



WRITINGS III

Attachment Denies Freedom

Henry Templeman

ALSO BY HENRY TEMPLEMAN

Writings

The Sacred Other

Writings II

Love Has No Conditions

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Introduction

Writings III: Attachment Denies Freedom is the third series of diary entries by Henry Templeman. Each entry reflects a snapshot of his everyday life and describes a personal observation or experience from a point of view that is *not attached* to any particular person, belief, or way of thinking. It is from this free and unbiased perspective that Templeman describes what is love, death, time, freedom, intelligence, meditation, the ego, what instantly wipes away all forms of psychological hurt, anxiety, and frustration, and what it means to step outside the measurable field of time and memory, and thereby come upon that which is immeasurable and timeless. His first two books *Writings: The Sacred Other* and *Writings II: Love Has No Conditions* contain the first 1000 entries of this diary. The next series of entries are published here.

Writings III

Attachment Denies Freedom

1001. What psychological freedom brings is greater than any feeling of simple cheer, gladness, or joyfulness. It is much more than any of that. Freedom combines joy and awe and wonder and astonishment and elation and bliss. It is all of that together rolled into one. It is what comes when the mind discovers what it is to live without the mental dependence to any idea, image, or thought. Dependence denies independence. It denies freedom. It is the element that prevents you from coming upon this sense of immense joy and bliss. There are no words that come close to describing it. Obviously this is something one must find out for oneself. Explore it. Delve into it as you have never delved into anything before. Look at all of the things you mentally depend on, a job, a spouse, boyfriend, girlfriend, house, car, religious belief, a particular culture or tradition, a political group, a country, an ideology, a philosophy, or whatever. See that every inner dependence takes the form of a mental image, and that the image defines you. It creates an identity, a sense of me, an ego. The ego is the cause of every inner hurt and misery that mankind has ever experienced. The ego prevents joy. It destroys any sense of bliss. However, when the mental dependence to any and all images ends, then see what happens to the ego. See what takes place with the ego and every sense of misery, sorrow, and psychological conflict in the brain. All of it stops. The whole stream of the ego and all the conflict that goes with it come to a halt. It ends. Only when that happens can the mind come upon what it is to be free, and only in freedom does that bliss which depends on nothing show itself.

1002. There is nothing holy in any material thing or idea, because all material things and ideas are limited. That which is holy is not limited. It is an infinite thing.

1003. Psychological freedom cuts all strings of attachment, brings a lightness to everyday living, and makes every internal burden and weight completely disappear. It is as though the push and pull of gravity itself comes to an end.

1004. Upon waking from sleep, if there is no awareness of breathing, clothes on the body, sounds of birds, a breeze, cars passing, the playback of a dream or thought, or anything else that may be taking place inside or outside of the brain, then the process of idea making is occurring. Watch as ideas enter the brain, and at the same time watch breathing, feel the clothes on the body, and listen to whatever sounds may exist. Have equal awareness for each of these things, because if awareness picks one thing and avoids another, then that is not awareness. Awareness does not pick and choose. It does not select one over another. Learn what it means to have non-selective awareness, and an inner cleansing takes place. The brain becomes bathed, cleansed, and ready to start the day. It is the healthiest way to start a morning.

1005. Attention drives out thought. It ejects thought from the brain. It is something that takes no time, which means it is an instantaneous thing.

1006. To come upon the present means to psychologically deny the past and any projection of the future. If all the past and future are denied, then the present reveals itself.

1007. People are considered greater or smaller than other people because that is the image you have about them. It is the image you have created about people that gives them value, or not. No person with an image of another is better or worse off than any other such person. They have the same distorted perspective, which means inwardly they are not different. They are on the same sinking ship.

1008. The only sacred day on any calendar is today. The only sacred time on any watch is now.

1009. Love undoes all confusion about birth, death, and everything in between.

1010. Find out what it means to look at a tree, the spouse, stranger on the street, and boss at work so that no mental space exists between you and the observed. If any mental space exists between you and the boss, then you are looking at the boss through the lens of a thought or mental image. You are internally judging, comparing, and labeling the boss. You label the boss smart, stupid, mean, nice, lazy, hard working, or whatever. The moment you label the boss, you are looking through the filter of that label. As a result mental space or psychological distance forms between you and the boss. Mental distance means separation. It means conflict. The conflict is not in the boss, spouse, or tree. It is in the brain. It is in you. It is not that conflict is different from you. Conflict is created by looking through the filter of the label. It is the result of the mental image that has been created by the brain, and that image is you. Learn what it is to look at the boss, the spouse, a tree, and night sky without a label or naming it in any way. If you do that, then the separation between you and the observed does not take place, which means you learn what it is to bring about an end to conflict in relationship. The absence of separation means more than the end of conflict. It means the brain discovers what it is to be in relationship. It comes upon a relationship with the boss, spouse, neighbor, parent, child, dog, cat, a beautiful blue sky, and the whole of life that has no conflict, trouble, or problem of any kind. Living without problems means there is no anxiety at work, no fear at home, no uneasiness with the stranger, no loneliness when you are alone. It means living without any trace of inner distress, grief, or sorrow. It means the discovery of what it is to live without any of that madness.

1011. A kindness that expects nothing in return impacts other people many times removed. The kindness causes a ripple effect that reaches out and touches other people in all directions. The extent a single act of unconditional kindness has on other people, animals, plants, and the whole of life, is incalculable.

1012. If you are told you must study and work very hard in order to attain peace of mind, bliss, enlightenment, or whatever you want to call it, then what you are being told is a lie. It is a lie because study implies time, and enlightenment has nothing to do with time. Bliss is not a function of time. It is a timeless thing. That means time itself is the barrier. It is the hindrance. It is the cork in the bottle that must be removed. If it is removed, then that indescribable other gushes and spills out. An inner peace and bliss begin to stream out, and the mind is not separate from it. It is that.

1013. Time slows when you have fun, and it stops when you love.

1014. Make no past experience or memory all important. Memory is finite, and the instant that which is finite is made primary, you take a wrong turn in life. You take a wrong turn, because only that which is infinite, immeasurable, and therefore sacred, is all important. Therefore avoid taking the path that makes something related to memory all important. If you do that, and avoid taking such a wrong step, then the right step emerges. It emerges because to avoid the wrong step is the right step. They are the same.

1015. If the ego departs, then love arrives. The exit of one is the entrance of the other. They are the same.

1016. In order to find a love that is not attached to any sort of mental image at all, which means a love unplugged, unleashed, and therefore free, one must walk away from where it does not exist. Attachment to mental images binds the brain to material, physical, and earthly things. Love is not earthly. All that is earthly is limited. To come upon a love that is not limited one must leave that which is earthly. Only then can one come upon that unearthly other. That other cannot be revealed by any form of thought. Thought is limited. However, the negation of that which is limited reveals the other. It uncovers that unlimited, unearthly, and therefore holy other. Love is that holy other. It is the same.

1017. If you feel psychologically bound or attached to a particular person, job, or way of life, and as a result of that attachment, life is filled with reoccurring grief, depression, and all the mental heartache that goes with it, or if you feel mentally cornered and wrestling with fixed ideas and attitudes about work, neighbors, family, a spouse, love, God, and so on, then the brain is caught up in a habit. It is moving in a mental habit of thoughts that repeat over and over. This psychological repetitiveness makes the brain dull, dense. It makes it sluggish. As a result the brain loses its spark. It loses sharpness and vitality. It is as though the brain is stuck in mud. The mud is the mental habit. It is the repetition of fixed ideas and attitudes. To escape from this sluggishness, the brain must let go of all that. It must break away and throw out every imbedded idea and attitude it has about everything. When the brain is no longer attached to these things, it takes off. It finds itself active, alert, enormously energetic. It is no longer closed off or stuck to any particular position or stance. Unexpectedly it finds itself free. It is in this freedom where every sense of grief, depression, and psychological heartache ends. All of that no longer exists. It cannot exist. Freedom cleans the brain of all that mess and squalor. It pinches it all out of existence. Do it. See for yourself if this has any validity. See if there is any truth to it. If there is, then follow it. Just follow it.

1018. Love may be described as a bond that is not based on any past experience or mental attachment of any kind, which necessarily includes any idea, belief, or faith. Ideas and beliefs involve memory. All of that involves memory. The nature of memory is that it is partial, fragmented. It is not whole, which means it is fragmented and broken up. The bond that is love is not fragmented. It is not broken. Mental attachment is what denies this bond from forming. The formation of this bond occurs when the mental attachment to memory ends. The end of attachment mends the fragmentation and brokenness within, and thereby reveals that which is unbreakable, and therefore indestructible. Love is that indestructible other.

1019. When you learn to be alone and completely at ease in that aloneness, a connection takes place with everything. Suddenly there is relationship with the whole of existence, both living and non-living things.

1020. If you think you will find love tomorrow, then it is a mistake. You either love today, or not. There is no tomorrow. The idea of tomorrow is a fantasy.

1021. If you cannot do what is right, then don't do anything. To not do the wrong thing is the right thing. They are the same.

1022. If crazy and black thoughts fill the brain, do not try to control or suppress them. Instead watch them. Be alone, physically still, and simply watch them as you would a passing car, a leaf falling from a tree, or a tiny ant as it runs about, busy, active, and full of life. Be attentive to the thoughts, and at the same time be attentive to the car, leaf, and tiny ant. Experiment with it. That's all. Do it, and watch what happens.

1023. Love cannot be anticipated. It cannot be foreseen or predicted. It is an unpredictable thing.

1024. The mind comes upon a timeless dimension when it relinquishes the entire mental attachment to thought. Thought is time. It is time as past remembrances and memory. It is the mental projections of tomorrow, the future, what may or may not come. This whole movement of thought is a movement in time. It is the factor that prevents the timeless other from showing itself. The movement of thought must be stamped out of existence for this other to emerge. If all forms of mental attachment are surrendered, then freedom takes place. The surrender of attachment is freedom. It is the same event, the same action, the same fantastic phenomena.

1025. Meditation without thought reveals the unlimited other.

1026. If you do not love some aspect of what you do to earn a livelihood, then your life suffocates. Whatever is that aspect, it must be something that you would do even if you did not have to work for a living.

1027. The most unequivocal thing a human being can do is turn off the switch of inner struggle. The switch that turns it off is a quality of psychological sensitivity. It is not a sensitivity that involves emotion or sentiment. It is not any type of theory, ideology, or way to manage the brain. It is a sensitivity that comes when the struggle for things and ideas ends. Mental sensitivity ends the struggle of depression, loneliness, feelings of loss and despair. It ends the struggle for security, finding a mate, happiness, God, and all the rest of it. This is a sensitivity that makes the brain painfully alert, wakeful. The wakefulness of the brain is massive. It enfolds the whole of life, the dark night sky, the distant murmur of traffic, the coolness of an evening breeze, the immense silence of an empty room, or the wave of thought as it enters and leaves the brain. The wakefulness is the sensitivity that obliterates all struggle. Find out what it is to have that extraordinary sense of mental wakefulness, and see what it does to the whole of inner struggle. See what happens to the brain and what is inside it.

1028. The movement of the ego cannot stop until it completes its course. Only when the course of the ego ends does an entirely new movement begin.

1029. If you love another, and that love is not limited, then that love is an eternal thing.

1030. If you love, then that love is not restricted to people. It includes animals, plants, and all living things. It envelopes the sky, oceans, and land. Love has no restrictions. It is an unrestricted thing.

1031. If you have a family, neighbors, coworkers, and all that, and suddenly you discover what it means to be mentally free, then in a flash the whole movement of the self as thought, including the danger and insanity of it, unexpectedly end. It all collapses and comes crashing down. All at once you no longer psychologically need anything, your job, bank account, or another human being in order to feel complete, whole, and a joy that depends on nothing. If you see a loving family member or a dear friend, then there is joy. However, if you do not, then there is the same joy. It is a joy that does not depend on anything or anyone. It is joy that only comes when one discovers what it is to be inwardly free. This is a joy that goes hand in hand with freedom, which means joy is freedom. They are the same.

1032. Love does not punish. It has nothing to do with merit, deserves, or reward. Anything based on reward or punishment involves the control and manipulation of thought, and therefore it means the activity of the ego. The ego cannot love. Love has no connection with any egocentric activity. Only when the activity of the ego comes to a complete and total halt can love come about. There is no other way.

1033. If love occupies the brain, then that love cannot be transferred to another brain. A person can come upon love, but love is not something that can be handed over or passed on to another person like a coin or piece of bread. Love is not a commodity. It is not a transferable thing. Anything transferable implies locality and distance. It implies time. Love does not exist in the field of time. The concept that love is something that has anything to do with moving from one point to another is a fallacy. Love is something that exists, which means to come upon it one must meet it. One must bring down the barrier that prevents the brain from facing it. Find out what is that barrier. Make it an overriding priority and more important than anything else. Do that and you will not believe what happens. What happens is unbelievable. That is what love is. It is unbelievable.

1034. That which is timeless does not show itself in any particular place where you are not. It only exists and happens where you are. You do not have to go anywhere to come upon it.

1035. Love is a movement. It is a movement without limit or restriction. It moves through ceilings, walls, mountains, plants, and animals. It moves straight through people. It is not that love is some sort of entity that goes from place to place or from one point to another. It is a moving, flowing, and encompassing action that is without any limitation. To come upon this field one must enter it. One must close the door to a life with fixed ideas and beliefs, which means one must totally discard every psychological identification to any human belief, position, and particular point of view. A particular viewpoint fixates the brain. It makes the brain stagnant and lifeless. Any mental fixation on any form of thought denies love from showing itself. Discard the whole of every idea and mental image that the brain has a fixation upon, and miraculously the door opens. The door to that unrestricted, unlimited, and moving other shows itself.

1036. The discovery of love ends the discoverer. It ends the self.

1037. If the self exists at physical death, then it leaves the body. It may leave with additions, subtractions, modifications, and all that, however it is still the self. That means when it leaves the body, it leaves unchanged.

1038. Love is not a material thing, which means it cannot be seen with the eyes or heard by the ears. The physical senses cannot perceive it. The body cannot touch it. It cannot be captured or perceived by any form of thought. Any mental image the brain makes of it is not it. Any mental concept, idea, or belief about love is not love. Love is immaterial and untouchable. It is an invulnerable thing.

1039. The idea of bringing an end to every form of psychological conflict as anger, hate, envy, jealousy, greed, and fear may seem impossible. It is the idea that it is impossible which makes it impossible. Negate that idea and instantly the impossible becomes possible.

1040. If you are conditioned, then you do not love.

1041. If you find out what it is to end the whole of psychological conflict that exists in your brain, incorporate it into your daily living, and live it, then there is nothing else you need to do. You do not need to write about it, teach it, or preach it in any way. Simply live it.

1042. Meditation without thought allows that which is unlimited to present itself.

1043. The question “What ends the conditioning in the brain?” has one answer, and one answer only. What ends conditioning is that which is unconditional. Find out what it is to have that which is unconditional reside in the brain, and when that happens the whole of conditioning erases. The brain gets refreshed. A mental reboot takes place, and the brain begins to operate in a completely different manner.

1044. If you believe it is futile to find a love that has no limits, no conditions, and therefore no conflict of any kind, then to discard that belief opens the door to it. It makes such a love possible.

1045. Love has no object. That means you may be alone, live your life in complete isolation, and still have the immense beauty and contentment that is love. All that matters is that you love. Find out what it is to come upon a love that requires no separate thing to be seen, felt, or perceived. Do that and a love that is not separate appears. A love that has no separation at all shows itself, which means it is a love that is whole, complete. That is what love is. It is that which makes life complete.

1046. The mind was watching the sky, trees, passing cars, and people as they walked to work along the sidewalk towards the small town. It was taking in everything, the shapes, sounds, and colors of the morning. A small black and white stone lay on the sidewalk, alone, solitary. There was an overwhelming sense of great energy emanating from the stone. The energy was not in the material, mass, or potential of the stone, how it could be transformed, used, or shaped to fit some purpose. There was no obvious force as that which exists in a car engine, bolt of lightning, or anything like that. The energy was in the presence of it. It was in the existence of the stone itself. The energy seemed to flow, beam, and emanate from it. It was enormous, electric. The brain was careful not to concoct or project any idiotic idea or mental image of any kind. There was no movement of memory taking place. The brain was merely sensitive and watching. It was terribly attentive. It was the attentiveness of the brain that seemed to make possible for the perception of the energy. It seemed to allow the energy to manifest. There was no sense of separation between the mind and the stone. It was the attentiveness that made any form of separation impossible. The end of separation was it. It was the factor that allowed the mind to perceive the energy. Only when every sense of inner separation ends between you and the observed can the mind perceive the immense energy that exists in the smallest things, a flower in a field, a blade of grass as it pushes up through a cement driveway, or a solitary stone on a sidewalk. Find out what it is to observe a flower, a stone, a blade of grass without any judgment or smallest hint of comparison. Any mental comparison is separative. It causes mental division, and therefore conflict. Conflict wastes energy. It prevents energy from unveiling. Learn to observe without comparison, which means without any filter of memory to interfere in the observation. Do that and the energy comes. It releases and shows itself, and when it shows itself you feel it.

1047. Love does not condemn.

1048. Love is a nonlocal thing. It does not exist in a particular place or space. It exists in a dimension that is placeless, spaceless. There is no other way to put it.

1049. Conditioning is division. It is not that it is divisive, but it is division itself. If the brain is conditioned, which means to be caught up in a form of personal opinion, belief, culture, the attachment to a particular system of thought, philosophy, or some sort of mental image, then it exists as a movement of division, conflict, and therefore it is not fundamentally different than any of the violence and insane brutality that goes on throughout the world today. It is that. It is the same.

1050. Find out what it means to see a tree, the way it moves, how it stands, the color, shape, everything about it without the psychological movement of comparison to enter the brain. Do that, and you will have done everything.

1051. The ego repeats itself. It is the replay of sorrow after sorrow after sorrow.

1052. If you covet the mental image of a particular belief, organized religion, priest, pope, savior, or God, then the coveting is psychological. An inner embrace happens in the brain. It is the mental image that the brain embraces, makes important, and cherishes. The brain makes the image sacred. However, any mental image is memory, and memory is a confinement. It is a movement that is restricted, bound, and therefore limited. It is a movement of limitation. Limitation does not have any connection to that which is unlimited, infinite. It has no connection with that which is sacred. That which is sacred is not finite. It is an infinite thing. As long as you covet or in any way mentally embrace any mental image of anything or anybody, then that which is sacred will forever be elusive. It will forever be unapproachable. The realization of this fact is tremendous. It causes a sudden shake up in the brain, rocks the foundation of ones entire life, and forces the collapse of every mental embrace to any

belief, position, and attitude. What remains is the discovery of what it means to be free. One comes upon the realization that the embrace of mental images denies the infinite other from manifesting. It is this insight that frees the brain of all the nonsense of seeking that which is sacred through any image, belief, book, or other person. The brain is free. It is in freedom that the limitation within the brain ends. The end of limitation is what opens the door to that infinite and sacred other. Do not blindly accept this, but explore it. Explore it to death. Find out for yourself whether or not there is any truth to it.

1053. If you fall into some sort of groove of mental repetition, not just repeating a personal stance, position, or attitude about something, but more deeply, if you hold onto the past, a past meeting, a past scene, a past event, or whatever the case may be, then the mind itself turns dull. It becomes old. Mental repetition makes the mind old and dull. A dull mind is an ignorant mind. When the mind operates in ignorance, it is not that it is different from ignorance. It is ignorance. They are both one and the same thing.

1054. Sorrow has an off button. The off button is love.

1055. If you make particular days special, holidays, birthdays, weekend days, vacation days, anniversaries, memorial days, retirement days, and so on, then you are not living life fully. To live fully does not mean to live in the past or with any mental projections of the future. It means to live completely and wholeheartedly in the present. Only the present is special. It is the only place that is sacred, which means it is where happiness exists. Happiness does not exist in the past. It does not happen only on particular days. Find out what it is to live wholly in the present with ardor, zest, and deep devotion. Be devoted to the present, and you will live a happy life.

1056. The brain that discards the false comes upon the truth. The discard of the false is the truth. They are the same.

1057. The body was resting after a long morning walk. It was lying down and unexpectedly meditation began to flow through the brain. All at once a sense of countless eternities took place. It was as if billions of years of a timeless other realm were compressed and contained inside a very short passage of time or duration of mere seconds. The interval of time that passed during what was happening was unknown. The beauty and wonder and mystery and majesty of it was indescribable. The mind came upon a timeless other realm and it was not separate from it. That is what meditation reveals. It reveals a realm in which time has no meaning and no place at all. It is what makes time stand still. It is not that meditation is the path to that which is timeless. Meditation is timeless. It is that other realm. They are the same.

1058. People care for and clean their clothes more than they do their brain. To clean the brain means to throw out any and all fixed opinions, beliefs, and personal positions about life, death, work, love, marriage, relationship, God, and everything else. When the brain is cleansed of all that, then it is suddenly free to function with clarity, openness, and a curiosity that is unquenchable.

1059. If you are psychologically shaped to follow a particular set of customs, traditions, beliefs, viewpoints, or whatever else, then the brain is conditioned. A conditioned brain has a distorted perspective of the world. Conditioning implies distortion. It means a mold, a slant, and therefore bias. Bias means prejudice. It means separation, and therefore conflict. A conditioned brain is violent. It means conditioning and violence not only go hand in hand, but they are the same. They are the same movement and field. They are the same beast. When conditioning vacates the brain, then something extraordinary takes place. A new and

different field of life appears that has no conditions. The brain comes upon this field. It comes upon that which is unconditional. It comes upon love. The brain that discards the conditioning within it comes upon love. At the same time all the conflict within the brain unexpectedly disappears. It is not that the brain ends conflict, the conflict of fear, anger, envy, depression, and all that. Love does that. It is love that brings a complete and instant stop to the whole of that. The love that manifests when all the pettiness of psychological conditioning leaves the brain is tremendous. It is as though a single unit of conditioning prevented access to billions of units of love. It is as though the conditioning was a small plug that denied access to a vast ocean. The ocean is love. The vastness of it is absolutely indescribable.

1060. Freedom depends on nothing, otherwise it would not be freedom. Love is the same, because love has no conditions. That means freedom and love are not different. They are the same thing.

1061. Look at the world from above and you will see that there are no borders. There are no divisions between countries because there are no countries. Humans make countries and the borders between countries. If you identify to a particular country, culture, society, race, or any of that, then you perpetuate the division between countries. You sustain the division between people, and division means conflict.

1062. The body can be subjected to horrific conditions, severe physical pain, sleep deprivation, torture, and all that, which can cause the body to cry out and speak nonsense. However, no matter what happens the truth of a matter cannot change. Once a truth is realized it remains in the brain. Nothing can undo, alter, or destroy it. Truth is an indestructible thing.

1063. If the brain learns to be intensely aware from moment to moment, not of anything in particular, but simply aware, then as a by product a type of protection takes place from all of the mental conflicts that plague mankind in the world today. It finds itself immune from all the frustrations, fears, worries, ambitions, anxieties, and neurotic troubles that consume most everyone on earth. It is not that the brain separates itself from conflict, but rather it internalizes what ends conflict, and lives it.

1064. The ego cannot see a sky, tree, or flower. It cannot see the stars.

1065. It was a dark night sky without any clouds or moon. The stars glistened. There were too many to count. The air was cool, quiet, and still. The brain was devoid of thought and the illusion of mental imagery, and therefore it was extremely sensitive. It was highly alert. The alertness was intense. There was no room for anything else. The smallest things stood out and pulsated with existence, the fallen leaves, the cracks in the ground, the hidden groves in the gigantic redwood tree. Suddenly it appeared. It emerged and filled the air and shadows. It was a vast wave of humility and grace, pure, intimate, magnificent. Wave after wave of this magnificent other penetrated the brain. Alertness filled the brain and in that alertness there was intelligence. It was not an intelligence that involved any form of study or the pursuit of knowledge. Study and knowledge involve time. This was an intelligence outside the field of time. It occupied the brain through and through. If intelligence enters the brain, then the brain operates intelligently. The brain comes upon an entirely different field of existence that is absent bias, and therefore it is absent all of the ignorance of personal opinion and belief. The brain comes upon an intelligence, however the intelligence does not possess or own the brain. It is not attached to any particular physical body. The humility and grace was intelligence. They were the same. The brain could not possess it. No mental image could capture it. The intimate and magnificent other seemed

to weave in and out of existence throughout the evening, and then without any notice it vanished. It left without a trace or record. The magnificent other, or whatever it was, has no record. It leaves no trace. It is an untraceable thing.

1066. As the body lay down to sleep there was total indifference towards the whole of human thought and memory. All memory faded, and the brain was immersed in watching, listening, the feel of the heart, breathing, the softness of the bed, the blanket, and everything else. The feeling of things, listening to whatever sounds occurred, and careful watching of things went on for an unknown time. The watching continued with eyelids closed. There was only darkness. There was only the deep blackness that comes in the evening when the lights are off and the eyes are shut. Unexpectedly an opening in the blackness occurred. A clear and visible portal of some kind opened. The eyes were closed and yet it was there. It was small, round, and seemed to be far off in the distance. Even so the view was clear. Three figures were walking in a grassy field. There were some bushes and small trees nearby. The land seemed to be dry and arid. The figures appeared to be male. They were dressed in turbans and white robes. They walked with purpose, grace, and a sense of regality. The eyes quickly grew fatigued and began to struggle with the watching. As soon as the struggle started everything went blank. The portal closed and all trace of what was happening vanished. The experience was immediately discarded by the brain, and no effort was made to analyze or try to explain what happened. The brain remained alert and sensitive. Effortless listening and watching continued for an unknown time. The body fell into a deep and long sleep.

1067. Watch what happens when worry enters the brain. See that worry begins with the presence of thought. If worry begins with the presence of thought, then it ends with the absence of thought.

1068. The movement of human thought is repetitive. It makes the brain dull, stupid. The brain that steps out of this movement, the habitual behavior of smoking, drugs, alcohol, going to church, prayer, citing scripture, chanting mantras, abiding by all the social customs of holidays, traditions, or whatever the case may be, turns sharp, alive, and filled with indescribable energy. The brain taps into creativity, which means it taps into creation itself. It comes upon that which creates. It comes upon the creator.

1069. If you feel unworthy, undeserving, good-for-nothing in any way, then that feeling is grounded in a mental image. It is based on some aspect or form of thought that exists in memory. Without the image there would be no such feelings. There is something the mind can come upon that has the capacity to not relieve every such image and thereby wipe away every such feeling. There is one thing and one thing only that does that, and it takes no time to come upon it. That is the beauty of it. It has a timeless nature about it. Find out what is it that has a nature, character, and quality that is timeless. Do that and all such feelings end. They end completely.

1070. The only thing that really matters is to find out what it means to love without any conditions. Everything else is a game.

1071. Love is a movement without any travel to it. It is not some sort of entity that moves across any expanse. It is not something that moves in physical space. It has no relationship with space or distance. It is a movement that exists outside the field of space and time. That means it is here. It exists in the midst of everyday living. One must only look. Look and it is there. It exists.

1072. The ego is hard and cold. It is a loveless thing. When the ego dies a sudden warmth, loving welcome, and cradling calm takes place. It takes place instantly.

1073. A storm was brewing off the coast and dark clouds hung over the horizon. The room was quiet. Deep, rich shadows filled the nooks and crannies of the room, walls, and furniture. The flow of thought subsided and the mind fell into a natural quiet and silence. The mind was alert, listening without effort, watching without picking and choosing. The silence emptied the brain. It gave the brain a thorough bath and cleansed it. The silence continued well into the night and the following morning. The ego is cunning, deceptive, manipulative. It is the cause for every conflict and misery of man. It is mankind's greatest demon. The ego cannot be tied down, put on a leash, or controlled. It cannot be controlled because it is the controller. That means any movement of the ego only serves to sustain it. Although the ego cannot be controlled, it can be watched. If it is watched without motive, hope, or judgment, then the ego does not move. It is the very act of such watchfulness that stops the ego in its tracks. Do it now. Notice how the simple act of watchfulness blocks the entire activity of the ego. See how it halts it. See how it prevents the mischief, the ignorance, and all the mental misery that goes with it. The awareness of this fact makes the brain intelligent. It sees what ends the ego, and thereby reveals a way to approach the whole of life that knows no hurt, no struggle, no sorrow of any kind.

1074. If you love, then you show others by example what it is to love. You show how to live without any form of inner conflict and division, which includes the division created by belief, ideology, the psychological identification to a country, a flag, an organized religion, political party, or personal philosophy. You demonstrate by your everyday living what it is to live without inner strife, struggle, jealousy, frustration, and judgment. If you love, then you live without any of that. As a result your daily life involves, reflects, and thereby teaches what it is to love.

1075. It is natural to live unattached to mental images, memory, and thereby live without any internal conflict. It is the most natural thing in the world.

1076. People seek meaning in life. They seek peace of mind, happiness, love, God, or something in life that has meaning. They seek something infinite, and therefore holy. For centuries human beings have searched for something holy in belief, faith, and organized religion. However, every organized religion is based on an idea, thought, or mental image. All ideas and images exist as memory, and it is obvious that memory is limited. Now this is the thing. That which is unlimited is not limited. It is not finite. That means as long as the brain embraces, attaches itself onto, or in any way identifies to any form of memory, it will never come upon that which is infinite, unlimited, and therefore holy. It will never come upon that which gives meaning to life. This simple fact brings freedom from memory and all the image peddlers. It brings freedom from all the organized religions, ideologies, and philosophies. It brings freedom. The brain that is free, not bound to memory, has discovered the door to that which is unlimited. It has come upon what gives infinite meaning to the whole of existence.

1077. Do this. Give no memory any value. Do not look for something to happen, but just observe what takes place.

1078. When the whole of ignorance is wiped from the brain, which means every form of psychological embrace to thought, it is as though a leaving happens. It is a departure from all that is partial, limited, measurable. It is a departure from that which is earthly. The earthly is the ego. It is all the strife, struggle, inner confusion, and psychological mess that goes with it. It is not that the ego transfers to another place, form, or body. It ends. It dies. It is in the death of the ego, the earthly, that an unearthly other realm is unveiled. It reveals itself to the brain. The end of the earthly is the unveiling of the unearthly. They are the same.

1079. When the brain drops every private attitude and preconception about politics, religion, love, family, marriage, God, and all the rest of it, then the conditioning inside the brain drains away. It flushes. It is the flushing out of this conditioning that ends the ignorance within the brain. The end of ignorance is intelligence. As a result the brain comes upon and realizes what is intelligence, and that realization brings forth one insight after the other. It is not that the brain makes an idea out of the realization, creates a personal theory, a super belief, or anything like that. That would imply another form of conditioning, and consequently it would sustain ignorance. To sustain any such ignorance is meaningless. It is utterly pointless. However, intelligence is different. Intelligence is not personal. That which is personal implies the repetition of mental images as culture, tradition, opinion, and belief. It means the brain is caught up in a stream of images, which thereby makes it dull, insensitive. The brain becomes insensitive to the incredible wonder and beauty of a morning sky, a tree swaying in a wind, a vulnerable bug crawling in the dirt. The brain is insensitive to all that. However, the brain that has flushed out everything personal, which includes all bias, ambition, the struggle for success, the desire to achieve, and any psychological identification to any form of thought, has suddenly stepped out of the stream of mental image making. All at once the whole movement of inner repetition leaves the brain, which means ignorance leaves the brain. It is the leaving of ignorance that ignites and enlivens the brain. It is as though a psychological ignition takes place whereby the brain awakens and starts to function in a new and completely different way. Mental repetition ends, and insights into things begin to manifest. Insight after insight gushes into and from the brain. The brain comes upon a flow of insights, and it sees the danger of creating and holding onto any mental image. It is the holding onto images that causes the brain to fall into the groove of repetition, and thereby stagnate and become dull. That means any insight that passes through the brain is not held. It is not given any importance or embraced in any way. The

brain changes from a state of making and cherishing fixed ideas, beliefs, theories, and philosophies, to a state that is not fixed, not static, and therefore flowing, moving, burning. The awakening that takes place catches the brain on fire. It makes the brain enormously sensitive, watchful, alert. The brain discovers what it is to live without the conditioning of personal belief, attitude, and view points about life. The brain is no longer conditioned. It finds a dimension to existence outside the field of conditioning. It comes upon that which cannot be psychologically held, labelled, or named in any way. It comes upon an unconditional, and therefore unnameable thing.

1080. A mind that is partial cannot perceive in a total manner. Mental partiality means the brain has a fundamental psychological prejudice, bias, or slant. It is this slant that prevents total perception. It prevents perception of the whole. Only when the mind is unencumbered by the totality of human opinion, belief, and every form of psychological slant, can it discover a perception that is whole, total, and therefore complete. The thought of letting go your personal beliefs may feel abhorrent to you. It may go against every grain in your body. It may cause a feeling of terrible fear, especially if you realize the need for it to happen. However, step back and look at the totality of it. It is the thought of discarding your beliefs that causes the fear. Thought is the root of fear, which means belief and fear go together. It means where there is one, there is also the other. That makes fear and belief inherently linked. It makes them the one and the same psychological movement. Explore what it is to look at fear, belief, and the whole movement of thought from a perspective that involves none of that, which means to observe without comparison, criticism, or any sense of judgment. It means to observe without the separation between the observer and the observed, and therefore in a manner that is total, whole.

1081. Feel each step you take as both the first and last. Feel it is both the first and last step not as an idea, but as a fact.

1082. There is no greater encumbrance for finding out what it is to come upon that which is unlimited, immeasurable, and therefore divine, than the playback of thought taking place in the brain. It is the constant movement of past ideas and remembrances that prevents the brain from discovering that dimension of life which has no limits, no walls, no barriers. Only when the whole mechanics of the playback of thought comes to a complete stop can that unlimited and immeasurable other show itself.

1083. Carefully observe people and you can see the activity of thought. You can see it etched in their faces.

1084. Jealousy is the result of possessiveness and has nothing to do with what is love. If you have affection for another, deeply care about and love another person, then there is no psychological attachment to the image you have of that person.

1085. Death is the unknown. The unknown cannot be feared. What creates the fear of death is the idea of it. Death itself is a fearless thing.

1086. The ego leaves the body at death and enters the body at birth. It does not matter if the ego comes or goes, because it is the same movement. It is the same movement of partiality, ignorance, and all the sorrow that goes with it.

1087. If you live with people, then find joy in that way of life. If you live alone, then find the same joy in the aloneness. Joy does not depend on living with other people or living alone. It does not depend on the presence or absence of a particular person, house, job, money, belief, philosophy, or anything like that. It depends on nothing. Only when the mind is free can it come upon such a joy. Psychological freedom and joy go together. They are more than best friends. They are the same.

1088. The mental attachment to ideas, thoughts, and images is mankind's most unmitigated and comprehensive curse.

1089. If you live with frustration, jealousy, anger, envy, ambition, and all the grief that goes with it, and you believe you are somehow different from the neighbor, coworker, family member, criminal, or beggar, then that belief is a mistake. You are every human being who lives today and who has ever lived. Psychologically you are the whole human race because there is no difference between the grief that exists in you and that in another. The grief in one person may appear to be different, more intense, and be called by a different name, but it is basically the same movement. It is fundamentally the same thing.

1090. Live with no attachment to mental images. There is nothing else to do.

1091. If you review your life and all of the things you have done and said, the thoughts you have had, the struggles, worries, and sorrows you have gone through, and if you judge all that and say it was good, bad, right, wrong, or whatever, then that judgment is based on personal opinion, inclination, and expectation. None of that has any relationship with what is love. Love is not opinion. It expects and demands nothing, which means love does not judge. Therefore do not judge yourself or anyone else for that matter. To judge yourself or others has no value, and it is more than a mistake. It is a waste of life.

1092. The ego is created by mental images that are given value. The ego ends when no value is given to any images.

1093. If you delight in the companionship of another person, then have the capacity to allow that person to leave you and not have the absence of that person touch you in any way. Do that and the relationship you have with that person will be untouchable, impenetrable. It will be a holy thing.

1094. There is a stream of sorrow that touches every person with an ego, a me, a personality. When a person dies, the personality continues in that stream. It continues in the stream because it has failed to step out of it. It has not learned what it is to love. Until a person learns to love, a love that has no expectations and no restrictions, the personality goes on. Sorrow goes on. When the body dies the personality leaves the body, but it remains restricted. It remains tethered. Only when the personality ends does this tether break. It breaks and a realm without restriction opens. That is what love is. Love is an unrestricted, untethered thing.

1095. If you feel hurt, distress, or any sense of dismay due to the absence of another person, then find out what it means to love. Love brings an end to every feeling of distress, and it ends all hurt. Love wipes it away altogether.

1096. If the personality ends, then a dissolving takes place. It is a dissolving of all that is divisive. That is what the personality is. It is division itself. The end of division is a oneness, which thereby reveals the source of all that is. The dissolving of the personality means a returning takes place. It is like a return to home, however it is a home unlike any other. It is a home without division, without conflict, without fear, without any sorrow at all. It is not that the personality returns. There is no personality. The return is the dissolving of the personality. It is in the dissolving of it that the source of all that is shows itself. There are no words that can make this happen. No words can dissolve the personality. Words are thought, memory, and memory is finite. The source is not finite. It is not something that can be measured, which means it has an infinite character about it. It is an immeasurable thing.

1097. It was a wonderful morning. The blue sky was huge, immense, and stretched out beyond the distant mountains. The body was sitting quietly in the small room. The whole movement of thought was still, and the brain was curious,

watchful, terribly inquisitive. The physical senses were extremely acute. The whites of the orchid flowers and the green of the leaves were deep, vibrant, intensely alive. The sounds of the passing cars were mesmerizing. A gentle breeze blew fresh, clean air into the room. The air filled the room and penetrated everything, the walls, chairs, table, and plants. Unexpectedly a presence filled the room. It was infinitely gentle, comforting, and embracing. It embraced the body, the brain, everything inside and outside the room. It emanated a purity and infinite gentleness. No words can begin to describe it. It was more than pure, more than gentle. It was sacred. It was a sacred presence and it touched everything. It enveloped everything. It remained for what seemed like an eternity, and then it vanished. The brain felt cleansed. It was a cleansing that brought about a sense of freedom. There was freedom to look and listen and feel without restraint, pressure, or any sense of struggle. It is the attachment to mental images that dirties the brain. It is the sole thing that prevents freedom. Find out what it is to bring an end to every mental attachment to every mental image that exists in the brain. Only a brain that is free can invite the purity, the immensity, the extraordinary gentleness which is that sacred other. It is not that freedom is a requirement to come upon that which is sacred. Freedom is sacred. They are the same. Most people throughout the world today are attached to some sort of mental image, the image of a person, a family, a job, house, a flag, a culture, a religious belief, an ideology, or whatever. To be mentally attached is not healthy. It denies a healthy, sane, and free way of living. It denies freedom. Mental freedom means to psychologically make no idea or thought all important. This may be difficult to understand. You may have a job, money, own a nice car, and a beautiful house. Also you may be handsome, strong, viral, live an opulent lifestyle, wear expensive clothes, and dine at expensive restaurants. In addition you may be looked upon with great respect by others, enjoy a position of power and influence over other people, give to charity, and feel as though your life has meaning. None of that has anything to do with freedom. Life without freedom means a life of

attachment, and therefore pressure, struggle, and all the torment that goes with it. A life of torment is small, petty, wasteful, and therefore with no real meaning. Freedom is what gives life meaning. The significance that freedom gives to life is more than meaningful. It is more than significant. It is what invites that which makes life sacred. It reveals that sacred other.

1098. When the body dies, and if an ego occupies the body, then the ego leaves the body and moves on. What it finds is different for each ego. Each ego sees a different realm because the nature of the ego is that it is bias. It is a movement of distortion. That means it cannot see the true nature of the realm after bodily death. Only when the ego ends can the nature of that other realm be revealed. That other realm does not depend on the presence or absence of the body. It depends on nothing. It is a dimension that is independent, and therefore without any trace of limitation. The dimension is unlimited, infinite. The end of the self is what reveals this other dimension. It allows this infinite other to manifest. There are no words that come close to describing the vastness and absolute majesty of what takes place when the ego ceases to exist. The death of the ego is the beginning of a whole new perspective and way of life. It is the unveiling of a whole new world.

1099. If the realization that the ego is thought has the effect to form another thought, create a belief, a conclusion, or some sort of philosophy, then it has no meaning. However, if that realization thrusts the mind into that endless realm, that unlimited, timeless other, then it brings about unimaginable significance to daily living.

1100. If there is any effort to change oneself, try to make oneself a better person, hope to bring an end to a life of drugs, alcohol abuse, depression, anxiety, stress, and all the rest of it, then you are already moving in the wrong direction. You are already taking a wrong step. Any effort to make oneself better, greater, smarter, happier, and so on,

implies thought. Effort means thought. Without thought effort is impossible. Thought is memory, and memory means time. Therefore any effort, struggle, or push to change oneself is a movement in time. Time cannot solve anything. The understanding of that fact brings about the rejection of time. It results in the complete discard of everything that has anything to do with time as a means for change, betterment, and bringing an end to living with depression, stress, and all the misery that follows. When time is discarded, then all forms of effort and struggle go with it. As a result the whole mental movement of struggle ceases to exist. Effort ends. The end of effort is not a goal, idea, or philosophical concept. The actual stop of every form of mental effort and inner struggle changes the brain. The brain no longer struggles. It comes upon what it is to live without struggle. It comes upon peace. The peace it discovers is unlike anything it has ever encountered. It is a peace that brings an immediate and total end to all inner depression, anxiety, and every form of psychological conflict. It ends all that. It ends it instantly.

1101. Love answers the greatest questions the brain can possibly conceive. The answers that come are simple, absolute, and unequivocal. They are perfect.

1102. If you are the highest authority in a dominant position over others, the top dog so-to-speak, then the greatest action is to let go of that position. It is to relinquish authority. If you do that, then the division ends between you and others. When division ends, love begins. What it means to really love suddenly shows itself.

1103. Every word, thought, and encounter has meaning. The meaning has a ripple effect that touches everyone else. It touches everyone in the world because there is no difference between you and everyone else. Psychologically you are fundamentally every person on the planet. You are the same.

1104. When people look through the filter of the ego they see different things. When they look without that filter they see the same thing. However, it is not the object that is the same. It is the seeing.

1105. Every sense of time comes to an end when the ego dies. One discovers what it is to live in this world without the burden of the past. That happens when time ends. The past melts away and along with it every burden, stress, and mental weight. The weight of the world is removed from ones shoulders. Anything and everything that is material, and thereby measurable, no longer has meaning. The brain comes upon that which is immeasurable. It comes upon what exists outside the field of time, which means it comes upon a timeless other. Nothing compares to this other. All worldly things and ideas cannot match the grandeur of it. The death of the ego is the key. It is the solitary thing that releases it and makes it apparent to the brain. It is an utterly unworldly thing.

1106. If love has nothing to do with the ego, then it can never be hurt. That makes love an impenetrable thing.

1107. When the ego ends the brain changes, and you are not the same person you were before. You may use the same name, live in the same place, and appear to be not very much different than anyone else. However, inwardly you are totally different. You no longer live with all the ordinary conflicts of anger, jealousy, ambition, and frustration. You are finished with all of that, and as a result you are living a totally new, different, and absolutely extraordinary way of life.

1108. The brain absent the ego carries no burden. That is what living without an ego is like. It is like living without any burden, trouble, or mental problem of any kind.

1109. If you do not end the sorrow in your life, then it follows you in death.

1110. It was early evening and the room was nearly pitch black. The brain was silent of all the mental images of daily living, taking care of the body, cleaning, working, and all that. The eyes were closed, relaxed, and an inward looking began to naturally take place. The eyes were closed, and still there was alertness, watchfulness, and careful observation. At first there was only the dark static that can be seen when the eyelids are closed. The static continued for a time until unexpectedly a tunnel-like shape appeared. It was fast moving with streaks of star-like shapes that traveled at tremendous speed. It was like traveling through space passing stars and planets so fast that they were nothing but a blur. Suddenly a window or portal of some sort opened and a scene came into view. Figures appeared in the scene. They were knowable and at the same time unknowable. They were both clear and unclear. The figures were people. They appeared to be busy at work and moving about with purpose. The particular work was unknown. There was a sense of purpose and great importance in whatever they were doing. The vision was not dreamlike or imagined. The view was clear, unobstructed. There was no desire to intervene or interrupt what was happening. There was only watching. The portal, window, or whatever it was, remained open for an unknown time, and suddenly it shut. It vanished completely. It was an utterly unknown and mysterious event. The brain treated the event as any other. The brain recorded it in memory, gave it no importance, and moved on.

1111. If you feel apprehensive, afraid, or fearful for the loss of a person, a job, a house, a bank account, or something else you treasure, then it is the thought of loss that is responsible for such feelings. Any such feeling is merely a movement of thought. The fact is there is no difference between thought and you. You are thought. That means you are fear. It means you are the cause of your own misery.

1112. Internalize the fact that love is not conflict. Be clear about it. There is no need to analyze it to death. Simply feel the truth of it. That is all that is needed.

1113. If you are indoctrinated to follow a particular religious belief, faith, or dogma, then there is no difference between that indoctrination and you. You are that. Any form of indoctrination implies a slant, a bias. Therefore that bias is you. You are the same. Bias means partiality. It means that which is incomplete. Each and every religious belief in the world focuses on what it thinks is holy, sacred. However, that which is sacred is not something that is partial. It is not partial or in any way incomplete. On the contrary that which is sacred is a completeness. It is a wholeness that only comes about when partiality ends. A brain that is partial, bias, which means indoctrinated to think in a particular manner, cannot come upon this wholeness. Wholeness cannot operate in a brain that is partial, which means the partiality must end. Every trace of psychological bias, slant, and partiality must vacate the brain. Therefore only if all forms of psychological indoctrination, which means all religious tradition, belief, dogma, custom, and all the rest of it, is totally eradicated and purged from the brain, can the immensity which is that wholeness, completeness, holy, and sacred other, show itself. Find out what it means to cleanse the brain of every form of indoctrination, religious, political, social, cultural, and all the rest of it. Do that and see what occurs in the brain. For goodness sake, do it and just watch what happens.

1114. If you are competitive, ambitious, striving for money, so-called success, getting ahead, and all that, then life is filled with conflict. The conflict is internal. It is taking place inside the brain. This is the thing. Conflict has no connection with love. If conflict exists, then that conflict denies love. It denies love from operating. You may have a family, a spouse, children, and everything that goes with it. However, if there is any internal conflict of any kind, then love is not working. It is not that conflict and love exist together in different parts of the brain. That is a psychological division. It is a division the brain makes. The idea that love and conflict can exist at the same time in the brain is a fallacy. Either love exists and conflict does not, or conflict exists and love does

not. There are different forms of conflict. Competition, ambition, and struggle are all forms of conflict. Jealousy and anger are also forms of conflict. That means if anger is present in the brain, then love is not there. Love is not functioning. There is only anger. There is only conflict. In fact the conflict that exists in you is not separate from you. It is happening in the brain which means conflict is you. You are the same. If you take in this simple fact, then it shocks the brain. It shocks the brain because the realization that one does not love demands a response. It demands inquiry. It is as though the brain is either forced to find out what it means to love, or the idea that there is no love in ones life is too shocking, repulsive, or offensive that one turns away from it, ignores it, or denies it. Whatever the case, if you see this fact, and that fact shocks you, then stay with the shock. Do not try to suppress or run away from it. Stay with it. If you come face to face with a fact, and you do not turn away from it, then you learn about it. If you learn about it, then it is no longer a mystery. When something is no longer a mystery the brain does not carry it over. The brain does not dwell on it. That means it ends. The brain learns about it, takes it in, and then finishes with it. If the brain faces conflict, then it finishes with it. When the brain finishes with it, then the brain moves on. It moves on in a direction where conflict has no place. You face the fact that you are not separate from conflict, and in facing that fact the separation between you and conflict ends. The end of separation is the end of conflict. It is the end of anger, jealousy, competitive and ambitious behavior. The whole activity of struggling for this and that comes to a sudden stop. Suddenly an entirely new way of living begins that makes love possible. This is unlike any love you have ever known, because it is not based on the identification to any mental image. It has nothing to do with any form of mental attachment. That means it is a love that is not an idea. The idea of love and love are two utterly different things. Find out what it is to come upon a love that knows no jealousy, no ambition, no struggle, and actually live it. Only when it is lived is it meaningful. Only when it is lived is it real.

1115. If psychological time ends as the ego, then the brain comes upon that which is timeless. To think that timelessness is hidden and always exists is a mistake the brain makes. That idea perpetuates psychological time, the ego, and therefore ignorance. Ignorance prevents the brain from coming upon that which is sacred in life. That which is timeless is sacred. They are the same.

1116. The body was sitting still in the shadows of the trees. The body felt heavy, like an old worn coat, and yet it was sensitive. It was the stillness that makes the body sensitive to the hardness of the wood bench, the coolness in the air, the sounds of children playing and dogs barking. In the shadows of the trees it suddenly showed itself. Unexpectedly the intimate other appeared. It was innocent, graceful, simple. It was a simplicity that only a mind that lets go of the whole field of memory can penetrate. It touched everything, insects in the grass, pebbles in the dirt, leaves on the trees. It was the simplicity of a brain that is still, not chattering, not opinionated, not fixed and absorbed with personal belief of any kind that allows this intimacy, this infinite other, to show itself. The brain must exhibit no effort to try to contain it or have it repeat in any way. Any trace of effort slams the door to it shut. It stops the brain from coming upon it. Learn what it is for the brain to be completely still, quiet, unmoving, which means no activity of repetitive ideas, thoughts, or mental images. It is when the brain empties itself of all that nonsense that it makes way for the other. Only then can the brain invite, make way for, and come up that intimate, innocent, and simple other.

1117. When you go for a walk, watch your first step. See that the first step is the last step. They are the same.

1118. If people are to be educated, managed, or governed by a select few, then the select view must embrace no belief, no ideology, no mental image of any kind. If that happened, then it would be a step in the right direction.

1119. If the brain comes upon that love which has no conditions, then love takes over. Love cannot help but operate in the brain, and the manner it operates is easy, smooth, and natural. It is as natural as an ocean wave, a bird in flight, a cloud that moves across an open sky. It is that smooth. It is that natural.

1120. If you feel anxious, frustrated, and ill-equipped to handle living in this world with all the violence and insane brutality that exists, then find out what is the root cause of it all. Explore what it means for a common, ordinary person, to live without any violence in everyday life. Anxiety is violence. Frustration, anger, strife, and every other form of mental conflict is violence. Conflict implies duality. It means inner separation, which means brokenness and an absence of wholeness. Brokenness denies wholeness. It prevents that which is whole, full, and complete to enter the brain and thereby take out all the conflict and duality that exists. There is only one thing that is complete and thereby ends the duality that exists in the brain, and that thing is love. Love is complete. Love is a fullness that instantly removes every aspects of mental duality and division. When the brain comes upon such a love, all forms of mental brokenness are healed. It brings about the end of all of the anxieties, frustrations, and troubles of everyday living. One discovers what it is to live without a feeling that something is missing. As a result one feels whole, and that wholeness extends into everyday life.

1121. If a person discovers what it is to live a non-violent life, a life without ambition, competition, aggression, jealousy, frustration, and all the mental struggles and problems that goes with it, then the person changes. The person becomes a catalyst with the ability to demonstrate what is non-violent living. The person has that ability. Regardless what happens, if the person is worshipped, ignored, or hated, nothing effects the person. That is the nature of a catalyst. It can effect the change of something without itself being effected.

1122. You are thought. Everyone is thought. That means you are every person who has ever lived and lives today. Thought is the root of all sorrow. Without thought sorrow cannot exist. Therefore you are every sorrow that anyone has ever felt or feels today. You are that. To find out what ends sorrow, means to learn what ends not only the sorrow in you, but it means to learn what can bring an end to the sorrow in every human being. It means to learn what can end the whole of human sorrow.

1123. That which is immeasurable is beyond anything that any form of human thought can create.

1124. The dimension of that which is timeless is so much more real than the dimension of time, living in memory, limitation, and all the insecurity, struggle, and fear that goes with it. Living in time is living in distortion. It is living in a world that is not real.

1125. Knowledge involves memory, and therefore time. That means that which is timeless cannot be known. It is an unknowable thing. Timelessness comes about when the brain empties itself of all that is known. The end of the known comes with meditation. It is not a forced or deliberate meditation. It is not a meditation that involves a particular mental system or method. Any system or method implies a series of steps. It means time. This is a meditation that does not take time, and therefore it is something that happens in an instant. It is a meditation unlike any other because it is a meditation that not only takes place in the present, but it is the present. The brain must find out what it is to be wholly, completely in the present. The present is where that which is timeless exists. The present is that which is timeless. They are one and the same thing.

1126. If you have any unfulfilled wish or want to experience something, however due to fear you do not carry it out, then what is important is not the unfulfilled wish, because the wish is merely an idea. It is not actual. What is actual is fear.

What is real is the fear that exists in you. Only what is real has meaning. Therefore if you feel fear, then attend to it. To attend to fear means to face it. It means to be with it and watch it. If you do that, then you learn about fear, how it works, moves, and what sustains it. If you learn about something completely, then the brain has the capacity to be finished with it. To be finished with fear means that fear no longer occupies the brain. When that happens the brain discovers what it means to move in a completely different manner. It learns to move fearlessly.

1127. Love has no expectations. That means you can do anything and it does not alter, change, or in any way effect what is love.

1128. If love is given as a reward in exchange for fulfilling ones expectations or desires, then that is a deal, a brokerage. It is a simple exchange of self interests. Love does not depend on the actions of another, which means it has no desire or expectation. That means love demands or needs nothing. It has everything it needs. Love is its own fulfillment.

1129. There is no incremental steps involved for the ego to exit the brain. Any series of steps involve time, and time means thought. Thought is the ego. They are the same. Therefore the exit of the ego only happens in a flash. It only occurs in a manner that is immediate. Anything else is not real. Anything that takes time is a trick. It is a mistake that the ego makes.

1130. The death of the self is a final scene. It is a departure from which there is no going back.

1131. If the brain learns what it means to be free, then it cannot be tricked into accepting, following, or embracing any form of human thought. It cannot fall back into the prison of living in time, ignorance, and all the sorrow that goes with it.

1132. The thinker is thought. If that fact does not move the brain, then the brain does not understand it.

1133. The end of the ego does not involve choice. There is no weighing of pros and cons involved in it. It is natural for the brain to weigh pros and cons for purposes of physical comfort, pleasure, survival, and all that. This is not the same. There is no choice involved in the death of the ego. Any choice implies a chooser. It implies the movement of the ego. That means the end of the ego is a choice-less thing.

1134. Figure out what is your greatest problem. Make the problem perfectly clear. Clarify the question. Look at the question with new, fresh, young eyes. Discard any and every opinion and belief about what may or may not be the answer to it. Now inquire into it. Without the aid of any book or other person, carefully take the first step to explore it. Watch the first step and be careful that the first step is not the wrong step. If the first step is wrong, then you are already lost.

1135. Human language fails miserably to convey what happens when every sense of psychological division comes to an end. Words such as joy, bliss, and contentment do nothing to communicate the actuality of it. What the brain needs is a jolt. It needs to be awakened to the fact that the ego is the cause for every sense of division and conflict in life, which means it must go. The ego in the brain needs to be electrocuted. It is the ego that needs to be stamped out of existence. Find out what that means, because only then can the actuality of that bliss, contentment, and magnificent other show itself.

1136. Every mental encumbrance can end. It can be overcome completely.

1137. The belief that the ego ends upon physical death is an illusion. It is a nasty lie.

1138. The brain was sensitive, sharp, keenly aware. The mental sharpness touched everything without choice, the sound of footsteps on a sidewalk, the hum of a distant airplane, the immense silence in the empty room. It did more than touch everything. It destroyed everything. It wiped away the past and along with it every sense of self, I, or me. It ended the me. That is what the state of mental sharpness, sensitivity, and alertness does. It kills the me. It makes the ego dead. The death of the ego is the most extraordinary act. It is extraordinary because it means the end of all grief, despair, anxiety, and inner pain. All inner pain disappears completely. It is replaced by the deepest calm, the most serious bliss, and an unusual sense of absolute surety. It is not a surety that is the result of any kind of knowledge or the identification to some sort of idea or belief. It is the surety which comes as the natural result of coming upon something that is indestructible. The end of the ego is what reveals it. The ego is memory, the past, and therefore it is a world of limitation. The end of the ego unveils a dimension to life that has no limitation. It unveils a dimension that is unlimited, infinite, and therefore indestructible.

1139. That which is unlimited cannot be simplified, diminished, or reduced in any way. It is irreducible.

1140. Find out what it means to stop every sense of psychological exertion and mental struggle. Do that and a calm and tranquility envelope the brain. It is something that requires no period of thought or contemplation. It is an immediate thing.

1141. Attention is not partial or selective. It has nothing to do with personal choice, the playback of memory, or the movement of thought. Memory and thought are constrained and therefore measurable. Attention is not an activity that constrains, which means it is not something limited or measurable. Here is the thing. That which is not measurable is not localized to the brain. That means attention is not

cerebral or physical in any way. It is not something bound to the earth. It is an unearthly thing.

1142. The cessation of the self is the end of inner suffering. It is an utterly painless and absolutely blissful event.

1143. The brain is a physical thing. If the brain was a radio with circuits, wires, knobs, and all that, and it could detect radio waves, then love would be like a radio wave. Love is the wave. If the radio breaks, then nothing happens to the wave. The wave is simply no longer detected by the radio. The wave is no longer detected, but it exists. The wave exists separate and independent from the radio. It is the same with love and the brain. The brain can tune into love, but love exists independently of the brain.

1144. Psychologically there is no privacy. There is no privacy because the self is not different from any other self. The self is thought. It is the mental identification to memory. That means you are memory. It means everyone is memory. Therefore in the most basic sense, inwardly you are the whole of society. You are not a piece or part of society. You are actually society, all of it, the whole of it. If you see that, then everything a person does, says, feels, and thinks, is fundamentally an open book. It is readily available. The so-called secret things that go on in a person are merely the movements of thought. The particular form, flavor, or color of thought is not important. What is important is any psychological action, event, or movement that occurs is rooted in thought. If you realize the nature of thought, then you realize the inner workings of every human being. You understand all hidden agendas, deepest desires, and secret emotions. Suddenly there is nothing secret about any person. There is nothing private about any human being. It is as though everything a person thinks, feels, says, and does is out in the open. It is as though an awareness exists of everyone at the same time, and that awareness is total. It is complete.

1145. The large Victorian style house was light blue with white trim around the doors and windows. The front porch overlooked a lush lawn, green shrubs, and a young pearl white eucalyptus tree. A gardener was hurriedly mowing the lawn with a loud gas mower. Another gardener had a power blower strapped to his back and was busy blowing dead leaves and cut grass from the yard. They were both focused on their work, seemingly unaware of the world around them, the call of a nearby black crow, the stillness of the air, the immense blue sky. To be aware means to be alert, watchful. The brain that is watchful is not focused on any particular thing. The direction of the watchfulness is not due to inclination or any form of personal preference, want, or desire. Watchfulness has nothing to do with desire. It is not anything that is personal. There is no your watchfulness or my watchfulness. There is only watchfulness. That means watchfulness is something separate from man. It is something that needs nothing from man, the body, or physical brain. It has no condition for it to exist. The brain can be watchful. Watchfulness can operate in the brain. However, watchfulness does not need the brain. It does not depend on the brain for its existence. That means there is a field of watchfulness that is separate from the brain. To come upon this field the whole activity of the brain as thought, idea making, and mental imagery, must stop. It must be still. It is in the stillness that the brain comes upon and discovers this field. As a result this field starts to operate in the brain. Watchfulness begins to work, and as a result the brain awakens. For the first time the brain realizes what it is to be truly watchful, alert, aware. It comes upon an awareness that is not confined or susceptible to any sort of partiality. It awakens to an awareness that is not partial or broken in any way. The absence of partiality is wholeness. That which is not broken is complete. This is a tremendous realization for the brain. The brain comes upon an awareness that is whole, complete. It awakens to an awareness that is total, and the brain is not separate from that. It is that.

1146. If there is a sense of mixed feelings and confusion about things, then watch it. If the brain is confused and it sees it is confused, then confusion ends.

1147. No activity of thought can invite, summon, or in any way detect that which is unlimited, unconditional. No thought, arrangement of words, or any form of writing can open the door to that unconditional other. Love is that other. Love is that which has no limits and makes no stipulation, contract, or condition of any kind. Therefore love is not something that can be found in any book, library, or internet web page. All ideas, books, and words are confined to memory, which means they are limited things. If you think, hope, or expect that reading a book or some writing can allow such a love to manifest and occupy the brain, then that idea makes for a condition. It is that very condition that denies love from manifesting. If you read, then read for pleasure. Read for the love of it or to earn a livelihood. Never read to find out what it means to love. If you do, then it will not come. It will never happen.

1148. If the realization takes place that the thinker is thought, then that realization cannot be unrealized.

1149. Learn to die moment to moment, and you learn to live moment to moment.

1150. Thought evaluates and makes judgments for purposes of survival. Without evaluation and judgment the body could not go on. It would get hurt, starve, and die. Love does not evaluate. It does not discern or judge. All of that is foreign to what is love. Love does not concern itself with being hurt or survival. It does not concern itself because love cannot be hurt. Love cannot end. Love is endless, infinite, and therefore indestructible. Learn what it is to look at a person without judgement or any form of evaluation. Learn to look at a sky, a tree, a bird, the whole of life without comparison at all. Do that, and see what happens. Observe what occurs. Just watch what occurs in the brain.

1151. Listening does not distinguish between silence and noise.

1152. The early morning air was cool, crisp. A lone bird in the thicket of the leaves of a tree was chirping happily. There was the rumble of heavy traffic and the faint horn of a train in the distance. The brain was not working with any remembrances or mental images. It was tingling with energy, sensitive, listening, watchful. There was only watchfulness. It was in the watchfulness that it appeared. Unexpectedly it was there. That endless, intimate other filled the room, the shadows in the room, air, walls, and chairs. It was infinitely gentle. It was a gentleness that had no desire. It was totally absent of any want or need. It needed nothing. It was just there. The majesty of it made the body freeze. It brought about immense joy and bliss. It was more than joy. It was deeper than bliss. It was rapture. The rapture was not an excitement or feeling of delight. It was nothing like that. If you feel delight, such delight that it brings you to tears, then the feeling of this endless, gentle, intimate other is like that, except it is without tears and a thousand times greater. The brain must be devoid of any movement of memory. All forms of working with remembrances must cease. It is more than that. It is not that the brain tries to discard or deny memory. Effort implies reward, a prize, and therefore a self, an ego. This other cannot be approached by effort. The whole structure of effort, the ego, and all of the mental mischief and manipulation that goes with it must stop. It must die. Only then can the brain be quiet. It is in the quiet of the brain that this joy, this rapture, this immense and tremendous other comes. It continued throughout the morning. It continued as the body was dressing itself, preparing a meal, and going about doing all the busy little things of everyday living. It was in the quiet and stillness that occurred between the little busy things of everyday living. It appeared and disappeared like an ocean wave. It continued and followed the body for the entire morning and into the afternoon. There are no words that can convey the enormity of it. Nothing compares to it. Nothing.

1153. When you observe without the filter of past experience, then the observation is clear. It is unblemished, unadulterated. It is immaculate.

1154. The death of the self is not death unless it is final. It must be an exodus. It must be a leave with no return.

1155. When the brain discovers what is love, a love that has no demand or need of anything, which means no psychological division as aggression, ambition, struggle, and all the mental junk that goes with it, then the ego drops away. It goes. The beauty of the leaving of the ego is that it does not take time. The leaving is more than fast. It is immediate. It is as though a psychological explosion takes place. Everything that is the ego, which means all the mental imagery and knowledge that defines it, crumbles away. As a result the brain undergoes a reformation. The brain restructures and begins to operate outside the field of the known. All personal opinion, belief, faith, and every mental attachment to all forms of thought suddenly have no meaning. All at once something entirely new and different manifests. The brain unexpectedly embarks on a new way of life filled with adventure, wonder, and learning. A life of tremendous learning begins and that learning is irresistible. The life is learning. It is the same. The brain is drawn to the act of learning like a moth to a flame. It is a learning that is easy, simple, and natural. The brain begins to look at things as if for the very first time. It acts like a child filled with intense interest, wonder, and curiosity. All of a sudden the simplest things in life have immense value, a thunder cloud as it slowly moves across the sky, a small spider spinning a delicate web, the long and dark shadows of a lone shade tree. The brain begins to work with a new kind of curiosity that revisits nothing recorded and stored in memory. The curiosity is alive, vibrant, intense. It is insatiable.

1156. Love strips away all hardship, regret, and shame. It ends the whole of every sorrow a human being has ever experienced. It does that. It does it instantly.

1157. Love is not an effect that results from a cause. Cause and effect imply time. Love does not involve time. Love is timeless. Therefore love has no cause. It is a causeless thing.

1158. Love cannot be forced upon another. The instant force, will, or any hint of pressure is exerted in the brain, love backs off. It fails to manifest. That means any exercise of psychological pressure, force, labor, study, drill, or any effort at all, has absolutely nothing to do with love. Love does not involve effort. Love is effortless.

1159. Be disinterested in the attachment to any mental image or thought. Let the disinterest be innate, usual, natural. Make it a normal thing that takes place in everyday living.

1160. If you feel you love a person, and you have rules, terms, and conditions for that love, then that is not love. Any rule or term is the result of self interest. It is a self-centered activity. Love has nothing to do with any activity that involves the self. That means love has no terms or conditions. It is an unconditional thing. Explore what it is to be in relationship with another with no terms or rules of any kind. Do that. Go into it. Explore it.

1161. If an ego exists in the brain, then it can be offended. It can feel hurt, disgrace, disrespect, and all the other nonsense that goes with it. The ego is the mental image you have of yourself. Make no image of yourself, and there is nothing that can offend you. You cannot feel insult, disgrace, or any hint of inner hurt. Throw out every mental image you have of yourself. Do that and watch what happens. Just see what takes place.

1162. If any form of expectation enters the brain, then passion leaves it. To live without expectation does something to the brain. It releases a passion unlike anything else. To live a passionate life means to expect nothing from a day, an hour, or a single moment.

1163. Inside the department store people were shopping and buying things. The people looked, walked, and talked differently. They each seemed to have their own particular little worries, annoyances, and problems. The problems seemed to be visible in the face, the walk, the voice. Although they each appeared different, inside they were the same. They were all caught up in the movement, activity, and field of the ego, the me, and all the needless and idiotic problems that go with it. They not only fail to see the prison they have created, they have no interest to get out of it. It is because they have no interest to end the problems of their everyday lives that all the conflict and violence throughout the world goes on. Social violence exists because people refuse to end the conflict in their everyday living. The greatest thing a human being can do is live without an ounce of psychological conflict as fear, jealousy, ambition, frustration, and discontent. Find out what it is to be deeply content. Figure out what it is to have that contentment which depends on absolutely nothing. Any form of inner dependence cancels out contentment. Dependence means fear. It means a hidden, or unhidden, fear exists for the loss of the dependence. Depend on nothing, and suddenly the whole mental mechanism of fear comes to a stop. It simply ends. Explore what it means to mentally, and deep down inside the brain, depend on nothing, which thereby implies to psychologically depend on no person, no thing, no idea. Do that and watch what happens to the brain. See what the brain comes upon and the extraordinary changes that take place in everyday living.

1164. The present has everything in it. Nothing is missing from the present which means everything can be found in it.

1165. The self is a field made from the attachment to mental images and ideas. It does not matter if the attachment is to one idea or one hundred ideas. It is the same field, the same stream. Every known human misery exists in this stream. Every mental disturbance and sorrow that anyone has ever experienced can be found in this field. To exit this field and

bring an end to living in sorrow the self must find out what it means to psychologically die. A tsunami of silence filled the car lined street, empty sidewalks, and bushy leaves of the willow tree swaying in the afternoon breeze. The silence was pervasive. It surrounded and penetrated the little room, the walls, windows, chairs, table, and everything else. The mind mingled with the silence and moved with it. The silence was not physical. It was a quietness. It was an overwhelming flow of quiet and incredible stillness. It was an inner stillness, which means the whole structure and movement of the self was silent. It was gone. There was no separation between the stillness and the mind. They were the same. The mind was watching without any goal. It was listening for the sheer joy and love of it. When you learn to observe without a goal, without purpose, and listen because it is the natural thing to do, then mind and stillness are indistinguishable. It is in the stillness of the mind that an unspeakable, unlimited other comes. The self is limited. The self is the identification to ideas, thoughts, beliefs, and all the rest of it. All of that is confined to memory, and therefore it is limited. It is grounded in limitation. Stillness brings an end to all that. It ends the limitation within, and thereby makes room for the other. It reveals an unlimited, and therefore sacred other. It is a sacredness that only the silent mind can penetrate. Learn what it is to listen without effort, belief, hope, or any movement of thought. Thought denies the silent mind. It prevents the stillness and indescribable other from showing itself. The deluge of silence remained throughout the afternoon and into the evening. The infinite and sacred other remained side by side with the silence. The sacred other was the silence. They were the same.

1166. If a me meets a non-me, then only the me can change.

1167. One cannot bring about love in another person by any action that involves the exercise of force or authority. If one loves, then that love is its own action.

1168. The best thing that can happen to the ego is to lose it.

1169. The only recipe for living without psychological conflict is to learn what it is to live without the attachment to the whole library of human thought and mental images. The recipe is to apply it in everyday living. The idea of living without conflict has no meaning. The actuality of living without anger, frustration, jealousy, fear, and everything that surrounds it, has meaning. Learn to live with no mental attachment to any image or idea, and a life of freedom unfolds. Freedom reveals itself. Freedom is what ends attachment, which means it is the recipe for what it is to live a conflict free life.

1170. The ego is shrewd, cunning. It will lie, cheat, and steal to survive. The death of the ego is the greatest challenge. It is the greatest thing that can happen to a person.

1171. When you meet a person, meet the person without the mesh of memory to interfere with the relationship. Memory is the past, and the past is what interferes with relationship. The past denies relation, contact, and therefore union. Without a sense of union, love is not possible. Union is not a physical thing. It is not kissing, hugging, sex, or any of that. This is something entirely different. It is something much deeper and more meaningful than anything physical. Union is not having similar interests, likes, dislikes, or any of that. It is something that has nothing to do with personal interest or any form of comparison. Comparison is a movement of memory, and therefore the past. This is a union that negates the past. It is that which lets go of any importance put on knowledge, remembrance, or any form of memory. Memory is partial. Anything partial denies this other. It prevents this union. Only when no special value or importance is given to memory, or anything related to the past, which means past events, past experiences, and so on, can relationship exist with another person in the present. See what it means to be in relationship with another person where no past, no remembrance, no history, no yesterdays play any part at all. It is the most extraordinary thing to meet a person, an immense blue sky, a flower in bloom without

any hint of a past or any whisper of a yesterday. It is extraordinary because the end of the past is the beginning of the present. It is the present, and the present means relationship. It means connection, union, and therefore love. Love is union. They are the same.

1172. When you insult another person, the insult boomerangs and hits you. The insult may or may not effect the other person, but the meanness, the callousness, the self-centeredness in the brain that caused the insult is nourished. It is sustained. That means if you insult, attack, or hurt another person, then mentally you are hurt. It is an equal hurt that happens. It happens internally. What you do to another person has the same effect on you. The effect is psychological, and it is equally penetrating. It is equally horrific. It happens because there is no difference between you and any other person. It is not that you are merely similar to other people, but fundamentally you are the same. What makes you internally identical to every human being is the fact that the self, the I, the ego dominates your life. It infiltrates your everyday living. As a result there is greed, envy, jealousy, fear, ambition, anger, possessiveness, the struggle for security, and all the mental conflict and sorrow that goes with it. It means the greedy businessman is the sad beggar. The jealous police officer is the envious criminal. The ambitious politician is the playground bully. It means you are everyone. You are the whole of society. You are caught in the same self-centered world of the ego. You are not only the same as every person in the world, but you are every person. You are identical.

1173. If there is any authority, hierarchy, or pecking order in a family, workplace, organization, or society, then there is no love. Love has no authority. It does not put people into different classes or subgroups. It does not look down or up at other people or anything for that matter. Love does not discriminate. It looks in the same way at the neighbor, the coworker, the flower, the bird, the night sky filled with stars.

1174. Every sense of inner pressure and feeling of being weighed down ends when the brain ceases to covet ideas and mental images. Do that and feelings of beings internally pulled stop. One discovers what it is to be mentally weightless. A sense of inner weightlessness takes place. That is what happens when the mind ceases to covet ideas, thoughts, and mental images. It discovers what it means to be free.

1175. If a person, book, or article claims to possess the easiest or most effective way to relieve stress and clear the mind, then they are peddling thought. They are selling an idea, a mental image. Any thought or image that the mind takes in only serves to clutter it. It does not clear the mind. Fixed thoughts and ideas are the problem. What clears the mind is denying anyone and anything that claims to have a way, method, or system that will clear the mind. The mind that denies all such ignorance discovers intelligence. It comes upon intelligence, and it is intelligence that clears the mind. As a result the mind becomes intelligent, and an intelligent mind is a clear mind. They are the same. It is the clear mind that relieves stress. It relieves stress because there are no fixed ideas, thoughts, or mental images to create the stress. There is no clutter. It is the whole mental movement of fixed ideas, images, and all such clutter, that is the cause of stress. Every emotional stress involves a fixed thought. It involves a fixed mental image. Simply look at whatever stress exists in your life. There is the stress associated with the images of a boss or coworker. There is the stress associated with the images of family, the spouse, children, or neighbor. There is the stress that goes together with feelings of insecurity about a relationship, job, money, war, death, and everything else that goes on throughout daily living. Every stress goes hand in hand with a mental image or thought. It goes with all of that clutter. It is not that stress is different from mental clutter. They are the same movement. They are the same thing. To deny all mental clutter means to deny all mental images. It means to not follow anyone or anything that claims to be the way or method to relieve mental stress.

That means one must learn what it is to follow nobody. One has to find out what it is to deny the whole of every mental image that exists or has ever existed. Only when that happens can the mind be free. Explore what it means to do that. Explore it, and just observe how every psychological stress, anxiety, and frustration that exists in the mind comes to an instant end. Watch how all of that insanity suddenly stops.

1176. If you say you love another person and there is a contract, term, or deal placed on that love, then that is not love. Love is not something that stipulates, negotiates, or makes deals. Any deal or condition that is put on a relationship destroys any possibility for love, because love has no conditions. That is an absolute fact. It is a fact that most people refuse to face. Learn what it means to be in a relationship with another person, spouse, coworker, or neighbor, and demand no terms, no stipulations, and no conditions of any kind on that relationship. Do that and see what happens. What happens cannot be expressed with any words. What takes place in the brain is indescribable.

1177. People feel sorrow over the death of a spouse, a child, a parent, or any person where there is psychological attachment. People do not feel the same sorrow over the death of a stranger. The absence of any inner attachment prevents it. If there is no psychological attachment to any image of a person, then when that person physically dies there are no feelings of loss. There is no hurt, no sadness, none of the anguish. There is only one thing that has no relationship with any hurt or anguish. That thing is love. This seems to be a difficult thing for people to realize. The fact is love knows no anguish. It feels no hurt. A person who has such a love, loves even upon the death of a loved one. Love is not affected by bodily death. Anything that happens in the bodily, physical, or material realm does not touch love. It does not touch love because love is not a material thing. That which is material is limited. Love is not limited. That means love has no end. It is endless, unlimited,

without measure of any kind. This is the thing. Love does not stop when a person dies. If you have this love, and the other person dies, and the other person had the same love, the same immensity, the same unlimited and immeasurable other, then you and the other person are in-separate. You are inseparable. That is what love means. It means no separation. No separation means no division, no conflict, and therefore no sorrow. However, if the other person does not have this love, which means the person is caught up in the world of the ego, struggle, conflict, and all the misery that goes with it, and that person dies, then nothing happens to the ego. Physical death does absolutely nothing to the ego. It does nothing to squash or end it. It cannot destroy the ego because the ego is a movement of sorrow. It is a movement of ignorance, and only intelligence ends ignorance. That means the ignorance continues. The sorrow persists. The body of the person may be finished, but the ego is not. The ego goes on. What people think is a loss is no loss at all. It is merely a modification, an alteration, a refitting. It is like a change of shoes. The ego simply slips into another pairs of shoes. It takes on another body and goes on. It goes on as it has for millions of years.

1178. The brain was recording the majestic blue sky, the green and brown leaves on shrubs, the woman getting into a car, the teenager riding a skate board, the insects in the air, and the deep cracks in the cement sidewalk. It was watching, experiencing, and recording. There was no importance given to any of the recordings. Nothing that was recorded was given any personal value at all. The body stopped and scanned the brain for any idea, thought, or memory that had been given supreme value. There were thoughts of keeping the body clean, giving it good food, exercising it, and all that. There were the ideas of doing household chores, vacuuming, washing clothing and dishes, watering and caring for plants, and so on. These thoughts and ideas had limited value, but the value was not supreme. Everything in memory was fixed, limited, and bound to the past. There was nothing in memory that had supreme value. There was nothing in

memory that was invaluable, priceless. There was nothing sacred. The brain was not fixated on anything. It was not bound or attached to any particular memory. It was open and unbounded. It was free. If the brain is faced with a question about what is love, death, what ends frustration, jealousy, anxiety, depression, or what does it mean for the brain to come upon a field of existence that is unlimited, sacred, then it must not be bound to any personal opinion or belief about it. Only a brain that is free can explore such questions and not be fooled to take a wrong path. The instant the brain follows a personal opinion it steers off course. The moment the brain embraces a personal belief it gets lost. Throw every human opinion and belief in the garbage. Do that and explore such questions as if for the first time. If you really throw out the totality of human opinion and belief, then the brain is open. It becomes free of all bias and inclinations. Only a brain that is free is ready to explore such questions. Do that and see what happens. If you get stuck with nowhere to go, then stay where you are. Stay with the question. As long as you do not veer off on a wrong path, you are fine. The key is to not form an opinion, a belief, a personal philosophy, or anything like that. If you do, then the brain closes off, which means freedom is lost. Without freedom you are on the wrong path. So simply do not form any personal opinion, belief system, philosophy of life, or any such thing. Give no supreme value or worth to any aspect of memory. Do that and you avoid going down a wrong path. To avoid the wrong path is the right path. They are the same.

1179. What is real is the present. The present cannot be perceived by any mental image. Any image implies memory, and memory means the past. The brain cannot perceive what is real if it meets the present through the filter of the past. Find out what it is to observe without an image. When you look at a flower do not name it. Do not make any comparison or judgment of it. Expect and want nothing from it, from the brain, or from anything else. Simply observe it. Look at the shape, the color, the movement of it.

If you can smell it, then smell it. If you can touch it, then touch it. Give your entire body, mind, and heart to it. Watch what happens when there is observation without any image making. If you observe the flower without making an image of it, then there is no image maker. There is no separation between you and the flower because both the image and the image maker no longer exist. The end of this separation, the separation between the image and image maker, brings about an end to the separation in the mind. It ends psychological separation. The absence of psychological separation frees the mind. It frees the mind from the past and thereby enables it to come upon the present. Freedom from the past is the present. They are the same event. They are the same action or movement. When that happens an incredible change takes place. Psychologically the past drops away and suddenly the mind perceives what is real. It perceives what is true. It is in the perception of what is true that a new dimension to life is revealed. The mind comes upon a dimension to life that is without separation and therefore whole. It is a dimension that is whole, complete, and not bound to the past or anything at all. The mind comes upon that which is complete, unbounded, utterly untethered, and therefore free. The mind comes upon a dimension of completeness and freedom, and it is not separate from it.

1180. The motorcycle made a deep rumbling pop-pop...pop-pop...pop-pop. It was shiny and appeared very clean. It had a black engine, black exhaust pipes and 5-spoke wheels. It sounded powerful, moved quickly, and darted between cars stuck in traffic. There were many people walking along the brick sidewalks in the small town. Their gaze was straight and their eyes looked blank, fixed. Two small children ran towards an ice cream shop laughing and bustling with energy. There was a young man sitting at a table outside a sandwich shop. His eyes had a listless look. His mouth was open, and he seemed to stare aimlessly. The air was cool, and the sky was filled with thin, colorful, high clouds. The body felt supple and strong as it made its way under the

shadows of the shade trees. It was a small house with green shrubs in front and a giant redwood tree behind it. Shadows crept into the small house around the doors, in the cracks of the table, under the white orchid pedals and the green leaves of a peace lily and bonsai tree. It was great fun to prepare the salad with lettuce, tomatoes, avocado, raisins, oil and vinegar, and all that. After lunch the body sat quietly alone in the small kitchen. Cars could be heard off in the distance. The room was silent and an immense stillness saturated everything, the air, walls, table, and chairs. The brain was not separate from the stillness. It was the stillness. They were the same. In the stillness the brain was watching, listening, completely devoid of the playback of memory, the past, and all the craziness that goes with it. To be entangled in memory, the past, which means anxiety, heartache, and all the rest of such needless nonsense, creates psychological isolation. The psychological past is the factor that causes isolation, and in the midst of isolation, any and all relationships are prevented. They are totally absent. The absence of relationship denies love. It means love is denied and cannot operate in the brain. There may be the desire for love, or the hope, expectation, or belief in love, however none of that is love. None of that has any meaning. Any desire for love is not love. Any belief of love has no connection with the actuality, passion, and vastness that is love. They are two completely different things. One is a belief, a mental image, and the other is the real thing. Any form of belief is nothing but a playback of memory. It is an activity of memory, and memory means isolation. It means mental isolation. The brain is entangled in the past, and therefore it is barred from the present. Love only exists in the present. It is like this. If you observe life through the filter of memory, a personal belief, or the image of a person, which is based on past experience, past events, past pleasures, past pains, or whatever, then relationship in the present is impossible. The past is what denies relationship. Relationship cannot exist when the brain is imprisoned and caught up in the world of the past. Either there is relationship or not, which means either it exists in the

present or it does not. Love only exists in relationship, and relationship only exists in the present. The whole mental embrace of memory must end for love to reveal itself. When that happens then every heartache, every anxiety, every grief disappears. Love does that. It makes all of that craziness disappear.

1181. There is a world completely unlike and different from the man-made world of belief. Belief is man-made. It is made by the brain, stored in memory, and therefore anchored to the past. This other world cannot be accessed through the past. It means belief, any belief, prevents this other world from manifesting. The door to this other world is inside the brain. End all human belief so that it no longer occupies the brain, and the door to this other world opens. It opens instantly.

1182. Do not accept, believe, or embrace anything anyone says or writes. Doubt it. Be skeptical about it. Explore and go into things for yourself. That means think through things for yourself, and be terribly careful not to be tricked or fooled.

1183. The brain was empty of the psychological movement of the past, memories, and all remembrances that ever existed. The brain was empty of the whole of that, which means it was highly sensitive and alert. The mental alertness was intense. Breathing was quiet, and the alertness was simple, natural. However, the alertness was more than natural. It was tantalizing. The brain was entirely in the present, and in the present it came. Without warning a vast, intimate, and immeasurable presence unveiled itself. It was indescribable, ineffable. It filled the brain and everything around it, the yellow sky, the dark green trees, the red and white flowers in the shadow of the brick building. It was a presence that was alive, moving, ever new, exploding with energy. It was both creation and annihilation at the same time. It was without blemish or decay. It was the present itself. It was an is-ness, an unfathomable dimension of

newness that had nothing to do with the past. It was not a mental projection of any sort. A projection is an idea, and this was no idea. This presence, is-ness, or whatever it was, was not a bounded thing. It was unbounded and therefore unlimited. The magnificence of it could not be captured, approached, or in any way contained by the brain. It was uncontainable. It was unlimited, infinite. It was an unspeakable and holy thing.

1184. Mental brainwashing begins early in life when you are molded and shaped to think and behave in a certain way based on the guidelines of whatever community you find yourself. You are shown and taught to participate in particular social norms, cultural traditions, and religious customs. Each community has different customs and traditions. They are what separate communities from each other. They are the things that divide people. As you grow older you repeat these traditions, and as a result the brainwashing, and therefore the social separation, is passed down from generation to generation. If you are brainwashed, then it means the brain itself is slanted, warped. It is twisted. A twisted brain is an ignorant brain. It is with an ignorant brain that you then live, work, breed, and die. If you are mentally brainwashed, then your life is being steered by a brain that is ignorant, confused, subject to one conflict after the other. It means a life subject to anxiety, frustration, loneliness, depression, jealousy, the struggle for happiness, God, and on and on. It is mental brainwashing that is the root of all of this mess. It is the reason why there is no love in your life. A brain that is confused, ignorant, caught up in a world of constant conflict and struggle, does not love. It cannot. Love is not confusion. It is not the result of ignorant living. It is not conflict. Ignorance and conflict prevent the brain from loving. Love is not ignorance. It is not the mental separation that ignorance brings about. Love is not separative. Find out what it is to discard everything you have ever been shown and taught, which includes all of the social, cultural, and religious norms that have been imposed and forced upon you since childhood. Give none

of that any importance. Do that, and the separation in the brain comes to an end. Do that, and suddenly the mental brainwashing of man is no longer being sustained. It is no longer being fed because it has ended. It has ended in you. As a result the whole insane cycle of ignorance, which is all the brainwashing that has been going on for thousands of years, has stopped. It means the start of a new way of living and the beginning of a new human being.

1185. Without fear and superstition organized religions would be out of business.

1186. If every man-made institution and system collapsed, which includes everything governmental, financial, educational, religious, intellectual, and scientific, then the end of all that would not effect the person who loves without conditions. Society may suffer a breakdown and be reduced to bands of people acting like wolves filled with greed, hatred, and utter selfishness. However, no matter what happens, nothing can touch such a love. Nothing can touch it because a love without conditions is untouchable, and therefore indestructible. It is an imperishable thing.

1187. If what you do with your life does not have love at the core, then it is a waste.

1188. Let every earthly thing you ever aimed and wish for fall out. Strip away every inner pursuit that has ever plagued or haunted the brain. Every mental pursuit for security, prestige, power, sex, well being, love, something meaningful and sacred in life, some transcendental or spiritual experience, God, and all the rest of it, must be completely and totally abandoned. It must be annihilated. If that happens, then the whole inner movement of pursuing and striving to achieve, experience, change, or become, is no longer of any consequence. The entire mental movement of pursuit ends, and as a result you are left with nothing to pursue. To actually pursue nothing, means the end of struggle. When the mind stops struggling, the ego ceases to

exist. The ego falls away. The ego is memory. It is a totally materialistic and therefore earthly thing. It is the falling away, dying, and ending of the ego that reveals an unearthly dimension to existence. Find out what it means to struggle, pursue, and strive for absolutely nothing. Only then can that unearthly other show itself. Only then can the mind merge and move with the unearthly other.

1189. Find out what it means to come upon a love that envelopes the brain, other people, animals, plants, sky, trees, and oceans. See how it envelopes you. See what happens when that indescribable love, that love that has no conditions whatsoever, envelops you and all the fears and insecurities you have about life, work, and all of the everyday relationships with the spouse, family, boyfriend, girlfriend, boss, coworker, neighbor, and stranger you meet walking down the street. Watch what happens to the whole mental movement of fear and insecurity when you discover what it means for that love to be in the brain.

1190. If you carefully watch people you can see that they are caught up in the pressures of everyday living with all of the worries, jealousies, aggressive behavior that goes with the pursuit of wealth, security, and seeking constant control over daily living and other people. They are all living in the same field, moving in the same direction, thinking in the same manner. They are all living, moving, caught up in a world that is restricted to time. Time means the past. It means memory. People live in memory, which means continual hurt, anxiety, and all the mental anguish that goes with it. More deeply, it can be observed that people are the same. People may have different names, different beliefs, different phobias, different worries and frustrations, however all of that is superficial. Underneath it all every person who lives in the past, caught up in memory, attached to this particular ideal, that belief, or whatever mental image happens to be in the brain, is stuck in the same field. Each person is drowning in the same pool. It is the same pool of frustration. It is the same pool of sorrow. Mentally there is no difference

between the sorrow in one person and that in another. Sorrow is what it is. It is the same movement. It is the same current. That means the people who are caught in the same current and live in the same pool of sorrow are mentally not different. They are not separated in any way. They are the movement, the current, the pool. They are the same.

1191. Do not suppress whatever movement of thought occurs in the brain. Simply observe it. Watch it. Be aware of it. Be aware of it in the same way and at the same time as the sound of a passing car, a dog barking, or leaves rustling in a wind. Do it. Play with it. Test it out.

1192. It was early morning and air was still, cool. The sidewalks in the neighborhood were empty of people. Darkness filled the sky, the trees, the empty room in the small house. Unexpectedly it appeared. It was an affirmation. It was an affirmation of the present, the is-ness. It was an is-ness that had no mission, no conditions, no divisions. It was undivided, whole, and complete. There was nothing missing from it. It lacked nothing, and therefore it was perfect. It was perfect in every way. It touched and enveloped everything. There was a power, an indescribable force to it. It was not a physical force. It was a force that all at once demolishes every sense and hint of psychological division in the brain. It was a force that brings about a wholeness to the brain. It made the brain whole, complete. The is-ness remained throughout the morning. It was in the high clouds, the stillness of the trees, the small birds filled with energy dashing from bush to bush. There was nothing to struggle for, nothing to desire, nothing to change. The affirmation, or whatever it was, revealed a completeness, a perfection, and that perfection was it. It was the is-ness. It was the present. It brought about a release of all division, the division between good and bad, war and peace, intelligence and ignorance. The release ended every form of division and what manifested in the brain was extraordinary. It brought with it a quiet and impenetrable joy. It brought a contentment that no belief, thought, or mental image could

touch. It was not an image. Any image of joy was not it. Any physical feeling of contentment is not contentment. This was not physical, material, or worldly. Any mental image is a pretense, a deception. This was no image. It was no deception. It was an unworldly thing.

1193. A conclusion happens when learning stops.

1194. To come upon a contentment that is impenetrable means the end of struggle. It means the brain comes upon the last struggle, the last division. It comes upon the last ego.

1195. In order for a person to face what it means to love another without any sense of attachment or mental strings, and therefore without asking for anything in return, means to face that which is unconditional, timeless, and therefore sacred. It means to face what is love.

1196. There is a dimension to life in which the past, present, and future are fused into a single field. It is impossible to convey the wonder and mystery of this field with just words. Words like bliss, ecstasy, rapture do not at all come close to conveying what it means for the brain to come upon it. The value for the totality of the content of memory must be seen as worthless, which includes any and all sentimental, emotional, theoretical, or philosophical attachments that may exist for the image of a person, job, belief, or any ideal about life, death, God, or whatever else. If the brain gives any value to any form of memory, then the bliss and unfathomable rapture that is this other field remains nothing more than an idea. Any idea of it is not it. The idea of this other field is not the field. They are two totally different things.

1197. If you fail to find out what it means to love and you die, then it is as though you never lived. It is as though you were never born.

1198. If the ego is kept, then that unlimited other cannot come. Lose the ego and that unlimited and infinite other manifests. It comes.

1199. The end of living trapped in psychological time brings about a beauty, a bliss, an incredible joyfulness to everyday life. When one discovers this joy one can do anything. One can work in an office, on a farm, or in an auto repair shop. One can do anything and this joy follows. If it is within you, then it goes where you go. The end of living caught up in the past, living in memory, and all the mental conflict and misery that goes with it, is what brings this joy. The immensity of what happens to the brain and throughout everyday living is something that no words can describe. The joy that manifests has nothing to do with any kind of cheer, delight, or gaiety. It is nothing like that. The joy that manifests is infinitely greater than that. What manifests is greater than joy. It is the joy of joys. That is what takes place in the brain. The brain comes upon this indescribable other which has nothing to do with time. The end of living in time, memory, the past, and all that, is what does that. The end of time is the joy of joys. They are not different things. They are the same.

1200. The narrow dirt trail curved along the shore of the massive lake. It wound around the conifer forest between pines trees, large granite boulders, and waterfall after waterfall. The lake was emerald green and surrounded by snow capped mountains. Ripples of water glistened in the sunlight and lapped onto shore rocks, fallen trees, and a white sandy beach. Giant black ants ran back and forth along wood boards on the edges of the trail. Great care was taken not to step on any of them. The sky was clear, huge, and without warning it appeared. The brain came upon a movement that touched everything, the trail, ants, trees, lake, and mountains. It was a movement outside the field of time, and therefore it was something that man could not destroy. It was indestructible to the idiocy, mischief, and greed of people. Greed begins with the formation of mental images,

the playback of memory. Memory means time. This other was not a playback of memory. It was not an image. Images are the past, and therefore dead, lifeless things. This was not dead. It was bursting with life, and at the same time gentle, fragile, smooth, and flowing. It washed over and cleansed the brain. It brought about a feeling of incredible inner warmth and contentment. It purged the brain of all mental imagery, the past, and therefore it had no connection to time. It was a timeless thing. Any effort to contain, capture, or possess it, only pushed it away. Effort involves a mental image, and an image means memory. It means time. The entire psychological activity of effort, desire, and will must completely cease for that indestructible and timeless other to come about.

1201. The only moment that matters is the present. What matters is right now.

1202. The ego is like a dream. When the ego ends, there is no question where it goes because it is not real. When the ego ends, then living in dreamland comes to a stop. Time itself disappears. Time disappears because the ego is time. They are the same.

1203. Make no distinction between sorrow and depression, jealousy and fear, anger and loneliness, hate and anxiety. If you do not separate these problems, then only a single problem exists. If a single problem exists, then a single answer exists. Find out what is that single answer and it ends every psychological problem. It ends every inner conflict, hurt, and sorrow all at once.

1204. Material things have energy. They are infused with massive amounts of energy. A bird, a tree, a blade of grass all have energy. Energy also exists when the brain is quiet. The brain is quiet when it is purged of the attachment to remembrances. The end of attachment is what starts the energy. It ignites it. When the brain comes upon this energy it changes. It no longer moves in a material or mechanical

manner. It moves in a way that is not mechanical or repetitive. A repetitive movement is limited and confined. This is different. This is not a confined movement. The brain that comes upon this movement is no longer a prisoner to any remembrance or mental image. The brain breaks away from all of that. As a result it makes a discovery. It discovers freedom.

1205. People marry for different reasons, sexual, cultural, legal, financial, and so on. Regardless what the reason, if you put any demands, restrictions, or conditions on the person you marry, then you do not love that person. A condition creates an expectation that the condition is satisfied. If marriage is based on expectation, the desire for physical security, money, sex, or whatever the case may be, then the moment the other person reneges on that condition, conflict ensues. The result is disappointment, frustration, fear, anger, and all the turmoil that goes with it. If a woman marries a man for money, and the man becomes destitute, then the woman wants nothing to do with him. She leaves him and seeks another. If a man marries a woman because she is beautiful, and the woman turns ugly, then the man leaves her. That is obvious. A marriage based on any condition denies love, because love is unconditional. If a marriage is not based on such a love, then everyday living will be filled with the pettiness of jealousy, boredom, depression, loneliness, and all that nonsense. Love has nothing to do with any of that. Love is not jealousy. Jealousy denies love. Love is not boredom or depression. Love knows no loneliness. It ends loneliness. It destroys depression. Love does that. Find out what it means to love, to love another person without any conditions at all, and you will learn what it means to live without conflict in your life. The absence of conflict in daily living means peace. It means the discovery of a peace of mind that cannot be effected or moved by the presence or absence of money, sex, parents, children, a home, a job, or anything else. This is not a peace of mind that depends on something. True peace of mind depends on nothing. Only if you learn what it is to inwardly depend on

nothing, no person, no thing, no belief, no mission, no goal, no idea, no mental image of any kind, can one be internally free. Freedom is what brings about this extraordinary peace of mind that depends on nothing. To inwardly depend on nothing means to be free. Peace of mind and freedom are not different in any way. They are one and the same thing.

1206. Everything is here. It is now.

1207. If it appears time is needed to come upon that which is timeless, then that appearance is an illusion.

1208. When you say you think about another person, what takes place is the brain plays back the particular thoughts that have been recorded of that person. The thoughts may be modified or reshaped, but what is important is that they exist in memory. Memory is the stuff that creates identity and therefore defines you. It is what psychologically makes you up. Memory is you. That means when you think about another person, you are actually thinking about yourself.

1209. To be aware of yourself means to be aware of the thoughts that come into and pass through the brain. Carefully watch and learn about each and every thought. If you do that, then you learn about yourself. You learn about yourself because you are thought.

1210. The greatest event a human being can experience is when every cherished thought dissolves away. There is nothing greater because the nature of thought is that it is limited. If thought dissolves, then an unlimited and infinite other emerges. That is what happens. All precious mental images, which means every personal belief, opinion, attitude, value system, including the culture, morals, and traditions you were brought up to follow, must be internally disowned. When that happens it is as though they are absorbed by this infinite other. The precious ideas die, and this infinite and sacred other is born. The death of these precious ideas, thoughts, and cherished mental images results in an inner

birth. It is the birth of that which is outside the field of limitation. It is a birth that takes place inside the brain. What happens is something no idea, thought, or mental image can conceive. What occurs is an inconceivable thing.

1211. If the brain fails to free itself from the ignorance of mental attachment, the attachment to every idea it values and considers important, then upon physical death the ignorance continues. It goes on in another brain. It continues in another person. It does that because there is no difference between you and anyone else. You are the same. However, if intelligence occupies the brain and the body dies, then nothing happens to intelligence itself. Intelligence is not rubbed out of existence or destroyed by the death of the brain, because intelligence is separate from the brain. The brain is simply no longer the tool for intelligence, which means intelligence remains intact. It continues to beat, pulsate, vibrate, and flow. The flow of intelligence cannot be rubbed out or destroyed. It is an indestructible thing.

1212. Speckled shadows covered the forest floor and the dirt trail wound around the lush grove of ancient coastal redwoods. The trail threaded next to a creek, over wood foot bridges, and along the sides of a canyon. Hikers with day packs chatted as they briskly walked up the steep trail to a service road. The sounds of birds happily singing and chirping filled the air. The descent back to the park entrance wound down the hill past several giant redwoods with burn marks and the scars of lightening strikes. Upon stopping to observe and marvel at the great beasts it happened. Unexpectedly the other unfolded. A delicate, austere, and infinite gentleness enveloped the giant trees, the trail, the creek, and everything in it. It bubbled up and exploded from inside the brain. The brain was silent of all idea and mental image making. It was sensitive, listening, watching. This infinite and gentle other was not an idea. It had no relationship with any mental image. It was imageless, nameless. Every sense of time vanished. Time itself was at a stand still. Mere seconds passed, but what happened seemed

like forever. There was a sense of eternity in those few seconds. The other was eternity. It was the same. The trees, the dirt path, the birds, the insects, and everything in the forest were intensely alive. The brain felt alive, young, innocent. A flow of tremendous energy surged throughout it. The brain was vacant of the playback of memory and all the mindless activities of mental image making, and within that vacancy and inner emptiness there was the energy, alive, bursting, creating. No words can begin to convey the creating that was taking place, the hugeness of the energy. On the valley floor stood the largest of the coastal redwoods. Two of the largest trees were labeled with names on wood posts. Inside the small museum were stuffed small mammals, birds, and reptiles with the names of each posted on small paper labels. Psychologically you are a name, a label. You are the mental images you have of yourself. These images and labels are what make up the self. They identify the ego, the me. There is no difference between the person who identifies with being a Christian or Muslim, atheist or agnostic, criminal or politician. There is actually no difference at all between the criminal who identifies to a particular gang and the politician who identifies to a particular political group. They each identify to a mental image. The fact is you are what you think you are, which means you are the images you have of yourself, nothing more, nothing less. Do this. Do not recognize, give credence, or identify to any name, label, thought, or mental image you have of yourself. Do that and no self identification takes place. Do that and suddenly the door opens to that nameless other. It allows the brain to come upon that which is outside the world of names and mental images, and as a result that which is beyond the boundary of time is made apparent. It makes possible for the brain to come upon that dimension of life that is timeless and therefore eternal.

1213. What happens at death is simple when you throw out all opinions and beliefs about it.

1214. As the idea of a thing is not the thing, so any idea of happiness is not happiness. A belief is an idea. An opinion is an idea. A philosophy, an ideology, and any sort of mental picture is an idea. To be truly and deeply happy one must discard what is not happiness. Negate what is not happiness, and what it is arises. It unexpectedly comes.

1215. It was a bright, sunny day. The small room was bathed in soft yellows, grays, and whites. A silent breeze blew in through the screen from an open window. The body was laying down, resting, with eyes open. There was no trace of mental want or desire in the brain. The eyes were relaxed, watching nothing in particular, and suddenly out of nowhere it came. An incredibly gentle, smooth, and flowing other appeared. It appeared both inside and outside the brain. The brain was watchful, sensitive. The brain had a quality of sensitivity that seemed to enable the other to manifest. It seemed to invite the other. The other was vast, immense. It had a gentleness about it that was infinitely delicate, fragile, and at the same time it was infinitely powerful, impenetrable. It was incapable of being captured, put into a mold, or made into some sort of stupid memory. Memory has nothing to do with it. The whole activity of thought has no connection to it. Thought compares. It compares, judges, and scrutinizes. This other was inscrutable. It was an absolutely unfathomable thing, which could not be touched by any idea or mental image. The movement of mental images as struggle, effort, or desire only serves to block it. The end of desire is what allows it to come out. It is the factor that makes it possible for the brain to come upon it. Until the brain learns to live without desire, struggle, and all the subtleties of personal wants, insecurities, and fears, this other remains evasive. It remains an elusive thing.

1216. Psychologically depend on any person, any object, any mental image for a sense of comfort, well-being, and security, and happiness goes out the window. It vanishes.

1217. The inner you is created by ideas. Your name, your fears, your desires, your beliefs, the mental images you have about yourself as an American, Chinese, Muslim, Hindu, handsome, ugly, intelligent, ignorant, all take the form of an idea. They take the form of thought. Without thought you would not have an image of yourself. You would not identify yourself to anything. You would not internally identify with or belong to any race, religion, political group, philosophical ideal, criminal gang, or country. You would have no identity. The absence of identity means you would be nobody. Mentally you would not label or call yourself anything. The psychological attachment you once had to the images of a particular religious organization, a political party, a gang, a nation, and all the rest of it, would be gone. You may have a passport or drivers license in your name, but you would no longer be mentally attached to it or any mental image, which means you would be free. As a result an impenetrable sense of freedom would manifest. It would unfold and show itself in the brain. The freedom that comes about is impenetrable because no outside source can touch it. If you are nobody, which means there is no inner you, no ego, no self, then psychologically there is nothing in the brain to be hurt or attacked. There is nothing that can be violated in any way. Here is what happens. The brain identifies to nothing. Internally it walks away from every form of mental attachment to ideas, thoughts, and images. As a result the brain discovers what it means to be free. The freedom that results exists inside the brain. It is not an idea of freedom. It is the actual thing. It is impossible to find the words that can convey the scope, extent, and hugeness of what takes place. The brain comes upon something that is incapable of being violated or in any way corrupted by man. It comes upon something that is inviolable. It discovers that which is incorruptible, and therefore divine, sacred. This is important to understand. The brain is a material, physical thing. This sacred other is not material. It is not physical. It is different from the brain, the physical neurons, the memories, and all the ideas and thoughts needed for practical purposes to hold a job, ride a bicycle, prepare a

meal, and all that. It is inside the brain, but separate from the brain. This sacred other occupies the brain, but it is not an image. It is not an idea. The beauty of it is that it is something that lies within every human being to discover. This sacred other is not designed for a select few. It is not made for only a handful of people. It is something that any and every human being can come upon.

1218. The key to finding meaning of life is to be mentally attached to no belief, no opinion, and no thought of any kind. Do that, and freedom happens. It takes place in an instant. The meaning of life does not lie in seeking freedom, but it lies in removing the barrier to it.

1219. It was late at night and there was intense throbbing in the brain. It was piercing, stinging. It was difficult to comfortably sit or lay down. The discomfort was intense, but at the same time there was something else. It was something far greater, more immense and important than the brain or body. If physical death came, then there would be no regrets. There would be nothing left unsaid or undone. If you love, a love that is a full and whole, then a wholeness is revealed in which nothing is absent. Love has no missing pieces, which means it is everything. If you come upon that unspeakable immensity that is love, then physical death has very little meaning.

1220. If you are dissatisfied with your job and do not know what to do with your life, then the task is not to find a job you like. The task is to find out the cause of, and bring an end to, the dissatisfaction. Dissatisfaction is a feeling of discontent, regret, and uneasiness. Learn what it is to have a contentment that depends on nothing, and that contentment follows you. It stays with you throughout everyday living. It means you can follow whatever interests you to earn a livelihood, where you live, and what you do. This is a contentment that does not depend on a job, money, another person, any sort of personal beliefs, or for that matter anything at all. It is a contentment that comes with

independence. It comes when you learn what it means to be psychologically free. Freedom is not an ideal. It is not a clever notion, philosophy, or any form of mental image. An image of freedom is not freedom. The image of a thing is not the actual thing. This is a freedom that is actual. It is real. Freedom means to have the inner capacity to be alone, inwardly alone, and to be completely content in that state of aloneness. You may live with a large family and constantly surrounded by people, however there is no mental dependence on anyone. There is no hurt, anxiety, or any sense of despair if the spouse leaves you for another, all of your money is taken away, or your house burns down. None of that touches you. Explore what it is to have the capacity to stand alone and to be totally secure in that aloneness. Do that and watch what happens to every sense of inner discontent and dissatisfaction. It miraculously melts away, and it takes no time to happen. The melting away happens instantly. It is an immediate thing.

1221. Love is unconditional. If the brain is conditioned, then it does not love.

1222. There is something more precious, remarkable, and wonderful than pleasure. All forms of pleasure, the pleasure of desire, excitement, and anticipation are activities of thought. It is thought that anticipates, strives, and struggles to experience and repeat past pleasures or pursue future pleasures. It is the thought of a thing that gives pleasure. Thought is the playback of memory and this playback creates the wanting, the desiring, and all the feelings that go with it. That means pleasure is rooted in thought. It is rooted in memory. Memory is an exclusive thing. However, this precious and wonderful other is not exclusive. It has nothing to do with memory or any form of thought. The mechanics of thought as desire must end for this other to come about. When that happens and the entire psychological movement of desire, wanting, and striving becomes still, then the brain undergoes a change. It is the stillness of this movement of thought that allows the brain

to come upon this other. This other is an entirely different movement. It is not exclusive, which means it is inclusive. It has an inclusive nature about it. That is what the brain comes upon. It comes upon a field of existence that is inclusive, and therefore that which touches all that is.

1223. If you fail to find out what it means to love without rules, expectations, and therefore a love that has no conditions whatsoever, then your life will be empty, hollow, with hurt after hurt after hurt. A life of hurt is needless. It is a completely senseless thing. If you do not figure out what it means to have such a love operate deep inside your bones, then it will mean when you are dead and gone that a tremendous opportunity was lost. It was missed. It will mean the opportunity of an eternity was squandered away.

1224. The struggle to defend, protect, acquire, or achieve is a movement of the ego. The ego is struggle. That means when one ends so does the other.

1225. Do this. Inwardly scan the brain and see if any mental attachment can be detected. See if there are any thoughts or ideas that have value, worth, or special importance. The ideas can be about a job, a person, a religious belief, a political group, a mission in life, God, sex, money, or whatever. It does not matter what the idea is about. Once an idea is found that has importance, see how that idea relates to fear, the fear for the loss of that idea. See how the idea links and goes together with anger and how anger arises if that idea is attacked or criticized. See all the conflict that exists with any idea that the brain treasures, idolizes, or in some way considers all important. Now see how the idea and conflict, the conflict of fear, anger, anxiety, or whatever the case may be, go together. See how the one cannot exist without the other. That means the idea and conflict are not separate. This is important to understand. The idea is the idea maker. It is you. Therefore you are conflict. You are fear. You are anger. You are the anxiety, stress, torment, and mental mess that exist in the brain. That which is inherently

a mental mess cannot do anything to resolve that mess. Any action by anger sustains anger. Any will, desire, or effort by fear to end, hide, or suppress fear, only perpetuates it. The fear may not be apparent. It may seem hidden, but it is there. Therefore no idea can bring an end to the problems of fear, anger, anxiety, and all the craziness that goes with it. If you see how ideas have a narrow framework in which to operate, such as working at a job, cooking, cleaning, and all that, and they have no ability at all to end the mental problems and social conflicts in everyday living, then the insight of that fact brings freedom from ideas. It means I will not use any idea in any way, shape, or form to try to resolve the inner conflicts in my life. I am free. See what happens when the brain is free of all that nonsense. The only way to see what happens is to do it. Test it for yourself. Experiment with it. That is all you have to do.

1226. If you are internally caught up in the movement of the self, which means the psychological attachment to the mental image of a person, a house, a job, a passport, a country, a belief, a God, and all the insecurity, fear, and conflict that goes with it, then you are no better or worse than any other person who is in the same fix. The mental attachment may seem stronger in one person compared to another, and the conflict may appear more intense, violent, and all that, but it is the same movement. It is the same activity of the ego. That means the ego of a pope, king, or CEO of a large corporation, is no better than that of a beggar, servant, or office clerk. It means the actions of the ego in every person on the planet have the same value. They have equal worth and equal worthlessness. The idea that the activity of one ego is better, greater, or in some way more special than that of another is a fallacy. It is a mistake. It is a mistake because the ego of one is the same as the ego of another. The ego in you is the same as the ego within every human being on earth. It is the same.

1227. If you come upon a truth and you reject it, then from that moment on you live a lie.

1228. It was late evening and the room was near black. It took several minutes for the eyes to adjust to the blackness. Slowly things in the room began to take shape, the walls, windows, furniture, paintings, plants, and shadows within shadows. The body was tired from the activities of the day and resting on a sofa. The eyes were closed, but the brain was highly alert, watching, and listening to whatever sounds were in the air. The whole body felt terribly alive. The aliveness went on throughout the evening and into the morning. In the early hours of the next day an unspeakable sense of joy and happiness unfolded within the brain. It came out of nowhere. It came from nothing. It had no cause and was not the outcome of will, desire, the movement of thought, or anything like that. It was unlike anything ever felt before. The feeling was not an emotion. There was nothing emotional or sentimental about it. Anything sentimental is based on thought. It is the result of a mental projection, remembrance, or mental image. This was not that. It was not an image. The sense of happiness, bliss, immense contentment, or whatever it was, overwhelmed the brain. There was no sense of separation or division about it. It was undivided and therefore whole. The wholeness it conveyed and brought about was extraordinary. It fulfilled the brain, scrubbed it clean, purified it. It made the brain whole. The sounds of moving cars could be heard off in the distance. Cool air filled the small room through the open window. The body was stretched out on the back, relaxed, still. It fell into a deep and long sleep.

1229. Memory is a collection of recorded events, which are all of the remembrances of experiences that have past. They are experiences that are finished, gone. They are dead things. The memory of the experiences has a nature about it that is dead. Love does not exist in the past. It is not a dead thing. That means love has nothing to do with anything recorded in memory. If you see this fact, then nothing in memory can be used to come upon what is love. The person that sees this fact puts memory in its place. Memory can be used to write an email, give a speech, sing a song, and all that. However, it

cannot be used to come upon what is most important in life. It cannot be used to come upon love. Love is something that is present, active, moving. It is a movement that exists outside the field of memory and everything that memory contains. The brain must negate everything in memory, which means everything past, dead, and lifeless, in order to come upon this other movement that is full of life and aliveness. The negation of that which is lifeless is what brings about the other. It reveals the aliveness. To negate that which is lifeless is aliveness. It is life itself. They are the same.

1230. When the brain ends the mental attachment to memory, it shakes up the brain. It is as though the brain goes through an internal shakeup that annihilates the me. It annihilates the me because the me is memory. When the memory as the me ends, then so does the limitation within the brain. The brain comes upon that which is unlimited. It comes upon love. That is the shakeup. Love manifests in the brain, and it is love that shakes and thereby awakens the brain. It is as though you were sleepwalking and suddenly you wake up. The immensity of what takes place cannot be absorbed or appreciated with any description. It must be experienced.

1231. Find out what it means to have no sense of a me, ego, or self. Find out what it is to walk down the street, go to work, be with another person, and live like that. There is no greater life than a life without a self. Anything else is small and silly. It is a waste.

1232. If the brain realizes the ego is conflict, that they are one and the same activity, then that fact jolts it. It is a terrific blow to the brain. The blow is not hurtful. It does not harm the brain in any way. It awakens it. The brain turns on and begins to look at people, trees, animals, stars, and the whole of life as never before. The fact that there is no difference between the ego and conflict, conflict as fear, jealousy, frustration, depression, loneliness, and all the rest of it,

brings about an end to that mental separation. An energy emerges when that separation ends. It is an energy that makes the brain highly alert and sensitive as never before. Suddenly the brain is aware. It is aware of the tremendous beauty that exists in a bird soaring in the sky, a warm afternoon breeze, the shape and curve of a leaf. The brain is sensitive to the smallest things. In that sensitivity the brain begins to operate, move, and live in a completely different manner. The manner it lives is unlike that of most any other person. Most people tolerate a life of conflict and living with one fear after the next. They fear rejection and what other people think of them. They fear sex, intimacy, failure, and there is the greatest fear, which is the fear of death. The sensitive brain knows no fear. The brain that is sensitive, watchful, alert, alert, alert, makes no room for the movement of thought. Without thought fear is not possible. Find out for yourself if there is any validity to this or not. See for yourself if it is possible to live fearlessly and thereby live without any trace of conflict at all. Experiment with it.

1233. People live with depression because they think it is something that can only be resolved over time. They take drugs, read books, and have endless sessions with psychologists. They become mentally dependent on the drugs, books, and all of the so-called experts who say time is needed, time will take care of it, or if you work hard at it the depression will end at some unknown time in the future. People blindly accept such ideas, and as a result they become dependent. They live with the belief that depression can be controlled. They accept the idea that depression and all the fear, anxiety, frustration, and inner garbage that goes with it, can somehow be managed. However, where there is psychological dependence there is always fear. There is fear for its loss, and fear means conflict. The fact is it takes no time for the conflict of depression to end. It can end instantly without drugs, without books, and certainly without the help from any other person. There is only one thing that ends depression and takes no time to do it. It has a character about it that has nothing to do with time, which means it is a

timeless thing. It has a timeless nature about it. That timeless other cannot show itself until the brain releases everything related to time. The brain must let go of time, not in order to find out what is that timeless other, but rather because it is the right thing to do. That which is timeless does not take time, which means it can only be found in the present. The present is a dimension of life that takes no time to discover. Watch what happens when listening takes place in the present. Listen to the sound of a breeze blowing through the leaves of a tree, the footsteps of a passer by, the murmur of traffic in the distance. Whatever the case may be, if the mind is alert, attentive, then watch what takes place in that state of attention. See what happens to depression. It is in the state of attention and inner sensitivity that every form of depression and mental conflict ends. The beauty of it is that it ends instantly. This is not something that demands any drug or book. It brings freedom from drugs, books, and all of the so-called experts. It makes the brain free of all that. It makes the brain free.

1234. The brain is a biological computer. It is a recorder, a storage device, and a playback machine all in one. It records experience as thought, stores thought as memory, and then replays it. That is what it does. That is basically how the brain works. Here is the thing. Thought is a prisoner. It is a prisoner and hostage to memory, which psychologically is the past. To make memory important gives value to the past. Life is not a hostage. Life exists in the present, which means it has absolutely nothing to do with the past. That means thought is not real life. It is not true existence. What is real has a free and untethered quality about it. What is real is not the past, and therefore it has nothing to do with time. What is real is timeless. The brain has the capacity to come upon that extraordinary other dimension to existence that is untethered and timeless. It has that capacity when it learns what is meditation. Meditation is what unplugs the whole machinery of the playback of thought, and thereby allows that real and true timeless other to come out. Church bells were ringing in the distance. The sound was melodic and

spread throughout the neighborhood, small town, and beyond. There was the steady hum of cars passing along the streets. A strong wind blew the curtains back and forth against the open window. In the little room the brain left everything. It walked away from human culture and history. It put the whole of human thought and memory into the waste bin, and thereby abandoned all that which is tethered. It dropped all forms of thought for the sake of coming upon that which is free and true. It did that, and it seemed the sacred other merely laughed. The brain left everything for that which is sacred and there was no trace of it. It was nowhere to be found. It was as if the sacred laughed at desire, because desire is an activity of thought. It is an activity of the self. It is only when every hint of desire leaves the brain can that free, unlimited, and therefore sacred other be invited. Only then can it come. The brain must learn what is meditation. Meditation is not based on desire, want, or any sense of hope. Hope is a projection of the future. Any mental projection implies an image. It implies memory, and therefore time. Meditation does not involve time. Instead it means listening. It means listening and observing without the interference of memory. Learn to observe a bird flying without any playback of memory as desire, comparison, judgment, or anything like that. Explore what it is to observe without any image to distort and thereby corrupt the observation. Only then can the brain come upon that which is untethered, and therefore sacred. Only then can that sacred other reveal itself.

1235. Physical life is transitory, temporary. It is terribly fleeting. Love is not fleeting. It is not a temporary thing. Anything temporary implies time. Love does not exist in time. It is not that love lasts forever, because forever implies time. Love is timeless. That means love is not a physical thing. It has nothing to do with anything physical, bodily, or mortal. It is an immortal thing.

1236. Love without mental attachment is the key that opens the door to everything.

1237. You may be rich, famous, greatly admired, and all that, but if you do not have that love which has nothing to do with time, and therefore a love that instantly wipes away all of the psychological pain, hurt, and sorrow the brain has ever known, then your life will remain as small as that of anyone else. It will be as shallow as that of the most vile, infamous, and hated human beings in the world.

1238. When you leave from an encounter, the encounter with a person, a boss, a coworker, a neighbor, a spouse, a beautiful woman, a handsome man, a dead animal, a majestic tree, a night sky abundant with stars, take none of it with you. Have no mental carry over or continuance of the encounter. No continuance means that no mental image of the encounter is held, embraced, or in any way treasured. If no psychological importance is given to the encounter, then no self or ego develops. No birth of an ego takes place. However, if an ego exists, and the brain stops treasuring ideas, mental images, and all that, then the ego dissipates. It dies. As a result the brain suddenly discovers what it means for the ego to die. It realizes what it is for the ego not to be born.

1239. A television program showed a lone violinist playing with eyes closed in a great hall filled with people. The musician appeared to be deeply enraptured in the music, the instrument, and the playing of it. The music was tranquil and subdued. It was poetic. The hall was packed with people sitting still and quietly listening. It did not appear to be a forced listening. They all seemed to watch and listen with great interest. The interest seemed natural and effortless. The people were all seated and facing forward. They were facing the stage. The watching and listening was directed. It was directed forward, towards the violinist, the music, the event that they came to experience. The thunder of a plane could be heard passing overhead. A car drove by and disappeared into the night. The body was sensitive to the clothes, the cushioned chair, the space in the room. The mind was listening to the music, the plane, the car, the filling

and emptying of air in the lungs. The listening was natural, effortless. The mind took in everything that was happening. To listen to everything that takes place means to listen without direction or specific intent. It means to listen totally, globally. In global listening the mind undergoes a change. The mind is not involved or occupied with the movement of thought. The movement of thought turns quiet and in that quietness a transformation takes place. The mind suddenly finds itself outside the field of psychological time. Psychological time means thought and the whole process of image making as intent, focus, will, and all that. Thought is time. If the activity of thought comes to a stop, then the mind comes face to face with that which is timeless. It comes upon an extraordinary movement that exists in an entirely different dimension of existence. It is not that the mind sees this other movement from a distance. Instead that timeless other occupies the mind. There is no separation or difference between the mind and that. It is that. What takes place cannot be explained with words. It cannot be approached by any idea, mental image, or mechanism of thought. Only when the whole mechanics of thought comes to a standstill can a real and genuine meditation takes place. This is a meditation unlike any other. All meditations that involve the repetition of a mantra, a series of mental steps, a deliberate practice, or any mental image at all, implies time. Meditation is the ending of time. Everything else is phony or a trick. It is complete and utter nonsense. Ignore and walk away from all of that. Throw all of that out. Be alone with yourself, and explore what it is to listen globally, holistically, without any effort or particular focus on any one thing. Do that and watch how the entire mechanism of thought breaks down and disappears. Watch how the flow and movement of thought, and therefore psychological time, comes to a halt. It is when time halts that meditation happens. The halt of time is meditation. There is no difference between the two.

1240. When you meet a person be completely with the person. Make way for the heart, mind, and entire being to be

in the meeting of the person. An absolutely phenomenal thing happens when the whole human organism becomes deeply involved, together, and in touch with another person, an animal, a tree, a blue sky, the evening stars. The organism comes upon a vast reservoir of energy. It comes upon an energy that bubbles and springs up from within. It is not an energy that slowly builds or takes time to develop. It is immediate, bursting, explosive. The body woke up very early, stayed up, and began to feel extremely tired later in the day. Even though the body was tired, there was tremendous energy, strength, and clarity surging through the brain. The brain and body are so vulnerable, weak, and frail. They are easily injured and put down. However, what was happening in the brain was as strong as ever. Words cannot begin to communicate the strength and clarity of what was going on inside. The brain was empty of the movement of memory, and within the emptiness there was energy, dancing, streaming, exploding. The body was ready to let go. It was ready to surrender itself. It felt as though it was on the verge of ending, and death could happen easily, gladly, welcomingly. When the brain lets go of the ego everything that is the ego, the mental attachment to thoughts of people, things, and ideas lose their value. They lose all meaning. As a result flood gates open. They are gates that release a flood of a timeless other unlike anything ever before experienced. The brain is flooded with a timelessness that embraces and permeates the brain through and through. The energy, ecstasy, or whatever you call it, cannot be described with words. What happens is indescribable.

1241. Find out what is happiness and it follows you when you sit, walk, and earn a livelihood. Discover what it is to come upon a happiness that depends on nothing, and you can do anything.

1242. The self is responsible for all the division, conflict, and violence that goes on in the world. It is the fault of the self. It is caused by the self. The self is you.

1243. The ego exists as a flow of personal belief, culture, prejudice, struggle, worry, frustration, and all the mischief that goes with it. This flow takes place throughout the brain as a whole. It is not that it occurs in a part of the brain where in some other part there is love and peace. That is a division the ego makes. The ego is conflict, which means inner opposition, duality. The ego is you. Therefore you are the inner opposition that exists in the brain. You are duality itself. The insight into that fact ends the idea that the ego can do anything to end the duality and conflict that exists in the individual or society. That insight ends the duality between the ego and conflict. The end of duality brings about a peace that encompasses the whole brain. Only a peace that permeates and runs through the entire brain is real. It is real because an entire brain that is peaceful has no room for frustration, struggle, or any sense of worry. It has no place for any of the mischief that the ego creates.

1244. The intelligent brain has no primary interest in data, information, or anything related to knowledge. Knowledge is the past, confined to memory, and therefore it is a partial, fragmented thing. Only the ignorant person worships that which is fragmented. The intelligent brain uses knowledge for practical things, but it is not a slave to knowledge. It is not that the brain has no interest to learn. It loves to learn. It is as though the brain has a thirst for learning that is compulsory. There is no end to learning for the brain that ceases to embrace all forms of knowledge. Learning is endless. It is unquenchable.

1245. The brain uses memory to fix a flat tire, plant a tree, build a bridge, and all that. However, it has a much greater capacity. It has a special ability. Memory is finite. Love is not finite. The brain has the ability to allow a love that is infinite, and therefore sacred, to operate in it.

1246. Thought is all that is known. A mystical and other worldly dimension to life exists that is unknown and reveals itself when the movement of thought subsides. This other

world manifests and comes out when the whole activity of thought comes to a standstill. It shows itself to the mind and when it does the mind is not separate from it. They are the same.

1247. If you look at a sky, the brain records it. It records it as an image. The image is put in memory, and that image can then be retrieved. If you observe the sky again, then the brain can either see it as it is, the color, the light, the shapes and movements of clouds, and so on, or it can look at the sky through the filter of the retrieved image. It can observe it through the filter of memory. A brain that observes through the filter of memory distorts the observation. Distortion occurs because the image that was recorded from the first encounter is partial. It is a snapshot or fragment, which means it is grounded in partiality. As a result if the brain uses the previous image during the next observation, then the observation is biased, which means distortion occurs. Any observation that involves a mental image creates distortion. It creates psychological distortion, which means mental contradiction is inevitable. Contradiction means conflict. All mental contradiction and conflict begin with the interference of memory in the present. Psychologically memory is the past. The past cannot meet the present. They are two completely different worlds. Test this for yourself. Watch what happens when a sky is observed through the filter of memory, which means some sort of mental image. The image may be that the sky is darker or more interesting than yesterday. The image may be that it reminds you of a vacation you took in a beautiful place, and thereby creates the desire to experience it again. The image may be that the sky is heaven, the home of God, Jesus, or Allah. Whatever is the image it involves memory. It involves the past, which means a psychological separation occurs. You do not see the actual sky, the vast expanse of it, the colors on the horizon, the size, shape, and movement of clouds, birds, shadows, and beams of sunlight. You do not see things as they are. You see memory, which means you. You see yourself. Learn to observe the sky, the trees, the birds, the boss, the

coworker, the spouse, the police officer, the stranger on the street, and the whole of life without an image. If you do that, then you learn what it is to observe without distortion and therefore without contradiction. You suddenly discover what it means to see things as they really are.

1248. If you love, then it connects you to everything, other people, animals, plants, earth, and stars. It reveals a sameness that exists in you and all that is.

1249. It does not matter what job you do, what title you hold, what things you own, what social, political, or economic status you may have, and all that. The only thing that matters is that you love without rules, conditions, or any sense of expectation. Nothing else matters.

1250. If you do not learn what it means to love, a love that is completely and wholly unconditional, then you are misusing your life. There is nothing more criminal than the misuse of a human life.

1251. In the same way a dream is not real for a person living in the earthly world, the earthly world is not real for the person living in the unearthly world.

1252. Human thought is responsible for all the brutality and horrific violence that exists throughout the world today. It is responsible for every mental hurt and sorrow that exists within you. Do not trust it. Question each and every thought that comes to mind. Be careful not to allow the brain to be duped. The brain is duped when thought operates as the mental flow of bias, and therefore ignorance. The whole field of ignorance is a flow of thought as mental dependence, the dependence on the mental images that exist about work, marriage, money, family, love, death, God, and all that. Any form of mental dependence means a seed of fear exists in the brain. Fear is inner duality, conflict, and therefore confusion. The brain that is caught up in thought, which means fear, confusion, and all the heartache that goes

with it, is ignorant. Therefore watch it. Watch the flow of thought. Watch it like a hawk. To watch thought means to observe as it enters and moves about inside the brain. If thought is observed like that, then there is no duality between you and thought. The end of this duality puts a stop to whatever inner confusion and conflict that may exist. This is something that can be observed. If you do it, it can be noticed. When inner conflict ends it brings a halt to the complete mechanism of human brutality, and all the unrest, corruption, and violence it creates. As a result the brain begins to work on an entirely different level. It finds itself in an arena that exists outside the flow of thought and therefore absent of ignorance. It comes upon intelligence. The absence of ignorance is intelligence. They are the same. This is an intelligence unlike anything else. It is what ends the ignorance of tolerating the flow of thought as personal opinion, belief, and the whole of mental attachment. Intelligence is attached to nothing. It does not identify to any particular ideal, way of thinking, or belief system. Attachment denies freedom, and only when the brain is free can intelligence operate. It is only intelligence that can end ignorance and thereby bring a stop to the whole cycle of confusion, conflict, and violence. Nothing else can do that.

1253. If the self exists and the body dies, then what takes place is based on the bias that is you. What happens is the mirror image of you. That means when the body dies the distortion that is the self goes on. It continues.

1254. Physical death is the cessation of breathing, heartbeat, and all vital functions. Near death is not that. They are two completely different things. It is the same with the ego. There is no near death of the ego. Either it is dead, or not.

1255. If consciousness determines perception, and the content of consciousness is conditioned, then perception is distorted. Find out what it is to clean out all of the conditioning that exists in the brain, which means all forms of mental conditioning as culture, religion, politics,

prejudices about people, opinions about life and death, beliefs about the soul, spiritualism, atheism, the Buddha, Jesus, Allah, God, and all the rest of it. Do that and instantaneously the brain discovers what it is to be free. Mental freedom ends the conditioning of consciousness, and thereby brings about perception that is undistorted, clear, and true. When the mental conditioning of the brain ends, the brain comes face to face with that which is unconditional. It suddenly perceives what is love. The brain that has this perception undergoes a change. It is a change in consciousness itself.

1256. The physical world is the stars, earth, oceans, plants and animals. It is a world of matter, and therefore measure. A world of measure means a world of beginnings and endings. It means a world that is measurable, limited, finite. That is the physical world. That is simple. There is another world that is not physical. It is not a finite world, which means it is a world with no beginnings or endings. It is a world outside the field of time and space. The brain has the capacity to come upon this other world in which every sense of that which is physical, material, and measurable does not exist. To come upon it the brain must bring an end to the measure that exists within it. People do not realize the immense capacity of the brain. They waste their lives with mundane so-called relationships, petty jobs, and the superficiality of everyday living filled with constant anxiety, loneliness, worry, agitation, and jealousy. The brain that ends the measurable within it releases that which is immeasurable. An immense immeasurable other world wraps around the brain like a blanket and brings an end to every form of inner hurt and division. As a result the brain comes upon a wholeness, a seamless other, which has nothing to do with any idea, thought, or anything related to memory. Memory is a tool. It is designed for physical survival, seeking mates, pleasure, comfort, and all that. However, other than that memory has no use. The brain can use memory for such things, however, after working, eating, singing, having sex, or whatever else, then memory is no longer needed. When

memory is not needed the door to the other can open. The brain can seemingly invite it. It is when the use of memory is quiet that the vast and seamless other, that immeasurable and infinite thing which brings the most immense meaning to life, is able to manifest. The meaning it brings to life is more than immense. There is no limit to the immensity, greatness, and beauty of what takes place. Do not believe any of this. Go into carefully for yourself. Look past all of the words and descriptions, and explore it with every ounce of energy, passion, and vitality that exists within you. Do it. For heavens sake just do it.

1257. The ego is constrained. It is a narrow and limited thing. There is a realm that is not limited in any way. To come upon this other realm the ego must vacate the brain. Only when the ego leaves the brain does this unlimited, infinite, and therefore sacred other emerge. It emerges and operates in the brain, but it is separate from the brain. It imbues the body, however it is different from the body.

1258. The room was cold and a woman slept soundly on a cushioned sofa. She was curled up and wrapped in blankets, fragile, primitive. It was the middle of the afternoon and a cool, crisp air seeped through the screens of the open windows. The house was silent. The silence penetrated the walls, furniture, table, and chairs. It penetrated the brain. Without warning the intimate other suddenly appeared. It was in the air and filled every crevice, every crack, every inch of the room. It was within everything and everywhere at the same time. It was vast, intense, pervading. It emanated an unearthly gentleness, delicate, tender, austere, and loving. It was an infinite thing. The brain was totally empty of the whole activity of thought. The movement of memory and mental image making was quiet. The intimacy, intimate other, or whatever it was, filled the brain. It scrubbed the brain clean, purified it, and made it whole. The wholeness was indescribable. As suddenly as it appeared it left. In the blink of an eye it was gone. The brain felt young, innocent, overflowing with energy. The energy was not physical or at

all material. It was an immaterial thing. A speeding car passed by. The roar of the engine was loud, quickly faded, and then disappeared altogether. A plane flew overhead, a young man worked in the yard across the street, and a lone bird chirped cheerfully, happily.

1259. The ego gets modified, reshaped, and recycled over and over. It continually comes and goes, starts and finishes. However, it rarely finishes completely. It rarely dies once and for all. Only intelligence kills all the comings and goings of the ego. It is the only thing that stops the whole insane process of it, and as a result reveals an entirely new dimension to life. However, intelligence does more than kill and bury the ego. It makes the brain alive, passionate, filled with vitality and a quality of energy that only comes when the brain is cleansed of all the corruption, mischief, and ugliness that is the ego. That is what intelligence does. It cleanses the brain of all that. Find out what it means to cleanse the brain of every form of ignorant living, which means a life without personal bias, prejudice, opinion, or belief of any kind. Do that and not only does the brain change, but an absolutely extraordinary new, different, and indescribable dimension to existence opens up. A window to another world opens. It is a window to another world entirely.

1260. If the world in which you live is fabricated by thought as the ego, which means frustration, impatience, jealousy, anger, prejudice, and all the ignorance that goes with it, then that world is a distortion. It is a distortion because thought is memory, and memory is nothing but a collection of sectional pieces of recorded experience, which makes it a fragmented thing. There is another dimension to life that is not fragmented, and therefore not distorted. The mind comes upon this other world when it learns to view life without the filter of thought as the ego. See what it is to look at the world in which you live without naming, labeling, or judging. Do that, and an unfragmented world breaks open. It pops out.

1261. The ego is an unbroken stream of ignorance. It is ignorance that takes the form of attachment to mental images of events, people, things, culture, religion, politics, or whatever else. The attachment to any mental images unavoidably causes anxiety, frustration, fearfulness, and all the needless psychological battles and struggles that go with it. There is the inner struggle for success and security. There are all of the psychological battles for prestige, position, power, and control. When the brain discards all that, throws every form of mental attachment into the garbage, then ignorance itself is cast out. Suddenly ignorance no longer resides in the brain. It has been removed, evicted. It is intelligence that performs the eviction. As a result the brain changes. It stops going to the church, synagogue, or temple to worship. It no longer embraces cultural holidays, religious traditions, or political ideologies. It has walked away from all forms of attachment to remembrances and images of people, the spouse, the boss, money, sex, country, God, and everything else. The brain is free. As a result ignorance in the brain ends and thereby allows intelligence to operate. Only in freedom can the whole stream of ignorance stop and thereby allow intelligence to move and flow in the brain. That means freedom is intelligence. They are the same.

1262. There is an entanglement of consciousness. People may be physically apart by thousands of miles, but they are still connected. However, it is more than merely being entangled. It is greater than entanglement or connectedness. The consciousness present in one brain is the same as that which exists in another brain. It is the same. That means you are everybody. You are actually one and the same.

1263. Desire can drive a person insane. The root of desire is thought. Without the activity of thought desire cannot exist. It is impossible. Mentally experiment with living without thought, which means looking, listening, and feeling without the interference of any ideas, mental images, or recollections of any kind. Do that and suddenly the discovery of the cure

for all the insanity, troubles, and heartaches of mankind is made possible.

1264. The brain in most people today is massively conditioned. It is conditioned by the news, the media, the educational systems, family upbringing, cultural norms, and the society in which it lives. Conditioning takes the form of personal outlook, attitude, viewpoint, opinion, belief, faith, and any personal philosophy about work, marriage, morals, ethics, life, death, God, success, family, love, and on and on. The brain that is conditioned does not love. Love is an unconditional thing. The two ends do not meet. There is no method or procedure that can bring an end to any form of mental conditioning. The root of mental conditioning is the ego. The ego is the collective of mental images that it identifies to and makes personal. If the ego accepts a particular method, system, or outlook about life, then in that acceptance it finds continuity. It goes on. The conditioning within the brain persists. Therefore deny every personal viewpoint and belief. Do not embrace any religious tradition, social norm, political opinion, personal faith, or outlook about life. Avoid, walk away from, and deny the whole of it. If the brain does that, then in the denial of what is false that which is true comes about. The denial of conditioning allows and makes way for that which is unconditional to unleash, break out, and show itself. It makes way for love. This is not a love that has anything to do with any aspect or form of psychological conditioning. It is a love that only comes about when conditioning in the brain ends. It is the conditioning that must end. It does not matter if the brain is conditioned by religion, politics, philosophy, X, Y, or Z. The brain must cast it all off. It needs to cast off the whole of it all at once. The cast off of conditioning is not something that requires analysis or study. It is not an event that takes time. It takes no time because the character and innate nature of conditioning is that it is a movement in time. If the brain uses anything that involves time to cast off its own conditioning, a book, a system of meditation, a memory, a hope, a prayer, a mental image of

any sort, means the brain is fooling itself. It is being tricked because a mental image implies conditioning, and conditioning means time. The two are inseparable. In fact they are the same flow, the same movement. They are the same thing. Living in time means living in the past. It means the mental playback, repetition, and regurgitation of personal viewpoint, opinion, belief, faith, and all the rest of it, day after day and year after year. Nothing that involves time can wipe away the conditioning in the brain. Nothing that takes time, involves time, or in any way implies time, is the answer. Therefore the answer lies outside the field of time. There is only one thing that exists outside the field of time, and that thing, which means the answer, is love. The only thing that does not involve time or any form of conditioning is love. This is a love that cleans out the brain. It purges the brain of all the nonsense of conditioning, and as a result an inner purification takes place. The brain begins to move and work completely differently. It no longer embraces any form of personal belief, culture, nation, or political group. It is free of all that. It is free. As long as the brain is conditioned, indoctrinated, brainwashed, then it cannot come upon that inner freedom and thereby a love which has no conditions. It cannot come upon a love that exists in that dimension of life where time has no place. It cannot come upon that timeless and unconditional other.

1265. You may be destitute and live in utter poverty, however if you discover what is love, a love that depends on nothing, then that love brings a richness that cannot be imagined. The richness that comes is unimaginable.

1266. If a person you care about dies, and you feel great heartache, sadness, and terrible sorrow for the loss of that person, a reverberation of that person occurs. A mental imitation and repeat of that person takes place in the brain. The repeat takes the shape of thought and the sorrow goes on until that repetition of the thought of the person subsides. When it stops, and the flow of thoughts and memories of that person end, then the sadness stops.

Sorrow vanishes together. However, there is something more. There is something else that is happening. Any feeling of loss or sorrow exists as a result of mental division. Mental division is the memory you have of the person you cared about, which is the sorrow and you. The brain thinks that the memory you have of the person who died is different from you. It believes that sorrow is different or separate from you. This division is an illusion the brain makes. Sorrow is memory. It is the same movement. This is important to see. Memory is you. Every mental image as your name, profession, status, and all the ideas you identify with create you. They are you. That means any sense of inner separation between you and memory, and so between you and sorrow, is a fallacy. It means there is no difference between you and the memory of the person who died. There is no difference between you and the memory of your father, mother, son, daughter, neighbor, coworker. There is no difference between you and everyone. Psychologically you are one. Also the sorrow of one is the same as the sorrow of another. That means when a person dies and that person lived with sorrow, the sorrow of anger, jealousy, fear, greed, envy, frustration, and all that, then nothing happens to the sorrow. Sorrow remains. It remains because it is you. It is the neighbor, the coworker, the father, the child. Therefore any personal sorrow you feel for the loss of another has no meaning. It has no meaning because there is no loss of that person. The person existed as an idea and that idea goes on. It goes on as the sorrow in you. However, the brain that has brought an end to sorrow, all sorrow, feels no loss, no hurt, no emptiness. It does not feel any of that because it loves. Love knows no sorrow. Love ends hurt. Love is not empty, but it is full. It is an indescribable fullness that only comes about when the brain learns what is death. It is impossible to love until you find out what is death. Death is the end of everything. It means the end of all your mental attachments to the ideas about family, work, money, God, and all the rest of it. All ideas of attachment make up the ego. Psychologically they define you. The end of all that means the end of you. It means the end of the ego, the me,

the self, and all the mental division and conflict that goes with it. Find out what it is to purge the mental attachment to all ideas in the brain. Do that and an entirely new and different realm of existence is revealed. It is a realm absent the divisions between right and wrong, good and bad, love and hate. It is a realm without the division between life and death.

1267. Love is the only action that can destroy the ego and all the callousness, vileness, and corruption that goes with it. Love is the greatest action because it eliminates the menace of every hurt and sorrow mankind has ever known.

1268. When you are drowning you will clutch at anything to survive. People who are drowning in sorrow will follow anyone offering a method as a way out. However no method can end sorrow, because a method implies time. Time cannot end sorrow. On the contrary it can only mask it, sweep it under the rug, which means it remains. What ends sorrow must have a timeless character about it. Find out what is timeless and live it. Incorporate it into your daily living. Do that and sorrow ends. It ends instantly.

1269. Particular ideas, thoughts, and memories differ from individual to individual. They differ based on particular upbringing, education, past experiences, and all that. Although the particular thoughts differ, the nature and movement of thought as it emerges from and falls back into memory is fundamentally the same. It is the same movement for each and every person in the entire world. That means if you learn about what is thought for one human being, then you learn about it for all human beings. If you understand yourself, then you understand the world.

1270. Be concerned about learning what it is to end the ignorance within the brain and not seeking intelligence, because the end of ignorance is intelligence. They are the same. The same goes for contentment. Find out what stops discontentment, and contentment comes. It happens.

1271. There is no greater obstacle to love than the me. The me is all of the ideas you worship, ideas about success, prestige, fame, family, God, work, religion, politics, right, wrong, good, bad, and all the rest of it. All ideas are bound to memory, and if the brain worships memory, then it worships measure. Memory is inherently measurable. If that simple fact is realized, then it is obvious the me is the obstacle that prevents love from coming out. It prevents it because love is not measurable. Love is immeasurable. It is an infinite thing.

1272. When the brain brings an end to memory, it is not that a surgical lobotomy is performed or anything like that. The brain simply gives memory no importance other than to earn a livelihood, fix a flat tire, step out of the way from a moving train, and so on. The brain sees memory as something that has a particular use. It sees it as restricted, finite, which as a result has absolutely no use to approach that which is infinite. The brain sees the restriction of memory, and therefore it does not use it to approach that which is unrestricted, infinite, and therefore sacred. That is all.

1273. The self as desire is a movement in itself. It exists in its own arena or continuum. That means there is no your desire or my desire. There is only desire. Therefore if you understand the movement of desire in yourself, you understand it in everyone.

1274. The self as the mental identification to thought, which means thought as personal belief, ideology, philosophy, and whatever else, is inherently an isolationist activity. Mental identification to any form of thought creates a self, and a self means psychological isolation. It is what isolates and divides people from each other, and division means conflict. It means violence and all the insane and needless cruelty that goes with it. Here is the thing. Love is not something that isolates. It is not something that divides people from each

other. That means love has no connection to the mental identification to any belief or form of thought. It has no connection to division, conflict, or violence, which means it has no connection to the self. Therefore it is only when the self exits the brain that love is made possible. In fact love is the factor that ends conflict, which means only love ends the self. Nothing else can bring a stop to the activity of the self, not even physical death. The realization of this fact means that the self does not depend on the body to exist. It is irrelevant to speculate or imagine how the self exists outside the body, because whatever takes place for the self at physical death is a movement of distortion. Any theory, philosophy, or personal belief about what happens to the self is like asking what happens when a self is inside a house behind closed doors. Whatever it may do, pray to a religious idol, worship a flag, worry about work, family, money, or whatever, is irrelevant. The particular life of a self is of no real consequence. What is of consequence is that it lives, which means ignorance. More importantly any theory or belief about what happens to the self following death merely perpetuates the self and the whole insane movement of distortion, bias, and all the contradiction that goes with it. If the self exists, then what takes place following physical death is merely the continuance of the self, which means contradiction, distortion, and a world that is fundamentally unreal. However, there is another movement without the self. There is a movement and realm of existence without any distortion whatsoever. The end of the self reveals this movement. It reveals this other realm that is undistorted and therefore real.

1275. When the brain realizes that the self is grounded in past experience, and all past experience is a partial, exclusive thing, then that realization brings about a learning about the self that is all encompassing. It discovers a truth about the self and thereby demystifies it. The learning that the self is partial and exclusive, brings freedom. it brings freedom from partiality and exclusivity. The brain is no longer operating as a movement of the self because it has suddenly become

aware of itself. It is this awareness of the self, or self awareness, that brings freedom from the self. As a result the brain is able to move on without the self. It is able to move in an entirely new direction.

1276. If you are frustrated and deeply unhappy with where you live, work, the people around you, and so on, then first find out what is the root cause of frustration. Find out what ends unhappiness and move from there. Happiness cannot be depended on a nice house, a well paying job, or any person. Mental dependence in any form denies freedom, and happiness can only exist in freedom. Therefore the end of all of that frustration and unhappiness must come first before you do anything else. It must be the very first thing that takes place, because if that happens, then happiness emerges. It surprisingly shows itself. It does that because the end of unhappiness is happiness. They are the same. The root cause for unhappiness is the failure of the brain to step away from the whole field of psychological time. There is linear time as the movement of seconds, minutes, hours, and all that. Psychological time is not that. Psychological time is when the brain is caught up in the world of ideas, thoughts, which means memory, and therefore the past. Also it is when the brain is immersed in the mental projection of the future as anticipation, expectation, hope, struggle, and all that. Any mental projection of the future means time. It means time because it involves memory, and therefore the past. People constantly embrace, covet, and fall victim to living in the past. As a result an inward separation takes place. There is a separation that occurs between the past and what is actually taking place in the present. It is this separation that is the root cause for every frustration, unhappiness, and sorrow that has ever existed and goes on throughout everyday life for people around the world today. To end this internal separation every sense of the past must be wiped clean. The brain must be completely purged of any and all forms of thought as personal belief, culture, religious conviction, political view, social breeding, and all the rest of it. There is only one thing that purges the brain of all that,

and that thing is the present. The present is a movement totally absent of the past. You may be at home, at work, alone, or around many people, and the present is there, alive, flowing, breathing, bursting with indescribable energy. When the brain is emptied of the past, then it comes upon the present. It allows this tremendous and unfathomable energy to unfold. It is this same energy that wipes away every sense of unhappiness and sorrow, and it does so instantly. It happens all at once which means it takes no time for this energy to manifest. It takes no time for this to happen, because this energy is the present. They are the same thing.

1277. Attachment denies freedom. If you are mentally attached to any thought whatsoever, then you are not free. You are living in a prison, and that prison is of your own making.

1278. There is no difference between the thought that exists in the individual brain and the thought that exists in the collective brain. It is the same basic movement of emerging and falling back into memory. It is the same activity of thought being caught in the mental loop of memory. The ego is made up of nothing but thought, which takes the form of the mental attachment to ideas about people, career, wealth, sex, history, education, love, death, the afterlife, and so on. The mental identification to any idea creates an identity. It creates an ego. If an ego exists in the brain, then that brain is in the same boat as every other brain. It is imprisoned in the past, memory, which means psychological seclusion. It is this seclusion that is the direct cause for every inner hurt and sorrow the brain has ever experienced. The brain can break out of this seclusion, however to do so requires something that has nothing to do with any movement of thought, any idea, or anything that can be found in memory. Memory is all the yesterdays. Thoughts and ideas are all confined to a yesterday. In order for the brain to break free from any and all yesterdays it must awaken. It must find out what it is to be awake, alert, intensely aware. Do it now. Be aware of the sounds in the

air, the body sitting and breathing, any ideas or thoughts that may be moving in and out of the brain. Do not judge, suppress, or try to control anything. Simply watch. Just be aware of everything as if for the very first time. Do that and notice what takes place. See what happens to every yesterday, inner seclusion, and sorrow. There is a difference between being mentally alert and having an idea about it. Any idea about mental alertness is not it. However, if the brain is alert, then suddenly it thrusts into relationship with all that is. Alertness does that. It brings about relationship, and relationship is what ends mental seclusion. It is what ends every form of inner hurt and sorrow. If you see that, then now live that way. Live with a brain that is highly alert, awake, sensitive. Live with a brain that is awakened. Do that, and every sense of seclusion, hurt, and sorrow is over. It is completely finished.

1279. The present is a place unlike the past or future. Mentally the past is memory, which means it is fragmentary, and therefore incomplete. Any idea about the future is merely a mental overhang or projection, and therefore it is no different than any thought or idea in memory. However, the present is not a projection. It is not a fragmented thing, which means it is whole. It has everything. It is the only thing that has absolutely everything in it.

1280. You work day after day to earn a livelihood, feel frustrated, unable to get ahead, or get a decent wage to have all the things you want, a nice car, beautiful home, lots of money, and all that. The frustration is endless, and it goes on together with the fear of the boss, the anxiety of making mistakes, and all the competition, greed, and envy that go with it. There is nothing sacred in life. You may have a family, but if there is jealousy in the relationship with the spouse, tension with raising children, frustration dealing with the boss, coworkers, and all that, then that which is sacred cannot exist. It cannot show itself. You may embrace particular ideals, holy books, religious beliefs, go to church or the temple to pray, but books, ideals, and prayer all

involve a mental image. All that involves a form of thought, which means memory. Thought is memory, and memory is a confined, finite thing. That which is finite is not sacred. Anything that is inherently confined cannot be sacred. You may have a job, a family, a car, and bank account, but unless there is that unconfined, infinite, and therefore sacred other in your life, then life will remain a petty, small, and rather ugly event. A day without that sacred other is a day wasted. It is a day lost.

1281. If you let go of the thoughts you value, the thoughts you have about the spouse, boyfriend, girlfriend, job, home, church, morals, personal values, and whatever else, then an extraordinary thing happens. The ego disappears. It disappears completely. As a result an inner breakout takes place. Suddenly the brain is free. It is free from all the struggles, burdens, and worries of everyday living. Every sense of feeling burdened and worry comes to an end. That is what happens when the ego no longer operates in the brain. It means the end of the totality of worry, which as a result allows the brain to live totally differently. It enables the brain to move in an entirely different manner. A life of worry is no life at all. When all worry, struggle, and internal strife end, then life actually begins. It begins as never before.

1282. Nothing that takes time can end the ignorance of personal bias and prejudice in a person, and thereby bring about intelligence. The idea that time is needed to end such ignorance is a fallacy. It is a fallacy because bias implies thought, and thought is fragmentary, limited. It is a movement in partiality. Intelligence is not partial. Intelligence has no connection to anything that is grounded in partiality. As a result nothing that involves thought, and therefore time, can bring an end to such ignorance. The insight of that fact brings freedom from every form of mental identification to any thought, idea, or mental image about anything. The absence of the identification to mental images brings an end to living in time. It brings freedom from time, and therefore it ends a life of ignorance. It not

only means time cannot end ignorance, it means intelligence has a timeless quality about it.

1283. To educate another person about what is love has nothing to do with teaching a skill or knowledge. Knowledge is needed to write a letter, build a bridge, work at a job, and all that. However the whole idea of preparing a person for the future implies time. Love is not a movement in time. Therefore any education that involves time has nothing to do with what is love. You do not have to be a teacher in a school to educate another about what is love. You do not have to be in any particular place to show another what is love, because love is something that is not bound by space. Love is not confined to a room with four walls. Love is not limited to any of that, which means it is unconfined, unlimited. If you have that love, then education is automatic. It happens. It happens when you stop identifying to a particular religious organization, political group, country, race, culture, or heritage. It happens when you live without anxiety, struggle, frustration, depression, jealousy, anger, and any other form of mental conflict. It happens when you look at another person, the spouse, the coworker, the neighbor, the police officer, the criminal, without any degree of mental distance or psychological separation. Separation occurs when you look through the filter of past experience, which means bias, partiality, and therefore a me. The me is past experience. It is bias, which means conflict, violence, and all the rest of it. Find out what it means to identify to nothing, live without any sense of inner division, and observe a sky, a tree, a bird without any sense of separation. Do that and live that way, and your daily living becomes a teaching. You do not have to say a word, write a book, or anything like that, and still the education happens. It takes place. Whether or not other people learn anything from it is irrelevant. What is relevant is that you show by your daily living what it means to love. To show what is love is the greatest teaching. It is the greatest education because it is an education absent partiality, which means it is an education

that is whole, complete. That is what love does. It completes education. Love makes it complete in every way.

1284. Sensitivity cannot be cultivated in oneself or another. Cultivation implies time, and sensitivity does not take time. Either you are sensitive to a flower, the colors, the scent, the shape and movement of it, or you are not. Therefore do not seek to cultivate, develop, prepare, or try to invite sensitively. The entire psychological activity of seeking denies it. It prevents sensitivity itself. Therefore find out what it is for the mental machinery of seeking to come to a standstill. Only when every form of inner want, hope, and desire ceases can the brain come upon what it is to be truly sensitive.

1285. Live fearlessly and there is no risk of failure. Failure only exists where there is an ego. Without an ego any failure is a learning. It is a learning with nothing to lose.

1286. The ego in one person is fundamentally no different than the ego in another person. That means the ego is not localized, confined, or limited to a single brain. It does not depend on a single brain, which means it is independent of the brain. The ego uses the brain, operates through it, but it is separate from the physical stuff that makes up the brain. That means at bodily death the ego simply no longer uses a particular brain. It is not that the ego returns to the flow or field that is the ego, because it is that. It is that field.

1287. It was a bright, sunny morning, and fresh air entered the open window filling the small room. The sidewalks were empty, and the streets were quiet. The dark green leaves of the shrubs in front of the large glass windows quivered in the sunlight. The brain was still, vacant of the movement of remembrances, memory, and as a result the past. There was only watchfulness, alertness. The alertness was easy, natural, effortless. It was during this state of being mentally alert that it came. A vast, invisible, immaterial other manifested. It was outside the field of memory, the past, and therefore time. It

came out suddenly. It was a presence that filled the air, the room, the brain. It held and enveloped everything, people, the trees, the sky, the earth, and all mankind. It was the effortless watchfulness that seemed to unveil it. It was the factor that apparently invited and made possible for the brain to come upon this utterly magnificent other. It was an instant and totally unexpected thing. People have the capacity to come upon it. The brain has the ability to sense it, but it must be quiet. It must be still. The constant wave of mental imagery must cease. It needs to halt altogether. The brain that learns what it is to be completely still comes upon what is meditation. Meditation is the thing that allows this other, this immensity, this extraordinary magnificence to come about. It cannot be a planned or scheduled meditation. Meditation has no schedule, and it does not involve any preparation. The moment you schedule a time to meditate, you fool yourself. The instant you prepare a room to go, a chair to sit down, or some other place to mediate, then the beauty of it is lost. Any plan, schedule, or preparation implies an activity of thought, which means memory, and therefore time. This is a meditation that negates time. It is a meditation devoid of time. Only meditation that is completely and wholly absent of any form of thought can allow that timeless other to reveal itself. It is not that meditation is different from that which is timeless. It is not a separate action or movement from that timeless other. They are the same movement, the same flow. They are the same thing.

1288. Thought as the mental attachment to perspectives and fixed views about life, is what makes up the ego. It creates a sense of identity and a feeling of belonging that comes with the mental embrace to a particular belief, ideology, social group, class, or culture. The ego as thought is fundamentally the same for each and every person, which means inwardly you are no different than any other person in the world. You are the same. The ego as the mental attachment to belief and particular points of view is what causes division between people. As a result it is responsible for all the

violence, corruption, social unrest, and insane cruelty that goes on throughout the world today. That means you are responsible for all that. It means you are to blame for all the wars and viciousness that mankind has ever experienced. You are entirely to blame. Find out what it means to inwardly identify to nothing. Explore what it is to be mentally attached to no idea, belief, or any form of thought at all. Do that and watch what happens to the ego. The ego gets obliterated. The brain is suddenly wiped clean of every sense of self and personal identity. As a result the brain changes. It is no longer fixated on any particular viewpoint about life. It is no longer attached to any belief. The brain ceases to embrace any particular social clan, faction, culture, political group, or religious organization. Suddenly the brain that identified to being Christian is not Christian, Muslim is not Muslim, Republican is not a Republican, North Korean is not North Korean. All at once the person ceases to psychologically identify to any of that or anything. Suddenly the person discovers what it means to be a human being. The person identifies to nothing, which means the division between the person and any other has ended. There is nothing to divide that person from anyone else. Division itself has ended. The end of division means the end of conflict. It means the seed of corruption, hate, animosity, cruelty, insane brutality, and all the human sorrow that goes with it, has suddenly been eradicated. It has completely vanished, and thereby a new human being comes about. That is what the end of division does. It gives rise to a totally new human being.

1289. Intelligence begins with a single step where ignorance is avoided. That means the first step to intelligence is the last step. They are the same.

1290. Do not blindly trust, accept, or in any way believe what you read or what others say. Think things through for yourself and be infinitely careful not to be fooled. You get fooled when you want something. Therefore learn what it means to think with no sense of wanting anything in return.

The moment you want something, have a goal, or some kind of mission, then the brain finds itself entangled. It is entangled in the movement of the self, the me, the I, and therefore there is conflict. Mental conflict is inevitable as long as the I acts, moves, or in any manner functions. However, if the brain accepts nothing, has no beliefs, and no fixed opinions about anything, then it is open. It is free. There is no ego present to distort any inquiry, which means there is nothing to steer you off on any wrong track.

1291. If you lived for a billion years and experienced all of the worldly things a person could experience, a loving family, financial success, the pleasures of fine food, a beautiful house, cars, sex, and so on, then none of that comes close to the experience of living without the conflict of anger, jealousy, and fear. A life without any of that conflict opens the door to love. Love is not worldly. It is an unworldly thing.

1292. The mental identification to any idea conditions the brain. It makes the brain inflexible and stiff. Mental stiffness is expressed as bias. It means the brain is conditioned. A brain that is conditioned, stiff, hard headed, is fundamentally ignorant. Find out what it means to mentally identify to nothing, and suddenly the whole mechanism and psychological movement of conditioning ends. The brain that is no longer conditioned ceases to move in an ignorant manner. The mental process of ignorance ends, and as a result intelligence starts. Intelligence begins to operate. The end of ignorance is intelligence. It is the same movement. What takes place in the brain that is no longer conditioned unlocks what it means to be free. The end of psychological conditioning brings about an inner freedom that no person, no theory, no thought can touch. It brings about a freedom that gives the brain the capacity to be alone. The ignorance within it has ended, and as a result the brain finds itself totally, utterly alone. It is in this state of aloneness that the brain moves. It moves unlike any other movement. No

words can describe this movement. It moves like a flame in a dark room. It acts like a star in a night sky.

1293. If there is any feeling of tension, anxiety, loneliness, fear, or any kind of torment or battle going on inside the brain, then the brain is occupied. It is occupied with thought. The nature of thought is that it is limited. It is this limited activity that creates havoc and all that mess in the brain. Therefore thought denies that which is unlimited. It denies love. When love is denied, there is no love in the brain. There is no love in you. You may have a family, a spouse, children, boyfriend, girlfriend, or whatever, but if any form of inner conflict exists, then love does not.

1294. If your life is filled with anxiety, then that anxiety is you. If you are filled with frustration, then that frustration is you. Any mental conflict that exists is not different from you. It is not different from the ego. It is the ego. They are the same.

1295. It was mid-afternoon and the body was resting, lying on its back, motionless. The wind howled and the window blinds rocked back and forth hitting against the sides of the window frame and sill. Soft shadows seemed to swallow up the small room, and suddenly it happened. Without warning or any expectation at all, the room filled with the unknown, timeless other. It was in the air, the walls, the pictures hanging on the walls, the ceiling lights, and deep inside the cracks of the doors and shadows of the furniture. It was pervasive, penetrating. It engulfed the brain, and filled it with an immense sense of that which exists outside the field of time. The only word that comes close to what it was is love, but it was not a love that had any connection to jealousy, loss, or any form of mental ache or pain. It was a love that was not merely absent of pain, but it was a love that completely wipes away pain. It was a love that removes and obliterates every inner hurt and sorrow a person has or can ever have. What was happening was not a daydream, mental picture, or projection of any kind. The brain was alert,

active, watching with great vigor and vitality. It was the act of watching that seemed to invite it. It was mental alertness that seemed to enable this extraordinary timeless other to manifest. This extraordinary other was not separate from what was happening in the brain. It was not a separate or distinct being, but rather it was a state of being.

1296. Only love ends the conflict that exists in the brain, and conflict is a movement of the self. Conflict is the self. They are two words for the same thing, the same movement, the same field.

1297. Only when you learn about a thing completely can the brain finish with it. That means the instant the brain feels depression, sadness, loneliness, or any other form of internal hurt, stay with it. Stay with the hurt. Do not suppress or shy away from it. Do not accept, tolerate, or try to rationalize away the sadness. Be it. Be the sadness. Be the hurt. Be the depression, the loneliness, which means watch it. Face it. Observe it the same way you observe a cloud moving across a blue sky, a bird building a nest, a fly on a wall. Observe it with no comparison, no judgment, no effort at all. Just observe. Do that and watch what takes place. See what happens to the depression, the loneliness, or whatever psychological problem that exists. If you do it, then you will see the separation between you and the problem dissipates. The division between the observer and the observed no longer exists. The end of this internal division means the problem ends. It ends the problem because division is the problem. They are the same.

1298. If you fail to love without conditions, then your life will not matter much.

1299. Every emotional pain and grief takes the form of thought, and thought is the thinker. It is you. When there is grief in the brain, the grief is not different from you. Grief is you. That means there is nothing you can do that will bring about the end of grief. Any action by you, or grief,

only sustains grief. That means the only thing you can do is find out what it means to stop this internal movement of grief, which means the complete cessation of all movement by you, the ego, the self. It means you must learn what it is to meditate. Meditation is what stops the activity of the self. It stops it dead in its tracks. When meditation takes place every form of thought dissipates. The dissipation of thought means that grief and any other form of inner hurt and sorrow are no longer sustained. It all ends. The startling thing about this is the spontaneity and immediacy of what happens. The whole concept of time goes out the window, and what remains is the actual cessation of emotional pain and sorrow. The beauty of this is that it not only bypasses all methods, books, and everything the so-called experts have to say about it, but it makes all of that irrelevant. It makes it all totally useless. In fact it brings about an understanding that none of that can ever be used to bring an end to emotional pain. All of the methods and books, all of the guidance in the world by psychologists, and all of the mental health gurus out there all advocate that it takes time to end emotional pain and sorrow. If that was true, then no present moment could exist without sorrow. It means sorrow could never end. It means one could never learn what it is to love. Love is not sorrow. Love is what ends sorrow, which means sorrow can end. It can end immediately. The key is not to be fooled by the idea that time is an answer. The whole concept of time providing an answer that brings an end to sorrow is a mistake. Only love ends sorrow, and love is not a matter of time. Love is the only thing in existence that has a timeless nature about it. Find out what it means to face that love, have it occupy the brain, and every inner grief and sorrow that exists in your heart, mind, and entire being, comes to a stop. It stops instantly.

1300. Learn to die to the past from moment to moment, and you learn to live in the present from moment to moment.

1301. The thinker is thought. That means psychologically we are the same entity, the same field. We are the same stuff.

1302. Stress, anxiety, hatred, anger, and any other form of mental infighting, is not just debilitating. It is internally destructive. The distress and unease it causes cripples the brain. It prevents love from working in the brain. Love is what ends stress. It is the event that wipes out the whole of every form of hate and infighting that exists in the brain. As a result love has tremendous ability to heal, to heal the scars of criticism, the wounds of insults, along with every anger and hate the brain has ever known. The key is to come upon a love that depends on no person, no belief, no mission in life. It is the key because the absence of dependence brings about independence. It makes the brain free. If the brain is free, then love happens. It comes out. Love begins to operate in the brain, and thereby heals the brain of every anxiety, stress, frustration, and mental duality that exists. Love does that. It heals and repairs every sense of duality in the brain. The repair of duality means wholeness. It makes the brain whole, complete. It brings about a psychological completeness that words cannot begin to describe.

1303. You can never know another person. You can only know memory, and memory is you. Feel as if you know nobody. Feel as if you do not know your spouse, parent, neighbor, or coworker. Internalize that feeling so that when you look at your spouse you are looking with completely new, fresh, young eyes. When you meet your neighbor, coworker, or anyone else, then meet the person without any past hurts or pleasures, without the conditioning of past experience, personal belief, hope, desire, or the playback of memory. If you do that, then you meet them in the present, anew, without the filter of conditioning to create a barrier in the meeting. If you have accepted any form of mental conditioning as the inner embrace of a particular viewpoint, past experience, mental stance, and so on, then the brain is slanted. It works in a distorted manner making mistake after mistake. Accept nothing that the society in which you live has told you, but rather think it through for yourself. Do not blindly go to church to pray, join the military, watch a football game, participate in a protest, celebrate a cultural

tradition, drink alcohol, or whatever, simply because that is what your parents, friends, or the society in which you live demand of you. Find out what it means to be free of every form of social demand and expectation. Make that your primary passion, and carefully go into it for yourself. Examine it for yourself, and be terribly careful not to fool yourself. If a conclusion is formed, then the brain gets fixed. The brain falls victim to fixed ideas, opinions, beliefs, and therefore there is conditioning. Freedom from conditioning take place when the brain learns what it means to be free of fixed ideas. The brain that is free of every kind of fixed idea discovers what it is to be free from the known. That which is known is the whole of human knowledge, which means the past, memory, and therefore time. Freedom from the known means the brain is no longer trapped in time. It is free of time, which means the brain comes upon a dimension to life that is timeless. It comes upon that which is sacred. When you come upon something sacred you feel it. You feel it as a fact, and that fact changes you. It transforms how you look at other people. When the brain is free of all types of mental conditioning, and that sacred other operates in the brain, and when you meet another person, suddenly there is no sense of separation between you and that person. Every aspect of inner separation, feelings of being different, isolated, and divided cease to exist. The sacred other does that. It ends every sense of division between you and another person, the trees, the birds, the earth and stars. It ends the separation between you and all that is.

1304. The brain is a receiver that allows either ignorance or intelligence to operate. It does not create either. It is simply built to allow one or the other to pass through it.

1305. If fear appears out of the blue, then dive into it. Explore it. Make it a learning experience. If a blanket of loneliness or sadness suddenly envelopes you, then give your entire attention to it, which means to carefully watch it. If you look at the movement of loneliness or sadness directly, then it loses its mystery. If you come face to face with an

inner conflict, then the division between you and it ends. The amazing thing is that when the division between you and some form of mental conflict ends, then not only does the particular conflict end, but all conflict ends. That is what the end of division means. It means the end of all conflict.

1306. Any form of sophistication, worldliness, or confidence about personal belief, is grounded in some form of thought. Thought means memory, and memory means limitation. Therefore sophistication cannot come upon that which is unlimited. It means worldliness and belief are barriers to that unlimited and infinite other.

1307. The ego is ignorance. It is brutality incarnate. It hides behind the cloak of organized religion, political propaganda, military honors, and personal ideology. The ego hides by these things in plain sight, and people are blind to it.

1308. If you want, seek, or in any way desire a love without measure, without any boundary at all, then throw away everything you ever learned about love. Discard all human knowledge, theory, belief, and every book and piece of literature that exists about it. All of that is human thought, and only when the mind is no longer contaminated with thought, can it come upon love. Go into it. Watch what takes place internally when the mind is free of all the things that mankind has created. Watch what happens when the mind finds itself free, free to explore, observe, and learn without the confines of knowledge, personal belief, or any form of human thought. All of that is the product of man. Love is not a product of man. Love is not a measured or bounded thing. Love is boundless. It is immeasurable.

1309. The morning involved cleaning, cooking, walking, running errands, and all the little things that go with taking care of the body. In the afternoon the body was reclined and resting on a sofa. The body was tired, and with eyes closed the brain was listening. It was listening without any goal, hope, or act of will. The listening was simple, easy. The

neighborhood was quiet. There were no sounds of people walking, no breeze blowing, and few cars passed by on the road. The brain was highly alert, sensitive, not involved in any recollections of the past or thoughts about the future. When the whole internal clockwork of the movement of thought, analysis, concentration, playback of memory, and all that, comes to a standstill, something entirely mysterious and unknown opens up and reveals itself to the brain. It is not a dream, mental image, or idiotic projection of any kind. All of that implies memory, and memory means knowledge. It means the known. What opens up is an unknown, imageless thing. Death is not something that can be known. True death is the end of the known. It is the end of the images you have about family, work, religion, politics, right, wrong, good, bad, and all that. It is the end of every personal opinion and belief that makes up your identity. Most of all it means the end of the mental images you have about yourself, the images of being noble or common, handsome or ugly, intelligent or stupid, Catholic or Muslim, successful or a failure, and on and on. Every image you consider important is stored in memory, which means it is confined to the field of the known. The images you have about yourself is you. The end of those images is death. Death means the end of all that. Find out what it is to let go of every mental image that defines you, gives you a sense of ego and self identification. The insight in the end of the known reveals what is death. Insight is different from knowledge. Knowledge is old and stale. It is restricted to memory, and therefore it is a mental framework bound to the past. Insight is fresh and new. Insight has no connection to memory, which means it is an unfixed and unrestricted movement that exists in the present. It is the movement of insight that reveals what is death. The body finished resting, sat up, and remained motionless for an unknown time. The pale blue sky was empty of clouds. A gentle breeze blew the green leaves of the shrubs and trees up, down, and all around. The soft hum of distant cars was low and continuous. The engine of an airplane filled the air, grew

loud, turned faint, and suddenly disappeared completely. A bird chirped and chirped. It was a glorious day.

1310. Happiness cannot be known. That means happiness has an unknown character about it. To be concerned about an unknown is a waste. Deal with what is known, which means deal with unhappiness, sadness, anger, jealousy, fear, and all that. Learn about what is the root cause for fear, anger, and unhappiness, and uproot it. Uproot and thereby bring an end to unhappiness and suddenly it happens. Happiness unknowingly breaks out.

1311. The ego is inherently separative, divisive. It is a movement of conflict. Conflict means war, violence, social instability, insecurity, and all that. Therefore there is nothing the ego can do that can bring about a stable, secure, and peaceful society. On the contrary the ego is what perpetuates war and the atrocities that go with it. That means if an ego exists in you, then you sustain all the atrocities that go on throughout the world today.

1312. Unconditional love corrects every past fault, redeems any mistake, and makes right all wrongs a person ever did.

1313. The ego wants heaven, but it does not want to die. The death of the ego is necessary for heaven to show itself, because the death of the ego is heaven. They are the same.

1314. Embrace thought and the mind closes. Let it go and the mind opens.

1315. Love is not physical. It is not sex, marriage, holding hands, or anything like that. Love is not an earthly, material, or bodily thing. That means bodily death has no effect on love. The brain, the earth, the entire physical universe could be wiped out and completely destroyed, however none of that would effect or in any way touch love. Love would not be touched at all, because love is untouchable. It is an unearthly thing.

1316. There is a way of looking at a question without a goal, which means with no sense of a self or me. The me implies a goal. It means a psychological movement of wanting, seeking, struggling, conniving, manipulating. It is a mental activity that looks out for itself, strives to achieve, longs for success, and struggles for a sense of security. There is another way of looking at a question that does not involve any of that. The brain must be empty of every sense of striving. There must be no degree of desire, which means there must be only looking. Find out what it is to look at a beautiful sunset, a fancy car, a stately home, a beautiful woman without any desire at all. That means when you look at the woman, look at the hair, the eyes, the face, how she sits, walks, and holds herself. Look at all of her, entirely, wholly, completely. When you do that see what happens. Watch what occurs when you look at a beautiful woman without making a mental image of her, which means no comparison, no evaluation, no desire. It means nothing carries over. It means when you turn away from the woman, sunset, car, house, or whatever it may be, you are finished with it. The brain takes nothing with it. It records the experience in memory, but there is no playback. Without the playback of memory the brain remains empty, which means sensitive, alert, looking, looking, looking. The brain turns away, and the looking goes on. It goes on to an immense blue sky, a bird in flight, a majestic tree, a delicate flower. It is when the brain ceases to playback memory that it moves outside the field of time. Memory is time. The brain that lets go of time from moment to moment discovers what it is to live in a field of life where time does not exist. It discovers that dimension to life that is timeless. It is from this other dimension that the brain moves, inquires, and explores question after question. As a result every question the brain comes across is seen for the very first time. Suddenly every event and encounter has a vitality and freshness about it. This timeless other brings about an indescribable innocence to the brain, and the brain is not separate from it. It is that.

1317. The sun was setting and darkness descended on the small homes, streets, people, and trees. Shadows began to slowly creep into the room on the walls, under the chairs, between the cracks of the brick fireplace. The body was still. Breathing was quiet, natural. A motorcycle rumbled and then quickly sped off. The brain was emptying and letting go of all ideas from moment to moment. As a result it was keen, alert, as if on pins and needles. The alertness went on for a long time. Suddenly out of nothing and from nowhere a presence opened up. There is no language that can describe the vastness of it. It was pure, absolute emptiness, totally absent of any form of duality or opposition. It was the complete absence and negation of conflict. No words can begin to describe or communicate the vastness, the hugeness of it. It was heaven. It was bliss. It was joy. It was an immense and unlimited other. It enveloped the brain and was devoid of any duality or dividedness. There was no division of good and evil, right and wrong, intelligence and ignorance. Every sense of division was absent. It rolled into the brain like a massive, unstoppable wave. It filled all the nooks and crannies of the brain, and moved into and throughout the room, the air in the room, the street, the trees, the sky. It was everywhere and at the same time and all at once it brought about a contentment that was incomprehensible. Take the greatest earthly satisfaction, comfort, and feelings of warmth and being loved, raise it exponentially many, many, many fold, and still it will be light years away from the magnificence of this other. Words and language are so utterly inept and cannot come close to conveying the vastness of it. To talk about it casually is wrong, stupid. It is blasphemous. It remained for an unknown time, and as quickly as it came it left. It receded like an ocean wave and melted into the sky, the air, the earth. There was nothing of it that was left behind, no mark, no evidence, no foot prints. Every trace of it was gone. The body remained frozen for an unknown time. Breathing was quiet, shallow, long. Darkness filled the room, street, and massive night sky. The sidewalks were quiet and empty of people. A car drove by and disappeared into the night. The

trees were still and the body remained sitting in front of the large window overlooking the street. The body sat in the darkness. It sat for what seemed like an eternity.

1318. Thought cannot resolve conflict. It is the insight into what is thought, mental analysis, and the structure and activity of thought, that resolves conflict. Insight resolves it. Insight is not a movement of thought. It has nothing to do with analysis. Only insight can resolve conflict, and if conflict is resolved, then it no longer occupies the brain. Conflict leaves the brain. It ends. The end of conflict, means the end of living in fear, anxiety, jealousy, loneliness, and all the inner wreckage that goes with it. It means the brain discovers what it means to have peace of mind. Peace is not the result of study, careful thought, or deliberate action. Anything deliberate involves the movement of thought, and thought cannot bring about peace of mind. Thought is inherently fragmented, partial, and that which is partial cannot end conflict. It cannot bring about a peace that is complete, total. Only love can do that. Find out what it means to have a love occupy the brain that has nothing to do with anything that is partial in any form whatsoever. Do that and see how the whole of conflict is wiped away. Watch how it fades. See it vanish altogether. That means insight and love go hand in hand. It means they have the same nature and quality. That quality is passion. It is a passion with vitality, aliveness, and enormous energy. The energy comes when conflict ends. Without this energy both insight and love are impossible.

1319. You can live your entire life in obscurity, work at a common job, look like anyone else, and die an unknown. If you learned to love without rules, then you will have lived a full life, not lesser than any other, and therefore the greatest life a human being can ever live.

1320. Doubt is the beginning of intelligence. To live with doubt means to be curious. Mentally curiosity means a brain

that is not fixed or confined to any set of ideas. It means a brain that is free.

1321. It was early morning and the body just awoke from a long sleep. The body stretched, yawned, the eyes opened, and it happened. A love soaked field opened up and burst into the brain. Like a caring mother holds a new born child, an immensely loving field emerged from nowhere and instantly brought about a feeling of incalculable comfort and peace unlike anything else. This field was love. It was love itself, however it was not a love based on accumulated experience or knowledge. It did not involve memory, and therefore it had nothing to do with any aspect of time. Time did not exist in this field. Time means measure. It means the measure from here to there, from then to now. Love cannot be measured in any way, not physically, psychologically, or in any other way. Love is an immeasurable thing. This field was that. The love a caring mother holds for a child is like that. It is immeasurable, infinite, endless.

1322. The back and forth from the earthly to the unearthly went on throughout the day. It went on like ocean waves coming in and going out. It was the most natural thing in the world.

1323. Love is without conditions. Digest the fact that you are psychologically conditioned and that the brain must empty itself of that conditioning in order to come upon what is love. Until that happens, the brain will never learn what it means to have a love that is unconditional.

1324. Love cannot be handed out like a coin or sack lunch. It can only come from within.

1325. If you do a kindness without expecting anything in return, then the kindness reverberates. Like a drop of water ripples out and touches an entire pond, a single kindness ripples throughout the whole of society. The extent of the

reverberation is more than far reaching. It does more than merely touch a handful of people. It touches everyone.

1326. Only love can end the ego. No half measure can do that. Any half measure is partial, and love is not partial.

1327. You can have a beautiful home, a job you enjoy, a nice car, close friends, and family, and that is all very nice. However, none of it really matters. Only love matters. Everything else is window dressing.

1328. The room was quiet, utterly still. There was a feeling of being cradled with a calm, and that calm was without measure. The feeling was not an emotional feeling, romantic notion, or imaginary. It had nothing to do with any idea or mental image. Love is not an image. Just as the image of a bird is not the bird, so too any mental image about what is love is not love. No image of a thing is the actual thing. The feeling of calm that happened was actual. It was palpable. The whole bodily organism felt it. It felt it as a fact. When the brain comes upon that love which has no measure, it feels it. It feels it because when love moves in the brain there is no separation between love and that movement. The movement inside the brain is love. It is vibrant, burning, tremendously alive. The brain is filled by an aliveness that cannot be measured in any way. The aliveness is love. It is the same movement, the same flow, the same immeasurable wave.

1329. Thought contains all past experience in the form of memory. If you learn about thought, what it is, how it moves, the nature and character of it, then you learn about the whole of human experience. You learn about all of mankind.

1330. The brain contains ideas and mental pictures. It contains thoughts. It also contains emptiness. There is emptiness that exists between thoughts. The emptiness manifests when the activity of thought subsides. The activity

of thought is remembrance, sentiment, romanticism. It is personal belief, opinion, philosophy. It is culture, history, education, upbringing, and all the rest of it. The activity of thought subsides when the brain is finished with all of that. The brain is finished with all of that when it is no longer given any value. It is when the brain stops giving value to the activity of thought that it becomes intelligent. Intelligence manifests, and as a result an entirely new movement begins. It is a movement in which the whole activity of thought as sentiment, belief, culture, and so on, has no place. Suddenly all of that turns to dust. It becomes garbage. The brain that leaves all of that discards the confinement within it. The confinement within it is memory. All personal beliefs, opinions, culture, education, and all the rest of it, are bound to memory, and memory is confined. It is restricted. The brain that discards the confinement and restriction within it finds itself no longer trapped by the narrow-mindedness of personal belief, opinion, culture, and all that. As a result an entirely new field of life unfolds, and in that unfolding the brain discovers that which is unrestricted. It comes upon an unconfined, infinite, and therefore sacred other. This sacred other is not an idea. As the idea of a flower is not the flower, any idea about what is sacred is not it. This is different. This is the real thing.

1331. Love is not the mental attachment to the thought about another person, a job, a country, or whatever. Love is not attachment. It never has been, and it never will be. As long as what love is not exists in the brain, then what love is will not be in your life. Therefore discard what love is not, and the door opens to what it is. It opens.

1332. That which is unlimited cannot manifest until the limitation in the brain ends. The one cannot happen without the other.

1333. If thought as the ego ends, then the mind is suddenly unencumbered. Every burden it had ever known melts away, and the mind discovers what it is to be free. It is a freedom

unlike anything else. It is a complete and total psychological liberation. It is as though you have been imprisoned all your life, and suddenly you find the key that allows you to taste freedom for the first time. The key to freedom is the end of the ego. It is the letting go of every mental attachment that exists to any idea, thought, or mental image in the brain. Find out what it means to find that key. Do that and you will have the key that unlocks something unimaginable.

1334. Attention does not prefer one thing over another. Give the same attention to a dirty street gutter as you would to a beautiful sunset. Do that and the brain suddenly is no longer bound to the ego that conspires, connives, and is caught up in seeking to evolve, become, or advance. It moves outside the field of seeking, which means thought, and therefore time. The brain suddenly comes upon that timeless other, and attention is the gateway to it. Attention is it. Attention and that which is timeless are the same movement. They are the same thing.

1335. The end of the self as the mental activity of personal belief, judgment, attitude, viewpoint, evaluation, and all that, means psychologically an emptiness takes place. The absence of the self creates an inner emptiness, and therefore the presence of energy, immense, and unfathomable energy. The energy that exists in the emptiness exists in the brain. The emptiness has no beginning and no end. It is endless, unlimited, and therefore infinite. Meditation is what enables the brain to come upon this energy. It is a meditation that has nothing to do with any form of mental analysis, system of thinking, structure, or particular arrangement of thoughts. It has no relation to thought, which means it is a movement outside the field of time. Thought is time. It is time as memory, the past, which means a field that is stationary. This is a meditation that is not stationary or static. There is nothing static about it. The energy that comes with this meditation is completely unfixd. It is highly active and moving. It is tremendously alive. This is an energy unlike any other. It is not an energy that involves any sort of mass,

force, or acceleration. That is physical energy. This is not that. This is an energy that is not by nature physical or material in any way. That which is material is limited. This energy is not limited. Instead it is bubbling with movement, ever alive, ever creating. It is a movement of creation. It is creation itself. Creation is not a physical thing. It has no connection with anything physical, material, or in any way earthly. This is a creation that has an unearthly quality about it. Meditation is what reveals this unearthly other. It is what allows the emptiness and energy within the brain to manifest. Find out what it is to feel the early morning air, look at a massive blue sky, or watch a solitary bird flying without the interference from thought. If you do that, then emptiness follows. It happens. The emptiness which is the energy, the creation, the ever moving, ever alive unearthly other, takes place. The brain comes upon it. Do that and you will learn what is meditation and what it is to have that extraordinary energy, that immense creative other, operate in your daily life.

1336. Figure out if you are contributing to cruelty and war at your home, during your job, or throughout your everyday living, and avoid it. War and cruelty not only involve building weapons in all of its various forms, mechanical, technological, chemical, biological, and so on, but there is a mental aspect to it that involves the mental identification to a culture, country, flag, government, religious organization, political group, criminal gang, and all that. If your job entails the manufacturing of weapons, a component of a weapon, or similar such thing, then it is a simple matter to leave it. Similarly, if you have been mentally conditioned to identify yourself with a particular race, society, culture, political group, government, religious organization, or whatever else, then you merely no longer identify to any of that. You drop it. That means you do not call yourself a Republican or a Democrat. You do not inwardly embrace the idea of being an American, Russian, Chinese, Pakistani, or Indian. You do not give any personal value to any particular race, culture, or flag. You do not belong to any religious or political group.

All of the religious and political traditions, holidays, ideals, opinions, and beliefs no longer have any meaning. They are no longer a part of your everyday life. All of that is simple. More importantly, find out what is the deep seated root of all forms of human cruelty and war. War and cruelty always begin with conflict in the individual. Therefore figure what it is to live without the conflict of hate, jealousy, greed, ambition, or any other type of inner struggle, and all the terrible grief and sorrow it produces. People have accepted the idea that to live without inner struggle and conflict is difficult or takes time to do. The truth is the whole of inner conflict that exists in the brain can end in an instant. It ends if you find out what it means to love. Love is not conflict. That is a tremendous fact that people do not seem to realize. If you live with jealousy, frustration, struggle, and all the rest of that lunacy, then conflict lies inside you. Conflict is there, and where there is conflict there is no love. Here is the thing. Love is not difficult. It is simple, and takes no time to learn. If people loved, then every inner hurt, sorrow, and misery would vanish. It would be immediately and totally incinerated. The fact is most people do not love. They do not love because they have accepted the psychological conditioning of identifying to a particular country, a particular organized religion, a particular political ideal, and as a result they perpetuate it. That is why violence and social conflict have existed for centuries. People have accepted the conflict they endure as common among people. It is true that living in conflict is quite common. Most people live with the conflict of fear, jealousy, anxiety, depression, and all that. They tolerate and accept conflict as a way of life. Therefore accept none of it. Reject it. Refuse it. Only if you do that can you explore for yourself what it means to come upon a love that has nothing to do with time or any kind of mental conditioning. Only then can you find out what it is to come upon a love that is timeless, unconditional. That is what love really is. Until that happens social violence, wars, human cruelty, struggle, and sorrow will continue. It will see no end. It will go on as it has for thousands of years.

1337. You will never live a passionate life until you find out what it means to actually live without fear. People seem to live in constant fear. There is the fear of rejection, the fear of being emotionally hurt or scarred, the fear of loss, the fear of failure, the fear of death. There are all of these fears and so many more. If you look carefully, every form of fear goes hand in hand with a mental image. Without the image of being rejected by another person there would be no fear. Without the image of failing at your job, fear would not arise. If there was no mental image of losing your spouse, your house, your possessions, and all the things that are important to you, then fear would not exist. If you did not have an image of yourself, then there would be no fear of death. The fear of death exists only if you have an image of yourself. Without an image there would be no sense of self, which means there would be nothing to lose. There would be nothing that dies. Therefore the root of fear is mental imagery. Mental images are what evoke and sustain fear. That is simple if you look at it. Here is the thing. There is no difference between the mental images that exist in the brain and you. There is no difference between the image and the image maker. That means fear is not something separate from you. It is no different from the self. Psychologically the self is fear. That means the self and fear are one and the same movement. The realization of that fact ends the division between the two. The end of that psychological division brings a stop to fear. It is the most extraordinary thing to go through daily life without fear. A huge psychological burden is suddenly lifted when one learns to be with other people, or be alone, without the feelings of anxiety, distress, apprehension, or any of that. The end of living in fear brings about a peace of mind that has no relation with any image. The image of peace and peace are two totally different things. The peace that comes is not an image. It is not a belief or fanciful idea, which means it is real. It is the actual thing.

1338. The end of the ego is a psychological explosion that obliterates all of the ideas you have ever been attached to in

your life, ideas about work, home, religion, politics, race, friends, and family. It blows apart and thereby demolishes all of those ideas. As a result a life driven by a world of ideas, thoughts, and memories is replaced with an entirely new way of living that is indescribably more precious and meaningful. It is more than meaningful because when the ego ends every sense of personal ambition, struggle, and fear disappears. Fear itself falls away. The greatest fear, the fear of physical death, not only ends, but death itself no longer exists. It ceases to exist because there is nothing that dies. As a result physical death is given no importance. It suddenly becomes an extremely small and insignificant event, which means when it comes it is not minded. It is like discarding an old, worn, shabby pair of shoes. The shoes are thrown out because they are broken down. They no longer have any use. It is the same with the body. When the body dies, it is discarded. The discard of the body is as natural and easy as throwing out an old pair of shoes. There is no difference.

1339. The flow of thought as it enters and moves around in the brain can be watched. It can be observed. If you observe the comings and goings of thought without judgment to interfere in the observation, then you learn about yourself. You learn about the self. You learn about what images create a sense of pleasure or pain, and how the attachment to images creates an identity and sense of self. You learn why mental struggle appears and how it is sustained. The learning that takes place about the self is not biased or partial. It is not a learning about a part of the self. The learning is about all of it. Therefore the learning is not just about a single self, but it is about the self of every person in the world.

1340. Attention allows for the mental merging of the thinker and thought. It is what brings an end to that separation and thereby ends every form of human despair and sorrow. Attention does that. It ends sorrow.

1341. Use thought for practical things, to work, cook, eat, clean, walk, and all that. Otherwise discard it. It is of no consequence.

1342. All science, technology, art, and religion, have been created by human thought. Thought is nothing but the playback of memory, which makes it a limited activity. The activity is limited because memory is limited. That means all the things that mankind has ever created, or will ever create, is inherently limited, finite, and therefore not sacred. That which is sacred is not limited. That means the brain must let go of everything it has created. The activity of thought itself must end for the brain to come upon that unlimited other. The end of that activity does not mean mental oblivion. It is not an abyss or inner wasteland. It is a start. It is the beginning of an unlimited and boundless dimension to existence. Find out what it is to mentally disown all of human thought, which means to make nothing that man creates special, all important, or in any way sacred. Do that and the door opens to the boundless other. The door to that which is truly sacred shows itself.

1343. The ego as personal belief is the root cause for all human division and violent behavior. It is where all violence originates. If you are attached to any religious, nationalistic, political, or philosophical belief, then that attachment creates an ego. As a result of that mental attachment, you contribute towards and sustain human violence and all the atrocities and human suffering that go with it. The right thing to do is to dispense with all forms of human belief. Renounce every type of psychological attachment that can possibly exist in the brain. If you dispose of all of that, scrap it, not because you want to get something in return, but because it is the right thing to do, then something remarkable takes place. The division and violence that have been nurtured for thousands of years stop. The feeding of the ego abruptly ends. More deeply, the end of the mental attachment to belief, as well as all other ideas and thoughts that may exist about a job, a position, a spouse, a bank

account, or whatever else, immediately brings about the realization of what it means to be free. The realization that takes place is not a belief. It is not an idea, which means it is true. It truly happens. Find out what it is to be inwardly not attached to any form of belief, opinion, or mental image of any kind, and in a flash the engine of human division, violence, and suffering that has existed throughout the world for thousands of years comes to a halt. The key is to throw out every attachment to every mental image that exists in the brain. Do that and the ego fades away. It breaks down. What happens is the beginning of a totally new way of life. It is a way of living without the insanity of jealousy, anxiety, greed, anger, loneliness, and every other ridiculous form of inner conflict. The brain is free of all that. The end of psychological attachment makes the brain free. There is nothing like the freedom that manifests. It penetrates the brain and thereby acts throughout everyday life at home, in the workplace, along a foot path, on a bench in the shade of a tree. It is the most extraordinary thing a human being can ever come upon.

1344. The body is a meat suit. The ego wears one suit after the other. The ego does that until it dies. The death of the ego stops the incarnations. It brings a halt to the whole of human sorrow and thereby the incarnations from one body to another. It brings an end to that whole insane cycle.

1345. People walked with their heads down. They were obviously unaware of the indescribable beauty of the sky, the majestic redwood trees, the children playing, or anything else around them. They were lost and absorbed in thought, memory, the past, and therefore time. Thought makes time a linear thing. It breaks time up into steps, increments, a sequence of separate events. Thought calls these events the past, present, and future. It uses linear time for purposes of survival. It uses it for having a job, making a meal, catching a train, and all that. Thought makes these events seem real, as if they are things that happen at different moments. However, there is no such thing as different moments in

time. In actuality the past, present, and future are all one movement. They are one and the same movement that takes place in the present. Everything exists in the present. Everything that is exists right now. Thought cannot perceive the present. Thought is isolated in time, which means it cannot in any way fathom that which is timeless. It does not take time to observe an open blue sky, a tree as it gently sways in an afternoon breeze, children playing, laughing, and running about with energy, interest, and insatiable curiosity. All of that takes place in the present, which means the brain that moves with the present comes upon that timeless other. It comes upon everything. That which is timeless is everything. They are the same.

1346. If all mental ties to ideas are cut and stripped away, ideas about people, culture, heritage, religion, upbringing, work, status, the neighbor, the spouse, and whatever else, then a release takes place. It is a release that takes place inside the brain, but it does not involve an idea. It does not involve a thought or mental image of any kind. The release is freedom. It is freedom from isolation. Any mental tie exists as memory, and memory is an isolated thing. It is isolated in the past. Psychological isolation is the cage. The release is breaking out of that cage. It does not matter what is the mental tie or idea of attachment. The tie or particular idea of attachment is irrelevant. What is important is the stripping away of it. Now this is important to understand. It does not take time for all mental ties and attachment to be cut and stripped from the brain. It is not like peeling the layers of an onion one by one. This is a release that takes the entire onion, which means all mental ties and the whole of mental attachment, and discards it. The whole of it is discarded in its entirety. That means it is something that takes place in an explosive burst. It happens in an unforeseen instant, and the ending of attachment is freedom. They are one and the same thing.

1347. There is no difference between you and everyone else in the world. That means there are no strangers.

1348. Fill the gap between the observer and the observed. Nothing else matters.

1349. The morning air was brisk, chilly. The sky was covered over with a thick blanket of grey fog. The trees stood like statues, still, unmoving. The silence in the room was deafening. The eyelids were closed, and the brain was active, intensely alert. The wave of ideas and mental images flowing in and out of memory was still. Meditation was taking place. It was not a planned meditation. It had nothing to do with anything related to time or thought. The whole flow of thought subsided. The brain watched how thoughts fell further and further apart, the space between them growing, expanding, until only the emptiness remained. The emptiness had no start or finish. It had no limits. It was unlimited, infinite. The infinite other, or however you put it, was absolutely immense. It was vast, gentle, immaterial. Everything that is physical and the stuff of matter were utterly insignificant compared to the beauty, grace, and gentleness of this infinite other. The other was filled with indescribable energy, and the energy surrounded and pierced everything, the trees, the earth, the stars. The energy was clearly not an idea or thought. It was in the brain, and it emerged with the end of the activity of thought, the end of making ideas. The end of making ideas revealed the other. It was the energy. The energy, the vast infinite other, or whatever you want to call it, took over and brought with it an extraordinary sense of peace and contentment. It was not a contentment that could be controlled, organized, put into a system, or in any way packaged. It was a contentment that could not be contained. It was an uncontainable thing.

1350. Meditation is the trigger that collapses the playback of memory onto itself, stops it, and thereby brings an end to every grief, heartache, and disappointment a person has ever known.

1351. Love is not perishable. That means not even physical death can stop or end it. When death occurs, and if love

occupies the brain, then nothing happens to love. It remains. It goes on in the same way as it does now. That means for the person who comes upon that love, a love which exists outside the field of thought and has nothing to do with personal belief, hope, desire, or any form of mental imagery, then the person discovers that which is eternal. It is not eternal in terms of years or linear time. It is eternal in terms of outside the field of time. It is eternal because it is timeless. That which is timeless is a movement outside the entire realm and dimension of time. The brain has the capacity to come upon this movement, and it happens when the whole machinery and internal field of thought breaks down and suddenly halts. Thought must be still for that timeless other to show itself. It is not merely that thought as the movement of ideas and mental images must be still, but thought as the ego must end. The ego is thought as the mental mania and fixation on personal belief, heritage, ritual, culture, tradition, worship, prayer, country, race, and everything else that goes with it. Every trace of the psychological dependence on such and any other mental images must completely fall away and be given no meaning whatsoever. Only then does the ego subside. Only then can the vastness and unspeakable beauty of that timeless other show itself.

1352. If people are educated and raised with any form of mental conditioning, which includes the conditioning of a particular religious belief, upbringing, the adoration of a particular flag or country, the glorification of war, and all the rest of it, then they are raised without love. To raise a person by conditioning the person to conform to a particular mold or pattern of behavior is not love. Love does not condition. It does not take the form of a particular mold or any sort of pattern of thinking. A mold or pattern implies repetition. It means a habit. Love is not a habit. Mental habits and repetition dull the brain. Repetition makes the brain insensitive, callous. Love is not callous. Love is what brings an end to mental callousness, insensitivity, and therefore cruelty. Love ends cruelty. That means love has nothing to

do with any form of conditioning. For a person to realize this fact changes the way the parent raises a child. It changes the way a teacher educates a student. Whether or not the child or student embraces some form of conditioning is up to them. All you can do is bring a stop to and live without the conditioning that exists in you. It is up to the other person to find out what it means to have that which is unconditional operate in their own life. It is obvious that most people refuse to let go of the conditioning of religious belief, political viewpoint, philosophical position, or whatever mental mold that exists in the brain. They may see how conditioning separates people from each other, causes strife, animosity, and all the violence that goes out it. They may see the danger of it, however there is apparent fear to let it go. There is fear to walk away from the religious organization, the political party, the street gang. The idea of being an outcast, no longer a part of a group, and losing everything they have struggled to achieve, seems too frightening. What creates the fear is merely an idea, which means people remain caught up in the sphere of ideas. They remain entangled in memory, and therefore time. They have not changed and come upon the beauty, mystery, and sacredness of that which is timeless. Only when a person comes upon that sacred and timeless other does personal belief, political ideology, and all the rest of it lose its meaning. When the timeless other moves in the brain, then every form of time as memory, thought, belief, and all that, loses its meaning. It all drops away. It drops away completely and what emerges is another way of living that knows no fear, no hurt, no sorrow of any kind.

1353. I am not going to candy coat any of this. I am not going to make it a game, lead you on, or in any way beat around the bush. If none of this interests you, then that's fine. However, if it does, then a whole, new world opens. It is a world of exploration, adventure, and so much more. It is up to you.

1354. If you fear death, then that fear extends into daily life. As long as that fear exists you cannot live life fully. Therefore face death. Feel as though today is your last day on earth. Do that and you learn that to die is to live.

1355. The end of struggle brings about an extraordinary sense of inner peace. The end of struggle is peace. They are the same.

1356. The ego is fear. It is not that the ego is fearful or that fear is separate from the ego. Fear does not describe a particular condition or state of the ego, but rather fear and the ego are not different. They are equal.

1357. If you reflect on all the foolish things you have done in your life, the senseless behavior you have shown, and the wrong paths you have taken, then it is obvious that all of that can be corrected. It can be made right. It can be made right by taking just a single step in an entirely new and different direction. This new step has nothing to do with any bizarre idea, dream, hope, belief, or faith. All of that implies thought and this new direction has nothing to do with any aspect of thought. Thought is the product of memory, and memory is partial. That means all of thought is partial, bias, and therefore fundamentally it is an act of ignorance. Ignorance is a wrong step. It is a mistaken step that people continually take in their lives. However, this different direction means to step off the path of ignorance. To step off that path is an act of intelligence. To not take a wrong step is the right step. They are the same. It is this single step that needs to happen in order to wipe out every foolishness, every wrong, every mischief. That is what intelligence does. It wipes out mischief. Thought is mischief. Thought as personal belief and the attachment to mental images are what creates mischief and havoc. It is what divides people outwardly, and also fragments a person inwardly, psychologically. That means one must put aside any and all forms of thought as belief and faith. One must throw out all personal political ideology, philosophy, ambition, hope, or

any other mental picture that one covets or inwardly possesses. All of that is grounded in thought, which means partiality, division. When you discard all of that, then the right direction shows itself. The right step is revealed. Suddenly one is free of inward divisiveness. Every form of psychological partiality is no more, and as a result one comes upon an entirely new way of life that is absent every sense of division. One comes upon an unimaginable state of wholeness, completeness. It is this freedom from the totality of that which is partial that makes one whole and at the same time wipes away every past foolishness, every disappointment, each and every torment and sorrow that exists or has ever existed.

1358. It was late evening and an extraordinary feeling of joy and tranquility came over the brain. It came full force and obliterated everything related to thought or any form of memory. The tranquility, bliss, happiness, or however you want to put it, was not the result of any silly belief, theory, or personal philosophy. It did not involve any kind of mental image. It is impossible to convey the depth of it. It had a depth without measure and brought about a sense of inner warmth. It was like being held, protected, but the source of the tranquility, the source of the warmth, was inside. It originated in the brain. The source was devoid of conflict, struggle, desire, or any form of duality. The absence of duality is unity. It is wholeness. That is what it was. The source was whole, complete, and it permeated the brain. It was not the brain, but rather it moved and flowed like a wave through the brain. It was this wave of wholeness that brought about the warmth and unimaginable sense of contentment. It was contentment. They were the same movement. They were the same thing.

1359. If the brain feels anger, jealousy, loneliness, or frustration, then it does not love. The brain can come upon love, but it must first learn what it means to live without anger, loneliness, and all the rest of that madness. Love is revealed when the brain learns to be free. Freedom means

the end of attachment to mental images, images of family, work, country, culture, God, and so on. The end of attachment is what purges anger from the brain. It eliminates jealousy, loneliness, and all that nonsense from daily living, and thereby enables the brain to come upon what it means to be free. That means without freedom love is impossible. It means without one the other cannot be. This is a fact you may have heard over and over. The key is to feel as though you are hearing it for the very first time.

1360. The self is the attachment to thought. It is thought that takes the form of an idea about another person, a family, country, religious belief, political group, criminal gang, and so on and so on. The self as mental attachment to thought forms because people have been conditioned at a young age to follow particular rituals, traditions, customs, expectations, and all that. The children are brainwashed by other people, family, and the society in which they live, and that brainwashing is passed on from generation to generation. That is how a self, an ego, a me has developed throughout history. It is how it continues to develop today. It appears children have never been raised in an atmosphere totally absent of all forms of conditioning. It seems children have never been raised with love. A society cannot raise a child with love unless there is love in the society. You cannot raise a child with love unless you love. That means love comes first. Find out what it is to love, to love without any conditions whatsoever. That means going to church and celebrating holidays no longer have any meaning. Praying to Allah or Krishna is out. Joining the military, going to war, and killing people is not an option. It means having the capacity to walk away from a group, a gang, a belief, even if it means your own death. The mental attachment to any idea about a gang, country, property, money, sex, person, or whatever else, is also finished. Every mental attachment to any idea, thought, or mental image of any kind is over, dropped. It is incinerated, which means mental attachment has ended. The end of attachment means freedom. It means the brain comes upon freedom, and that freedom begins to

work. It begins to work throughout everyday living. It works when you are at home, work, shopping, taking a walk, when you are with people, or when you are alone. Be internally attached to no mental image of any kind. Do that and there is absolutely nothing else to do. There is nothing else to do because the brain is free. It is in freedom that the door to love opens. Freedom allows love to work in the brain. When that happens there is nothing else to do because love takes care of everything. Love does that. It takes care of absolutely everything.

1361. People think that belief will bring about a good and peaceful society. They embrace particular religious beliefs, Christian, Buddhist, Muslim, and so on, and they identify to particular social movements, political ideologies, and all the rest of it. However, the nature of belief and the identification to any mental image creates a center. It makes for a psychological center, which means isolation. It means psychological isolation, and this isolation causes social division, violence, and all the human suffering that goes with it. That means people are thinking incorrectly. It is a mistake to think that belief can bring about a peaceful society. It cannot. It never has, and it never will.

1362. People want physical comfort, safety, and security. They want to eat, mate, and live. They want to survive. For purposes of physical survival people originally seemed to find security in numbers, because they were able to hunt for food and defend themselves from predators most effectively in groups. The desire for physical security extended to the mental identification to groups of people, families, and tribes. They created mental images of these tribes and formed attachment to those images. As a result a me, an ego, a self was created. The creation of a self meant mental isolation, and therefore psychological division and conflict as fear, hate, envy, and greed. This inner conflict expressed itself outwardly into society which brought about social division, violence, and all the rest of it. People did not realize that the attachment and identification to the mental

images of tribes, people, and things was conflict. They did not see how it created psychological isolation, internal division, and therefore conflict in society. They did not realize the mistake they were making. Mankind has not changed at all over the years. People are just as violent, ignorant, and ruled by the ego, as they have been for hundreds, thousands, and millions of years. Throughout history people have tried to understand the meaning of life. The desire to measure and quantify it gave rise to science. It created mythology, religion, and philosophy. Throughout history people have developed all kinds of ways to try to understand the world in which they live. In every case they have sought the answer in some type of human thought. They have searched for an answer in some form of human memory. Only now has it been discovered that the answer does not lay in any form of human thought or memory. Only now has the realization come about that the nature of thought and memory is inherently measurable. It is this realization about the nature of thought and memory that has resulted in no longer seeking an answer to the meaning of life in that which is measurable. It has resulted in the end of the ignorant human being. A new era has come about in which an entirely new human being has come into existence. This new human being is a person that discovers the ignorance of looking for the meaning of life in thought or memory, and as a result is no longer wasting time on such nonsense. The person is no longer being fooled, and therefore no longer ignorant. Ignorance for such a person has ended, and as a result intelligence has started. The end of ignorance is the start of intelligence. They are the same. The intelligent human being has manifested, and as a result there is indescribable significance for the whole of life. Suddenly what gives life meaning, makes it infinitely precious, and has an immeasurable and sacred quality about it, has been discovered. The human brain has suddenly changed. It has come upon that immeasurable, sacred other. It has come upon what is love. Love is that sacred other. It is the thing that gives life meaning. It is the discovery of a thousand lifetimes, and it comes about when ignorance

comes to an end. That means the end of ignorance and love go together. It means they are one and the same thing.

1363. If the ego occupies the brain in both of us, and we die, then what happens is fundamentally not different. It is not different because we are not different. The ego in one person is the same as the ego in another person. That means when the body dies, the ego continues. It goes on. It may go on for one year or one million years. It goes on until it ends. The essence of the ego is that it is a flow of thought, which means it is finite. That which is finite is measurable. That means ultimately the ego has an end. However, if no ego occupies the two brains and both of us die, then what happens is also not different. The ego does not exist, which means there is nothing to continue. There is nothing to carry on. The whole flow of ignorance no longer occupies the brain, which means at bodily death there is intelligence. It is intelligence that remains. It is intelligence that exists, but it is an intelligence that is not personal. It is an intelligence that has nothing to do with the ego. Intelligence depends on nothing, which means it is unaffected by whatever happens to the body. The body is material and earthly. Intelligence is not material. It is an entirely unearthly thing.

1364. If the brain of one person contains an ego, and the brain of another contains no ego, then at physical death something totally different happens to each. If the ego exists, then it continues. It goes until love ends it. If the brain without an ego dies, then nothing happens to love. Love is entirely separate from the ego. The ego is sorrow. Love is not sorrow. That means when the brain dies, love simply ceases to operate in the brain, but love remains untouched. Love remains completely and wholly intact. Nothing can harm, damage, or destroy what is love. Love is indestructible. It is an untouchable thing.

1365. When you observe the sky, a field of grass, a dead squirrel beside the road, or a lone bird soaring in the clouds, then observe without any inner separation between you and

the observed. If there is any feeling of being different from the sky, the field, the animal, then a mental separation occurs. There is a mental separation that takes place between the observer and the observed. As a result perception is distorted. A person with a distorted perception of life lives in mental isolation, which means an ego, and all the struggle, seeking, and torment that goes with it. Therefore explore what it is to observe the bird completely, the color, the shape, the movement of it. Carefully observe how it looks for food, gathers twigs for a nest, cares for its young. Give your entire mind and heart to it. When you do that and observe the bird without comparison, the space between you and the bird is filled, which means every sense of feeling different from the bird ends. It ends altogether. When that happens suddenly there is no you and no bird. There is only observation. Find out what it is to do that and live that way. When you live like that, then every sense of being different from rocks, plants, animals, and people comes to an end. A sense of extraordinary oneness takes place. It is this sense of oneness that is real. It is what brings about a perception that reveals what is actual. Therefore if you think that there is a difference between the observer and the observed, you and the neighbor, you and the tree, you and a bird, then that is wrong. It is a huge mistake.

1366. Desire is the movement of the ego. Desire does not merely form the ego, but it is the ego. That means you are what you are because of desire.

1367. Humans today are not mentally different from those that lived millions of years ago. They are more sophisticated, worldly, knowledgeable, and all that, but they are basically just as selfish, cruel, and superstitious as their primitive ancestors. The behavior of humans throughout the world today is not much different than that of a flock of sheep, family of lions, or pack of wild dogs. Most humans today are animals.

1368. When you observe something, and you think you are different from it, then that idea is not right. You differentiate yourself from it because you compare. Mental comparison implies thought, and thought is a fragmented and biased movement. It is a movement in distortion. It is this distorted way of looking at animals, trees, the sky, and other people that denies the brain from coming upon that which has no comparison. It prevents that which is sacred from revealing itself.

1369. If you are cruel, callous, insensitive to the earth, plants, animals, the coworker, the neighbor, the homeless beggar on the street, then you do not love. Love is being sensitive to the whole of life. Without that quality of sensitivity, which means a sensitivity that does not choose, means you are misusing life. Life is being misused because there is no love. To live without love is to grossly misuse life. It means you are squandering your life away.

1370. Human behavior throughout the world is not very much different than that of animals. People are territorial, defensive, and readily attack others who do not belong to their group. The behavior of people is much like the behavior of ant colonies or packs of wolves. Most humans today live with jealousy, anger, frustration, loneliness, and as a result they are primitive and selfish. Most of all they are ignorant. However, it is not an ignorance related to a lack of knowledge or slow thinking. Humans have a tremendous amount of knowledge and skill about the arts, sciences, and literature. The ignorance relates to behavior. It involves relationships. Most people feel they have relationships with family members, coworkers, neighbors, or other people who belong in the same class, culture, religious organization, or political party. I question whether there is really any relationship at all. The word relationship means connection. It means the absence of separation. Separation can exist socially in the form of borders that are created by differences in culture, belief, race, and political or religious ideology. It can exist in the form of differences in rank,

position, and hierarchy within a group, business, or organization. That is obvious if you look at it. This external separation exists because people are internally separated. The reason social division happens is due to psychological division. It is due to a mental division that is taking place in the brain. A person that is mentally divided lives in conflict. Division is conflict. They are the same. Conflict that exists in a person has been given many labels including anger, revenge, hate, envy, greed, fear, jealousy, and so on. It does not matter what label or name is associated with the conflict that occupies the brain. What matters is that it exists, and where there is conflict, there is no love. Love has absolutely no connection with conflict in any form. It has no connection to any form of separation or division. That means only when the whole foundation of the causes for separation in the brain is dismantled, can a person learn what it means to love. The cause for separation is the psychological embrace a person puts on a particular race, country, government, family, personal system of belief, attitude, or point of view. Let go of all that. Avoid it like the plague, because it is a plague. It is a plague that has infected mankind for thousands of years. It is the factor that has caused all the crazy brutality and violence that exist in the world today. Therefore if you can discard all that and purge it from your everyday living, you will have done something that for other human beings is only a hope, a dream, a fantasy. You will have done something that is real, and therefore has tremendous meaning.

1371. If you love someone, then you have no authority over that person. That means you look at that person as an equal with no sense of being different in any way. The absence of feeling different makes love possible. It allows love to unfold.

1372. The transition from living with worry, struggle, fear, envy, frustration, sadness, loneliness, and all the inner hurt that goes with it, into living without any of that, is simple and natural. To live with worry, fear, loneliness, or any of

that means to live in thought. It means to be caught up in time. The transition from living in time to living in that field outside of time, is the most natural thing in the world. It is as natural as leaving one room and entering another. It is so natural that when it happens it feels as if you have done it thousands of times before. You just need to do it.

1373. The present is where everything exists. It is where absolutely everything can be found. That means the present holds all the answers. Find out what it is to move in step with the present. Explore what it is to move with what is happening in the moment you wake up in the morning, go to work, eat a meal, take a walk, meet a person, watch a sunset, observe a bird, find yourself in a noisy, crowded room or completely alone in total silence. Walk in step with the present and watch how everything falls into place. Watch how the whole of existence reveals itself.

1374. Find out what it is for the whole movement of thought as the ego to halt, which means to deny and walk away from all forms of human belief, opinion, and faith. Do that and suddenly a dimension to life not bound by anything unfolds. You can only be bound and attached to a concept. However, a mental picture or concept cannot perceive what happens in such a dimension. Any concept that is mentally formulated is a movement of thought, which means confinement to memory and restriction to the past. It means a trap. Thought as the ego is manipulative and subtle. It is awfully cunning. The entire mechanism of thought must be shunned and totally abandoned for that boundless other dimension of existence to open up. Only when the brain sees what is the nature of thought, and thereby is free of it, is the other made possible. That means only in freedom does that other dimension to life show itself. Find out what it means to be totally free of everything society has put upon you. Do that and watch what happens. Human language cannot describe what happens. What takes place is extraordinary.

1375. The transition from the conditioned brain to the unconditioned brain does not take time. The brain can move with that unconditioned other, but an idea, thought, or mental image about it, is not it. Any mental image about it only serves to push it away. It pushes it away because an image means memory, and memory implies the past which means time. That which is unconditional is totally devoid of time. It is a timeless thing.

1376. Intelligence is not the ability or skill to acquire knowledge, manipulate thought, or think of new ideas. All of that involves memory, and memory is measurable. A house, a room, or prison cell is measurable. Intelligence is not measurable. To come upon intelligence means to bring an end to living in measure. It means to step out of the prison of limitation. The brain is limited when it becomes fixated on a remembrance or some sort of mental image. A brain that is fixed on a particular way of thinking, is at the same time stuck in the realm of measure. Unless the whole mechanism of that which is measurable unwinds, the brain can never come upon that which is immeasurable. It can never come upon that immeasurable other. It cannot come upon that which is sacred.

1377. The idea of a thing is one thing, and the reality of it is another.

1378. It was great fun driving the car, feeling how it handled up the steep hill, around the turn, and the power of the engine as it accelerated on the open road. The big city was congested with people. There were street workers, joggers, tourists, beggars, and bicyclists. There was row after row of businesses, buildings, and places to shop, eat, drink, read, exercise, and all the other things people do. The restaurant had black walls, wood table tops, and chairs with black cushioned seats. The waitress brought papaya salad, mushroom rolls, and yellow curry with shallot, carrot, asparagus, potato, and jasmine rice. The food was colorful and delicious. Nothing was wasted. A dense fog covered the

bridge and distant hills. The city street was bumper to bumper traffic, and yet the trip back to the small town seemed to pass in an instant. The house was clean and quiet. In a small room the body rested on a soft bedspread. The air in the room felt fresh, and through the window the evening sun could be seen as it slowly descended over the horizon. The sound of church bells echoed in the distance, a lone bird called, and a train horn blew loud and long. The brain was attentive to the smallest things, the smooth texture and color of the walls, the cracks in the doors, the furniture, the clothing on the body, breathing, and the steady, slow beating of the heart. The brain was totally finished with all yesterdays and tomorrows. There was no use for memory or need for thought. The flow of thought stopped and time stood still. It was then that it came. A vast, flowing energy emerged. The energy was separate from the brain, but it flowed through the brain. The brain was like a conduit and the energy was surging, thriving, pulsating. It was palpable. No words, ideas, or thought can approach it. The absence of thought is what drew it out. Thought is a material process, and that which is material is measurable. The nature of this energy was not measurable. It was not something that could be put on a weighing scale or next to a ruler. There is no ruler or yardstick capable of calculating or putting a number to it. It was immeasurable, infinite. It was a holy thing.

1379. The self is a fragmented and divisive movement. It is an utter mess of psychological duality and fragmentation. There is a way to merge and meld the fragmented mind, and that is to eliminate the self, the me, every sense of the ego. Do this. Find out what it is to meld with the song of a bird, the scent of a flower, the shadow of a tree. To meld with something means to become that thing. Therefore become the song of the bird; be the shadow of the tree; take in, swallow, and digest the scent of the flower. Do all of that, and watch how every sense of self disappears. See how all forms of comparison and judgment end. Watch how all of that is nowhere be found. It is in the absence of the self that inner fragmentation ends, and as a result an indescribable

wholeness takes place. Test it out for yourself. Only when you do it, can it happen. There is no other way.

1380. The motion of thought is repetitive. All it does is emerge and fall back into memory. If you look at it that is what it does. That makes the motion of thought a mechanical process. It makes it routine, dull, and therefore utterly trivial. There is another movement to life that is not routine. It is a completely different action because it is an action that does not repeat. An action that does not repeat is an action of creation. It is something that is explosive, dynamic, ever new. Only when the motion of thought and constant going in and out of memory stop, can that other action, this other movement come about. The end of the routine of thought is meditation. It is a meditation that ends the dullness in the brain and thereby sparks and enlivens it. It is what ignites the brain and brings life to it. The inner sparks that fly is meditation. They are the same.

1381. Emptiness does not differentiate. The emptiness that exists in one brain is the same as that which exists in another. It is the same emptiness, the same movement, the same unfathomable energy. It is the same with atoms. What differentiates one atom from another is not the empty space that exists with it. It is the material stuff that makes one different from the other, but that only happens when there is an observer. An observer fixes the material stuff. It makes it behave like a particle, which is fixed in time and space, and therefore it is measurable. However, when the observer is absent, then suddenly the particle behaves like a wave, and therefore unfixed. All of that is obvious if you see the results from experiments. Here is the thing. The amount of empty space present in an atom is so great compared to the material stuff that it is silly to believe that what is real is the material stuff. There is another dimension to life that is not material, not measurable, and therefore with an infinite and sacred quality about it. Find out what it means for the brain to come upon that other dimension. Do that, and every sense of feeling different from anything else vanishes. The

feeling of being different from a stone, butterfly, flower, cloud, or lonely star, completely disappears. It is the end of feeling different from things that the other dimension brings. Play with it. Explore it. It is there for anyone willing to look at it.

1382. A love without conditions is not a theory. It has no relationship with any form of mental belief or concept. The concept of a thing is not the thing. Therefore avoid any concept about what is love. Walk away from all forms of human belief. Only then can love show itself. Only then can love be real, visceral, and in your blood.

1383. If you observe a cloud and you recognize the shape of the cloud as a ball, a flower, the face of Jesus, or whatever, then a mental separation occurs between you and the cloud. A mental gap is formed between the observer and the observed. That means relationship is broken. It is severed. The consequence is the observation becomes twisted, and the cloud is not seen as it is, how it moves, how it changes in shape, light, and shadow. Find out what it is to bridge the gap between you and the cloud, the tree, the spouse, the boss, the neighbor, the criminal, the saint, the rich, and the impoverished. Find out what bridges that gap. Find out what establishes relationship. It can be done.

1384. If you have an idea that you will do poorly at a thing, in school, at a job, or whatever the case may be, and as a result of that idea there is no energy to meet the task, then the failure that happens originated with the idea. However, if you approach the thing with an open mind, then there is no blockage of energy. The energy that comes with an open mind brings the capacity to approach school, work, health, cleaning, cooking, or whatever else, as never before. You may have prepared a thousand meals over the years. However, the next time you cook a meal, approach it with a new, fresh, completely open mind, which means to go through the recipe with great interest, look carefully at the food to see if it is clean and suitable to eat, or if it has been

treated with pesticides, hormones, other nasty stuff, and so on. Watch what happens when the brain is unclogged, unfettered, and open without any preconceived ideas at all, not just about cooking a meal, but about living life. Just watch what happens.

1385. Psychologically humans have not changed for millions of years. In the same way families of lions, hyenas, and other wild animals fight for power and territory against other families of the same species, humans do the same. Humans may be more clever and manipulative at it, but they still form groups, identify to a particular clan, family, street gang, political party, social movement, or religious organization. The type or name of the group is irrelevant. What matters is the behavior. It is the same primitive, animalistic, and selfish behavior. Human beings have not changed, which is evident by the serious problems that exist in the world today as wars, terrorism, nuclear proliferation, overpopulation, hunger, climate change, water shortages, economic crises, and so on. Only the person that learns what is meditation can bring about a change in the human animal. The mind that moves with the present, which means dying to mental image making from moment to moment, comes upon meditation. The mind comes upon what happens at death. Death is the end of making mental images because it means the end of the self. The self is the image maker. It is also the image. Every mental image you have of yourself defines who you are. It makes your identity. It forms the self. Meditation is the cessation of the whole process of mental image making, and therefore it is the ending of the self. The ending of the self is death, and death reveals an entirely new and different realm of existence. That other realm is not an idea. Ideas are fixed, static, dead things. This realm is not dead. Instead it is alive, dynamic, exploding. It is bursting with a life unlike anything one has ever known. That means death is not an end, but a beginning. It is the beginning of a new and utterly extraordinary realm of existence that exists outside the field of time. The self is a movement in time. The self is the

image, the idea. It is thought, and thought means memory. It means time. Therefore the ending of the self is the ending of time. It reveals that which is timeless. That which is timeless is not an abyss. It is not nothing, but it is everything. It is everything needed to change the human condition.

1386. You may look the part, use the right words, pantomime the behavior, but if the love you say you have come upon is based on an idea, belief, faith, or mental image of any sort, then it cannot be the real thing. It cannot be real because in the same way the mental image of a tree is not a tree, so too any image of love is not love.

1387. A day without moving in step with the present is a day lost.

1388. The people formed a mob and protested inequality, brutality, and injustice. They paraded down a street, holding signs, and chanting slogans. A number of people turned violent and began to break store windows, steal, set fires, and throw rocks at the police. Individual people seemed to follow the behavior of the mob in the same way a single animal follows the herd. Find out what it is to break out of the herd mentality and follow nobody. Carefully think about the things you do. If you do things simply because others do them, then you are not living your own life. You are living a lie.

1389. If you feel that counseling, psychotherapy, a system of meditation, yoga, shopping, reading, eating, drugs, alcohol, or something else will reduce the tension in your life, and you do not care to find out what causes tension in the first place, or you have no interest to figure out once and for all what it means to find, dig up, and remove the seed of mental tension, anxiety, and frustration so that it never comes back, then live like that. Live with that rancid and smelly seed inside you, which means live without love. It is up to you.

1390. A criminal, terrorist, or murderer is ignorant, and therefore caught up in mental conflict that takes the form of anger, hatred, jealousy, fear, greed, envy, frustration, or whatever other name you want to give it. They are making a mistake in the way they live and do not realize it. A person who is intelligent, clear minded, living without any form of mental conflict, does not steal, go to war, brutalize and kill people. The intelligent person lives peacefully no matter what are the consequences. The person may be threatened with imprisonment, torture, or death. All of that may happen, but it cannot force the intelligent person to go to war. It cannot make the intelligent person to be cruel. That is one thing the intelligent person will not do. It is not that the intelligent person has some other ideology or belief system. The intelligent person will not be cruel because it is not the character of that person. It is not the nature or essence of the intelligent person to be ignorant. They are two totally different ways of living.

1391. To love without conditions is something very few people have, if any, which means if you have that love, then very few people will understand you, if any.

1392. If conflict no longer occupies the brain, then there is no fear of death. It is not just that the fear of death is gone, but also death has an entirely different meaning than before. The absence of mental conflict means there is no sense of loss when a person dies. It is not that the mind is insensitive or does not care about the person who dies, but instead the contrary exists. The enormous sensitivity, caring, and love that exists in the mind for the other person bridges any gap between the mind and that person. When there is no gap between you and another person, it means you are that person. Therefore when a person dies, there is no loss, because that person, the parent, spouse, child, friend, neighbor, or whoever, is you. The person is you. That means there is no sense of division between you and the other person. There is no division in the mind. The absence of division makes for a sense of wholeness. It brings about a

feeling of deep and solid unity which as a result negates any feelings of loss, sorrow, or mental conflict. It negates all of that completely.

1393. Love has no rules, demands, or expectations. If such a love is not in your life, then your life is out of balance. A mental misalignment exists, and it is this misalignment that causes fear, the fear of loss, the fear of failure, the fear of death, and all the rest of it. Love brings the brain into balance. It brings about a sense of evenness and harmony. As a result every sense of fear falls away, and the brain suddenly finds out what it is to live without fear. It finds itself absent of worry, frustration, and all the inner hardship that goes with it. A fantastic sense of inner harmony unfolds, which means the inner harmony, love, and what it is to live fearlessly, are not different things. They are the same.

1394. The self may live for hundreds, thousands, or millions of years until it finally ends. The end of the self is its purpose, because until that happens love will never come about. Love is the ultimate purpose of life. That means the self will not die until it fulfills its purpose, and its purpose is to die. Its purpose is to be selfless.

1395. The ego is grounded in thought and therefore the past. It exists as a flow of memory, and memory means the past. It is the psychological past. The brain that is trapped in the flow and wave of thought creates a split between the present and past. This split means conflict. That is why a person lives with fear, anger, loneliness, depression, jealousy, and all that. This inner split, duality, division, or however you want to describe it, is the problem. Awareness ends this split. It obliterates every sense of mental duality and thereby reveals a dimension to life that is unified, complete, whole. The mind that comes upon this dimension is not separate from it, which means the mind itself is enfolded with an extraordinary sense of unification. A mind that is unified no longer lives in conflict. It ceases to live with any sense of jealousy, loneliness, depression, and all the rest of that

nonsense. Explore what it means to break out of this wave of thought, and thereby move in a totally different direction. If you do that, then a new way of living takes place that is free from inner duality. It brings an end to every inner conflict, and at the same time the mind discovers the nature of conflict. As a result a realization takes place about what ends conflict, all conflict. It is a discovery that brings about a new way of seeing. The eyes feel new, young, bursting with energy. It is as though the head has been implanted with a whole new set of eyes, and there is the ability to see things as never before. The smallest things are noticed, the stitch pattern in a bath towel, the craftsmanship of a wood night stand, the shape of a tree, a branch, a leaf. It is not merely that these things are noticed, but there is an intensity, a deep and powerful sense of beauty that comes with it. The beauty that unfolds takes place with the absence of all aspects of inner separation between you and these things. The eyes observe these things and there is no separation between the observer and the observed. It is the absence of separation between the observer and the observed that allows the immense intensity and indescribable beauty to come out.

1396. The body was lying down and resting after a long morning walk. A car horn tooted and a plane rumbled in the distance. The eyelids were shut but there was watching. There was observation taking place with the eyes closed. Unexpectedly a sort of window opened within the brain to an apparent other place. It was a portal that revealed both another place and the figure of a person. The figure was standing engaged in some sort of activity or work. The outline of the figure was clear, sharp, however the details of the face, work, surroundings, and all that, were somehow unimportant. A sense of wonder and astonishment filled the brain and immediately there was a surge of curiosity to explore and learn about what was happening. The portal was open for what seemed like several seconds. At the same time there was awareness of what was happening outside the room. There was the sound of cars passing, a bird calling, the body breathing. The eyes felt as though they were being

pushed out, and as a result they quickly began to feel weak and terribly strained. As suddenly as the portal opened, it vanished. It closed shut. Whatever happened there was no image making going on, mental projection, or any movement of memory. There was no judgment or interpretation with what took place. It simply happened and the brain recorded it. The event was immediately discarded as all events are discarded. The instant the event was let go the brain was renewed and reborn. It was overflowing with energy. The sounds of passing cars subsided. A tremendous silence spread throughout the room and seeped into the walls, floor, and furniture. It was a silence that was the negation of thought, memory, and all forms of image making. The absence of mental image making remained throughout the day and continued into the evening. The night sky was clear and filled with glistening stars.

1397. Do this. Sit in a chair with a straight back and feet flat on the ground and be physically still. Do not move a muscle, fidget, or twitch. Relax the jaw, close the mouth, and let the tongue rest on the roof of the front palate. Breathe naturally. Close the eyes and be sensitive to what is happening outside the brain. Feel the back against the chair and clothes on the back. Listen to what is going on outside oneself. Listen carefully with great interest, attentiveness, wakefulness. Listen to the sound of passing cars, a bird singing, leaves blowing in a breeze, or whatever is the case. At the same time look inwardly. Watch and attend to what thoughts enter the brain. Watch carefully what thoughts appear without any external stimulus. Observe these initial thoughts. The stream of thought that may follow an initial thought is different. It is the initial thought that enters the brain that is important. It is important because the thought that comes may come because it is unresolved. It may need exploration and understanding. What is important is to watch and learn about these initial thoughts, and not neglect a single one.

1398. The mental attachment to a particular faith, set of beliefs, ideas, or thoughts of any kind, has the effect to bias, fixate, and thereby desensitize the brain. It makes the brain insensitive. A brain that is insensitive does not love.

1399. Stop going to things, other people, and places where you are not in order to seek what is sacred. The sacred can only be found where you are and nowhere else.

1400. Make all churches and mosques homes for the homeless. Make all shrines and synagogues kitchens for the hungry. Tear down all the temples of the world, and grow vegetable gardens, flowers, grass, and fruit trees. Do these things not because you are an atheist, hate religion, or any of that craziness. Do these things because they are the right things to do.

1401. That which is sacred does not show itself through training, exercise, or effort. Training and effort imply thought. The sacred other has nothing to do with thought. That means it cannot be approached by effort. It is an effortless thing.

1402. All near death experiencers describe a memory. They have memories about deceased relatives, angels, beings of energy, spirits, God, a realm that is timeless, and so on. However, any past experience that is played over sustains the past. It perpetuates the past and thereby the present is blocked out. The past is the totality of remembrances as past experience, past events, past joys, past hurts. It is all that. All memory and remembrance implies time. The present has nothing to with time. The present is timeless. Here is the thing. All forms of memory and remembrance have no value when it comes to finding out what it is to actually open the door to the present which is that timeless other. In fact it is the playback of remembrance that denies the timeless other from showing itself. Find out what it is to completely let go of every past experience one has ever had in life, regardless if it was about meeting deceased loved

ones, angels, or God. To do that means to let go of living in time. Only then can that other dimension to existence which is timeless, and therefore sacred, reveal itself. Only then can one live a timeless life.

1403. Peace of mind cannot be induced, coaxed, or in any way cultivated. Cultivation implies time. That means no book, no person, no upbringing, no education, no mental image of any kind, can bring about a mind that is deeply and completely at peace. If you mentally depend on any image or idea about God, family, work, a particular point of view based on culture, social norms, beliefs, or whatever else, then that mental dependence negates peace. It negates peace because where there is dependence there is also a rooted anxiety about maintaining the dependence and keeping it safe and secure. The fact is, anxiety arises the moment any dependence is threaten or in some way attacked. It surfaces and shows its ugly head. Anxiety, fear, frustration, and mental agitation of inner opposition are deeply linked to mental dependence. That means it all must end. Otherwise living with peace of mind becomes a fantasy, a dream, and therefore not real. So walk away from everything that implies time. Deny all forms of mental dependence. Only when you do that can you come upon a real peace and contentment that depend on nothing. Only then can you find a piece of mind that is actual.

1404. Love means to give up the self.

1405. Death of the self is the end of limitation, which means what happens when the self dies is no death at all. It is something altogether different. It is something entirely new, vast, utterly immense. It means dead is not dead. It is not an end, but the emergence of what is unlimited, infinite. It is the unveiling of that which holy.

1406. The hospital room was quiet and the body of the young woman had been dead for only a few hours. The skin was pale, eyes sunk in, and the arm was warm to the touch.

People were sobbing in a nearby room down a long hallway, and a priest tried to comfort the people with soft words, condolences, and prayer. The room window overlooked a parking lot with many cars. There were green tall trees in the distance, and the sky was clear, pale blue. Upon physical death the body decomposes, decays, and returns to the elements, the earth, waters, and sky. That is simple. What happens when the ego dies is something entirely different. The ego is the collection of mental images you have of yourself. That means it is thought, memory, the past. It is a movement of time. If the ego occupies the body at physical death, then that movement of time does not stop. It goes on. It goes on because only that which is timeless ends time. That timeless other has nothing to do with the body. It has nothing to do with anything physical or material. It is an immaterial thing. Therefore the death of the ego cannot be revealed by thought. It cannot be intellectually grasped, captured, or fathomed by any thought, belief, or concept formulated in the brain. The embrace of concepts, beliefs, and mental image after mental image, is what denies that timeless other from showing itself. The brain that sees the fallacy of looking for an answer to death through any form of thought opens the door to the other. It is the factor that allows that timeless other to fill and move within the brain. The brain that comes upon that which is timeless comes upon what happens at death. It is only when the timeless other occupies the brain that the mystery of what takes place at death comes out. It shows itself.

1407. There is a source of all that is. It is the source of intelligence and ignorance, love and hate, mankind, the mountains, earth, and stars. It is the source of everything. This source knows no division, which means it has a unifying quality about it. It has a quality of oneness, wholeness. In order to come upon this source the division within the mind must end. Division in the mind is expressed as jealousy, anger, frustration, loneliness, and all that. All of that is mental division. When the totality of mental division ends, then not only do the problems of jealousy, frustration,

and all the rest of that foolishness end, but more deeply, the door opens to the source. It makes possible for the brain to come upon the first, the original, the primordial source of all that is. For the brain to come upon this source means the end of all division. A great flood or tsunami may strike a village and kill hundreds of people, and the survivors may go through terrible grief and anguish over the loss of loved ones. The death of others and the great sorrow that people go through afterwards does not touch this source. The brain that comes upon this source sees the sorrow of mankind, but it is untouched by it. It is not that the brain is crass or uncaring about the hurt and plight of others, but rather it has not only stepped out of the whole river of sorrow that people are caught, but it has come upon a dimension to existence in which no sorrow or division exists. A door opens to a dimension of life in which there is no division at all. The whole sense of division between intelligence and ignorance, love and hate, war and peace, all comes to an end. A terrorist may kill thousands, a hurricane or earthquake may destroy a city, or the earth may be completely wiped out by nuclear war, disease, or famine, but there is no division in any of that. None of that touches or in any way effects this source. The brain that ends the division within comes upon this source. It comes upon the source of all that is. To have this source occupy and flow through the brain is the greatest thing, because it means the end of time. It means the brain comes upon that which is timeless, and therefore holy. There is no explanation that can convey the immensity of this holy other. Words can point to it, but they cannot impart the actual essence, fragrance, and unspeakable majesty of it. Throw out the totality of thought, and time ends. The ending of time is the essence of this source. It is the source. They are one and the same thing.

1408. If the self asks what happens when it dies, then it will never find the answer. That means as long as the brain is caught up in the movement of the self what happens at death remains a mystery.

1409. When the ego is no more, another world is revealed that is completely absent of division and time. Division means conflict. This other world is devoid of conflict. To live in division, which means worry, grief, and sorrow after sorrow, has nothing to do with this other world. This other world is different. It exists outside the field of time, which means it can only be revealed when the ego is finished. It only shows itself when the ego is finished and over. The ego must not be near death. It must be actually dead and gone. That is all there is to it.

1410. Intelligence is a movement absent ignorance. If the brain comes upon that movement, then the intelligence within the brain does not allow ignorance to show it's grisly face. It does not grant the monster to exist.

1411. The ego is a movement of opposition and restriction. It is restricted to a framework of duality, and duality means opposition. It means conflict. When the ego dies, then what happens is the same as when restriction and conflict end. The end of restriction is freedom. The end of conflict is peace. That means the death of the ego reveals both a freedom and a peace. It reveals a dimension to existence where freedom and peace are one and the same movement.

1412. The ego is memory, and memory is in the brain, in the cells, the neurons, and whatever other stuff makes up the physical brain. The ego instructs, steers, and drives the brain, but it is separate from the brain. The ego is the past. The past is not what is actual or real. That means the ego is not real. When that which is not real ends, then what is real comes out. That is what happens when the ego dies. What is real shows itself, which means an entirely new and different reality is divulged. A completely fresh, original, and utterly unique dimension to existence suddenly opens up and shows itself. Find out what it means to toss the ego into the garbage, which means the end of desire and no more seeking. People seek, strive, and struggle to understand, grasp, or have an insight into what happens at death. It is the

struggling itself that prevents insight. It is the reason what happens at death escapes the brain, causes fear, anxiety, the embrace of belief, and all the craziness that goes with it. What happens when the ego dies cannot be revealed unless the whole mental activity of desire, struggle, seeking, and every hint of pursuing come to a stop. The total end of all of that insanity is what matters. It is the key that reveals what happens when the ego dies. It is what opens the door to a world that is real, clear, and therefore absent of distortion. That is what happens when the ego dies. That is what death uncovers. It uncovers a world that is clear, undistorted. It reveals a world that is true.

1413. The only way to find out what happens at death is to die, which does not mean to jump off a bridge and commit suicide. That has no meaning. What has meaning is psychological death, which means the end of the ego. The end of the ego has tremendous meaning, because the ego is what denies love. It is what prevents a person from loving. Life without love is small and desolate. It is terribly insignificant. Find out what it is to live without any sense of an ego, and watch how suddenly life has infinite meaning. That's what death reveals. It reveals infinite meaning for everyday living.

1414. Only love matters. Everything else is a diversion. It is a masquerade.

1415. People use dates, watches, schedules, and calendars to live in the world today. They use these things to plan events, schedule a flight, earn a livelihood, and all that. All calendars throughout the world have days with names that are considered more important than other days. People look forward to these particular days and value them more than other days. To make a particular day more important than another is to be caught up in the world of thought, bias, and therefore ignorance. If calendars are needed to live, then discard all the so-called special days. Discard all religious holidays. Erase all of the presidents days, flag days, country

days, and all that. Make each day on the calendar clean, empty. For example, make a calendar with 12 months with four quarters. Let each quarter begin on a Sunday and have 31-days for each month followed by two 30-day months. At the end of the year add an extra day to bring the total number of days to 365. This is an extra day. Every fourth year, an additional extra day can be added to the sixth month. This is also an extra day. This would be a calendar without any special days at all, which means it would be a calendar that does not divide people. It would be a calendar for the world. This is a simple example of how intelligent thought would make a calendar for everyday living. However, that is a physical change that requires time. The psychological change is different. Psychological change is the end of the me, the self, and that is something that does not require a calendar or watch. That is something that takes no time at all, which means it can happen now. You can use time to schedule a meeting, plan a trip, and all that, but give time no importance. To do that means to make today the only day that has any real value. Make today the first and last day of your life. Do that and the door opens to a life outside the field of time. The door opens to that which is timeless.

1416. There is nothing sacred in any church, mosque, or temple that cannot be found in any house, on any bench, or under any tree.

1417. The body was tired after a long walk and stopped to rest on a park bench. The mind was lucid, wide awake. It was free of all idea and mental image making. In that freedom an impenetrable calm appeared and enveloped the mind. The whole movement of thought was motionless, frozen, and with it every notion, sense, and inkling of division was gone. There was no internal division, and the absence of division brought with it a tremendous sense of peace and calm. All forms of mental comparison, desire, hope, likes, and dislikes had no place. Only the calmness and an extraordinary sense of wakefulness was present. It was in that state of wakefulness that the entire movement of

mental comparison stopped. The absence of comparison means the brain neither declines nor accepts anything. It does not concede, reject, acknowledge, or renounce. The movement of thought is quiet, inactive. The inactivity of thought is the element that annihilates every sense of psychological division. With the absence of division there is no trace of fear, distrust, anxiety, desire, or any of the inner turmoil that goes with it. There is no hint of any of that pettiness. Sitting alone in the bench there was only the absence of division, and from that a wholeness appeared. An immense wholeness filled the mind, and that wholeness was love. The end of division is love. However, this was not a love that had anything to do with memory. Memory is limited, which makes it a perishable thing. This was a love that thought could not manipulate or corrupt in any way. It surrounded and permeated the mind through and through. There was no division between the mind and it. They were the same movement, the same flow. They were the same incorruptible and imperishable thing.

1418. Love has no motive. Any psychological motivation to try to acquire, possess, or in any way achieve love is the component that prevents love from manifesting. It denies love from disclosing itself.

1419. If you have a mental image of a person, and you view the person with that image, then what you see is not the person. It is yourself.

1420. The self is every person that has ever lived, lives today, and will ever live. However, it is more than that. It is every person waiting to be born, dying, or has died. It is all that. It is all that at the same time.

1421. Mental sensitivity is an uncontrolled and spontaneous thing that frees the brain and thereby enables it to penetrate the extraordinary beauty of things, a morning dew on a spider web, a sleek river rock polished by years of running water, or the grace of a bird circling an open sky. Only the

sensitive brain can penetrate into the grandeur and ineffable beauty of nature. Most people are not free. They are mentally tangled up in the madness of modern society with work, technology, the endless pursuit of money, sex, pleasure, power, and all the rest of it. To have a sensitive mind means to be internally free, free to observe things as they are, to watch the movement of things that happen outside the brain with nature, work, a spouse, a neighbor, and so on, and also to observe the things that happen inside the brain, the movement of thought, and all the fears, worries, and frustrations that go with it. Find out what it means to have a brain that is sensitive and free to observe whatever happens both inside and outside of it at the same time. Do that and see what takes place. See what happens. This is something that does not require any analysis or planning. That is the beauty of it. It is something that can be done right now.

1422. There are no different degrees, shapes, or kinds of love. That means love is something all by itself, and therefore it is the same for anyone who comes upon it.

1423. Any effort by the brain to approach what is love cannot work, because effort denies love. That means the brain cannot move towards, grasp, or in any way seize love. The brain can be seized by love. It can be seized by love when it learns what it is to be quiet. Only the quiet brain can allow love to envelop it. It does not work the other way around.

1424. An entire human lifetime is contained in the present. All of it is right here, right now.

1425. The brain is filled with culture, dogma, habit, and belief. It is filled with materials that man has created. A brain filled with materials made by man cannot come upon that which is immaterial. It cannot come upon what is sacred and holy.

1426. The brain is tailored for intelligence. It has the capacity for intelligence to work inside it.

1427. The day was filled with busy work, washing clothes, dusting, vacuuming, mopping, and cooking. It was not until the late afternoon that the body lay down and rested. The bedroom was bright from the light of the sun setting over the dark green hills. The light streamed into the small room, and a fresh, cool breeze blew in through the open windows. The body was stretched out face up on the bed. Breathing was natural, muscles relaxed, and the heart beat in a steady, regular rhythm. With eyes closed, the brain listened. It listened with enormous interest and energy. Cars passed by, an airplane flew overhead, and a bird chirped wildly somewhere off in the distance. There was a sense of aloneness and utter solitude that brought about a joy which did not depend on anything. The joy was not related to the body or physical senses. It was independent of all ideas and forms of thought. The joy was unlike anything ever experienced before. It was more than joyful, wonderful, and delicious. It was an inner cleansing and purification that brought about something no words can describe. Words like holy and sacred do not convey the immensity of it. They utterly fail to communicate the greatness of it. There are no words. There are no words at all.

1428. If the day is occupied with home, family, work, eating, pleasure, sex, television, the internet, and so on and on, and there is no moment when the brain is totally empty of all that, then the day was never lived fully. It was never really lived at all.

1429. To find out the answer to a question, all you have to do is ask the question. The question is more important than the answer. When a question is asked, look at it without the interference of thought as personal opinion, belief, theory, or any form of assumption. Thought as personal belief and assumption is a biased response, and bias means ignorance. When a question is approached without bias, then

intelligence is allowed to operate. It is intelligence that sees into a question, and thereby allows the answer to present itself.

1430. Love is not hard work or labor. It is not effort or struggle. To believe love and struggle can coexist in the brain is a division the brain makes. Division means conflict. It means mental conflict expressed as anxiety, stress, anger, jealousy, frustration, depression, loneliness, and all the inner chaos that goes with it. To have the belief that love and struggle can coexist together is the very thing that perpetuates division. It sustains the division and conflict in the brain. Therefore, do not make any such division. Instead stay with the fact that love is not struggle. Face the fact that love is not effort, division, or conflict, and move from there. When you move from a fact, then you are not fooling yourself. You are not lost, confused, or taking a wrong path. Any path that is not a fact, is the wrong path. Stay with the fact that love has no relationship with jealousy, which means if there is jealousy in relationship, then there is no love. Face the fact that love is not envy, greed, fear, or any sense of mental discontent. If that fact shocks you, then stay with it. If the idea of it creates anxiety, then stay with the anxiety. Do not try to escape from what is taking place in the brain. If there is anxiety in the brain, then be anxiety. If there is fear, then be fear. Whatever happens do not drift or venture away from the truth of what is psychologically taking place. Stay with it. Watch it. If a thing is carefully watched without any resistance or avoidance, then division does not take place. Mental division cannot be sustained or go on, which means it finishes. It ends. The end of mental division is what dissipates all forms of conflict in the brain. It is the key that ends the whole of it.

1431. The small park was filled with vintage cars, Model Ts, hot rods, 3 and 5 window coupes. The engines were clean and shiny. An elderly man took great pride in his car, and meticulously polished it with soft, smooth strokes. He was oblivious to the other people around him, the clear blue sky,

and the nearby towering coastal redwood trees. The park trees were massive, powerful, absolutely majestic. At the far end of the park in the shade of an English holly tree on the lush green grass, a young man guided a group of people how to meditate. The people stood in a circle facing each other, and the man talked about how it takes time to mentally relax, quiet the body, breathe naturally, and afterwards come to a state of mental alertness. The people seemed to blindly go along with the lesson. They did not seem to realize it takes no time to be alert. The people were being duped, lead astray, and they did not see it. Alertness does not take time, which means either the brain is alert, watchful, sensitive to the trees, the sky, the people, or it is not. Insensitivity takes place with the movement of thought, which means desire for gain, success, or achievement. That means meditation is not something that can be achieved through time. It is not something that occurs after a period of practice or work, which means it has a timeless character about it. It is the same with alertness. Either you are alert or not. Meditation is alertness. They are the same.

1432. There is an epidemic failure by people to understand themselves, not in terms of biology, chemistry, or physics, but mentally, which means in terms of thinking and the nature of thought. Thinking is the movement of thought. It is the movement of ideas and mental images in and out of memory. Memory is merely the collection of ideas that is formed due to all of the experiences that have accumulated due to whatever education, upbringing, and social conditioning the brain has recorded over the years. Thought shapes you. It establishes personal identity. If you are asked who you are, then you respond with whatever mental conditioning exists in memory. You may respond by saying you are Catholic, Muslim, Democrat, Republican, intelligent, ignorant, proud, jealous, or whatever the case may be. That means you are thought. Thought is you. As a result whatever you learn about the nature of thought means you learn about yourself. You not only learn about yourself, but you learn what is the self, and therefore you learn about the

whole of mankind. That is an absolutely incredible fact to realize. Until you learn about the self, you will never have self-knowledge. This is not a knowledge that is partial, limited, or the result of arduous study or any form of psycho analysis. Study and analysis imply time. This is a knowledge that has nothing to do with time, and therefore it does not involve any form of study, work, contemplation, or mental analysis at all. That means self-knowledge is not knowledge in the conventional sense, because knowledge is inherently grounded in memory, and memory is limited. A brain that is limited, which means biased and conditioned, cannot perceive what is self-knowledge without distorting the perception. There can be no insight about it. Therefore knowledge is not the right word. It is not the right description for the insight that happens when the brain perceives and becomes aware of itself. A better description is insight, because insight does not involve time. It has no connection with memory, which means it has nothing to do with personal upbringing, education, culture, tradition, and all the rest of it. All of that implies psychological conditioning. Insight has nothing to do with conditioning, which means it is something entirely different, completely new, fresh, and therefore tremendously alive and invigorating. The brain that comes upon this insight, realization, understanding, or however you want to put it, changes. It is insight that changes the brain. Insight wipes away the psychological conditioning that has plagued the brain throughout life, and as a result the brain comes upon that which is unconditional. It realizes what has nothing to do with time, which means it discovers an unconditional and timeless other. That which is timeless and unconditional is not an idea. It has nothing to do with knowledge, memory, or thought. In the same way the thought of a chair is not the chair, the thought of what is unconditional and timeless is not it.

1433. If you fear failure, criticism, letting people down, being outcast, or not meeting the approval or expectations of others, then behind the fear is a mental image. There is

an image, which is not only the cause of fear, but it is fear itself. It is fear because there is no difference between the image that exists in the brain and you. The image is the image maker. That means there is no difference between fear and you. Fear is you. Fear is the self. It is the mental movement of the ego, the me, the I. Therefore anything you do to combat, suppress, or try to deal with the problem of fear only serves to keep fear alive. It only serves to nourish, maintain, and sustain fear. A life of fear is no life at all. It is no life because fear negates love. It makes love nothing but an idea, and an idea of love is not the real thing. Ideas are memory, which mean the past. Love does not exist in the past. Either love exists in the present, or not. Either you love, or not. As long as fear occupies the brain, then love remains an outcast. It remains merely a belief, faith, hope, or pipe dream. Any dream or belief about what is love, is not love. It is not love because a belief involves a mental image, and the image of a thing is never the thing. People are psychologically caught up and attached to personal beliefs, opinions, and mental images about what is love. Psychological attachment means fear. It means fear exists for the need to keep the attachment safe and prevent its loss. As long as the brain is attached to the mental image of anything, then an underlying fear will always be present, and where there is fear, love is impossible. The mental image of attachment can be anything. It can be the image of a Christian, Buddhist, yogi, herbalist, vegetarian, successful businessman, smart, stupid, handsome, ugly, or whatever. The particular mental image of attachment is beside the point. It is inconsequential. The point is mental attachment must end. You must find out what it means to purge the brain of all forms of psychological attachment, because until that happens the root of fear will remain. It will go on and on and on. Therefore you must explore what it means for every sense of inner dependence to die. You must find out what it is to welcome the death of all that. Only when you welcome the death of every mental image you care about, which defines who you are, can the release of fear take place. An inner surrender must occur, which means

letting go of every mental image you treasure. It means letting go of the image of a spouse, parent, child, friend, lover, sex, money, work, politics, religion, and all the rest of it. When you do that, then the release that follows brings about tremendous energy. An immense flow of energy begins to surge through and fill the brain. The brain is no longer shackled or restrained by fear. The brain is free of all that, and in that freedom there is energy. The energy that comes is unrestrained, which means it is an energy without limits. The energy is unlimited. It is within this energy where love comes about. Love comes because it possesses the same quality and character as the energy. Love is unrestricted, unlimited, which means the energy and love are the same movement. They are the same thing. When the brain comes upon this love, then every sense of fear vanishes. It vanishes because fear cannot exist in the same space as love. If love moves into the brain, then it annihilates fear. It does that. Love annihilates fear all together.

1434. Love is not bias, which means if you love, then that love not only includes every human being, but it includes yourself. If you love yourself, you will not judge yourself or compare yourself to another. You will love yourself exactly as you are. When that happens a change takes place. Love brings an end to the you. It ends the ego within, and something new is born. The end of the ego is the birth of something entirely new and different that is completely beyond the imagination. It is the birth of the unimaginable.

1435. People are immersed in thought. There is thought about work, family, home, relationships, religion, belief, faith, politics, pleasure, sex, money, and on and on. The whole movement of thought in some form or another dominates the lives of people. Here is the thing. Thought is confined. It is confinement itself. It is not only imprisoned in memory, but it is itself a prison. It is a prison because it is confined and trapped in the past. Thought is obviously needed for everyday living, going to work, earning a livelihood, and all that. However, if you allow thought to

dominate you life, then that which is unconfined cannot manifest. It means your life will be empty of that which gives meaning to life. Only that which is unconfined, unbounded, and therefore boundless, gives life meaning. A life without meaning is no life at all.

1436. When you say goodbye to another, feel as though it is the last goodbye.

1437. You may have the best intentions to help people, feed the hungry, house the homeless, bring about a good society, and so on, but if the intention is based on guilt, ambition, or any form of psychological conditioning, which means personal belief, faith, ideology, or anything like that, then it has no real meaning. You may feed millions of people, but if that action is based on a conditioned brain, then it does nothing to bring about a good society. It has no real meaning because any conditioned act, deed, or human behavior is limited. It is fundamentally incomplete. If you are psychologically conditioned, and you feed the bellies of people in the name of Jesus, Allah, or whatever, then that action is incomplete. It is fragmented. You may feed and sustain the bodies of millions of poor, hungry, and homeless people, but unless that act is based on love, it will not have any fundamental meaning. This may be difficult to accept or face, but love is not something conditional. All forms of personal belief, faith, and the mental embrace to an idea, are conditioned responses of the brain. A conditioned response is divisive, destructive, and the cause of horrific human misery and suffering. That is a fact. Psychological conditioning divides people. That is obvious if you look around the world and see all the religious, political, and social divisions that exist. Love is not divisive. That means love has nothing to do with belief or faith of any kind. This is difficult to describe. Words are like lead. They cannot convey the immensity of what is this other thing that is not conditioned, divisive, and therefore complete, whole, and not limited in any way. Here is the thing. There is something more valuable than the feeding and survival of

the physical body. There is something infinitely more precious than mere earthly existence. Only when the brain ends the conditioning within it, can it come upon that unconditional and unlimited other. Love is that which is unconditional. Love is that infinitely precious and unlimited other. The body is an earthly and limited thing. Love is not earthly. Love is unlimited, and therefore divine. You may feed the mouths of the hungry and shelter the homeless, but without love none of that has any real significance at all. There is more to existence than merely stuffing the mouth with food. There is something so much more. There is no way to describe it. Love cannot be described. Love is an indescribable thing.

1438. Living free of fear does not mean to do risky or dangerous things. It does not mean to tempt physical death. It means to psychologically embrace no image of any kind. It means to be nobody.

1439. If the ego exists in the brain, then it can go behind the scenes and appear as though it does not exist. The ego can feign alertness, sensitivity, and attention, and thereby fool itself into thinking it has come upon the factor that can end mental conflict, the conflict of jealousy, anger, anxiety, fear, depression, and all that. The ego may even experience moments of a sense of joy and content, however as long as the ego lives, then the seed of conflict remains, which means it is a facade. It is a deceitful sham.

1440. The ego tries to impose itself on others, and as a result spreads the germ of human sorrow. However, the mind that loves cannot be imposed upon. It is immune to any germ, virus, or infection that is the ego.

1441. Love evicts anger. It evicts anger from the brain. When that happens the eviction is instant. If it is not instant, then love was not acting. Love is an action outside the field of time, which means it is a timeless and therefore instantaneous thing.

1442. The ego is partiality in the flesh. It is an activity of ignorance. The ego is easily reshuffled with different types of opinions, beliefs, and whatever mental images it likes. If the ego is rearranged in that manner, then it does nothing to end ignorance. Only when the ego ceases to be active can ignorance end. The end of the ego is the beginning of intelligence, which means intelligence is not partial. It is an impartial and therefore just thing.

1443. If you love, then you do not need to hope or pray to be worthy of being loved. None of that is needed. If you love, then nothing else is needed. Nothing.

1444. When thought as the self falls away from the brain, a healing takes place. It is a healing that purges the brain of every inner hurt and sorrow. The purging of the self does that. It heals the brain.

1445. There is something more and infinitely greater than the brain, body, and biology that is the physical organism. It is a dimension to existence that manifests with the inner release of all forms of belief, which includes the belief in God, religion, politics, work, status, family, money, sex, and every other belief that the brain can conceive or in any way mentally formulate. The manifestation of this other dimension brings about a deep love affair and passion for the whole of life. It makes the smallest things stand out as never before, a stone on the ground, a flower on a hillside, the sunlight on an ocean wave. The littlest things suddenly have immense meaning and significance. The end of belief is what releases and uncovers the significance in these things. It allows the significance for the whole of life to reveal itself.

1446. If you love, then that love extends to every human being. It not only extends to the neighbor, coworker, and stranger on the street, but it also extends to yourself. When love extends to yourself, which means the self, then the self disappears. Love replaces it. That is what love does to the self. It replaces the self.

1447. When the ego dies there is no concern that it is gone. There is no sorrow, worry, or panic. The death of the ego does not bring panic. It brings calm. It brings vast, steadfast, and impenetrable calm.

1448. If every mental image you consider precious is released and no longer given any significance, then what takes place at death is uncovered. What happens when you die is revealed.

1449. Once the brain comes upon intelligence it comes upon a state where there is no return. As a result the brain changes. It is a change that occurs at the core.

1450. People spend their entire lives wondering and searching for what has been described as infinite, timeless, and sacred. They have searched for it in books, church, saviors, gurus, sacrifice, systems of meditation, and all sorts of different things. They look for it outside the brain. They do not realize that it can only be found when the brain learns what it means to stop the whole mechanics of searching, struggling, and every sense of effort. Effort denies that timeless other from manifesting. As long as the brain exerts effort, then struggle and discontent are unavoidable. People do not realize that effort and the whole mental activity of struggle must end. Only then can the door open to that sacred other. They do not realize the sacred other is closer than they could ever dream possible.

1451. The ego cannot die a slow death. The ego is time. It is mental time as the identification to thought, such as the thought of family, work, God, or whatever else. The end of the ego is the end of the identification to all of thought, and that is something that takes no time at all. That means the death of the ego happens in the blink of an eye.

1452. Life has meaning no matter how brief. Life has meaning because it is sacred. That means the life of a

newborn that lasts merely a day has the same significance as the life of a hundred year old.

1453. Love is not a thought. It has nothing to do with anything involving human memory. Memory is the past, and the past means time. Memory means psychological time. Love is not a function of time. The implications of that fact are enormous. It means anything related to memory cannot be used to find out what is love. You may have great affection for a spouse, parent, or child. You may be deeply devoted to another person and care for a person, which is wonderful. However, if the love you have for that person is rooted in memory, then the love you have is rooted in yourself. It is rooted in you, because memory is you. The mental images you have of your spouse, lover, boyfriend, girlfriend, or whoever, is not different from you. You are that. That means if love is based on memory, then it is unreal. It is not the true thing. There is a love that goes much further, deeper. It is different than simple affection, devotion, and caring for another. It is something infinitely more significant. It is more significant because it is a love that is sacred. Love is sacred. There is nothing greater or higher. Find out what it means to have that sacred other operate in your daily living when you are at home, work, taking a walk, sitting on a bench watching people, animals, plants, and an immense blue sky. Do that and see what happens.

1454. If you feel helpless and lost about how to deal with life and all of the insane violence and cruelty that goes on throughout the world today, then do this. See how such feelings stem from thought. See how every feeling of dissatisfaction, frustration, and despair originates from thought. The problem is not to figure out how to live without thought. Thought is needed to work, educate, help, and take care of others. Without thought physical survival would be impossible. The problem is to find out what type of thought is directly and solely responsible for not only every feeling of despair, grief, and sorrow that exists in the

individual, but every act of violence, brutality, and terrorism that goes on throughout society today. The type of thought responsible for all that foolishness and insanity is the ego. The ego is thought. It is the ideas the brain identifies to, which means the ideas of being a Republican or Democrat, German or Israeli, Hindu or Buddhist, success or failure, ugly or handsome, rich or poor, and so on. When the brain identifies to a label, thought, or mental picture, then that identification establishes an ego, and where there is an ego there is pain. If you have an ego you can be hurt. You can be psychologically bruised. Look what happens when the brain identifies to nothing. Suddenly there is nothing that can be hurt or bruised. All of a sudden the brain cannot be touched. It cannot be touched because it comes upon that which is untouchable. It comes upon that which is holy. Only when the ego is erased from the brain can that untouchable, impenetrable, and therefore holy other reveal itself. If you come upon that which is holy, then every feeling of helplessness and being lost ends. It ends because when you come upon that holy other, you have found everything. You have come upon all there is, because there is nothing greater. There is nothing higher than that other.

1455. The replay of thought is the source of all human misery. The replay of thought means the movement of the me, the self. The self is every notion and mental image the brain embraces. It is what creates the image you have of yourself, and if you have an image of yourself, then you can be wounded. It is the most extraordinary thing to come upon that which cannot be wounded in any way. Obviously the body can be wounded. It can be tortured and made to feel horrible pain. This other has nothing to do with the body. The body is a material and earthly thing. This other is not material, which means it is not of the earth. Words cannot begin to communicate the hugeness of it. Nothing can communicate the beauty, grace, and benediction of that vast, unearthly, and therefore divine other. Only that which is divine ends misery. Find out what it is to walk in step with

that divine other, and you will learn what it is to live life without misery or any inner wound at all.

1456. It is when you are alone that the sacred other comes. Alone is not lonely. It is not isolation or seclusion away from other people. To be alone means to depend on nothing. It means to be free.

1457. The brain that is not entangled in time, which means belief, theory, preconception, and all that, undergoes a transformation. It changes. It no longer feels lost, sad, or ambitious. It no longer pursues gain or achievement. On the contrary, the brain that is no longer trapped in the field of time has made the discovery of a lifetime. It is from that discovery it begins to move and live in a completely different manner. It starts a new way of living that knows no ambition or pursuit at all. The brain that discovers that timeless other learns what it is to live without conflict, which means it is no longer lost. It is no longer without a compass or direction. The timeless other is its own direction.

1458. Have the ability to be faceless, nameless, a complete nobody, and at the same time be perfectly content with it.

1459. If you mentally depend on a temple, church, or mosque for a sense of contentment, then you will never have it. Mental dependence to anything denies contentment.

1460. If you feel that something sacred exists in a shrine or temple, and not in a street gutter, fallen leaf, or bug under a rock, then what you feel is an illusion.

1461. If you hope to find love at some unknown time in the future, then it will forever pass you by. Love does not exist in the future. There is no future, and the past is a dead thing. There is only the present, which means do not look for love where it cannot be found. Look no further than where you are now.

1462. A holy place is not a church, temple, or any building where you are not. It is where you are.

1463. Find out what it means to have that which is sacred as you eat, live, and breathe. Do that and you can forget about going to the church, mosque, or temple. You can forget about all scriptures and holy books. You can let that all go.

1464. The nature of thought is that it is a snapshot of experience, which means it is by nature fragmented. That which is fragmented cannot be used to put a total end to the conflict that exists within the individual or the violence that goes on throughout society. That which is innately fragmented cannot end the whole of a problem. Only intelligence can do that because intelligence is not fragmented. Intelligence is not disunited in any way. With the tremendous advances of science and technology in the world today, which all take the form of thought, if the human race fails to come upon intelligence, and thereby allows intelligence to unite it, then thought will likely put an end to the human race.

1465. Love does not need fidelity, trust, or marriage. It needs nothing.

1466. Only the present is real. That means time as duration does not exist. It means a short life is a long life. They are the same.

1467. It may seem that a single event in time can change your life, but for a real change the event must be timeless.

1468. It was early morning in the small house, and the silence was overwhelming. It made the heart slow and breathing fall quiet. It was not a physical silence that was absent of sounds. There was the sound of a crow cawing, fan blowing, and light traffic in the distance. The silence was internal. It was inside the brain, which means there were no thoughts or any sort of mental imagery moving back and

forth. The brain was absent of all that. It was devoid of the activity of thought, images of yesterday, nostalgia, flashbacks, and all that, and at the same time there was a different activity. The silence was its own activity. It was its own action. It was an action that had no connection with mental images, thoughts, or anything within the confines of memory. Memory means time. This was not an activity in time. It was an action outside the range of time. The brain did not summon the silence. It did nothing to invite it. It was the inaction of the movement of thought that allowed it to come out. The silence emerged, and within it there was the other. There was something else. There was not only the inaction of the movement of thought, but there was a stream of tremendous energy. The energy was flowing, surging, seething. It was not a physical thing. It was not a mechanical type of energy with tangible force or mass. It had no mass. It had no substance, and it did not involve anything material. It was immaterial, non-physical. It was an otherworldly thing. The energy stayed throughout the morning. It flowed through the brain, and brought with it a sense of youth and innocence. It seemed to renew and revitalize the brain making it young, innocent, filled with childlike wonder and awe. Crisp, fresh air entered through the open windows and spread throughout the small room. Tall eucalyptus trees stood motionless in the distance. The sky was huge, pale blue, filled with high scattered white and gray clouds. The brain was like an empty vessel with only the energy, the immaterial other, or whatever it was. It remained in the brain deep into the night.

1469. It was a warm and sunny afternoon. The school was surrounded by lush light and dark green trees. There was a grassy field filled with chairs, tents, parents, teachers, and young children. A band played and high school boys and girls all dressed in cap and gown were seated in bleachers overlooking the field, tents, and gathering of people. A person approached a microphone, asked people to stand and pledge allegiance to a flag that was hanging from the top of a pole next to the bleachers. The flag was weathered and

faded. People stood up, faced the flag, put one hand across their chest, and pledged allegiance to it. The people had been indoctrinated when they were very young. They had been conditioned to obey their elders and follow whatever rules and manner of behavior that was customary in the society in which they were raised. The same has happened to most all people throughout the world, which is why the world is divided by cultures, traditions, beliefs, and all the rest of it. The people seemed to give importance to the tattered piece of cloth. Either that or they did not want to stand out, be ridiculed by others, or they wanted to simply go along with the group like sheep following a flock. As a result they keep social division alive. They perpetuate divisiveness in society and thereby contribute to all the violence and wars that exist today. More deeply they sustain the psychological borders that separate people, which is formed by the identification to a particular country, culture, or group of people. That is why there are borders on maps, and all of the political, religious, and philosophical differences between people. If you mentally identify to any object, person, or idea, then you separate yourself from others. The separation is psychological, which means you may feel as though you belong to a group, but where there is psychological separation there is conflict. There is conflict in you. That is why you live with all the petty problems of everyday living, worry, anxiety, frustration, loneliness, anger, fear, and on and on. The mental identification to anything creates an ego, and where there is an ego there is pain, hurt, and sorrow after sorrow. See how the mental identification to an idea creates an ego, and that an ego is separative. It is a mental movement of division, which means it is a movement absent of love. Love is not divisive. It is not something that separates. Love unites. It ends division, and thereby it is a movement in wholeness. That is what love does. It brings about a sense of wholeness and completeness unlike anything else. Only when you mentally identify to nothing, which means no person, no idea, no country, and no silly piece of colored cloth, can the door open to a love that knows no division.

1470. It was late evening and the air was slowly cooling from the intense afternoon heat. A fan slowly rotated back and forth blowing the window curtains and leaves of the house plants. In the air it happened. In the warmth and darkness of the room it showed itself. The unknown timeless other unexpectedly appeared, swept into the room, filled the air, and covered the furniture, walls, and space between the walls. The vastness of it was beyond the ability of human thought to in any way grasp. Thought is restricted to the past. Thought is bound to memory and therefore time. This other was not restricted to time. It was unrestricted, timeless, and therefore holy. If you have a personal faith in God, a supreme being, something that has been described as infinite and sacred, then that faith takes the form of a mental image. It does not matter if the mental image is of Jesus, Allah, Krishna, the Buddha, or some other. Faith implies a mental image, and a mental image means memory. Faith is memory. They are the same. The nature and innate character of memory is that it is finite. Therefore any faith, no matter what size or shape, is a finite thing. Here is the problem. That which is infinite cannot be approached with a tool that is finite. As a result faith is a hindrance. It stops that infinite and sacred other from manifesting. It denies that which is sacred and holy from revealing itself. You may go to church, pray, feign piety, and all that, but as long as you possess a faith, then that which is holy will forever remain out of reach. All forms of faith must be dropped. Faith in anything must be let go. Most people refuse to let go of whatever faith they embrace. They refuse because they are psychologically attached to it. People mentally attach themselves to faith, belief, or to some mental image of God, a supreme being, a creator, or some other label. The type of label or mental image does not matter. Mental attachment is the problem. The thought of letting go of the faith you have followed and embraced all your life may give rise to anger, distress, fear, or the impulse to tune out and turn away from the truth. That is what attachment to thought does. It creates fear. It gives rise to feelings of distress and mental insecurity. When you come upon that which is infinite and

sacred, which means a holy other that has nothing to do with any mental image of any kind, then every sense of insecurity ends. It ends because fear ends. When the brain comes upon that holy other, and it is in your blood and bones, then every sense of fear ends, including the fear of loss, failure, inadequacy, mediocrity, old age, sickness, and death. The whole of fear leaves the brain. This is important to understand. The brain cannot use faith, belief, or any form of human thought to approach that which is holy. The brain itself can do nothing to take out fear. That means the brain has to learn what it is to be still. It must find out what it means to be silent. The silent brain is not something that comes as a result of effort, practice, or desire. Practice and effort take time. Desire implies thought, and thought is a movement in time. The silent brain has nothing to do with time. In fact the silent brain is necessary for that timeless other to move within it. Find out what it is to purge the brain of every sense of time. Only when that happens can that timeless other show itself. Only then can the brain come upon that which is truly holy.

1471. If you fail to learn what it means to love without conditions, then you are squandering your life. You are only here briefly, and if you fail to learn what it is to come upon such a love and have it work in your everyday life, then the squandering will go on, which means torment, misery, and human suffering will continue. It will persist. Here is the thing. Human suffering goes on until love ends it. Until you come upon that love, suffering will go on. Suffering can continue for thousands of years because only love ends suffering. Nothing else does that. That means when you die, and if you have squandered your life away, which means you have not discovered what it is to love without conditions, then suffering repeats. It repeats and repeats and repeats.

1472. Meditation is the emptying of thought from the brain. Thought is every sorrow the brain has ever known. Therefore the emptying of thought is the emptying of sorrow. It is the end of sorrow. That means what takes place

when the movement of thought ends is not an abyss. It is not a desolate emptiness, limbo, or vacuum of nothingness. It is a fullness. It is a vast richness and plenum, and that plenum is energy. It is an ocean of indescribable energy. Meditation is what manifests the energy. It enables the energy that exists within to come out. It makes possible for the energy to turn on.

1473. The ego dominates and governs the everyday life of most everyone on earth. If a person brings an end to the ego, then the world may not understand that person. As a result the person may be rejected, scorned, or ignored. The person may be considered insane, when in fact the person is entirely sane. The sane man is not attached to any religious belief, political group, uniform, color, tribe, or piece of cloth on a stick. He is not attached to any idea about another person, family, work, money, sex, or anything else. The sane person is not attached to any idea of any kind. If you are mentally attached to the idea about something, then you are attached to yourself. You are attached to yourself, because you are what you think. The idea is the idea maker, which means if you go through life attached to yourself, then that is insane. It is the insanity that so many people are caught, and it is the reason the world today is such a violent and dangerous place to live.

1474. A mind caught in time, personal opinions, beliefs, culture, faith, and all that, does not change from moment to moment. Only the mind that has stepped outside the field of time changes. The timeless mind is a movement of change. It is change. They are the same.

1475. The desire to come upon that which is timeless is a movement in psychological time. Desire implies the activity of memory, and memory involves time. Therefore desire is time. To find out what it is to step out of the field of psychological time, the brain must learn what it means to be silent. It must learn what silents the brain. The brain cannot make or force itself to be silent. Any movement by the brain

negates the other. That means what silents the brain has nothing to do with the brain. The brain is a physical thing. Anything physical is measurable. What silents the brain is not physical, which means it is something that has a quality without measure. It has a nature about it that has no measure, and therefore it is immeasurable, infinite. Only that which is infinite can silence the brain, and only the silent brain can discover what it means to come upon that infinite and timeless other.

1476. See a tree so that there is no separation between you and it. Be the tree so that the tree becomes you, which means there is neither. There is no you and no tree. There is only seeing. It is not a sort of seeing that is physical. It is not with the eyes. It is a seeing that exists outside the whole field of material and earthy senses. It is a way of seeing with eyes that are ancient, infinite. It is an unearthly way of looking at the world.

1477. The bay waters were deep blue and calm. Fishing boats were anchored close to shore and people casually strolled along the brick sidewalks of the seaside town. The rooftops of the old buildings were spotted with white and brown seagulls. Three white gulls pecked at a smaller brown gull forcing it off the rooftop. The brown gull circled the sky several times before landing back on the roof. The three gulls quickly advanced towards it and again drove it away. The outcast gull took to the air, flew towards the open sea, and disappeared into the distance. Peace can only come from within, which means no document, writing, or book can impart it. A book can point to it, but the perfume of it only comes when all books are cast away. It only comes when all writings are completely abandoned. Only then can the brain be free and thereby allow peace to enter it. A brain attached to a book, a person, or whatever, is not free. A brain that is not free can never discover that extraordinary peace which seeks nothing. If the brain seeks the answer outside itself, struggles to attain, or strives to achieve in any

way whatsoever, then the actuality of peace is lost. It vanishes altogether.

1478. The self is the outcome of upbringing and education. It is also the product of social training, discipline, breeding, and culture. It is the totality of all that. All of that takes the form of past experience. Therefore to learn about what is past experience is to learn about the self. The nature of past experience is that it is a divergent thing. It diverges the past from the present. Past experience is also partial, sectional. It is sectional because it exists as snapshots of the present. The brain takes snapshots of the present, and these snapshots or pieces of life are recorded in memory. These pieces can never reflect or represent the entire movement of life, which means all past experience implies partiality. It implies bias. Only that which is absent bias and has a character of impartiality can bring a stop to that which is partial. Intelligence is impartial. It is an unbiased thing. Bias is ignorance. Intelligence is the event that ends that. It ends ignorance. There is no other event that can do that. There is a connection between the self and ignorance. They are both grounded in partiality. That means they have the same essence. They have the same character. The implication of that fact is immense. It means if the self exists at physical death, then so does ignorance. If the brain fails to come upon intelligence, and the brain dies, then the ignorance does not end. It does not end because only intelligence ends ignorance. Intelligence is independent of the brain. Intelligence is independent of everything because it is a flow of independence itself. Therefore regardless what happens to the brain, intelligence exists separately from the brain. As a result at bodily death ignorance moves on. It continues. That means the self goes on. All of that which is the self, every aspect, all parts, the whole movement of it, carries forward. The body dies, and the self moves out of the body. It moves on outside and separate from the body. It continues outside the body because it does not need the body. It only uses the body and brain as a tool for purposes of survival, communication, seek a mate, have a job, and all

that, however it does not need the brain. It does not need the brain for its existence. The self exists as an entity and movement in itself. The self that exists in one particular brain is not different from the self in any other brain. The character of the self is the same for everyone. However, there is also the ignorance of the self which is specific to a particular person and distinct brain. It is the ignorance of the personality, the me, the self, as the mental attachment to the image of a particular belief, a particular person, a particular this and that. The ignorance is real as well as all the mischief and sorrow it creates. So the self, which is personality, the particular me or ego, carries on after physical death. Although it carries on, it is limited, which means it has an end. Although the self must end, it does not. It does not end because it has not learned. It has not changed. It has not found out what it is to die and thereby bring a stop to all the ignorance and sorrow that goes with it. It has not discovered what it means to love. Without coming upon what is love, the self carries on. It must carry on. That means at physical death the end of the self does not occur. It means the self moves on its own. It is no longer bound to the body. It is no longer constrained to the brain, the physical senses, and all that. It is only constrained by itself. What happens at physical death in this other realm depends on the self. It is the same as what happens when you are behind closed doors. The deepest thoughts and feelings of the self shape the world in which it finds itself. There is seeing and lucidity, however the seeing is not complete. The lucidity is not perfect. It cannot be perfect because the self is limited. That means there is another form of seeing and different kind of lucidity that is complete, total. There is something deeper, something greater in this realm. Only intelligence sees without distortion and in a way that is total, whole, and therefore with supreme lucidity. One cannot speak about this other realm except that it exists. However, it goes deeper. There is something more. There is a source of the movement of the self, and it is the same source as the movement of intelligence. However this source is not a movement. It is non-movement. It is the total absence of

duality, opposites, and all forms of division. People around the world seek this source, but they trip themselves up with belief, faith, and the worship of idols, books, and images. Other people are only concerned about themselves, how to cheat death, and what happens when they die. Here is the thing. What happens with the self as the particular personality at physical death depends on how the self lived, what it neglected to do, left unfinished, or failed to learn. If the self moves on to another body, then the ignorance and sorrow go on. It all continues and makes possible for another opportunity for learning. If the self meets the movement of intelligence, then it comes upon a way of seeing spherically, 360 degrees. It comes upon what it is to listen holistically, to move without limitation, to learn totally and instantly. It comes upon a dimension to existence where time does not exist. What takes place is a freedom unlike anything imaginable. It is within this other dimension that the source exists. If the self comes upon this source, the source of all that is, then what happens is something unimaginable. No words can convey the greatness of what takes place. There are descriptions of things in one language that do not translate into another language. It is the same with this. The language of ideas and words is insufficient. It is totally lacking. What takes place is the self has an opportunity to learn. It has the opportunity of a thousand lifetimes. Physical death does not mean the source reveals itself. The source only reveals itself when the self dies. The death of the self is the event that brings meaning to life. The reason the self exists is to find out what it means to love, because only love gives meaning to life. It is the only thing that reveals the source of all that is.

1479. If the brain is purged of the totality of psychological prejudice, the prejudice of racial bias, nationalism, political slant, religious inclination, and so on, then the ignorance within ends. When that happens the brain is suddenly able to see as never before. It is able to see for the very first time. It is as though blinders have been removed, and suddenly the

brain has the ability to see. It is as if one moment you are blind and the next moment you can see. It is like that.

1480. There is a dimension to existence absent distance and therefore devoid of time. There is no near or far, right or left, yesterday or tomorrow. The ignorant brain cannot enter into this nonlocal and timeless realm. The whole of psychological ignorance must be wiped clean, which means every sense of prejudice, mental slant, and psychological leaning towards a particular viewpoint must end. The deepest inclinations of desire, hope, and mental attachment to any idea or belief cannot exist in the brain. Only then can that timeless other emerge. Simply go into it. If you do nothing else, just explore it.

1481. If you love with conditions, then that is not love. If you love with conditions, then there is no love in your life. Find out what it is to love without conditions. Only when that happens can love manifest. It is that simple.

1482. The ego is every mental image and memory it embraces. Memory means time. Therefore the ego is tethered to time. Find out what it is to eradicate the ego, and that which is timeless untethers. It breaks loose.

1483. Any past experience that any human being has recorded in memory is restrained. It is shackled to the past. Therefore it cannot be applied to come upon that which is unrestrained, and therefore without limits. As a result every past experience does not interest me in the least, which means I do not accept it. I refuse to take it in, because I see the stupidity of using that which is limited to come upon that which is limitless. Look at what happens to the mind that does that. The mind that denies the whole of human experience denies the whole of limitation. Only when the mind actually does that, can that limitless, immeasurable, and therefore divine other come out. There is no other way.

1484. Meditation is not a sanctuary. It is not something you do to achieve solace or peace of mind. Meditation is peace of mind, which means it is not separate from everyday living. Meditation does not involve a you, a me, or any sense of self. Meditation is the absence of the self.

1485. Human memory is limited. Even though memory is limited it has been used over and over again throughout history in the attempt to get close to that which is unlimited, infinite, and therefore sacred. People have been repeating this same mistake for thousands of years and at the same time they have been hoping for success. They have been expecting different results. If you repeat a mistake again and again with the idea that somehow you will get it right, then the behavior is not only foolish. It is a waste.

1486. It would take endless pages to describe what happens in the space between thoughts.

1487. It appears the longer the ego endures in the brain the more opportunities exist to find out what it means to love. It appears that way, but that appearance is an illusion. It is an illusion because no matter how long the ego lives, it can never find out what is love. The ego cannot love. It is not the nature of the ego to love. Time plays no part in finding out what is love. There is only one opportunity to love, and that opportunity is now.

1488. If you love, then that love extends towards and touches the selfish, hateful, violent, and ignorant. It is not that the ignorant are admired or worthy of love. Love touches the ignorant in the same way it touches a tree, a river, or the sky. Love cannot help but touch everything it meets, because that is its nature.

1489. Personal belief is divisive, which means belief of any kind cannot unite people. It cannot bring people together. It does not matter if the belief is political, religious, or philosophical. The identification and mental attachment to

any idea, thought, or psychological image of any kind only serves to perpetuate social division and therefore conflict. That means belief is the cause of social division, war, and all the human misery that goes with it. That singular fact has escaped humanity for thousands of years. Simply go into it. If the people living on the Korean Peninsula did not mentally identify with being North or South Korean, then neither would exist. If there are no North Koreans and no South Koreans, then they are not divided. No division means no conflict. If the people in the United States government did not mentally identify with being either a Republican or Democrat, then neither would exist. If there are no Republicans and no Democrats, then the people in government would not be divided. They would not make decisions based on any political belief or partisan ideology, but they would make decisions based on reason and what makes sense. They would make decisions based on what is best for everyone.

1490. Love does not resist. Any form of mental resistance implies separation. It means exclusion. Love does not exclude. It excludes nothing.

1491. The movement of thought is like a boomerang that is thrown from memory and returns to memory. Memory is confined to the past which makes it move in a narrow and limited way. As a result thought is narrow and limited. Therefore any form of thought, which includes opinion, belief, culture, skill, knowledge, and all that, can never be applied to approach that which is unconfined and unlimited. It can never be used to come upon that infinite and divine other.

1492. People protect, preserve, and idolize memories without realizing it is memory that is the root cause for all human sorrow.

1493. No war is holy. Only peace is holy.

1494. All personal power, fame, and wealth is transitory, and therefore restricted. It is restricted to time. None of that compares to that which is unrestricted. The person who comes upon that unrestricted, and therefore timeless other, has come upon something that is not transitory. It has come upon that which is eternal, and therefore sacred.

1495. The purpose and meaning of life is not to gain knowledge. Only love gives life meaning, and love is not knowledge. People embrace knowledge and all that is known, which includes ideals, beliefs, memories, and all that. Love is not something that is known. Therefore love is an unknown thing. Find out what it is to give no mind to all that is known, which includes all belief, all forms of thought, all mental images of family, work, God, and everything else. However, if you give it no mind in order to come upon love, then love will never show itself. Love is not a commodity. It cannot be bartered or possessed by any deal or exchange. Love shows itself when all that is known and knowable falls away from everyday living. It shows itself when church, prayer, politics, and every form of mental possessiveness no longer have any meaning. One must inwardly possess nothing, which means to have no personal beliefs, give no supreme importance to any mental images of work, and to inwardly be attached to no memories of family, money, God, or anything else. Only when the brain releases the known can it discover what it means to be free. Freedom only takes place when the totality of the known is let go. Do that and suddenly that which is unknown manifests. Love manifests when the totality of the known falls away. It manifests because the unknown is love. They are the same.

1496. There is nothing greater than to help another person or perform a kindness with absolutely no desire for any gain or expectation for anything in return.

1497. People seemed to be drawn to time. Time tells people when things happen that are important to them, a birthday, holiday, when a job begins, a retirement date, and so on. When you make time all important, it means you live in time. As a result life has very little meaning. It has little meaning because living in time means living in memory, the past. If you live in the past, then psychological confrontation takes place. There is confrontation between the past and present. To live in time builds a wall of separation from the present. The mind is isolated in the past, and this isolation causes the separation. It causes the inner confrontation that expresses itself as boredom, loneliness, depression, anxiety, jealousy, anger, and every other form of psychological disturbance. As long as this internal confrontation continues, then daily living becomes routine and dull. The brain becomes insensitive to the tremendous beauty that exists in nature, a deer grazing on a grassy hill, a lone cloud hovering overhead, a flower swaying, jumping, dancing about in a breeze. There is extraordinary beauty in the smallest things. Only a brain that is highly sensitive, alert, and therefore not isolated in the past, can penetrate the magnificent beauty that exists. Alertness is the key. The alert brain is the factor that allows this beauty to come out and show itself. Beauty has nothing to do with memory or anything related to the past. Memory and the past imply time. Beauty has nothing to do with time. Beauty is timeless.

1498. The most extraordinary thing happens when the mind, heart, and one's entire being come upon that which logic, reason, and all forms of mental analysis cannot touch. Logic and reason imply time. Analysis takes time. When the mind sees the fallacy of using that which involves and takes time to come upon that which is timeless, then an inner awakening occurs. The mind comes upon a realization, and that realization is what uncovers a field of existence in which time has no place. The mind comes upon a timeless dimension to life, and that dimension has nothing to do with analysis. It cannot be approached by logic, reasoning, or any form of human thought. All forms of thought involve

memory, and memory means the past. It means time. Explore what it means to disentangle oneself from the whole of human thought. Most people are entangled in thought. They are attached to the thought about a person, job, hobby, entertainment, pleasure, sex, religious belief, political organization, or whatever the case may be. The particular thought is unimportant. What is important is the end of attachment, because the end of attachment means freedom. Only when the mind is completely and totally free can that timeless other show itself.

1499. In the German language the word love is Liebe. In Italian it is Amore. In Chinese, Russian, and Hindi, it is something else. There are many different words for love, but in every case the word is not the thing. Any description of love is never the actuality of it. That means you can never come upon what is love through any word or description. All books contain words and descriptions. If you think love can be found in a book, then you are making a mistake.

1500. If the wheels of thought are active and churning, which means the brain is consumed with ideas about work, family, relationships, money, sex, God, or whatever, and nothing else occupies the brain, then life will always be small, petty, and therefore without much meaning at all. As long as the activity of thought dominates the brain, the brain will always be susceptible to anxiety, frustration, loneliness, depression, the desire for success, wealth, fame, immortality, and all the irritation that goes with it. However, watch what happens when the wheels of thought stop. See what takes place when the machinery of idea making comes to a halt. Idea making means the brain takes mental images that have been recorded in memory and plays them back. It is the playback of recorded images that is the cause of all irritation. It is the root cause for the sorrow of all mankind. The brain that is aware of that fact sees the limitation of memory. As a result memory is no longer the dominant factor of everyday living, and the brain thereby finds itself free from the burden of memory. It is free. At the same time

it is free from all the conflict and sorrow that mankind has ever known. In that freedom the brain becomes intelligent. It sees the insanity of attending church, identifying to a country, worshipping a flag, the mental dependence to ideas about people, ideas about God, ideas about work, and all the rest of it. The end of mental dependence to memory and ideas makes the brain free. In that freedom you realize what it means to psychologically need nothing. You need nothing because you have everything. Freedom is everything. It is everything a person really needs.