering then it must be obvious that this was the meaning of the events leading up to the shard. Just as these events were a shard of life, the enlightenment is a shard of the meaning of life.

If you have not had a spiritual awakening then I can not make you understand the meaning of life.

The meaning of life and the riddle of free will

'New beginnings are often disguised as painful endings' (Lau Tzu)

Rock Bottom: The term 'Rock Bottom' is often used to describe the event when a drug addict has gone as low as they can, can not go any lower and has lost everything. However I'm going to use this term for other things. You can be emotionally drained by someone who you love to the point where you just can't take any more. You may have been lead on by someone who you had a romantic interest until you feel nothing for them. It is possible that you have suffered such slander that you had to face extreme hatred from your community. Maybe you are a victim of domestic violence to the point where you just stop being afraid. What ever rock bottom it is that you have faced; underneath that rock at the bottom is acceptance often coupled with the understanding that you can only change yourself and you must change yourself; or at least how you see things.

'Be neither victim nor perpetrator'

On the way to enlightenment we must transcend the duality of victim and perpetrator. Understand that just because your nature will attract events in your life, not all events that happen to you will have anything to do with your nature, we don't always get what we deserve. You can always learn from things that your nature has attracted and sometimes there are things to learn from events that you did not deserve. Learning to discern the difference is important. Sometimes a person may think they have transcended being a victim without realising that they have become the very thing that they fear, hate or are angry with (the perpetrator). Also sometimes when trying to transcend being a perpetrator, guilt can turn a perpetrator into a victim.

Experiencing the acceptance underneath the rock at the bottom can often prepare you for the next stage of enlightenment which is the ability to relinquish attachments and resentments.

'Fear of loss and attachment go hand in hand as does fear of never having'

When you finally become enlightened enough to relinquish attachments to loved ones you will realise any love you experienced before was just the illusion of the mind albeit a beautiful illusion. Words can not describe love without attachment, it's the most amazing love of all, it feels more like a unity with God than love. When you experience love without fear, loving a person becomes no different from loving yourself. I hope you experience this one day as I have.

'The fear of enlightenment can be expressed as the fear of letting go of fear'

The ability to relinquish attachment to loved ones is a major step towards enlightenment because most people can't imagine letting go of the fear of losing their parents, spouse or especially their children. This is another example of how most people are unconsciously afraid of enlightenment as people are afraid to let go of fear.

Closing Comments:

Attachments are the very things that anchor us to this world, to experience the reality of heaven we must release these anchors; bearing in mind that we are often attached to our resentments.

'The most efficient and expedited vehicle to your enlightenment is your understanding'

Since our beliefs and nature go hand in hand and enlightenment is a type of nature, by proxy this means that the true source of enlightenment is enlightened beliefs. Additionally this means that you should never believe or disbelieve things that you do not understand or it will affect your nature in a way that you do not understand. We are all born with the innate ability to find our own way to enlightenment without doctrine, though if you read between the lines doctrine has some useful clues, even if the beliefs are wrong as they sometimes are.

Opening Quote

'Masters of deceit never state lies, they only suggest them'

In opening I will state that cults are real, but I'm not talking necessarily about large well known cults associated with government conspiracies. The word cult comes from Latin relating the things that are hidden. For example a local criminal ring is a type of cult. The first and most obvious thing about the nature of evil is that to spread, it has to be hidden because the majority of people in the world are basically good but with the tendency to give into fear of not being accepted by their peers.

It is common for deceivers to sell disempowering beliefs that people will want to believe. This is done by hooking into the misery of people.

'Subversive manipulation is the devils' preferred tool'

For this reason subtle and subliminal techniques are one of the favoured vehicles of evil, however bear in mind that all I speak of here is not unique to the ways of evil, it is quite possible to use the power of suggestion with good intentions. It is also noteworthy that if one uses the power of suggestion with good intentions; they may be inadvertently playing the devil at his own game.

Slander: Slander is a common tool of evil, it is common for the most honest people to be victims of slander and wrongful deformation of character. Wise but wicked people tend to have a good judge of character and spread rumours in such a way that it can take a long time for the victim of the slander to find out. It's also important to understand that evil people won't just say bad things about good people but also say good things about bad people, so it is important to remember that saying good things still qualify as a rumour.

'What you can get people to believe or disbelief depends greatly on a persons' identity'

The way slanderers prolong the victim discovering the rumour about themselves is to leverage identity. Cults and criminal rings tend to know who trusts who via who identifies with who. When deceitful people talk about trust they are normally talking about not just who you can trust but equally who you can not trust. In other words they know who will betray who. People normally believe a rumour unconditionally when it is told by someone they trust; causing the victim of the rumour to not get interrogated and not discover the rumour about themselves.

To seek an honest person you must first become an honest person yourself, only to realise the most honest people often have the most negative slander attached to their name.

'Contrast compliments enlightenment'

Perpetrators seek out victims that have always been treated badly and keep them away from positive people so that they may never know the contrast of being treated well. Often deceitful people, when seeking out victims will interrogate the potential victim to see if all of their relationships have been negative. If this is so, they will be confident that they can treat them badly without them realising; being that victims see this treatment as normal. Very often when good people see a person being treated badly they neglect to say or do anything. This neglect is normally motivated by fear. It is also noteworthy to understand that victims are very often subliminally conditioned to seek out perpetrators. Sometimes the way victims are treated affects their beliefs about society, which reinforces their victim nature. In this way, the way a victim is treated creates a half truth suggestion that; if all people treat them like a victim then all other people that the victim has not interacted with must have the same intentions.

Perpetrators often counsel victims; interrogating them as to what they believe to be the source of their victim nature. They will then take that information and pass it onto another member of the cult and use it as a trigger to reinforce their victim nature. This is of course related to the disadvantageous teaching of psychology as psychology enforces the nature nurture debate.

'Get them while they are young, because if you don't they will'

Perpetrators will seek out the proverbial virgin because the first relationship can often set the trend of future relationships. Virgin here as a metaphor for the first of any relationship type.

Victims of neglect and rejection: Perpetrators often leverage knowledge of what people tend to never admit. For example if someone spreads a rumour of a criminal nature about you, you will get rejected by most people except those of a criminal nature and never find out why you are getting rejected because people typically don't admit that they rejected you over a rumour. This is also how criminals trap people in criminal rings/cults. This rejection is also motivated by fear of being associated with them. A common trick that criminal rings practice is getting some members of the criminal rings to cut you off from good people often by spreading rumours, then other people from the same criminal cult to disguise themselves as your friend and enforce criminal or victim narratives as normal.

It is common for deceivers to use non verbal suggestions. For example in propaganda you may see a video of a huge group of people of identity X cheering at something sick in order to convince all the people of identity Y that all people of identity X are sick, when in fact the group of people X in the video are actually a tiny sub set of people X. This is basically a contextual *half truth suggestion*.

'Any belief that is open to interpretation is potentially open to abuse'

Another common way of deceiving is to leave things open to interpretation. Depending on the context bad people will normally interpret things in a way that is consistent with separation of groups or consistent with a belief that compromises a positive and or empowering belief.

When a belief is empowering and or positive but also indisputable, deceitful people will promote a contradictory belief that contradicts it in a way that the deceived may not be vigilant enough to realise that the positive belief is being compromised. This is because our beliefs and nature go hand in hand and having such a negative belief will compromise the ability of the positive belief to manifest in your life. A good example of this is that no self respecting deceiver will try to convince you that knowing yourself is foolish, but instead will promote that you should take pride in your identity. This is because a lot of people don't realise that to know yourself you must destroy the self and identity is a part of the self.

It's noteworthy to understand that a perpetrator will never normalise victim behaviour in the presence of a good person unless possibly the good person is the type to give into fear.

The reason why masters of deceit only suggest lies is because of the nature of the psyche. When suggesting that all of a group of people are bad and aim that suggestion at an adversarial group of people, it tends to have the desired affect on the weak minded. However when you state that all of a group of adversarial people are bad, all but the most prejudiced people will reject the lie.

Closing Political Suggestion:

There should be two types of slander in law, civil and criminal. For example spreading a rumour that some one is gay should be a civil offence as being gay is not illegal, but spreading a rumour that someone is a paedophile should be a criminal offence because paedophilia is a criminal offence. Modifying this law would make it extremely difficult for criminal rings to do their thing.

Opening Quote

Evil is insidious Clarification: The definition of insidious being: Slow and subtle but with harmful effects.

We have our conscious beliefs and our unconscious conditioning. As stated in earlier chapters most of us in some way have been tricked into taking on foolish beliefs; beliefs that contradict empowering beliefs; beliefs that we blindly believed because they came from an authoritative source; beliefs that we blindly believed because we identified with source and unconscious beliefs that we may not even be aware of.

'The prime directive of evil is to prevent people from becoming enlightened'

This is how it works: We often don't realise that attachment is not just things we value as externalisations of our happiness and inner peace, it's also things that we don't have but desire.

'Dum spiro spero' (Latin: While I breath I hope): Though hope may sound like a good thing and despair a bad thing; these two things are leveraged by cults to prevent enlightenment. The trigger between hope and despair is attachment. By definition hope is just another attachment. It is an attachment to an outcome.

'Between Hope and Despair Lies Torment'

The great torment of life: How many times have you heard someone say, never again when it comes to romantic love? Only to give it a shot one more time. How many times have you heard the term 'The American Dream' or 'The pursuit of happiness'. How many times have you chased your goal, only to see it slip away when you feel close to success. How many times have you been close to the peaceful feeling of acceptance of failure only to be tormented and given hope again. Yes this is the job of the cults of this world. We are tormented deliberately.

Giving someone hope is actually a cruel thing not a good thing. You should either give someone a better life or do not. It is bad to torment someone with hope. Especially when they have achieved the peace that comes with acceptance.

Despair is often used to seduce people into believing foolish things that are normally consistent with an external saviour.

The reason for this torment is to keep us repeating the same cycles over and over again and while we are pursuing our goals we are inadvertently building pyramids for the pharaohs.

Also through denial we blame the key holders of society for our despair. We say to ourselves this time it is different when in fact the difference is either trivial or the beginning of another negative cycle. The more enlightened you become; the more the cults will focus on tormenting you.

Contradictions in beliefs cause inner conflict. These inner conflicts are then projected in the bigger world on a mass scale into war; some of which have been going on for a very long time.

When we examine the patterns of torment and conflict within long term wars, the more powerful countries never wipe out who they refer to as the enemy even though they can. They kill just enough to keep the cycle of retaliation going but not so many as to wipe out the identity. Upon examination of these patterns, it's easy to see that evil isn't as chaotic as one would think.

The answers to these problems are in the closing quotes.

Closing Quotes:

'Manifest plainness, Embrace simplicity, Reduce selfishness, Have few desires' (Lao Tzu)

'Identity is a prerequisite to prejudice and war'

'Put your life on the line for what you believe is often an alias for: killing people for what your government wants'

'The path to cognitive consonance is having consistent beliefs in your system of faith' Example: You can't believe in second chances and believe that people never change. Even subtle inconsistencies are unacceptable.

'The puppet masters control us only because we hold on to the strings of attachment'

'The Power of the corrupt is equal to the folly of the people'

'The wicked have no empowering beliefs of their own' The source of their power comes from tricking people into taking on foolish beliefs that empower them.

Incorrect beliefs are like a disease that spreads contextually throughout society but the source is mostly the incorrect beliefs themselves. Very often these beliefs are in the form of religious, political, psychological, historical or philosophical teachings but mostly authoritative sources as authority is often corrupt.

'The less a person knows themselves, the easier they are to manipulate'

Clarification/Warning: If the definition of sentient is 'self aware' then those easy to manipulate are just very intelligent animals that normally serve the Empire, unless good people intervene.

Closing Quote:

'To become enlightened one must know oneself, this is why we are sentient'

Opening Quote

'Life is a pilgrimage to enlightenment'

Our level of self awareness and intelligence allows us something that animals are not capable of. We can change our nature by changing our beliefs. This book is intended to represent the shortest and least complex path to enlightenment. It explains a simplistic system of beliefs based on the understanding of how to leverage the power of beliefs to reprogram your mind without the construct of self and it's sub-constructs (identity and ego).

'Subversive manipulation is the devils' preferred tool'

Clarification: Evil doers have an affinity in use of the power of the mind and sublime esoterica.

The wicked trick us into believing things that meet two criteria: Things that empower them and things that are true provided that we believe them. When enough people believe these foolish beliefs they become a generalistic reality of society. We are surrounded by things that condition these beliefs into us both verbally and contextually. The joke of life is that we are born pure; have our minds violated, then spend the rest of our lives undoing what has been done.

'Unlearn all that you have learned, for we have all been conditioned'

A summary of the basic principles that will lead to enlightenment: 1. Take on consistent beliefs that are all consistent with social conduct or unity. 2. Destroy the self to know the self and know the self to destroy the self. 3. Disassociate all things with heaven (explained below). 4 Break the bad patterns through repetitive perseverance. A greater understanding of this simplification is covered in the last chapter

'Understand the difference between the illusion of the mind and the reality of heaven' Point (3)

There's nothing wrong with material possessions and there's nothing wrong with enjoying them. The problem is the attachment to them. When you are of sound mind you can enjoy them without being attached to them. It's important to remember that loved ones can also be attachments. A good way of appreciating your possessions without being attached to them is to remind yourself that everything in life is impermanent and to love your self first. This way of thinking will allow you to love without fear and fully enjoy and immerse yourself in moments with loved ones and also makes it easier to let them go when they leave your world.

A deeper understanding of attachments:

'Fear of loss and attachment go hand in hand as does fear of never having'

Imagine a teenager with a fancy pair of fashionable sneakers. This teenager feels confident and good about ones' self when wearing them. To the teenager the sneakers represent a piece of heaven. In this scenario you could see the sneakers as an externalisation of heaven or a material attachment but most importantly (to the teenager) the sneakers are associated with heaven. To the teenager this is the illusion of the mind because the mind works greatly on association and attachment is a deep, powerful form of association because it is enforced with fear. Should one wish to take a piece of heaven away from the teenager one would only need to take away the sneakers.

When the teenager grows up and hopefully develops a bit of enlightenment, he or she will disassociate the connection between the sneakers and a piece of heaven. When this happens this piece of heaven will be internalised and no one will be able to take away this peace of heaven because there is no external handle on it. One could think of this as the difference between confidence and faith as one is often mistaken for the other.

This is why in most religious orders it is considered bad practice to worship idols because the idol is an externalisation of heaven, God or enlightenment. It is noteworthy that a material attachments or an idol of worship doesn't have to be a physical object, a person or animal can also be an idol.

'Association is the conduit on which the power of evil flows through this world'
The power of association can not be overstated: When one practices disassociating of all things with heaven one will notice that the power of evil degrades in their heart. More on this in the last chapter.

Closing Quotes:

'The puppet masters control us only because we hold on to the strings of attachment'

'Oneness is our true natural state'

Letting go of all aspects of your identity will unlock the power of your individuality, overcoming the fear of the loss of individuality represents the path to oneness and heaven.

'At the deepest levels of the human condition lies a contradiction. We all want to become enlightened, but at the same time we fear it'

'Evil doers will always attempt to persuade you to take on beliefs consistent with antisocial conduct'

'Understanding the complexities increases the appreciation of simplicity'

'Value greatly mutual symbiont relationships' Clarification: While we are all sentient beings, it is far wiser to be 'we aware' than just 'self aware'.

'The definition of a wasted life is; to be as foolish in the end as you were in life'

'The meaning of life is the purpose of life'

The purpose being nothing more than to become enlightened. As one gets closer to enlightenment the purpose becomes the meaning and everything starts to make sense.

'The prime directive of evil is to prevent people from becoming enlightened'

'To become enlightened one must know oneself, this is why we are sentient'

'If we were enlightened, there would be no point in being born'

'Repeat, repeat and repeat again until the beliefs are a part of you'

Opening Quote

'Much of psychology is only conditionally true'

In this chapter we will discuss and question commonly accepted counselling advice.

¿Surround yourself with positive things? This may seem like sound advice but in this context one must be weary that these positive things may be material attachments. If they are material attachments, then instead neglect to surround yourself with these positive things and internalise this positivity through empowering beliefs. It is wise to put effort into finding positive people in your life and putting effort into keeping them in your life as they can remind you of your own beliefs and convince you to take your own advice; assuming that this advice is sound.

¿Secondary needs? With the exception of children; remember that there is a trade off between believing in secondary needs and being independent. Secondary needs are only needs if you believe they are. It is wise to believe in secondary desires and being independent. However keep a healthy balance because no one is absolutely independent and life can manifest unexpected situations so don't be too proud to ask for help if and when the need arises. Also believing in secondary needs gives rise to those needs becoming attachments. To summarise this advice the only true needs are food, water, shelter and your health, but if you have the chance to fulfil your secondary desires or fulfil the secondary desires of others you should do so.

¿Depression or Sadness? When a person has prolonged sadness manifesting in lack of motivation they are often diagnosed as depressed. Prolonged sadness is caused by non-fulfilment of secondary needs and sometimes not accepting things that can not be changed. Even the most positive people experience sadness. The correct belief for dealing with negative emotions is to not fight them or take medication but to simply let them pass through you, let them come and let them go. This will lead to a maturity that allows one to feel at peace with oneself even when experiencing negative emotions such as sadness or loneliness. To summarise one should deal with prolonged sadness by believing in secondary desires instead of secondary needs and to accept things that can not be changed, but not before examining all avenues that may lead to change or increase the odds of positive outcomes. Meditation is a great way of dealing with long term sadness. When meditating to deal with long term sadness or loneliness, don't try to silence your mind actually mediate on the emotions with introspection and or allow yourself to die inside, also while in meditation or contemplation, mentally make peace with your past and focus on acceptance. Practising this, your mind will eventually and naturally silence itself; bringing you into the present moment. With the right way of thinking, both the positive and the negative will lead to enlightenment and as one gets closer to enlightenment, the positive and the negative both teach the lessons necessary for inner peace. In summary: **Being at peace with yourself is a pleasure far greater than happiness.**

¿Bad relationships? Not much to say about bad relationships other than you can change yourself but you can't change others. You can only blame yourself for staying in such a relationship.

¿Finished relationships? If you can't deal with a relationship that has ended (by death or breakup) it means you need to learn to love yourself first and see secondary needs as secondary desires. You also need to accept that everything in life including life itself is temporary. Nothing is permanent. Do these things and you will be able to love without fear which is the most beautiful and complete love of all.

¿Maximising your happiness in positive relationships? Keep an honest eye on your motives towards your partner and the true reason that you do things for them. If your motives are transactional it will lead to unhappiness. Acts of true love are divine and without motive.

'The power of intent leaves an echo that we all consciously or unconsciously hear and its' effects can be profound'

Often the intent is more important than the act.

As a parent you may have raised your voice to your child or smacked their bottom for bad behaviour. If the intent was true discipline with positive intent, the child will respond with the same positivity as the intent. However if the parent was in denial and the act was done with the intent of control, the child may grow up to be rebellious and pass the sins onto his or her children. Sometimes a parent may think that a child respects them when in fact the child actually fears them. Whatever actions we commit in life, we need to be aware of both our intentions and the outcomes. Very often, unintended consequences are a result of the actor being in denial of their own intentions or believing that the intentions are positive when they were not.

'Sacrifice is wrong intent' Instead of sacrificing yourself for your beliefs, it is better to do the right thing with the understanding that you may be punished because of the beliefs of evil doers.

¿The context of sacrifice? You may hear people say that we all need to make sacrifices in life. Though this may sound like obvious advice it's important to understand the power of intent. The intent of sacrifice is actually a bad intent consistent with playing the devil at his own game in that it keeps the cycle of victim and perpetrator in motion. For example, someone of identity X may join the army and someone may join the army of identity Y; where X and Y are enemies. People in the army of X are putting their life on the line for what they believe without realising that people in the army of Y are doing exactly the same. When one has the right way of thinking and right beliefs, one will develop the right intentions and do the right things effortlessly, simply because it is in ones' nature. The most enlightened will do the right thing as a divine act with no motive at all.

¿Addiction to mind intoxicants? Something not stated about the true damage and nature of mind intoxicants is that they prevent a person from knowing themselves. It is because of this that such intoxicants attack us at the very foundation of maturity and enlightenment. There is no good advice to overcome addiction other than one must dedicate oneself to a path of enlightenment. Some people may temporarily overcome this because they have lost custody of their children and want them back or threats of losing ones' soulmate but like everything in life, reasons are impermanent and when the reason for giving up intoxicants ends one can end up taking the intoxicants again. Advice: Believe that addiction is not a disease but a choice and evolve to the point where your reason for giving up mind intoxicants is the divine reason which is no reason at all other than it is no longer in ones' nature. This is the most enlightened reason of all and this reason will be permanent in your lifetime.

Closing comments on intent: To commit a divine and correct act effortlessly without intent isn't always practical because humans very rarely develop such extremes of enlightenment and acts without intent are rare. Understanding this, it is acceptable to commit acts with good intent rather than perfect intent; perfect intent being no intent at all; manifesting in right action or inaction.

Closing comments on secondary desires: Secondary desires can also lead to attachment. In contemplation or meditation make the logical connection between fear of loss of fulfilled desires and or fear of never having these desires fulfilled. With repetition this connection will become emotional and spiritual to the point where the fear becomes naturally relinquished. When you achieve this you won't just believe in heaven, you will know heaven.

Summary, lets make the world a better place

Opening Quote

'To make the world a better place we must dismantle the pyramid of fear'

As a generalistic rule of corruption, the devil doesn't do his own bidding, he gets people lower down the pyramid to do it for them. Observation: Those higher up; through fear of loss of material attachments; manipulate and scare us into treating each other badly and those who treat each other badly are mostly on the same level of the pyramid. Solution: For the world to be a better place we only need to have strong faith in beliefs consistent with social conduct, oneness or unity (the opposite of divide and conquer) and discernment.

A part of this pattern of manipulation is capitalising on peoples' minds not understanding negatives or in this context, not seeing the motive behind inactions. It is common knowledge that the majority of people are basically good and the good greatly outnumber the bad. It is for this reason that bad people tend to scare us; not into bad action against each other but to scare us into negligence to help each other.

In criminal rings it is common to use bad people to indoctrinate victims when there are no good people to observe, then scare good people into neglecting the victim. In this case the victim is normally someone who is a loner with no one to help them.

'Don't play the devil at his own game'

Understanding the relationship between denial (lack of self knowledge), and our manipulation through the power of the wicked: The more we dissolve the self and destroy the ego, the more we will know ourselves, the more we know ourselves, the more we will know others and see the corrupt for what they really are. When we see them for what they are and see clearly their lies and deceit, they will lose their power. Only when we have achieved this will we understand that it is not necessary to fight for justice and freedom. In summary when you fight the key holders of society you are essentially playing the devil at his own game. Fighting the key holders is a manifestation of our denial; the denial that the corrupt key holders are a reflection of our unenlightened state; the denial that we are responsible for the state of the world, not the few wise guys in power. In summary to quote David Ike: *'Instead of fighting corruption we just need to stop participating in it'*

'The wicked have no empowering beliefs of their own'

The source of their power comes from tricking people into taking on foolish beliefs that empower them.

The wise guys have tricked us into believing that a Utopian world is unrealistic and that the nature of the world is written in stone, when in fact the nature of the world is written in our beliefs that we project onto the world.

These wise guys make the policies and enforce them with fear. As an example there are policies limiting the media from spreading truths that rain on their parade. It is noticeable that the tax system makes it hard to climb the social ladder. Rich people tend to enforce policies in their families to prevent their children from marrying poor folk. In some places the traffic wardens are on commission and a low wage. There are government policies that prevent energy generation technology from being used if it is superior to fossil fuels etc.

Political Advice: We need a policy of full proportional representation in politics and judiciary. At present only those in power can execute votes of no confidence in leaders at all levels. This needs to change so that the public can make collective votes of no confidence against leaders at all levels.

Summary, lets make the world a better place

Closing advisory notes on misconceptions about criminal nature:

Some criminals are clued up and very aware, some are just fools and some are highly aware but paradoxically unaware of other people's level of awareness. The clued up criminals would never put themselves at risk of going to prison and tend to use the fools to do their bidding. For example if a clued up criminal wants an informer harmed he or she will get a fool to do it for them as the foolish criminals usually want to prove their worth as a gangster.

People get trapped in criminal rings either through drug addiction or plain foolishness of glorifying the gangster lifestyle. They do something bad; causing someone to have dirt on them and when they need to go to the police they can't because someone has dirt on them; causing them to take the law into their own hands; causing more dirt and the cycle continues until they can't break away without being hunted down by the ring or looking at a life sentence.

¿Criminals preach the gospel of 'Don't inform'? This is true but they don't believe what they are preaching unless they are a foolish criminal. When they get in trouble they do whatever it takes to survive (like a rat). The foolish criminal believes in this 'Don't inform gospel'. In a police interview situation, two clued up criminals will usually inform on the foolish criminal and the fool won't inform on the clued up criminals; making the fool look like the worse criminal which causes the clued up criminals to get lesser sentences. When there is no fool they usually inform on each other. Unless one is very naive it is obvious why criminals preach the 'Don't inform gospel', it is because it protects their interests as criminals.

¿Criminal rings and paedophile rings are separate?: Criminals will preach that they hate informers and paedophiles and would do bad things to them. Truth is, if a clued up criminal discovers that someone is a paedophile they will keep it a secret and blackmail them to do their bidding and/or use them as a get out of prison free card or at least to lessen their sentence in the event of being arrested and looking at a prison sentence. It is for this reason that paedophiles and criminals actually protect each other. They both know that if one gets arrested that they will inform on the other.

¿Clued up criminal can get away with harming people? Clued up criminals would never put themselves at risk of jail time. When they get away with harming someone it's because they harmed another criminal and have dirt on the victim that prevents them from pressing charges. This creates a lot of false fear against them because people who aren't criminals and not clued up think that they are some kind of villain with connections to corrupt police. If a clued up criminal threatens or harms someone who stays on the right side of the law, it normally means that someone is leaning on them. Sometimes in this situation they will lean on a criminal that is clued up but unaware of other people's level of awareness or a criminal that is on bail.

¿Some criminals are above the law? Sadly this is true, there is a tiny amount of criminals that can commit any crime they want with guaranteed impunity. Fortunately there are very few of these. Advice: Stay as far away from them as possible. These criminals can force their lifestyle onto you even if you are not foolish enough to do their bidding. FYI the most powerful criminals are normally the biggest informers and often set up their own cronies to stay out of the joint. These high level criminals usually lean on a middle man to do their bidding in such a way that things don't get traced back to them through police investigation. For example a high level criminal may lean on a racist person to harm an ethnic minority, so that if the police get involved it just looks like a racist thing rather than something more sinister.

Advice: Stay on the right side of the law and get them while they are young, because if you don't, they will.

'A persons' beliefs and a persons' nature go hand in hand, as do a persons' nature and will, but most importantly the beliefs, nature and will of the collective create our very reality'

'Only correct beliefs can set us free'

'Understand the relationship between beliefs and identity'

Clarification: If you believe in something-ism then your identity is a something-ist. It's OK to call yourself a something-ist so long as this label is meaningless to you.

'From identity spawns the desire to be accepted and fear of being rejected; from these two things spawns much folly in this world'

'Identity is a prerequisite to prejudice and war'

'What you can get people to believe or disbelieve depends greatly on a persons' identity'

'Put your life on the line for what you believe is often an alias for: killing people for what your government wants'

Sacrifice is wrong intent: Instead of sacrificing yourself for your beliefs, it is better to do the right thing with the understanding that you may be punished because of the beliefs of evil doers.

'The puppet masters control us only because we hold on to the strings of attachment'

'Oneness is our true natural state'

Letting go of all aspects of your identity will unlock the power of your individuality, overcoming the fear of the loss of individuality represents the path to oneness and heaven.

'Be vigilant when it comes to beliefs'

Clarification: Contemplate every belief you spread and its' effect on society. Contemplate every belief you take on and its' effect on who and what you are.

At the deepest levels of the human condition lies a contradiction.

'We all want to become enlightened, but at the same time we fear it'

'Towards the end of your journey you will realise that you only have two choices: survival of the self or enlightenment'

'Evil is insidious' Clarification: The definition being: Slow and subtle but with harmful effects.

‘The only thing to fear is fear itself?’

‘If enough give into fear for a long time, it (fear) will become a tangible asset’

‘Every time one gives into fear, the wicked gain territory both literally and in ones’ heart’

‘Giving into fear is often a manifestation of selfishness’

‘Fear of loss and attachment go hand in hand as does fear of never having’

‘Subversive manipulation is the devils’ preferred tool’ Clarification: Evil doers have an affinity in use of the power of the mind and sublime esoterica.

‘Understand the difference between the illusion of the mind and the reality of heaven’ Clarification: When you associate something or someone with a heavenly virtue you invoke the power of the mind but when you can feel this heavenly virtue through disassociation you will experience the reality of heaven.

‘Always be ready to immerse yourself in a loving union with someone but when you are alone, immerse yourself in a union with heaven. When you learn to love without fear they become the same thing and you will never be alone’

‘Evil doers will always attempt to persuade you to take on beliefs consistent with antisocial conduct’

‘Never do or say anything that would put someone in harms way’

‘Truth is truth no matter whose mouth it comes from’

‘Spreading unpleasant rumours about someone says more about the character of the slanderer than the subject of the rumour’

‘Beware of fear or hatred, lest you insidiously turn into what you fear or hate’

‘Invoking or giving into fear, rarely leads to a good place’

‘Dependence is a prerequisite to control’

‘Increasing levels of dependency without a very good reason is usually insidious’

‘Acceptance is a prerequisite to inner peace’

‘Without acceptance pain is transformed into prolonged suffering’

‘Being at peace with yourself is a pleasure far greater than happiness’

‘You can’t humiliate a humble person’

'It Is better to develop a nature where you are not tempted than to resist temptation'

'There is no such thing as strength and weakness, only beliefs and nature'

'Competing with others is a waste of life. Instead compete only with the person your were yesterday'

'Where your competitive nature ends the path to being the best you can be begins'

'Good, better, best, never let it rest, until your good is better, and your better's best'

'Compete not with He, Compete not with She, Only understanding this, a master will you be'

'The best investment one can make is to invest in one's self' (John Coke)

'Start as you mean to continue because you'll most likely continue as you start'

'Your approach to life should be governed by what you want out of life'

'If you do not change direction, you may end up where you are heading' (Lao Tzu)

'Where good people are negligent, evil wins by default'

'Understanding the complexities increases the appreciation of simplicity'

'You can not censor wisdom'

'When you develop enough enlightenment the contrast of your existence will be the most powerful teacher of all'

'The path to cognitive consonance is having consistent beliefs in your system of faith' Example: You can't believe in second chances and believe that people never change. Even subtle inconsistencies are unacceptable.

'It is far more beneficial to explore the power of beliefs than it is to explore the power of the mind'

'The mind is indeed powerful, but beliefs are indomitable'

Clarification: Keep your beliefs consistent (with emotional/spiritual independence), your faith strong and your mind will align itself with your faith.

'With correct consistent beliefs and strong faith your mind will become your ally'

'The folly of incorrect beliefs will be augmented on all levels through the vigilance of the wicked'

'Perpetrators never normalise or enforce victim behaviour in the presence of a good person nor will criminals encourage criminal behaviour in the presence of a good person' Advice: When such behaviour is enforced, look around because all present are a part of the conspiracy.

'There is a big difference between believing and knowing'

'Between belief and knowledge lies understanding'

Clarification: 'When you understand a belief, it ceases to be a belief and becomes knowledge' Advice: Do not believe or disbelieve things that you do not understand or it will affect your nature in a way that you do not understand.

'The most efficient and expedited vehicle to your enlightenment is your understanding'

'The most important difference between humans and animals is that we can change our nature by changing our beliefs'

'Leave the past where it belongs' Clarification: You will know when this belief is absorbed into your nature because you will remember bad things with emotional detachment and good things with fondness.

'A good parent loves their children before they are even conceived' Clarification: Let this love motivate you to be all you can be and attract you to the best spouse according to your best discernment.

'You can't kid kids'

Clarification: 'Hiding your bad habits from your children will not save them from your nature' If you want your children to be good then you must be good.

'Know the difference between fear and respect, know the difference between control and discipline'

'Sobriety expedites the path to knowing yourself'

'Get them while they are young, because if you don't they will'

'Don't spoil your children' Clarification: Sometimes parents concentrate so much on giving their children what they didn't have, that they forget to give them what they did have. When you spoil your children you set them up to fail in life.

'No resistance leads to no effort, no effort leads to no resistance'

'Value greatly mutual symbiont relationships' Clarification: While we are all sentient beings, it is far wiser to be 'we aware' than just 'self aware'.

Two very important social skills to make the world a better place are sensitivity and tolerance. They are equally important and one has limited usefulness without the other.

'You can't build an Empire by making exceptions, but you must have a convincing illusion of exceptions' Clarification/Warning: There is a big difference between the perceived level of freedom and the real level of freedom. The less the real level of freedom the less convincing the illusion becomes. When the balance between the real and perceived becomes untenable, it becomes time for a new empire with new identities and questionable beliefs.

'The enemy has two identities, but a true friend only has one' Clarification: Inconsistencies in a system of beliefs is the mother of hypocrisy but hypocrisy can also be a sign of an evil doer that lies about their true beliefs.

'Have one master but two teachers'

With the right way of thinking the lessons both good and bad will lead you to enlightenment. Advice: Your way of thinking comes from your beliefs.

Respond to negativity with positivity until you realise that you are arguing with a fool, then respond with silence; considering the person may be an evil doer parading as a fool.

'They Will Come To You'

Clarification: When you are developing positive beliefs, wicked people will come to you and try to undermine your faith and they may be relentless in this endeavour.

'Let the last word be silence'

Warning: Bad people can not resist the temptation to undermine positive beliefs.

Clarification: You don't need to win arguments nor do you need to have the last word, you only need hold true your positive beliefs.

'There are two types of rationale in this world; excuses and reasons' Co-dependant people lean towards excuses, while efficient people prefer reasons. They normally don't get on.

'Being treated badly is no excuse for being a bad person, nor is being treated without value an excuse for not valuing yourself'

'Idiocy is not an alibi' If a person understands the outcome of their actions, then you must consider that the outcome may have been the intention behind their actions.

Three beliefs that will free you from underestimating evil people:

'Any mischief possible, evil doers will be guilty of'

'A master of evil is still a master' (An evil person can still be discerning and experienced)

'The secret to their true power is to keep their true power a secret'

'Don't play the devil at his own game'

Clarification: Armed with consistent beliefs, lack of self and self knowledge; your discernment will have such lucidity and clarity, that you will see corrupt people for what they really are; as soon as you see them for what they really are; they lose their power and you will see that the only power they really had, was the ability to manipulate us into treating each other badly or in most extreme cases; killing each other. The enemy is within, 'What is on the outside is a reflection of what is on the inside' (Mahatma Gandhi). The corruption we see in the key holders of society is really a reflection of our incorrect beliefs. When we fight the key holders, we are trying to change what is inside by changing what is on the outside, this doesn't work and is the equivalent of playing the devil at his own game.

'PoliTics or poliTricks'

Clarification: You can know the real beliefs of those in power from the nature of society.

'The Power of the corrupt is equal to the folly of the people'

'The wicked have no empowering beliefs of their own'

The source of their power comes from tricking people into taking on foolish beliefs that empower them.

'The nature of this world is not written in stone, it is written in our beliefs which we project onto this world'

'Your living memory is much more reliable than authoritative records of history'

Clarification: The history books are authored by the key holders of society, who very often forge history to trick us into repeating the same mistakes; not preventing them. Such forgery doesn't always need to be lies but half truths aimed at those with identities that would believe what the half truths suggests. The average human has a lifespan that allows them to see out three generations. This is more than enough time to understand the order of things in our world. Having beliefs consistent with social conduct (to all), coupled with lack of self and self knowledge will make the world a better place; rendering history a semantic detail.

'To make the world a better place we must dismantle the pyramid of fear'

Advice: They can only scare us into treating each other badly, therefore faith (in social conduct) is the key to the dismantling of this pyramid.

'When it comes to quotes or sayings, ascertain if it equates to an empowering belief or simply an observation' Warning: If it is an observation do not treat it as a belief, especially if the observation represents the folly of man.

Incorrect beliefs are like a disease that spreads contextually throughout society but the source is mostly the incorrect beliefs themselves. Very often these beliefs are in the form of religious, political, psychological, historical or philosophical teachings but mostly authoritative sources as authority is often corrupt.

'Much of psychology is only conditionally true'

A very big part of psychology is built on the nature/nurture debate, believe this and you'll either never change or blame your past for your problems. Recognise that your beliefs and nature go hand in hand and it is you that will decide what type of person you will be.

Psychology teaches us that the mind doesn't understand negatives. Instead of believing this, believe that: 'If this is true, that is not necessarily false' (Bruce Lee)

Psychology teaches us that addiction is a disease. Instead of believing this, believe it's not a disease, it's a choice.

The psychological definition of trauma (in part) is that it is something from which you never recover. Believe you are traumatised and you will never recover.

Psychology teaches us that identity dysphoria is a problem. Let go of everything you are (your identity) and the problem will go away.

Psychology teaches us that we are all pattern seekers: Advice be careful not to observe bad patterns.

Psychology of counselling teaches us to find the source of the bad patterns in our lives. You don't need to know the source, you only need to change your beliefs to break those patterns.

Psychology teaches that Closure is a need, it's not a need it's a desire. Advice: Don't let this desire dominate your destiny. This desire can often be made obsolete by acceptance.

Psychology teaches that belonging is a need, it's not a need it's a desire and a foolish one at that. Advice: 'Better to be alone than surrounded by fools'
(Confucious)

Psychology teaches that we shouldn't pursue perfection of our nature. This belief will stop you from evolving as a person. Advice: Understand that it's okay to tolerate imperfection in others but also believe that there's no excuse to not become the best you can be.

'Believe that your mind belongs exclusively to yourself and do not accept any beliefs that contradict this'

'Contrast compliments enlightenment' Clarification: A person who has known only bad relationships will have no concept of what a bad relationship is until that person experiences a good relationship.

'Be That Contrast' Clarification: If at your core you know yourself to be a good person then you must understand why you are worthy of love and if someone treats you the way you would never treat someone else, then you must understand that you are being treated badly.

'Treasure your time alone'

Clarification: Use this time to know yourself by reflecting on the motives behind your actions and inactions. Use this time to improve yourself and most of all use this time to learn to love yourself.

'The definition of a wasted life is; to be as foolish in the end as you were in life'

'The meaning of life is the purpose of life'

The purpose being nothing more than to become enlightened. As one gets closer to enlightenment the purpose becomes the meaning and everything starts to make sense.

'The prime directive of evil is to prevent people from becoming enlightened'

'To become enlightened one must know oneself, this is why we are sentient'

'Fight your demons'

Clarification: If one of your beliefs has not affected your character, then you didn't really believe it or one of your other beliefs contradicted it. We are very often unaware of our unconscious beliefs/conditioning. The way to know what has been conditioned into your unconscious is simple. Just compare your sincere beliefs with your actions, inactions and emotions.

'Unlearn all that you have learned, for we have all been conditioned'
With perseverance your beliefs will eventually overpower your conditioning and you will awaken.

'Always, Never, All, None or anything absolute' When hearing; or in consideration of uttering such words, consider your conscious beliefs as these words often reflect your unconscious conditioning.

'There's a big difference between intelligence and wisdom' Clarification: There are a lot of intelligent fools in this world. Advice: Don't be one of them.

'Instead of hiding your mistakes in shame, make them known for the benefit of the next generation'

'Beliefs affect perception of reality' Clarification: Fail to explore the power of beliefs and you will have a narrow dogmatic perception of reality. Explore the full power of beliefs and you will see reality for what it really is. You will even understand that all realities that spawn from different beliefs are real and legitimate in their own way.

'Repeat, repeat and repeat again until the beliefs are a part of you'

'The less a person knows themselves, the easier they are to manipulate'

'There is no knowledge more precious in this world than knowing yourself' Advice: The practice of all the philosophies and beliefs are useless without knowing yourself. True change must come from within and always remember you can only change yourself, you can not change others, but with a well timed quote you can make them think.

Three beliefs to help know yourself:

- 1.) **'There is no such thing as acting out of character'**
- 2.) **'When you see fault in others; check yourself'** (Confucius)
- 3.) **'No one can make you feel a particular way, they can only surface what is already within you'**

'Any belief that is open to interpretation is potentially open to abuse'

'Children are a much more powerful control tool than people realise' This control tool is used in a very subtle but effective way. Should you wish to dedicate yourself to making the world a better place, it is wise to consider not having children or love morality more than your children.

'Love is only blind if you believe it is'

Clarification: It is not wise to associate human love and trust.

'Everything is fleeting, nothing is permanent' Remembering this; you will treasure every moment with loved ones; making it easier to let go when they leave your world.

'Masters of deceit never state lies, they only suggest them'

'What could possibly go wrong?'

When a belief or policy seems like an excellent idea; remember that the nature of evil exists in this world, factoring the nature of evil into the idea; you may realise that it is actually a terrible idea.

'Only people with insecurities or hangups feel the need or desire to put others in their place'

'Destroy the self to know the self and know the self to destroy the self'

'Only correct beliefs can set us free, and only correct beliefs can keep us free'

Apart from two occurrences I have made a deliberate effort to not mention the word ‘God’ in this text but to explain a closing thought I must use this word. I would like to make the reader understand that when I use this word in this final chapter that I’m not referring to any religious concept of God but simply a metaphor for the personification of absolute good; good being the source of things such as peace, harmony, love, compassion etc.

As a follow up from Chapter 13 (This is why we are sentient) I mentioned how attachments represent an externalisation of heavenly virtues and I am following up on this knowledge to explain why knowing yourself will allow you to know God.

‘Repeat, repeat and repeat again until the beliefs are a part of you’

When you develop harmony between your beliefs and actions through repetitive practice, the beliefs become a part of you. This will cause you to feel an increasing sense of inner peace which is a result of lack of internal conflict. When practising such positive consistent beliefs, God will progressively reside within you. Also when you associate things (or the absence of things) with God you externalise God and when you disassociate things (or the absence of things) with God you internalise God. It’s also important to know that attachments that make you feel good are also externalisations of God. This is basically a rewording of the quote: *‘Understand the difference between the illusion of the mind and the reality of heaven.’* (See Chapter 16 My quotes)

‘Destroy the self to know the self and know the self to destroy the self’

Additionally, when you are destroying the ego and all aspects of the self to know the self, by doing this you will know God. Destroying the ego will also enhance the goodness within you as you can not destroy the ego and all aspects of the self without becoming good. To summarise, when God resides within you and you know yourself, then by proxy you are knowing God. The opening quote of this paragraph is actually a way of saying, ‘destroy the false self in order to reveal the true self (explained further in the addendum chapters)’.

These practices will enhance your ability to sense when beliefs or intentions are correct or not. Sometimes evil doers will sell *imperfect beliefs* that sound good but have a down side in that they can be abused. An example of this is the intent of sacrifice or pride in identity. The intent of sacrifice can lead to playing the devil at his own game or manifesting a victim nature and identity is an aspect of the self that prevents enlightenment.

‘Everyone’s path to enlightenment is unique and their own’

A final closing word. Upon learning about Buddhism and Taoism. I am convinced that these were never intended to become religious orders. These writings were just left behind to help others on their journey home. I write these texts with the same intention of helping others.

The reason why I believe exploring beliefs is more efficient than Buddhism is that Buddhism is unnecessarily complex because it deals with the mind and mindfulness more directly than beliefs. The unconscious mind is like a psychic super computer in that; you only need a simplistic maxim of *perfect beliefs* (explained below) combined with believing that conscious beliefs are dominant over the unconscious mind; causing the unconscious to effortlessly manifest those beliefs for you. Believing that conscious beliefs are dominant over the unconscious mind brings us back to our natural state of evolving towards enlightenment. Most people in the world believe that ‘True change comes from within’ The reason this belief hasn’t pervaded into this world is because most of us have been tricked into believing in the all powerful mind which has turned us spiritually inside out. In our natural state beliefs are the inside and our unconscious mind externally manifests those beliefs. Enlightenment is a type of nature therefore enlightened beliefs are the true source of enlightenment.

'Be wary of exceptions to perfect beliefs'

A perfect belief is one that: Is not open to interpretation, has no down side and can not have an exception without the exception constituting a contradiction. These beliefs will be avoided and despised by evil doers. Evil doers will try to introduce contradictions to these beliefs.

Closing Quotes:

'The path to cognitive consonance is having consistent beliefs in your system of faith' Example: You can't believe in second chances and believe that people never change. Even subtle inconsistencies are unacceptable.

'It is far more beneficial to explore the power of beliefs than it is to explore the power of the mind'

'The mind is indeed powerful, but beliefs are indomitable' Clarification: Keep your beliefs consistent (with emotional/spiritual independence), your faith strong and your mind will align itself with your faith.

'With correct, consistent beliefs and strong faith, your mind will become your ally'

'When it comes to your nature an unconscious belief is still a belief'

'Understanding the complexities increases the appreciation of simplicity'

After nine years of studying the nature of beliefs in contrast to the nature of the mind, here is the simplicity.

A final summary of my prescribed path to enlightenment in five simple steps:

(The E=MC² of enlightenment)

1 believe that conscious beliefs are more powerful than the mind (This is the key belief). 2. Internalise God by relinquishing attachments and do not associate anything (or the absence of anything) with God (including objects, people, animals, places, bodily positions, gestures, environment etc) 3. 'Destroy the self to know the self and know the self to destroy the self' 4. Have beliefs consistent with social conduct 5. 'Repeat, repeat and repeat again until the beliefs are a part of you'.

The first key belief changes your psyche in a way that allows your mind to manifest your beliefs; figuring out all of the complexities for you. Beliefs 2 - 4 are perfect beliefs that can have no exceptions. The first key belief makes it so you only have to be mindful of your perfect beliefs. The final belief 5 needs no explanation. 'Knowledge is a treasure, but practice is the key to it' (Lao Tzu). The beliefs in Chapter 16 (My Quotes) are all consistent with the three perfect beliefs. This 'E=MC²' is evil proof because any subliminal suggestions that are incompatible with the perfect beliefs will be kicked out of the unconscious mind because of the key belief.

Closing Statement:

All of the knowledge in this book is the result of nine years of studying the power of beliefs. Also this knowledge spawned from one very empowering observation. That observation is this:

'Our Beliefs and Nature Go Hand In Hand'

Addendum 1: Experiences are not beliefs

'Two Psyches'

A great many people have been conditioned (consciously or unconsciously) to treat the mind as the single source truth for our nature. In this text I teach the reader to both recognise and believe that conscious beliefs are indomitable over the unconscious mind. Through exploring how to leverage the power of beliefs, I have realised that, when we treat the mind as all powerful the mind has a tendency to anchor itself to emotional (or questionably spiritual) states; overly complicating the path to enlightenment. When one recognises and believes in indomitable beliefs, the nature of the psyche changes; in that the mind evolves to anchor itself to your beliefs; causing the unconscious mind to become the manifestor of your new nature. I have come to the realisation that indomitable beliefs represent the natural state of the psyche. When the psyche is in the unnatural state, it gravitates a person to be bound by the law of association whereas in its natural state it gravitates a person towards the power of disassociation. (More on the power of association/disassociation later)

'No resistance leads to no effort, no effort leads to no resistance'

Through the practices I have laid out in this text one will evolve the ability of right action without effort or mindfulness (Wu Wei or non action).

'Four factors that prevent you from silencing your mind for meditation: Associating your sense of self worth or inner peace with external factors, lack of acceptance, failure to relinquish resentments and irreconcilable beliefs'

When in a state of stress or inability to silence your mind, do not resist it. Make the logical connection between your emotional state and its cause. Allow yourself to feel the emotional pain. Eventually the logical connection between the pain and its source will cause the emotion and the logic to meet and your emotions will become logical. Emotional pain is a good teacher. The pain will teach you to relinquish the fear of loss or the fear of never having; manifesting in self love and the ability to love without fear. The logic of the law of impermanence will become a part of your emotional state. To summarise, when you can't silence your mind, it means that your mind is trying to tell you something. There is a saying: 'The only way out is in' (Junot Díaz).

'Instead of hiding your mistakes in shame, make them known for the benefit of the next generation'

Through my personal practices I have made some mistakes along the way that I would like to share here with the reader.

I have identified with my own beliefs. Anything to do with the self such as any form of identity is folly. When I identified with my own beliefs those beliefs became written in stone and sometimes one's understanding can be flawed. Non identity with my beliefs allowed me to find mistakes and contradictions in my own beliefs. It also allowed me to calibrate my beliefs and develop a deeper understanding of my own beliefs or sometimes even reinterpret my own beliefs. I also came to understand that how beliefs are said or worded isn't what affects your nature, one's interpretation and understanding of the beliefs is what affects one's nature.

'Never second guess the judgement of God'

When I use the word God, I am not referring to any religious definition of God. I'm referring to a metaphor for the personification of absolute good and nothing more.

When you judge a person as good or bad, you are second guessing the judgement of God. It's okay to judge a person as being the type of person that does something that they have actually done. It's okay to judge a situation, relationship or action as good or bad, but not a person.

Addendum 1: Experiences are not beliefs

'Keep your beliefs separate from their effects'

I say this because one of my mistakes was to treat an effect of my belief as a belief in itself.

I discovered that practising internalisation of my positivity by relinquishing the fear of loss of approval, didn't just manifest in self love, I found that I became more distant from people that were aligned with the darkness and felt a stronger connection with those aligned with the light.

I treated this effect as a belief and believed that one should cut off those aligned with the darkness. This involved second guessing the judgement of God. Treating this as a belief stifled my path to enlightenment. When I realised this mistake I stopped believing in cutting off bad people. By removing this as a belief my unconscious mind made the judgement for me and my discernment returned. I also realised that I'm not really cutting off bad people, they are severing themselves from God. This is what I meant by cutting off evil people off without effort (at end of chapter 2 The Folly of Identity).

I also realised that self love and the ability to love without fear isn't a belief it's a manifestation of internalising self positivity.

The powerful thing about realising this mistake is that it keeps the system of beliefs very simple.

This made me understand one of my own beliefs on a deeper level. This is because it's difficult to understand an effect as a belief.

'The most efficient and expedited vehicle to your enlightenment is your understanding'

'Enlightenment is nothing more than an extreme form of maturity'

Another mistake I would like to warn the reader of is that the beliefs I prescribe here will most likely lead to spiritual awakenings, and higher levels of consciousness. It's important not to extrapolate your beliefs into superstitious nonsense. It's easy to get metaphysical about your beliefs and drift off into a world of mysticism. One must keep oneself grounded in beliefs that one fully understands. One must use one's intellect to separate the beliefs from their manifestations. When one treats a manifestation or spiritual experience as a belief, they start to try to experience the manifestation by understand it. It's usually not possible to truly explain or understand a spiritual experience. Though the following may sound like a counter intuitive statement, 'My beliefs have led to spiritual experiences yet I do not believe in these experiences.' When one matures in their beliefs one will understand this counter intuitive statement.

'If you want to become enlightened, don't believe anything you don't need to believe'

I find the most common errors of people that practice spirituality is that they don't realise that you don't need to believe in things such as heaven or nirvana to become enlightened. In fact believing this can potentially corrupt your intent towards being good. Usually believing anything that is unnecessary for enlightenment will actually stifle your path to enlightenment.

Closing Advice:

If you fully understand a belief to have a positive effect on your nature, then believe it. If you fully understand a belief to have a negative effect on your nature, then disbelieve it. If you are not sure then don't believe it (understanding that not believing is not the same as disbelieving). Remember it's okay to not understand something. You don't have to have an opinion on everything. Having an opinion on everything is what I call a Guru complex.

Opening Quote:

'Identify with your own beliefs and they may as well be another religion'

In this text I have not spoken much about my spiritual experiences. This is because I do not treat such experiences as beliefs, I treat them as knowledge or observations. Such knowledge or observations are difficult to put into human language and I do not want the reader to make the mistake of treating my experiences as their beliefs and I advise the reader to do the same.

A common mistake of religions (especially dharmic religions) is to treat spiritual experiences as beliefs, especially treating the experiences of someone else as their own beliefs. This can lead to someone trying to achieve the experience by understanding it. Most of the deepest spiritual experiences can not be explained in human language thus can not be understood, they must be experienced.

Trying to understand a spiritual experience is unwise because if the understanding is flawed (as it will most likely be), that flawed understanding will likely constitute a belief that is in contradiction with an empowering or positive belief; further slowing (or potentially preventing) your journey home.

It is worth noting that, not only should all of your beliefs be compatible with each other, they also need to be compatible with the spiritual experiences that they may lead to.

Keep an agnostic mindset:

If you decide to follow what I have taught here, it is wise to do so without the intention or expectation of having any spiritual experiences as I did. Instead practice what I have taught with the understanding that what I teach makes sense; most of which is common sense.

Throughout this text I have used the term 'belief' a lot. I used this term to help the reader understand what I am proposing. However the path to enlightenment is really knowledge not necessarily belief or faith. I use these terms interchangeably because if you understand a belief and its' effect on your character then it is really knowledge. Beliefs that you understand to have a positive effect on your character should be the base foundation of your journey home and not the flawed understanding of spiritual experiences. If and when you do have spiritual experiences you will be able to understand why your beliefs led to those experiences.

Incorrect beliefs can also lead to positive spiritual experiences while possibly affecting your character in a negative way. They lead to what I refer to as illumination rather than true enlightenment. As contrast compliments enlightenment, someone who has only lived with illumination will never know that they are not really experiencing enlightenment. It is advised that whatever you decide to believe, your faith should be based upon internalising beliefs that are observably and or objectively true rather than plausible. In this way you bridge the gap between faith/belief and knowledge. When you have spiritual experiences from internalising beliefs that can not be observed as objectively true the spiritual experiences they lead to will most likely be occurring in the deepest recesses of the mind and or spirit rather than truly at the level of the soul. You will read further examples of this in chapter 22 (Between The Lines).

The following chapters will explain further why not associating anything (or the absence of anything) with God and perfect beliefs will lead to true enlightenment and not illumination.

Advice: Should your beliefs lead to spiritual experiences I advise that you never teach them as beliefs. You should make it understood that these experiences are your own. If you wish to share such experiences you should emphasise that these are your experiences and should not be treated as beliefs.

Addendum 2: Liberation from Dogma

Observation bias:

'Incorrect beliefs lead to incorrect judgement while correct beliefs lead to non-judgement' When you identify with your own beliefs, you internalise them in a negative way; causing you to stop evolving spiritually and potentially become judgemental. It can cause you to judge the beliefs of others in a negative light; not understanding that we are all on the journey home. I have come to realise that the worse type of identity you can have is to identify with your own beliefs. Identity in your beliefs will lead to dogma.

'The nature of this world is not written in stone, it is written in our beliefs which we project onto this world'

Another observational bias to look out for is the understanding that what you observe may not be a truly natural law of the universe but a truth that we have projected onto the world. For example: At the time of writing this book, it was easy to observe that good guys finish last and the good die young. When making such an observations, ask yourself, is this a truly natural law or something that we have projected onto the world with our own collective actions and beliefs?

'The most accurate measure of the human condition is how we treat good people'

As long the good are treated badly mankind will not be ready to ascend.

The significance and power of non belief:

In the previous addendum I finished with some closing advice; suggesting a three tier system of beliefs based upon understanding and not having a guru complex.

What we as human beings can understand is very limited and what we do not understand is possibly infinite. For this reason non belief is probably more important than belief when it comes to the journey home.

In previous chapters I explained why blind faith is a terrible idea. This is because believing something that you do not understand will affect your nature in a way that you do not understand. This also applies to treating spiritual experiences as beliefs. So instead of sharing your spiritual experiences with someone, suggest to them the beliefs that will lead to the experience. This is because you can never really make someone fully understand a spiritual experience but you can sometimes make them understand how a belief would lead to it. Trying to achieve a spiritual experience by understanding it is like trying to change oneself externally when the change must come from within.

'Anything you understand you could have figured out for yourself'

An empowering observation about non belief is that, any belief that I am not intelligent enough to understand is always unnecessary for my journey home. This observation is proof that the intelligent creator has given us all we need to find our way home. In other words, 'The secret to enlightenment is that it is not a secret'. In this context beliefs can also affect our intelligence in that, believing that enlightenment is a secret will cause you to not be able to figure it out. Here are some common unconscious beliefs that inhibit our ability to become enlightened: Esoteric cults and religions suggest beliefs that you need a doctrine and or authority to teach enlightenment. Also the media suggest that lack of censorship or history is necessary to build a better world when all we need is wisdom and a bit of common sense.

If you think about it this entire chapter is me sharing my spiritual experience of 'Liberation from Dogma' by making you understand why such beliefs or non beliefs would lead to such liberation.

To summarise non identity in all things (especially beliefs); including observations along with the power of non belief will lead to the experience of 'Liberation from dogma'.

In previous chapters I eluded to the power of association and disassociation. These two powers are observable truths. I will begin by explaining the power of association. When a person is mistreated they very often feel bad about themselves. This is because they associate how they are treated with their sense of self worth. Many women associate their self worth with makeup or their body weight, a young teenager may associate their self worth with some nice sneakers, some men make the connection with a prestige vehicle, people tend to associate human love with trust, or love with sex. All of these associations can constitute triggers. Jealousy of your partner can trigger violence, or denting a mans car etc. The mind works greatly on association and it becomes an observable truth that all evil or antisocial acts come from the power of association. It is noteworthy that these associations can also trigger good behaviour but when good behaviour is influenced by association it is normally not totally selfless.

'The Good, The Bad and the Ugly'

In society we often trigger each other. Vanity or greatness can trigger insecurities in others. Happiness can trigger jealousy, possessiveness can trigger resentment, dependence can trigger co-dependence and so on. The negative cycles that we are all trapped in are based on associative triggers. These triggers are almost always fear based. With this observation it becomes observable that the power of evil can not manifest without the power of association. This power relies on using the good and the bad to manifest the ugly.

More on the dual nature of the two states of the psyche:

What I referred to in chapter 18 as the natural state of the psyche is knowledge that people have not noticed. What I refer to as the unnatural state of the psyche is well known in psychology. When it dawned on me that beliefs are the single source of truth (to our nature). I instantly realised that beliefs are actually more powerful than the mind just by believing and acknowledging it. At this moment I unconsciously knew that leveraging the power of beliefs would change the very nature of my psyche. Now I am fully conscious of the natural state of the psyche I would like to share it with you here and explain its' observable effects.

What is good and evil?

I liken these two things to gravity. We know almost everything there is to know about gravity except for what it actually is. We can accurately measure its effects on mass and the curvature of space and time. Likewise we can observe the effects of good and evil but very few know what they actually are. If we take evil emotions such as: Fear, jealousy, anger and hatred then look at the good emotions such as: love, compassion peace and harmony. We can see clearly that the evil emotions gravitate us towards antisocial conduct in various extremes, whereas the good emotions gravitate us towards social conduct in various extremes. This is a further refinement of what I mean when I use the word God, God being the source of good emotions and not the emotions themselves. To summarise my definition of God: 'The source of the emotions that gravitate us towards social conduct, harmony and unity'

Having said that, I have observed three aspects each for the two states of the psyche. In the unnatural state, the psyche has: Mind centric thinking (the belief/behaviour that the mind is the single source of truth), identity and association. In The natural state of the psyche we have the opposite: Faith centric thinking (the belief/behaviour that beliefs are the single source), non identity and disassociation. I have observed that if you believe in any one of the three parts of the unnatural state, it will gravitate you towards the other two. This is also the same for the psyche in its natural state. For example if you believe in non-identity you will be gravitated towards the power of disassociation and faith centric beliefs. These two three part systems are not compatible with each other in that; if you believe that the mind is the single source of truth your success in non-identity will be limited. Those who have mind centric thinking normally go quite far with non identity but tend to identify strongly with their beliefs. I have also observed that the main thing that greatly characterises the corruption of psychology, is the distraction from the knowledge of the natural state of the psyche.

'The Journey Home'

Most human beings have been brainwashed into mind centric thinking. Most of us know about the famous film, 'The Matrix' (that promotes mind centric thinking). We've all heard terms such as: 'mind over matter', 'state of mind', 'wrong or right mindset' or 'be mindful'. At the time of writing this text, there were some popular political movements such as: 'The me too movement', 'Black lives matter' and 'LGBT'. These movements were all there to brainwash us into believing that identity is a wonderful thing by celebrating diversity. It is also noteworthy that things in the media are put there deliberately to trigger us. These things that the media uses to trigger us are also there to enforce the associations under the guise of morality.

It has become apparent to me (and hopefully to you) that the main reason that wickedness seems to be somewhat dominant in the world is because the vast majority of humans are stuck in the unnatural state of the psyche and somewhat bound by the law of association.

'Contrast compliments enlightenment'

When lack of contrast is absolute, it becomes impossible to explain the colour of the grass on the other side. For example, if a person has been trapped in a room at 30° for 100% of their life, it will be impossible to explain to them the concept of heat or cold but if it is less than 100% of their life it becomes possible to explain.

I say this because the corrupt key holders of society have done such a good job at distracting us from the natural state of the psyche, that most people are unaware that it exists. Hopefully I have done a good job at explaining this. I will explain further.

The logical conclusion to the journey home:

If the power of association keeps us in bondage then the power of disassociation must liberate us and represent the path home.

Explore what I have taught here and you will experience the power of disassociation. The power that leads to true enlightenment (not illumination).

For example if you look at things that you associated with your dignity and disassociate all of them, you will realise that dignity was just an illusion that exists solely in the mind as an associative construct. Every time you relinquish an attachment, resentment or disassociate something (or the absence of something) with God, you destroy a part of the false self. This gives rise to the understanding that the false self is just an illusory construct made up of many associations.

The power of disassociation leads to: Inner peace by releasing your triggers, prevents evil from touching your heart and destroys the false self; revealing the true self (which is the source).

Closing advice:

'Don't associate anything (or the absence of anything) with God' (including anything to do with your sense of self worth, inner peace or your environment)

'Destroy the self to know the self and know the self to destroy the self'

'Social Conduct'

These three perfect beliefs are all characteristics of enlightenment, thus will lead to it. Having perfect beliefs as your fundamental beliefs combined with the acknowledgement that conscious beliefs are more powerful than the mind, will cause your conscious beliefs to rewire your subconscious and unconscious mind. When the psyche returns to the natural state, any unconscious suggestions that contradict your fundamental beliefs will be expelled from your mind. Your nature will progressively become inline with your fundamental beliefs.

In religion, theology, psychology etc. God has many different definitions and names, one of those names/definitions is 'The Source'

'Food for Thought'

In this chapter I would like to share with you some of my personal experiences while exploring the power of beliefs. I will also share a mistake I made with one of my beliefs; a mistake I would like to correct. I will then finish up this chapter with some more words of wisdom.

My Personal Experiences Exploring the Power of Beliefs.

At the time of writing this book, I had never heard, read or seen any public information that directly makes the connection between beliefs and nature. On this journey, I was burdened with deceptive people challenging my empowering beliefs by trying to suggest beliefs that contradicted them. If you have the same experience you may become aware that some people you trust in life may be abusing your trust in that they may do this to you also. I advise anyone who explores the power of positive beliefs to understand that, if a person is intelligent enough to understand the outcome of what they are doing, albeit getting you to believe something foolish or say or do something foolish, then there is a high probability that they are doing it deliberately and definitely doing it deliberately if they continue after you have explained clearly (and repeatedly) why this is wrong. This is what is meant by the saying 'Idiocy is not an alibi'. Should you have a victim nature that you are trying to overcome, you may find yourself making excuses for them, such as: Believing that they don't know what they are doing or perhaps they are doing it unconsciously. If you have these thoughts, remember that 'There is no such thing as acting out of character'. I find that the most common beliefs that deceptive people promote is to contradict the belief in free will or the belief that you should not rely on external things for your sense of self worth or criminals may encourage you to take on beliefs consistent with antisocial conduct.

This brings me to a big mistake I made on my path home and a common mistake that most spiritual people make. Most of us only get half way home then become hermits. Very often when we have strong meditation and or have the desire to become a hermit, we are often associating God with the absence of distractions. I was right to teach that one should not associate anything with God but I was not completely right. The completely correct belief is 'Do not associate anything (or the absence of anything) with God'.

Psychology teaches us that the unconscious mind doesn't understand negatives. This isn't totally true nor is it a total lie. In the context of identity and or beliefs the unconscious mind can detect negatives, outside this context the ability to detect negatives is mostly an ability of the conscious mind.

Example/Explanation:

'What you can get people to believe or disbelieve depends greatly on a persons' identity'. Imagine politician X wants to go hard on immigration and politician Y wants to let lots of them into the country. It becomes true that politician X will attract racist and xenophobic voters. So if we suggest that all supports of X are racist by stating that 'All racist people support X' (which is a true statement), with the understanding that saying this isn't the same as saying that 'All X supporters are racist' (which is a false statement), then those who believe in and or identify with Y will not resist the negative suggestion; believing the suggestion that all X supporters are racist xenophobes. However when you put this same suggestion to the X voters, their psyche will resist the negative suggestion that they are all racists. This is why I was not totally correct to say 'Do not associate anything with God'. Since I changed my conscious belief from 'Do not associate anything with God' to 'Do not associate anything (or the absence of anything) with God', I was able to continue the second half of my journey home. I noticed an immediate change in my spiritual state when I did this.

Closing words of wisdom.

At the beginning of your journey to the source via the power of beliefs you may experience some obscurity. As you develop more coherence between your conscious beliefs and your unconscious nature you will develop increasing clarity and realise that the following is true.

'As long as your intent is good, your soul shall be a shard of God'

Explanation: On my way home through the power of beliefs, I have noticed that I can not associate anything (or the absence of anything) with God without also associating it with myself and visa-versa. This gives rise to the evidence of the above quote being true. That doesn't mean that those with bad intent have souls that are not shards of God (if they have souls at all) as I do not know the answer to this question. So I leave the answer to this question in the realm of non-belief. The unity between yourself and the source may not be obvious at first but will become clearer as you develop conscious/unconscious coherence with your beliefs.

Sometimes deceptive people will try to undermine positive beliefs, not just by words of influence or suggestion but also by physical acts of interference or anything to undermine your confidence.

'True faith in empowering beliefs will make confidence an obsolete attribute'

'Resentment anchors you to this world and to those you resent'

Forgiveness has two definitions: The biblical definition which is to pardon and the dictionary definition which is to relinquish resentment. Advice: Follow the dictionary definition. Pardon can sometimes be an act of a victim, whereas relinquishing resentments will set you free.

Advice: 'Resentment is like taking poison in the hope that it harms those you resent' (paraphrased from Nelson Mandela).

'If angels are real, you don't need to believe in them for them to protect you, but believing in influencing demons contradicts the belief in free will (to be good)'

I say this as an analogy for any belief that you may be considering. To summarise this, if a belief is unnecessary for your journey home, just leave it in the realm of non-belief otherwise you will just over complicate your system of beliefs; increasing the chance of contradictory beliefs and retarding your journey home.

Beliefs are the single source of truth for both the nature of the individual and the nature of the world we live in. Finding the right beliefs to consume will return you to the source.

The real prize of enlightenment is:

The ability to do right and not do wrong without being mindful or vigilant (Wu-Wei).

Closing Question:

Imagine all Gnostic, religious, spiritual and psychological knowledge does not exist. What is the only spiritual knowledge that we are born truly knowing?

Closing Answer:

'Our Beliefs & Nature Go Hand In Hand'

Closing comment:

'Beliefs affect us from the conscious to the sub-conscious to the unconscious to the spirit to our very soul and The Source'

With this understanding I beseech you, if you truly value your soul, be extremely vigilant what you allow yourself to believe or disbelieve, and anything you don't fully understand must be left in the realm of non-belief. Also if a belief is trivial to your journey home treat it as such.

I've entitled this chapter 'Between the Lines' because everything in this chapter is actually already in this book if you read carefully between the lines. This chapter serves to clarify the whole book, especially the addendum chapters.

I have decided to give a philosophical name to my beliefs that name is: 'Disassociative Internalism'

The Five Precepts of DI.

1. Believe, acknowledge and internalise that conscious beliefs are the single source of truth to your nature (not the mind).

2. Accept only beliefs consistent with emotional/spiritual independence, disbelieve any beliefs consistent with emotional/spiritual dependence. This is a simplification of 'Don't associate anything (or the absence of anything) with God'.

3. Internalise the observation that everything in life is impermanent including life itself.

4. Understand and observe the importance of non-belief in things you do not fully understand.

5. Disregard any belief that is not necessary for the realisation of your enlightenment.

What separates my beliefs from other beliefs? ('What a person believes they see')
No blind faith necessary. Most spiritual beliefs are plausible but not objectively true or false. This is because anything that a person believes is internalised as truth. For example practitioners of the dharmic faiths may experience previous lives and practitioners of Christianity may experience bleeding palms, but dharmic practitioners don't tend to get bleeding palms and Christians don't remember previous lives. It is because of this that positive spiritual experiences do not prove that the beliefs that lead to those experiences are necessarily correct.

The first three precepts of DI are not beliefs associated with the spiritual realm but are objective and/or observable truths of the material realm.

The association between beliefs (conscious and unconscious) and a person's nature are objectively and observably true. The effects (spiritual and emotional) of disassociative and associative beliefs are clearly observable. The law of impermanence is also an objective observable truth.

To understand the last two precepts one must understand the nature of subconscious dialogue in how beliefs manifest.

Subconscious dialogue.

Imagine you have only three beliefs. The first two are consistent with emotional/spiritual independence and the last belief is open to interpretation as being possibly dependent or independent of your spiritual/emotional state. With these beliefs, when you react to a situation the subconscious dialogue will cause a manifestation consistent with the first two beliefs. In this case the unconscious mind interprets the interpretable belief in a way consistent with the first two beliefs.

Now imagine the first two beliefs exist in the unconscious mind and are consistent with emotional/spiritual dependence and the last belief is in the conscious mind and is consistent with emotional/spiritual independence. In this situation if you are not mindful or vigilant when reacting the unconscious belief will manifest but if you are in a mindful vigilant state then the conscious belief will manifest.

Now imagine you have three beliefs. The first is consistent with independence, the second is open to interpretation and the third is consistent with dependence. When reacting in this scenario the subconscious dialogue will manifest the first or last belief that has the most weight (i.e. the one you believe with the most faith). I won't go into which of these three beliefs are conscious or unconscious as this is where it gets a bit complex.

I could go deeper into subconscious dialogue but it can get so complex that it gets a bit too difficult to understand and I probably won't be able to fully understand it myself. This is the beauty of the unconscious mind. The unconscious is like a psychic supercomputer and figures everything out for you. This basic understanding of subconscious dialogue is to make you appreciate the importance of the last two precepts of DI.

Keep It Simple:

When you practice the last two precepts it allows your unconscious mind to effortlessly manifest your disassociative beliefs as intended. The more unnecessary beliefs you take on, the higher the risk of contradictions this is the same for beliefs that you are not completely sure about.

Contradictions will cause unwanted manifestations; ultimately corrupting your intent and potentially preventing your journey home to the source. The journey home is much more simple than other beliefs teach.

The unconscious mind is so intelligent that you may think you fully understand a belief related to the spiritual realm and think that there is no contradictions to your other beliefs but a contradiction that is missed by conscious thought will be picked up by the unconscious mind and manifest in an unwanted way.

Like clowns coming out of a car in a circus.

Understanding these last two precepts will cause your unconscious contradictions to effortlessly rise to the conscious. Each time negative emotions are triggered it will happen progressively with less frequency and less intensity. This is the effect of the last two precepts. In this analogy the car is your unconscious mind and the clowns represent the weakening and releasing of your unconscious contradictions (with your conscious beliefs).

You will notice that social conduct, harmony, unity and destroying the false self are missing from these precepts. This is because disassociative beliefs alone will manifest in social conduct and the destruction of the false self; leading to the realisation of the true self; being the divine source within you. I've left the '*The E=MC² of enlightenment*' in the book as an example of how disassociative beliefs and the natural state of the psyche becomes self simplifying when practised.

Also internalising the knowledge of impermanence greatly compliments the ability to relinquish attachments and manifest the effect of disassociative beliefs.

A closing note: When practising DI you will most likely encounter corrupt people trying to challenge your beliefs. A very common deceit you will come across is them suggesting beliefs consistent with emotional/spiritual dependence. A common one to look out for are things described as psychological facts which are really spiritually/emotionally dependent beliefs.

The reason why people often get caught out with these so called psychological facts is because the psyche does not reject them as lies. This is because they become the truth when you believe them. In fact this applies to a lot of negative beliefs.

Has the Penny Dropped?

Sometimes you can explain something to someone and they won't understand but when you explain the same thing with different terminology they then understand, for this reason I have explained the same thing using different terminologies in this text.

Four ways of saying the same thing emphasised in this text:

Religious terminology: 'Don't associate anything (or the absence of anything) with God'

Spiritual terminology: 'Accept only beliefs consistent with emotional/spiritual independence'

Psychological terminology: 'Internalise your sense of self worth/love, positivity and peace'

Esoteric terminology: 'Reject the power of association as the corrupting force and enact the power of disassociation as the liberating force'

'You can't build an Empire by making exceptions, but you must have a convincing illusion of exceptions' Clarification/Warning: There is a big difference between the perceived level of freedom and the real level of freedom. The less the real level of freedom the less convincing the illusion becomes. When the balance between the real and perceived becomes untenable, it becomes time for a new empire with new Identities and questionable beliefs

At the time of writing this text the world was going through a transition. This transition can be one of enlightenment for the collective or the beginning of yet another negative cycle of empires. This is the meaning of the above philosophy. This philosophy also applies to individuals as they evolve through their interactions with others throughout their lives.

How will the teachings of 'Disassociative Internalism (DI)' help the world become a better place?

The belief of the individual is the microcosm of the bigger macrocosm being the beliefs of the collective.

'Dependence is a prerequisite to control' or should I say 'Inter-Dependence is a prerequisite to control'

Control isn't always a bad thing, it can be used for good. Since mankind stopped being hunter/gatherers we became interdependent, this is true in a good or corrupt society. If enough people practice emotionally/spiritually independent beliefs with enough sincerity, it will manifest in social conduct (to all). Such social conduct will cause the interdependence to manifest in a positive way; creating a beautiful society for all of us, if we as a collective cling to emotionally/spiritually dependent beliefs the same interdependence will manifest a corrupt society.

The logical effects of DI:

The effects of emotionally/spiritually dependent beliefs.

Cause people to give into fear, the triggering negative emotions and the promotion of negative outcomes.

The effects of emotionally/spiritually independent beliefs.

Causes the releasing of negative triggers; leading to inner peace and the destruction of the false self; the false self being a conglomeration of associations in the mind. These beliefs also cause loving someone to be no different from loving yourself. They causes one to stop taking things personally. You will see being harmed as no different from others being harmed. Ultimately the illusion of separation becomes apparent. When you feel the need to correct someone you will not do it out of resentment but out of the love you have for your neighbours who you do not want to be harmed by the wrongdoer. The more a wrongdoer severs themselves from the source the more they should be severed from society as a lesson (not a punishment).

Some Closing Tips:

Advice to help you become self aware on your journey home:

When considering beliefs, sometimes you may not be sure if a belief is consistent with emotional/spiritual independence. When this happens re-examine the belief for consistency with the victim/perpetrator dynamic. This is also good advice if you are counselling someone.

Counselling people can be very helpful in knowing yourself on your journey home:

Some people can't be helped and are rarely worth your time. Trying to help these people can often be a way that bad people feed on you. One must also understand that being a victim is every bit as bad as being a perpetrator as one enables the other. One must also develop enough discernment to know the difference between a person with a victim nature and someone who is persecuted. Likewise you must also recognise if you are being persecuted or expressing a victim nature. Observing this is safer than believing that everything happens for a reason (in a spiritual context). Believing everything happens for a reason can manifest in a victim nature. It's also important to recognise that a victim and/or perpetrator can be a part of one's identity.

Regarding people that can not be helped:

'You can't change someone but with a well-timed quote you can make them think' (paraphrased from Socrates)

You can normally spot someone who can't be helped by how strongly they have coupled their beliefs with their identity. When someone says something consistent with a dependent belief, like: 'I think I became a perpetrator because I was abused by one as a child', just make a passing comment (in a non-argumentative tone), like: 'Just because most perpetrators were abused, doesn't mean that most abused people become perpetrators', or respond with, 'It's probably better to believe that you're not the result of what happened to you, but what you choose to be' (paraphrased from Carl Jung).

A powerful counselling technique is to treat a person's reality as legitimate based upon their beliefs and invite them into your reality through emotionally/spiritually independent beliefs.

Psychological Joke: 'I'm not a narcissist, you were asking for it!'

When counselling a person who has a victim nature, you have to keep a balance between making them see their true nature without making them feel that you are suggesting that they deserve the bad things that happen to them.

When it comes to counselling, it is taught as common knowledge that you should not counsel someone to whom you are very close or intimate. This is because people can sometimes give advice that is self-serving and disadvantageous to the person who is being counselled. This is another half truth (false) suggestion of psychology. This is because professional counsellors will do the same as they will sometimes suggest emotionally/spiritually dependent beliefs. This is because they depend on your patronage for a living.

Final Emphasis (to the well-being of the individual and the world):

Corruption requires control, control requires dependence, dependence requires emotionally/spiritually dependent beliefs (of both the individual and the masses).

As I evolve in my spiritual life, I progressively realise more and more the power of disassociative beliefs. These beliefs lead to all characteristics of enlightenment (no other beliefs are necessary). I do not need to believe anything other than, 'All I need (spiritually and emotionally) is already within me' and with the right beliefs all you need is also within you.