

BEING

WHAT YOU ARE

The Flaw in the Beauty

~

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UnBound Being Newsletter

PREFACE

*T*his book is a simple pointing to your true nature.

The book is written as a practical guide to freedom from suffering.

For most people, much of what is written in this book is disturbing, to some the writings will even be unacceptable.

Much of it is contrary to what our parents, teachers, science and society has taught us.

I ask you not to believe anything I say. Anything that is true, must be true in your own experience.

To the degree that you are able to continue reading, without rejecting nor approving what you read, you are able to see deeper into reality.

The seeing, writing and speaking of reality, is always secondary to the living of it.

~

AUTHOR'S NOTE

*T*here are deepening levels of intelligence, deeper and deeper levels of Being...

Currently, most humans live in and as the thinking mind. They believe that WHAT THEY ARE is the thinking mind and the body – the so called body/mind.

Their identity is an accumulation of thoughts, beliefs and concepts, mostly, imposed on them by the environment they grew up in.

Through their parents, teachers, peers, through the internet and the movies, they adopt the prevailing structures of belief around them.

For most, these beliefs become more ridged as they age.

People are willing to defend those mental accumulations of beliefs structures, sometimes with their life and are willing to kill for those beliefs.

Most humans on earth, live and die, never having even a taste of the deeper levels of intelligence. Most humans never know who/what they really are. They simply never overcome the superficial and artificial constructs of belief imposed on them.

These mental realms of beliefs, concepts and ideas are only a superimposed layer, covering over what we really are beneath this veil.

Underneath the veil and its confusing mirage of ever increasing chatter, deeper into the spiral of existence, lay the more profound and eternal realms of Being.

These deeper levels, do not need mental concepts or wording, they 'exist' as real everlasting levels of Being. These are the realms of direct experience, the place where love, compassion, empathy, wellbeing, truth, bliss and joy reside. This is the natural state of Being.

Spiritual evolution is the "process" of abandoning the constant need to reside exclusively in the mental world of the thinking monkey mind.

By sinking into the deeper realms of Being through stillness and silence, we get to know what we really are.

Here in these deeper placeless places, in these non-formal, non-objective realms, there is a deep and direct knowledge of the oneness with all Life in the Universe.

Mental information, concept, beliefs, ideas, discussions and endless debate about this state of Being will not "do the job".

Only being it, brings lasting change in any individual.

This is the key to lasting change, for you to embody this deeper state of Being. To be a living example of Love and Truth. To be a light in this world.

Once embodied, you're the inner presence of Being what you are, will change the fabric of your inner and outer world.

INTRODUCTION - The Flaw in Humanity

*I*t seems that more and more people around the world are becoming aware that there is something fundamentally wrong with humanity. More than ever, war, corruption and the destruction of our planet is seen as intolerable.

Many are starting to notice that humanity or mankind can certainly not be considered to be the most intelligent of all species on Earth. Humanity is actually demonstrating the very opposite, or at least, that humanity has a severe flaw at its core.

This book will not be focusing much on the collective. Instead it will be focusing more on you, the individual.

“As above so below” and “as within so without” is always applicable, so if we find the Flaw in our self and are able to rid our self of the Flaw, it will automatically be removed from the world outside, from the collective.

Individual humans struggle with many negatives, such as doubt, anger, frustration, pride, arrogance, depression to name just a few. They struggle with their partner, they struggle with their children, with their job, their health, their neighbors, friends, family, neighboring countries and other religions. This often constant struggle can be called unhappiness.

However, many people don't even know THAT they are unhappy. To them, unhappiness is seen as just the "normal way of life. "

It seems that the more wealthy, famous and successful people, are usually more unsatisfied than those still striving to become wealthy, famous and successful. When success, financial wealth and fame are finally obtained, they prove NOT to be permanently fulfilling.

We could go on endlessly talking about the chaos seen in the world and if you need more examples, all you have to do is turn on the TV and watch the news tonight.

There is much talk, speculation and many theories about solutions to the ever increasing unhappiness. Even though almost everyone has an opinion of how to improve the world and our way of living, most of these opinions and theories do not address the fundamental Flaw at its root.

To truly address the flaw at its source, we will have to look at the cause from which all suffering in the world stems.

Therefore, in this book we are not interested in treating symptoms nor achieving minor changes or temporary effects. Instead, we will look at the original cause, the cause of our flawed humanity. We will be looking at how the flaw works inside you, the reader.

Although the writings in this book can be applied on the larger scale to every person on earth, to affect real change, truth needs to be applied to you, the reader. Only when you embody a life without the Flaw, will real lasting change manifest. First the changes will be seen in the circumstances of your life and later the truth will start to reflect and affect the outer world as well.

It is not constructive to point out or judge where we see the Flaw in others. It is easy to see events and other people to be wrong, corrupt or flawed. That is indeed what most people usually do, they see the Flaw in others instead of in themselves. Although it can be useful to see the Flaw in others and although this is often part of the awakening to truth, it is not THE truth.

The real leap is to see the exact origin of all corruption, to see where the FLAW actually 'lives' inside YOU.

For those who still only see the Flaw in others, the truth about the Flaw will be unacceptable. They cannot accept that the Flaw is inside themselves, in their very way of living, inside the very functioning of their own lives. For the Flaw is not just in the minds of a couple of corrupt political leaders, deceptive religious organizations, greedy corporate enterprises or selfish billionaires, instead the Flaw is in you as well and in almost all 7 billion people on earth.

Yes, the Flaw is in almost all humans on Earth and like a mighty virus of deception it goes unnoticed, because it's almost always projected on to someone outside.

In fact, the Flaw doesn't just go unnoticed, but it is actually admired to be one of humanity's greatest virtues.

Yes, the unbelievable thing about the Flaw is that almost all people on Earth consider themselves TO BE the Flaw!

When you rid yourself of the Flaw, you return to the original state of Being. Being just Being itself.

Being is what you really are, being is pure perception, here now, in the moment. Being is life without corruption, without distortion, without the FLAW.

This book is about restoring you to your true nature of Being, without the Flaw. The pointing in this book, is there solely to rid you of the FLAW.

You can only rid yourself of the Flaw.

You cannot do it for your neighbors, not for your sister, your brother, father, mother, friends, country, political leaders or religious organizations.

You cannot do it by talking about it, not by theorizing about it, not by debating it, not by praying for it, nor by writing about it - but by doing it. More accurately said, you do it by BEING what you already are without the Flaw.

Not tomorrow or next week, not in yoga classes, not during healing sessions, not in any of the many new age practices we see in the world today, but by ridding YOUR life of the Flaw.

Dare you rid your life of the Flaw?

DARE YOU NOT?

~

CHAPTER ONE

The Flaw

THE FLAW IS A VERBING

*T*here are many names we give to the Flaw.

Some people call it the separate self or just the self with a small S.

Some call it the false identity or just the identity.

Others call it the ego identity or just the ego.

Really, the Flaw is the function of the thinking mind gone rogue.

The Flaw is the thinking mind using the memory to concern itself with useless thoughts. Useless thoughts are thoughts that do not serve the purpose of taking action. Instead these useless thoughts create a fictional entity that seems to 'exist' as a long-lasting separate self.

When we use these words, it seems as though we are talking about a thing. But the Flaw is not really a thing, but more of a process. In other words, it is not a NOUN, but more a VERB, or even better, a VERBING.

So it is actually more accurate to call the separate self: Selfing, or the process of Selfing.

There are many different words that are used as pointers for the Flaw and they usually refer to the same process, this verbing, or activity of Selfing.

Finally, they should all refer to the Flaw as a process.

Throughout this book, different names will be used for this process, so remember that the names we give to this process are not the most important aspect. Names are just labels which merely serve as pointers.

It is more important to see the process of Selfing in your own experience, in your own life. This way, the term Selfing does not turn into just another mental concept, belief or convoluted theory. We are not looking to add more intellectual concepts, ideas and beliefs.

This book is intended for you to see the process of Selfing and that this process IS the Flaw. It is for you to see that Selfing is what creates the appearance or the illusion of a long-lasting separate self. This is done through a process. It is for you to see that the Flaw is a process, a verbing.

Stop the verbing and you stop the Flaw.

~

THE FLAW IS THE PAST

*T*he Flaw is the process of the past reenacting itself.

It is the past refusing to die. It is the past super-imposing itself again and again upon the present in the form of memory.

Whether it is an event, an encounter, a place you've visited, somebody you spend time with or some movie you've seen, parts of these events get stored in the memory. Although the actual event has gone by, never to be seen again, memories of these events get stored.

All past events no longer exists, but parts of them, in the form of memory, can be retrieved. This is the function of memory where the mind can retrieve certain memories for practical purposes.

There is no problem with this function as long as the memories only come up when they are needed for practical purposes.

However, in the Selfing process, the retrieval of memories is not just used for practical purposes. Instead, the memories are used compulsively to create a seemingly long-lasting entity. The memories are used to create a fictitious entity that seemingly continues from birth to death, a historical time entity.

This fictional entity is imagined and is seen as your body/mind. The entity is imagined to be a long-lasting separate self, as the object of your body plus thoughts about that body. It appears as a thing that lives through time, from an imagined birth until an imagined death.

It seems to create this long-lasting separate self by constantly bringing the memories of the past into the mind, into the foreground of attention.

In this way, it creates a time entity that is imagined to exist separate from the now, separate from the moment. This is why it is called a separate self, because it creates a seeming entity that is imagined to live separate from this moment and therefore separate from the Universe, because the Universe is NOW.

It should be obvious that what is, is now and that what was, is no longer.

So to continue its appearance it needs to be remembering that which has gone. In doing so, it constantly reconstructs or reenacts that what was, through memory, by thinking of the past.

From this you can see that the Flaw is actually the past itself, reenacting itself through the process of Selfing. The Flaw is that the past keeps imposing itself on to the present, through the process of memory retrieval or what commonly is called thinking.

The separate self is therefore an appearance caused by the reconstruction the past, in the form of memory. It can be said that the past is trying to thrust itself or force itself upon the

here and now, onto the moment.

The effect is a veiling of what we truly are.

Applied as a tool, the thinking mind can be very useful. As a servant, the thinking mind is fine, but when it turns from a humble servant into a stubborn tyrant, it turns what is beautiful, joyous, blissful and full of well-being into unhappiness, suffering, misery and depression.

The Flaw, by its continuous focusing on the past causes an obsession with what has gone, the past, instead of remaining as the good - here and now.

~

HOW SELFING SEEMS SOLID

*T*he Flaw is the past reenacting itself.

It does this through the process of Selfing. In this way it seems to create an existence for itself, even though it clearly has none.

When you stop Selfing, when you are still, when you are quiet, there is just pure perception, the here and now, in the moment. Without Selfing, peace and harmony is all there is. Without Selfing, awareness is just looking out of through the eyes, listening to the sounds, and feeling the well-being of the sensation of the body. Without the Selfing, there is just what is, completely in the moment, here and now.

The appearance of separate self doesn't exist without the activity of the Selfing process, the Flaw. Without the movement of the thinking mind, the Flaw simply doesn't exist. Only through the activity of the Selfing process does the seemingly solid separate self 'exist'.

But how does this Selfing process manage to make this seeming long-lasting separate self so solid, so real?

It does so by constantly gluing together memories of past events. The thinking mind is constantly regurgitating or bringing up these past events from the memory and by continuously thinking and talking about the past.

The Selfing process constantly goes over all the places you have been to, all the conversations you have had, what you have seen, who you spoke to you and all the other stories, beliefs and concepts stored in the memory.

Even though these events have long gone by and they only exist as vague memories, by bringing them back through thinking, the separate self manages to create the illusion that the past is still alive. This gives rise to the illusion of some kind of long-lasting separate self.

Obviously these events are no longer here, they exist only as the function of memory.

Memories can only be recalled one memory at a time, one by one. When the memory function brings up a memory, there is clearly still no solid ongoing historical entity or identity, no separate self. So the only way it can appear as though there is, is by bringing up memories so incessantly that it seems to become a solid continuum.

You can compare it to a faucet. When the water is dripping out just a drop at a time, drop by drop, it is clear that there is no solid stream, but when the faucet is opened up, it turns into what seems like a solid stream of water. It looks like a solid entity, like a beam of water coming out of the faucet.

The same thing happens when a continuous stream of memories is perceived in the mind. The result is a seemingly solid entity.

It is this seemingly solid entity that the attention tends to identify with. This identification is the Flaw.

There is nothing wrong with the function of memory being used only and exclusively at moments when it is needed for practical action. However, when the memories keep flowing out with such constancy that they appear like a solid long lasting separate self when no practical intent on action is there, the Selfing activity veils the pure state of Being.

For most people, the Selfing process is happening all day throughout the waking state and throughout the dream state. Their focus is continuously on the Selfing process, continuously burrowing through the memories.

The Selfing process could be compared to a file case. But instead of the files remaining stored away safely, waiting the proper moment when they are actually needed for reference, the files just keep coming out.

In childhood this streaming flow of thoughts is not at full speed yet, but by the teenage years, the dripping of single thoughts, have turned into a solid stream - a train of thoughts. This is where most people start to feel like a 'real' person. Their existence has become so selfishly orientated, that their main concern, their main focus, is now on the Selfing process. In other words, their attention is now almost exclusively on their thinking process.

Once they seem to have become a long-lasting separate self, like the rest of the people around them, the original state of Being is all but gone. But because the Selfing process is seen as normal by everyone around them, the Flaw goes unnoticed. So often you will hear people ask where their happy, blissful,

youth has gone, where the good old days have gone. They refer to the days before the Flaw became so dominant, before the Selfing process became the norm.

What they fail to see, is that as a child, their attention was NOT constantly focused on the past, on the memories. As a child, they were able to just rest as Being, presently aware without constantly thinking about the past.

If only they could just stop long enough, they would see that there is no long-lasting separate self without thinking about the past. Without Selfing there is just the moment, free, silent, and still.

By being present, by being here and now, you rest as pure perception, you rest as the original state of Being. Just Being, Being itself.

Without the superimposed thoughts of the past, you are just Being, without the Flaw.

Being without the Flaw is freedom.

~

CHAPTER TWO

Recognizing the Flaw

STOP VOMITING YOUR PAST

*T*he separate self keeps re-creating that which is not here.

It keeps itself alive by thinking about things that are gone, things that were - things from the past.

It will think things like: “I remember when I was ten years old, I was with my friend Jimmy on Tuesday afternoon, it was mid-winter and we were walking home from school...etc, etc, etc.”

All day the thinking does this, because this activity creates the appearance of the so called separate self. It is the process of the mind going over the vague memories of past and the fabricated imaginings of the future.

This almost constant resurrection of past can be referred to as vomiting or the resurfacing of undigested past. Instead of the past experiences just dissolving, they keep being vomited back out as if they are unwilling to die.

It is especially clear when you are in the company of people who have not seen how this aspect of their personality works. They lack this self-knowledge, so instead of being in the present moment with what is now, they continuously refer to their past experiences, their memories. They are continuously gluing together as many of the pieces of their past possible, using memories. This keeps recreating the personality, the time entity, the separate self – the Flaw.

It is useful and helpful to see this behavior in others, but it is essential to see this in yourself.

When the vomiting activity stops, your attention is just present, left with just breathing, hearing, seeing and the sensation of the body. This is called pure perception. As pure perception, there is peace, rest, silence, stillness and wellbeing.

However, without the constant resurrection of the past, the separate self has no existence and it will fade like the phantom that it is. The separate self cannot stand the peace and joy of Being, because where peace is, the separate self has no existence. Peace and stillness are always here Now and the separate self only appears to exist in time, in past and future.

So, to avoid disappearing like a sandcastle on the beach, the process of thinking and talking about things that are not here, is started again to insure that the image of the long-lasting separate self is reconstructed.

Out there in the world, especially in large crowds, you can hear the constant murmuring of chatter. Almost everyone, has been infected by the Flaw and it is seen as normal.

They constantly exchange roles as the vomiter and vomited. This insures a constant stream of past, where they interchange roles of spewing vomit and being spewed on by vomit. This mutual exchange safeguards the continuation of the separates self's phantom existence.

It is now so normal, that barely anyone would even consider it to be a strange phenomenon. This mental sickness and the continuous vomiting it causes, is now a worldwide, socially accepted form of insanity.

Everyone is vomiting out all their past all day, all over the present. All the conversations, both internally and externally, are about something from the memory, from yesterday, last week or ten years ago.

Almost everyone talks about, what they did, who they met, what they believe or what they heard about someone or something. Everyone just keeps vomiting out the stuff that is just NOT HERE anymore.

So the separate self keeps its appearance alive by vomiting inside the clear space of presence.

The word vomiting may seem to be a bit extreme, but this is actually what it is, a form of psychic vomit. We conveniently call it thinking, to disguise this destructive disease.

In public, we don't just do it in our heads but we do this out loud, where we call it talking, discussing and debating. At restaurants, at meetings, discussing groups or on Facebook and other social platforms, everyone expressing their separate self - their vomit. They vomit their past, their beliefs, ideas and concepts.

Somehow just being here, silent, still, at peace with the sheer beauty of life inside and outside, doesn't seem to be enough.

But why not? The present moment it is the most alive place there is. That is as long as there is no vomit covering it.

In fact, the moment is really the only place there is.

This place, the placeless place, the eternal moment is where the sages, where the masters reside, in the mystery and wonder of the here and now, uncontaminated by past, unstained by vomit. Any real guru will tell you the basic message of their teaching is to be here, to be Now.

The living masters will always tell you that to be free, is to be NOW and that thinking is what veils the aliveness of Being Now.

So, just Be Now, instead of repeatedly vomiting inside your own head. Vomiting past and future imaginary scenarios all over what is pure and clean.

Be present, instead of vomiting on the dining table with everything that has long passed away. Stop putting your attention on the memories to fabricate this fictitious separate self that causes all the suffering on Earth.

What are the consequences of just being here now?

Well, listen to the sages who have done it and tell you that you will find a very pleasant surprise. That the peace, the love, the happiness, the silence that you have always longed for is right here, in the Being of what is. True happiness. Not the fleeting happiness that comes and goes with time, with the buying of objects, with more money, or with a new partner, another holiday or any another distraction.

Instead, be still and know that it is good. Be the real lasting ever present joy that is in the silence and stillness in the absence of the vomit of the past.

So stop vomiting inside your head. Stop puking out your remembered past or projected future all over the Present.

Rest in the Present without vomit and the present will reveal its pristine splendor, its joyous beauty and its eternal love.

Stop vomiting, BE NOW!

~

REINCARNATION IS PAST

*T*he moment is the Eternal Now.

There is only NOW.

Can you show me anything that is not Now?

We have seen that the past is gone and that the only 'thing' that remains of the past are vague impressions - what we call memories.

Life is always Now it doesn't have to reappear from the old, because life is always new.

The fact that life is always Now, immediately demonstrates that reincarnation is not true. It may be relatively true, relative to the thinking mind that is. From the absolute, there is no truth at all in reincarnation.

So what seems to reincarnate?

Only the past reincarnates, in the form of memory.

'Carne' is the Latin word for flesh or meat and 're' is the Latin word for again. So to reincarnate, means to bring back into the flesh.

However it is clear that nothing from the past can be in the present. The past has gone and the present is Now.

If the past has the power to reappear in the Now, it would ruin the immediacy of the present and spoil what is good here Now.

After all, bringing dead corpses (like old emotions) back into the life Now, only introduce the stench and rot of the past.

The thinking process is basically the forceful resurrection or reincarnation of the past onto the present. But this is not truly possible, since the past has gone. The only remanence of the past is in the form of memories.

So reincarnation is only the attempt, through the Selfing process, to impose memories of the past onto the present. The attempt is for past to reincarnate over and over again through thinking about memories.

This process veils the pristine beauty and joy of Being in the present.

Letting go of the past comes with the knowledge that life is Now. There is no need to hold on to the past, because the intelligence of life is always good, Now.

So what about popular notion of reincarnation?

It is often said that when the body dies, you will reincarnate in a new life form.

In truth, nothing personal will ever reincarnate in another body. The notion of reincarnation is just another fabrication of the separate self, which believes in time and in the continuity of itself. In fact, the separate self does not even exist in the present.

Anything that comes again as a repetition of what was, by definition, must be something from the past.

~

THE ULTIMATE SELFISHNESS

*T*he one thing that survives death is ignorance.

All the un-faced and unresolved emotions and notions that humanity is unable to resolve and see through before death will be left behind in the human intellect. This is where all the unresolved human garbage of ignorance is left behind, all the ignorant beliefs, concepts and notions that humans were not able to face.

This is the ultimate selfishness, to leave behind the ignorance that you were unable to face because of your immaturity.

This ignorance will continue as the human intellect. Like a vast storage depot, from which the newborn children will have to take on their emotional pain body – the old conditioning.

You can compare it to a fountain with the same water recirculating. From the fountain head the water will be spraying out, as hundreds of droplets. Each droplet can be seen as a human life. When droplets hit the surface of the pond, they merged back into the water, never to reemerge again as the exact same droplet.

Although the entire body of water in the fountain is the same body of water, each individual droplet flying through the sky before it hits the water, will never be seen again as that same specific droplet.

The key to your individual life is to make sure that before you (as the droplet) hit the surface of the water (physical death), that no ignorance and selfishness remains inside of your droplet.

The key is to find death, before death finds you. If you do, you will leave no ignorance, no past, no identity, no selfishness, no Flaw behind to reincarnate.

Ignorance is only thing that reincarnates into the next minute and into the next life. There is not going to be another personal you, no repetition, no reincarnation of your person.

~

THINKING IS THE PARASITE

*S*o Being is just Being - life here and now.

But somehow it gets covered over by past. Said more accurately, the attention gets forced, or seems to be forced towards the memories.

So instead of just being here now, being the body with its senses operating, instead of this beautiful presence, the attention focuses on to the memories.

Instead of having the pure being, still, silent and harmonious, the attention goes onto this incessant thinking process.

This is the Flaw, this is Selfing.

In other words, the attention constantly attends to the thinking process, which is always about something that is already past or an imagined future that has not come- always from the memory.

It's almost as though the hard drive, where all the memories are stored, is constantly spewing out files of the past. This causes an immense drain of energy. Instead of the body and attention just resting in the pure well-being and goodness of being alive, the attention is frantically going over the files of the past.

This IS what we call the thinking process, thinking just for the sake of Selfing.

This useless thinking process can be seen as a parasitical entity. It could be seen as parasite that latches on to the energy field of

the body/mind.

Instead of the body just being still, silent and filled with the sensation of well-being, the attention of the body is now constantly focused on the past in the form of memories.

This useless thinking causes a toxicity to the body/mind environment. This toxicity is the ideal environment for the parasite to thrive. This parasite feeds off of the original life made energies of goodness and well-being. The parasite needs to contaminate the space and presence of being to create an environment where it can hide so its devious behavior goes unnoticed.

The result of this parasitic possession is the suffering seen both on the personal level and on the worldly level. The parasite is responsible for the not so good, bad, terrible and the horrible.

In the presence of Now, the pure being, there is simply too much goodness, wellbeing and joy for the parasite to exist. As being, here now, the environment is too vibrant and healthy for the parasite to live.

This is why the parasite creates a toxic environment, by bringing in the dead past which always contaminates the present. Like that one rotten apple which can quickly cause the rest of the good apples to rot as well.

This is what the useless thinking process does inside the body/mind of each human who is unaware of the parasite.

This parasite has infiltrated humanity so well, that it not only goes unseen, but is actually admired as one of the most valuable faculties a human has. It is even more sinister, since most people actually consider that they ARE the thinking process. So the parasite has managed to convince the host that the thinking

process, or the voices in your head, is **what you ARE**. The parasite has convinced almost every human on Earth that it is **who you ARE**.

This is not uncommon in the world of physical parasites, where the parasite will excrete certain hormones which make the host crave the very foods that the parasite enjoys. Unknowingly, the host will create the ideal environment for the parasite and accelerate its own demise.

So the very drive to constantly think by bringing up the past from the memory creates the very toxic environment that is poisoning us on an individual level and poisoning the collective on the larger scale. The effects are clearly seen as the destruction of our self, others and of our mother, the Earth.

People who know that they are the host to this parasite are rare and people who have ridden themselves from this parasite are the rarest.

Since the parasite goes almost unseen, the unhappiness, destruction and war are always misplaced, or projected onto an external cause. Politics, rich individuals, corporations, conglomerates, governments, your neighbors, always get blamed for the situation of the world and so the parasite remains unseen, undetected. A brilliant, yet devious way of staying out of sight.

In the movie Usual Suspects it was formulated really well by the actor playing the role of Verbal, who said: “the greatest trick the devil ever pulled was convincing the world he didn’t exist.”

~

LABELING INHIBITS BEING

*T*he thinking mind categorizes everything.

It does this through language.

It is an extremely advanced function that categorizes everything using words. By giving every object and idea a specific word or label, the categorizing process enables us to communicate fairly efficiently.

The downside of labeling is that not everybody attaches the same meaning to the labels. The interpretation of each person is determined by a vast amount of factors, such as the cultural upbringing and societal structure that the person is raised in. These differences cause confusion and misunderstanding amongst people, since people assume that the label THEY have given something is seen in the same way by everyone else.

An even bigger problem with labeling is that it prevents people from seeing directly. In other words, by constantly labeling, we lose the ability to see what is actually there. The pure seeing without labeling is overlooked and mental labeling, or categorizing, becomes the dominant function at work. This overrules the simplicity and innocence of direct experience without labeling.

As a child we see, hear, smell, taste and feel without adding labels. We see the trees, the birds and the bees as they are,

without calling them by the names given to them through the labeling process.

The ability to see directly without labeling is the natural and effortless way of seeing. It is just pure perception.

For example, a bird is not just the label we give it- “Bird”, but an amazing appearance of a life form infinitely more complex and wondrous than just the word “bird.”

The lifeform constitutes millions of cells each made up out of minerals, vitamins and protein structures. Even each single cell in the body of the bird is made up innumerable molecules. All together making it into what it is. Though these are just more labels, the point is made to demonstrate how limiting it is to just reduce such a marvelous appearance into a single word such as “bird.”

But by labeling it “a bird”, the tendency arises for us to overlook this complexity, majesty and grandeur. This causes us to reduce it to a simple and dead label.

In this way, labeling basically oversimplifies and takes away the ability for us to see the intelligence behind all appearances.

Labeling also separates, because it is the process of separation. Labeling has the function of saying: this is not that. We label to distinguish one thing from the other and that is by definition separation.

While labeling separates, Being unifies. In Being, the experience is clearly that of oneness and unity of all that is perceived. Being is union.

So, although the categorizing labeling function of the thinking mind has its value, to distinguish one thing from another, it simplifying and separating results are also catastrophic.

This is certainly the case where this labeling function becomes the dominant function and this is now the case for almost all human son Earth.

One of the biggest results we see caused by labeling or separation is war. Although we all know the kind of war between countries, war is also within each individual, inside their own lives. Often we are our own worst enemies and we do so, through labeling ourselves.

~

WHAT DEFINES YOU – PAST OR PRESENT

So what defines you - past or present?

If I were to ask you: Who are you?

Would you have to refer to historical past? Would you have to refer to a name given to you by your parents? Would you have to refer to a birthdate? Would you have to refer to the memories of activities of where you have been and what you have done? Would you have to refer to what school you been to, what jobs you've done?

In other words, does the past define who you are now?

Or does the present define who you are? Would your being, your very presence, your body, define who you are? Would the breathing, the sensation, joy, presence, well-being define who you are?

What would define you - past or present?

Are you what you are here and now or are you what you were?

Is it enough to just be what you are now or do you need to retrieve memories to embellish and dress up what you are now?

Do you really need to bring in memories of the past to define what you are now?

The past is gone, dead. The present is here and now, the present is alive.

Do you want to be dead or alive?

Is up to you at any moment to define yourself as past or present.

You can be the living sensation, the seeing, the hearing, here and now or you can be the thinking, selfing process that covers over your simple joyous being with dead memories.

Are you alive or are you in the business of an undertaker, always caring around the past, the dead carcasses?

Or are you the scintillating living presence of life now?

So, what defines you – past or present?

~

HUMAN OR BEING

What are you, human or Being?

What does it mean to be a Human Being?

The word is obviously made up of two different words, human and being.

To be human, is to have the Flaw functioning within you, to have the past on the foreground of your focus.

All the beliefs, all the conditioning, all the emotions, all the intellectual and mental structures are man-made, these are the human.

Basically, the word human refers to the Selfing process, the Flaw.

When you strip the human from Being, only Being remains. A flawless Being, an Unbound Being.

There are few flawless beings on this planet. Almost everyone has covered the Being over with the Flaw of humanity. They have their Being veiled by the Flaw.

Unveiled Being is silent, is still, is joyous, is well-being - without the Flaw. Being is always free, Being is what you are, it is what the universe is. You and Being is the same as the Universe, is NOW.

The human aspect makes it personal, makes it small, makes it individual, makes it into a personal identity and veils the pure Being. The human aspect is the separate self, it is the past with all its human concepts and intellectual interpretations.

All that is needed to return to the pure state of Being, is for you to rid yourself of the human and remain as Being.

It is more accurate to say that you do not have to DO anything, but instead that you have to UNDO. Or that by not doing, you undo that which you are not and unveil the Being. That means that to undo, you just remain as Being.

By simply resting as Being, the 'job' is immediately done.

Being without humanity is awareness resting in itself. It is sometimes referred to as I am or I am that I am.

Not I am a human, but just I am. Like the Greek word 'IAM' which means - to be.

So what are you now, human or Being?

~

WHAT DO YOU LOVE

What do you love?

Is basically the same question of what defines you, but asked in a different way.

What do you love?

Because what you love, is what you give your time to and what you give your time to is what you love. What you love is what you focus on. What you focus on is what you do. So your activities, the things you do, define what you love.

What you give your time to shows what you love, it demonstrates it. That's why it said that: "Your life speaks for you, not your mouth" and "actions speak louder than words."

So, do you love the well-being in your body? Do you love the joy, the presence, the sensation in your body? Do you love the fulfilling sensation of being alive now? Do you love being an alive piece of life?

Or do you love thinking? Thinking about the past, thinking about what you should have done, thinking about where you are going, or where you should have gone?

Do you love thinking about what you said or what you should've said?

Do you love thinking about the past or the future?

So what do you love?

Do you love the here and now or do you love then and there?

Because what you love, is what you do and what you do, is what you are.

At any moment, you can see for yourself what it is that you love by looking at what you're doing, what you're spending your time doing.

Where your attention goes, is what you love and you can only love one of two things, past or present.

~

THE TERRESTRIAL INTELLECT

*T*here is a descending order of intellects, from the higher intellects, all the way down to the Terrestrial intellect and finally the human intellect. Each intellect holds the ideas of the level of intelligence that it is.

Compared to the intellects above, the human intellect must be seen as a garbage wasteland, because the human intellect is filled with all the manmade ideas. These are the endless intellectual ideas, beliefs, concepts and delusions man has formulated of life on Earth and the Universe.

It is the task of man, to start reflecting off the intellect above this human level, by reflecting off the Terrestrial Intellect. The Terrestrial Intellect is the intellect of the Earth, an intellect not made by man, but an intellect pertaining to the cosmic order.

The Terrestrial intellect contains all the real ideas of goodness, rightness, love, compassion, empathy and truth.

Although the words above are also used in the lower human intellect, there they are devolved into ideas that are vastly less intelligent. In the human intellect a word like love, does not come anywhere close to the idea of love in the Terrestrial Intellect above it. In the human intellect a word like love devolves into, my love, love of me, my family, my friends, my country, my religions, etc. This kind of human love is selfish. While it mourns the loss of its personal attachments, it will not

give a hoot for the rest of the Earth, let alone the whole Universe.

Each intellect is filled with ideas and when these are reflected upon, the ideas become more luminous. When intelligence, I reflect on them, they become more real to the individual reflecting on them and finally for the rest of humanity.

This is what all positive affirmation techniques, positive thinking and other such practices are based on, even though these are usually still reflecting off of the lower ideas in the human intellect.

The Universal law of attraction is what is at work here again. The law is simple and states that - **what I acknowledge, I get.**

If I reflect off the human intellect, those ideas become more luminous, but if I reflect off the Terrestrial Intellect, those ideas become more luminous.

The ideas in the human intellect are what we see in the world today, the wars, corruption, pollution and destruction of the Earth.

The key is for man to stop reflecting on the degenerate human intellect and start reflecting more (and finally exclusively) off the Terrestrial Intellect.

~

WHAT BLOCKS ARE YOU BUILDING YOUR CASTLE WITH

*T*he ideas in each intellect can be seen as building blocks.

Ideas in the Terrestrial Intellect are all good, right and true. They do not have a negative opposite. However, the ideas in the human intellect all have a polar opposite. Good has bad, right has wrong and positive has negative.

This is why all human endeavors can never get rid of the problems seen in the world. Every time a 'good' human idea is reflected on, its opposite 'bad' is also manifested.

This is what Einstein referred to when he said: *"We cannot solve our problems with the same level of thinking that created them."*

It is simply impossible, like trying to clean a window with a dirty rag.

To bring higher ideas into manifestation is only possible if you start reflecting off of the higher ideas in the Terrestrial Intellect.

You have to start building your castle with blocks of light, instead of blocks of arsenic.

The blocks or ideas in the human intellect are blocks made of poisonous arsenic or kryptonite.

No matter how intricate your structures are, no matter how well intended the building plans are meant to be, the blocks are poisonous. The bigger the structure, the more poisonous is your castle.

You have to start reflecting off of the Terrestrial intellect, you have to start building a castle with blocks of light.

Reflecting off thoughts are the poisonous blocks.

Reflecting off Being are the blocks of light.

With what blocks are you building your castle?

~

CHAPTER THREE

The Alternative

WHAT IS BEING

What I call BEING, can be referred to by different words.

Some people call it Awareness.

It's also called Presence or Consciousness.

In other traditions is often referred to as I AM

There are many different names for it, but the best names are names that directly point your attention to it, so that you remain as it. This is the power of right words.

However, names like presence or awareness seem to refer to an object. This can often be confusing because what is pointed to is not a thing – not an object.

This is why it's more appropriate to use words that refer to the aliveness of Being. Again, not a noun but a verb, or a verbing.

Words in combinations can do the trick, like saying “being aware” or “being aware of being aware.”

“Being Aware” is more powerful and direct than saying “I am the presence”. The latter indicates a subject and an object.

Although it can be helpful at different stages of inquiry to use different terminology, it is best to be clear that the words point straight back towards what you already are now. The word “Being” is such a word, direct, clear and alive.

But all these words are always pointers and should all have the same function, which is for you to immediately, instantaneously BE. The power of the word is always in its ability to stop the thinking process in its tracks and leave you Being – being what you already are.

Being is not a thing Being is more activity, it's the actual Being of what you are, just Being. No thinking has to go on for you to BE, no activities even needs to be occurring for Being to Be. Being is always here, just being, being itself – Being unbound.

~

BEING IS WHAT I AM

*T*he I is what I AM.

I AM is BEING.

You could just reduce it to “I” or “AM” or ”Being” or not use a single word at all. Just BE the activity or non-activity of Being. Being is what I am here and now. This is what you are too, by Being - now.

People call themselves all kinds of things, they say I am a father, I am a mother, I am teacher or student, I am rich, poor, young, old, big, small, thin or fat.

That is superimposing something on the I am. I cannot be a father without first Being. I am is always there first. Only then can there be something superimposed on it.

When you remove all the things that you think you are, all the identifications, with your thoughts, beliefs, notions, ideas or any of the roles we play, what remains is Being. What remains is I AM. Then, Being is what I AM. Being, prior to all the identifications.

I am that I am.

Awareness being aware of being aware. Being aware of itself, without being aware of any-thing, any thought or any object.

Awareness = BEING = I AM.

~

SUBJECT WITHOUT OBJECT

We are taught in school that there is a subject and an object.

I am the subject and all the objects are separate from me. We've all learned this as one of the basics of our language structure.

So if I said that I fish, I clean, I walk, I run, I dance, I laugh, etc, etc

I am the subject and there is the object. So I am the subject and the thing that I'm doing or perceiving is the object.

So when I say I am a father, I am the subject and father is the object.

Obviously there's a separation there between the subject and the object.

It must be clear that I and the thing, the object, are separate.

Let's say I am being a father. But I can stop being the role of a father and start singing. I can then say that I am a singer. I is the stable subject and the object is always changing.

When I stop being a father I can put my attention on to some other object like fishing. Then I could say I am a fisherman. I am still there, but the function of father is no longer there.

So the object is not stable. The object is something that comes and goes. Only the subject is that stable factor.

So, can you as the subject, as I, be without an object?

Being without object is the state of I am.

I just am what I am, the subject I without identifying with any object.

I is just Being, the simple awareness that I am. This is the state of being the subject without any object.

When I, the subject, can remain just marinating in my own presence, without having to put things into words, without having to work out what I'm going to do tomorrow or next week, without having to dress everything up thinking about or identifying with objects.

When I can just rest as the I itself, as the subject without any object, I am what I am.

Is just being alive, just being I the subject, enough?

When I'm just being, just scintillating with sensation, breathing, seeing, hearing, just being I, is that enough?

Is it enough to just be without having to think about the past or project into the future?

That is the real question, is Being, the subject without any object, enough?

~

NOW IS ETERNITY

*N*ow is Eternity.

Now is the moment, the only moment, the Eternal moment.

Look around you and see what is. What you see is God's mind or Eternity.

What is, is God's mind. It is the only thing that is, the Eternal moment.

Anything that is not here, needs to be imagined and is imagined by the human mind.

Although the human mind is allowed inside God's mind, whatever the human mind imagines is never really here.

You can imagine that you're sitting on a sandy beach in the Bahamas, but that doesn't actually take place here now. Only the act of imagining takes place now.

Similarly, if you are extremely thirsty, but you have no water to drink, you can imagine the clearest most pristine waterfall flowing right there in front of you, but the water of your imagined waterfall will be unable to quench your thirst. This is because the thinking mind doesn't produce anything tangible.

It could be set that in all of your thinking throughout your entire life, you have never gone anywhere, you only imagined that you did.

You can imagine something in your mind, but you won't be able to show it to me. The psychic fabrication in your mind is like a phantom or mirage that only exists very vaguely as a thought and only to you. It has no reality at all beyond that imagining.

To the contrary, everything around you, including your body, does exist. The existence of what is, is God's mind. And all that is, is NOW.

So look around you, see the objects, listen to the sounds, smell the air and feel the sensation in the body. This is God's Mind, this is NOW and NOW is always good.

~

TIME IS OF THE MIND

*T*here is no time in Eternity.

There is only the present, only what IS.

Only in the human thinking mind is there the appearance of time. Time is the running together of two moments. In reality, there is only this moment, the Eternal moment in God's mind.

However, in the human mind, whatever is now is always compared to something that was. While in God's mind there is only what is NOW, because the Universe, IS NOW.

However, as the human mind works with memories, the human mind takes two or more 'moments' by way of memories and claims that these are associated.

The human mind therefore compares what is here now in God's mind, to a memory of an event from the mind's memory bank. In doing so, the human mind creates the appearance of time.

By running two or more memories together, the human mind creates the appearance of succession, which is known to us as time. The human mind lives in this fabricated world of time, while Being lives in the Eternal moment- NOW.

So look around you again. This, here Now, is God's Mind, the present or the presence of God – Eternity.

Whatever is not here, is imagined by the human mind and is superimposes upon God's Mind in the form of memory. This is the Flaw.

The human mind is the Flaw, which is the selfing process and is responsible for all the suffering in the world.

You, as Being without past, can live in God's Mind, where you are One with Eternity.

You may also cover the pure Being of God's Mind with the human mind and this will make you suffer. That is free will, the choice to be the pure Being or to superimpose the Flaw upon that which is good Now.

God, the Universe or Life, never made anybody suffer, only the human mind does that.

Be here, Now in God's Mind and you are Eternally free.

~

GOD'S PALACE

God's Palace is NOW.

In God's palace all is well, all is harmony and all is good.

God's palace has NO past and no future.

In God's palace there live many angels, such as Love, Well-being, Truth, Joy, Bliss, Contentment, Fulfillment, Presence and Grace.

When you live in God's palace, these angels will be known to you as your companions.

But most people have left God's palace and joined Lucifer outside of the palace. Lucifer was once an angel as well, but Lucifer wandered off away from the palace into the past and into the future too often. At one point, Lucifer was not able to return to God's palace and this is why it said that Lucifer is a fallen angel.

Lucifer's realm is that the past and future, the realm of time. Compared to God's palace Lucifer's realm can be seen as a shabby ghetto.

In Lucifer's ghetto there live many creatures, such as worry, anxiety, depression, anger, fear, discontent, arrogance and greed.

When you live in Lucifer's ghetto, these lower entities will be known to you as your companions.

For those with enough experience of the thinking mind, it is clear that when you think, a veiling occurs of the present moment. When the attention wanders into the past and future, the clarity and joy of the moment is temporarily overshadowed.

By luring you into the process of thinking, Lucifer lures you away from the palace into his ghetto.

Thinking is fine for practical applications only, for planning the practicalities of the dynamic existential life. This is what Lucifer's function was when he was still living in God's palace. But Lucifer considered himself to be so grand, that he thought he could stand alone outside of God's palace.

Every time you leave the present moment, leave Now in the form of memory by uselessly thinking, Lucifer manages to catch your attention. During youth the consequences of leaving the palace are not fully understood. Children are rarely demonstrated by the parents and teachers what the consequences are of going into the past and the future. At a later age, the habit is so deeply ingrained that it seems hard to leave Lucifer's ghetto and return to God's palace.

By being now, in the present moment, you are immediately back in God's palace. It is instantaneous, but the pull of Lucifer will quickly lure you back into his ghetto.

When you are able to remain present in the here and now, in God's palace, the Angels will introduce themselves again. The longer you remain present, by making God's palace your home again, the more known will the Angels become known to you again.

Resting in the present, without constantly visiting Lucifer's realm of time, the subtle and harmonious energies of well-

being, joy, harmony, bliss and love will begin to pervade your life again.

Stay here, Now in God's palace, the lofty palace of the Eternal Moment.

~

I AM THE ONLY I IN THE UNIVERSE

I AM

I am that I am.

The I that I am, is the only I in the Universe.

When you are aware, when you are the awareness being aware of itself, you will find that there are no attributes to be given to this state of Being, yet it is undeniable what I am.

I AM is just consciousness, being conscious of being conscious.

Before I take on any attributes, there is no I am this or that, cold or dark, black or white, big or small fat or thin, there is just the I AM, aware of itself.

While resting in the I AM, without superimposed attributes, it quickly becomes clear that wherever I appear, I AM is the same I. I appear everywhere. There is only I inside of every living creature in the Universe. It is the intelligence of I, the one I.

This is why Jesus is supposed to have said as well, when he said: *“I am the way and the life and the truth and you will have none other than I”* or *“I and the Father are one.”*

This was said because these wise men had realized that there is only one I in the universe.

There is another beautiful statement from the old Scriptures, it says: *“I am resurrection and life.”* It wasn't referring to any individual, neither was the I said to refer to the one who spoke

the words. Instead it was said to point to the universal I. That wherever there is a body, the inhabitant or the one looking through the body tool, is always I.

I is not the person, not the identity, not the identifications with the particulars. I is not any particular attribute of the body, the mind or the current circumstances, but the I behind it all.

So wherever life is, it is always I. Behind the attributes is just the I.

So, I always resurrects wherever there is a life form and thus: *“I am resurrection and life.”*

When a body form, a life form, dies, I remain untouched.

Wherever a new life form appears, it is I. Whether it is the bird, the lizard, the elephant or any other creature, it is always the one I.

Much like a Moroccan lamp that has hundreds of tiny holes on the outer casing, the light from the one lightbulb will create the effect of hundreds of individual light dots on the walls and floor, but really it is the light coming from one single lightbulb, the one I.

In the same way it is I, the only I in the universe, shining through everybody.

~

STOP THINKING – START BEING

So stop thinking and start Being.

Being is the way out of the old habit of thinking, into the new way of Being, out of suffering and into the enjoyment of life, Now.

But most people can't just stop thinking. For many, it is all they've been doing for the larger part of their life and is a tenacious habit to break.

So you first need to have an alternative. The alternative is the goodness and rightness of Being. The alternative to thinking is Being.

So stop thinking and start Being.

Truly, you don't have to do anything to BE. Being is what is left when thinking stops.

To Be is to remain as what you are without thought. To Be is to enjoy the well-being and sensation of the inner body.

It is basically to be aware of being aware.

Stop living focused continuously on the thinking process and start living as the actual presence of life – NOW.

Stop thinking and start Being.

~

CHAPTER FOUR

The Way of Being

THE PURPOSE OF MEDITATION

T rue meditation leads to Being.

In order to be able to stop thinking and start Being, you first have to get acquainted with being aware of being aware. You have to get used again to the simple state of Being.

Although in truth, there is no way to practice Being as a technique, in the beginning an apparent technique is the only way to start realigning the attention with the present.

It will seem as though the part of what you call yourself, your attention, will have to make an effort to focus on something other than thinking.

This is what a lot of people refer to as meditation. Real meditation leads to the state of Being - empty of thought. Meditation is the practice of resting as the pure awareness without the constant need to attend to thinking, imagining, speculating and all the other intellectual activities of the mind.

This means that instead of the attention, the awareness, constantly looking at thoughts in the memory, the attention looks at itself. This is called being aware of being aware. The simple experience of the fundamental awareness that you are, just being aware of itself.

These days a lot of meditations have made allowances for imagery, objectivity and even thoughts. Often these meditations include, visualization of lights or certain objects. There is a place for this but only if the attention still needs an object to focus on.

True surrender is meditation and to meditation is not an activity, but a non-activity. True surrender is to allow that which is, to be as it is. In other words true meditation is to allow that which already is without effort to rest by itself, with itself and as itself. It is the ability to be conscious of being conscious.

So, the truest meditation is the ability for the pure awareness to rest in itself. This is awareness marinating in itself.

If any object is allowed to accompany Awareness, it is best to have the Pure Sensation.

~

PURE SENSATION

*P*ure sensation is the sensation of well-being in the body.

Although pure sensation is still an object, it is one of the finest objects that the attention can perceive.

Pure sensation can be said to be the first created object and it is always now.

Pure sensation is so fine, that for many people it usually takes some practice for them to be able to feel the sensation.

So close your eyes, take a few deep breaths and relax.

*

Now feel the sensation in your hands.

Take your time and use your attention to, as it were, 'look' at the sensation in your hands.

*

Now feel the sensation in your lips.

*

Feel the sensation in your cheeks.

*

Now do the same thing with your arms and your legs.

*

Take several minutes and feel the sensation throughout your entire body.

*

When you can clearly sense the sensation, hold to that sensation as long as you can.

*

The sensation in the different parts of the body will eventually come together and become one sensation. This is the Pure Sensation.

The Pure Sensation is the finest object in existence. It is a scintillating sensation, a fine vibration, a very fine but all-encompassing movement of grains moving across each other, like a screen of grains slowly moving and mixing.

You can even match the sensation of well-being with what I call the grainy screen. This is the screen that you can see with closed eyes. It blackness and darkness, yet it is seen to be a pixelated screen. The grainy screen looks like a moving bunch of pixels, or dots on the blackness or darkness of nothing.

Some people may see it easily though others have more difficulty seeing it.

The grainy screen matches the fine graininess of your sensation. It can even be matched to a high pitched noise in your ears, a noise that many people call tinnitus. The sensation will match the green screen and a high-pitched sound in your ears. The three are the very same, separated by the sense, divided by the brain.

The Pure Sensation, as the finest object in existence it is right on the doorstep of Nothing, of the vast void, of the Eternal space of Being what you are.

On the other side of the door, is Nothing, or Everything, the uncreated, unformed, the source. There, on the other side, even sensation disappears and I remain as pure awareness without any object.

So Pure Sensation is at the objective side of the gate that leads into the pure state of Being, pure awareness.

Sensation and Pure Sensation are always good. There is no suffering in them. They are the well-being, the joy, the bliss of being without problems – without the Flaw.

The Pure Sensation is one of the most beautiful anchors for your attention to hold to.

It may seem that it takes effort to focus on the pure sensation. It may still seem like that for you now, because the attention is not used to remain there, due to the engrained habit of attending to the thinking process – the Flaw.

The conditioning of the attention which is used to focus on the more gross objects like thoughts and emotions makes it seem that there is an effort needed to focus on the finer objects like Pure Sensation.

So bring your attention, from the gross objects like thoughts, emotions and outer objects, closer to home, closer to what you really are, closer to the empty peaceful silent place of Being. Take your attention off the outer world of objects and off the inner world of thoughts and focus your attention on the objects that are closer to home, closer to the here and now, closer to

the direct experience of Being what you are. Bring your attention back as often as you can, onto the finer object of sensation and well-being.

When resting in well-being, when attending to the Pure Sensation, you are at rest. It is the closest thing to Nothing, to your true state, to the state of Being without object.

Hold on to the Pure Sensation because it is the anchor that will keep your attention from straying away from what you love, from what you are. Anchor your attention on to the Pure Sensation and surrender to your true nature.

~

THINKING USED FOR ACTION ONLY

*T*hinking should be used for taking action only.

~

FASTING FROM THINKING

Once you have the direct experience of the purpose of meditation and you enjoy the state of Being, it will be easier to rest in the pure sensation. It will be easier to rest as the subject without object.

Once you have learned how to anchor your attention, you will find that just being aware of being aware is a peaceful and enjoyable state to rest in.

When you have a clear understanding of the difference between thinking and Being, the time will come to really limit the process of thinking and to only use thinking for purposes that are directly aimed at taking action.

The Selfing process will start playing up and at times you will feel a burning. All kinds of disturbing phenomena can appear to distract your attention from the simple state of Being.

However, it is vital that you remain what you, that you remain present and that you do not feed the separate self.

This can be referred to as fasting from thinking.

Just like the fasting from food, there will have to be a period to resist the old ways of uselessly thinking about the past and future.

This will allow no room for the separate self to reconstruct its illusory existence.

This is the way to starve the Flaw.

~

ANCHORING THE ATTENTION

*I*t is vital to understand that what goes out towards any object is your attention. In other words your attention is like a beam of pure light.

For most adults the attention usually goes into the mental realm of thinking. Thinking is a reflective mental intelligence of wording and categorizing, of putting everything into words like a voicing or thinking in the head.

However when you're the process of returning home to your true state of Being, it becomes vitally important to shift the focus of your attention.

In the beginning it may be hard to keep the attention focused on the sensation in the body. Sensation is in the moment, here now, just sensating and this is a great anchor for your attention. Sensation keeps the attention from going into the past, which is what thinking is. Your attention needs to be anchored to something that is closer to home. Something more present than the memories of the past.

So when you're sitting somewhere without having to do anything in particular, it is your task to keep your attention present, so it doesn't just wander off onto any old story of something in the past or projection of the future.

Keep your attention anchored onto something that is here now.

If it is hard to find or hold on to the sensation of the inner body, you can hold onto anything that is in the moment, your breathing or just an object, like a tree or focus on feeling the wind on your skin.

Anything that is actually taking place here and now is a good place to focus the attention on, but best to focus on your well-being, the Pure Sensation in the body.

That is anchoring your attention, anchoring your attention in the here and now.

So bring your attention closer home, closer to Now.

~

ONE-POINTEDNESS

To be one-pointed is to be exclusively focused on one point.

To be able to point your attention to only one thing, which in this case is the Being or awareness itself.

To be so one-pointed that the awareness is only aware of being aware. To be conscious of being conscious.

To be what you truly are without any content, without any objects, without any thoughts and without suffering.

To be what you truly are takes a one-pointedness that is rarely seen amongst humans.

Although in your dynamic life you may attend to the objects, forms and necessities that are required for the dynamic life, every other free moment, your attention remains at home resting in itself.

No space is given to the Selfing process, no energy is given to the memories, concepts and intellectual activities of the human made mind.

This one pointedness will rid your system from all the man-made or mind made constructs. This leaves you naked as pure awareness, free from the Selfing process, free from the Flaw.

Your awareness is then left resting itself, surrendered, still, silent and joyous.

This one pointedness cannot be chosen by the mind. It is the very love of truth – the love of Being what you are.

WHEN LOVING LOVE IS WHAT I LOVE

*T*he pure sensation is a very fine well-being in the inner body.

It can actually be called Love.

The well-being that pervades the entire body is the sensation of joy, bliss or love.

The sensation makes you smile. This wellbeing is what you enjoy.

True Love is a complete contentment of the attention resting in what you already are, here and now. Resting in this moment as emptiness, resting with the fine sensation of well-being.

It is best to rest as nothing, as subject without object, but if you are going to have an object of attention, let it be the pure sensation, let Love be the object. If the attention still needs to hold on to anything, any object, let it be the Pure Sensation of Love.

This is a loving of Love, where the subject, the attention is resting in Love, resting in well-being.

You rest there because you love to do so, not because you're forced, but because you love resting in Love, you love resting in the Pure Sensation.

When this love of pure sensation becomes your highest love, this love of goodness, rightness, well-being and bliss becomes the place where your attention rests most often. When Love is

what you Love, you are at peace, because when Love is your greatest Love, you will Love Being Love.

When you love what you are, which is Love, you love resting as Love. Put your attention on it now.

Where else would anything want to be other than to be with its Love?

The more the attention rests in love, the more it will become its home base. Because of this, it will no longer seem as though the attention has to go there, because you will notice that you, as the attention, are already there, even when actively doing things in the world.

When you love the pure sensation of the body, you won't love the thinking process as much, you won't love your memories of the past, you won't love worrying about the future.

So just rest in the well-being, in the pure sensation of the inner body. Fall in love with that. Fall in love with Love.

When Loving Love, is what I Love, I am that Love.

~

EMBODY THE CHANGE

We have seen that real lasting change comes from within first.

Ancient wisdom still applies, that all that is within, must come out and manifest without.

By being the living manifestation of love, peace, joy, bliss, harmony, goodness, integrity, well-being and love, we bring more of those qualities into the reality of the physical appearance we call the world.

One of Mahatma Gandhi's most famous quotes is: "*Be the change you wish to see in the world.*"

This expression can be simplified, or adapted in such a way that makes it even clearer.

That is: "*Embody the change that you wish to see in the world.*"

Embody the change.

In other words, embody those qualities that you see are needed in the world.

Don't focus on the negative things that are in others or in the world.

Do not even talk about the qualities that are missing in others or in the world.

Instead, embody those very qualities that are missing in others or in the world.

If you see there is not enough love, if you see is not enough joy, if you see it is not enough stillness, if you see there's not

enough compassion, if you see there's not enough empathy, then embody those.

Don't only tell others to do so, but YOU embody those qualities. Not conceptually, mentally or intellectually, but as the living example of them.

This is what it means when Gandhi said: *"Be the change you wish to see in the world."*

There is enough talk about love, there are enough songs about love and there is enough speculation about love, but there is not enough love embodied.

There is enough talk about compassion, there are enough books about being compassionate, but there is not enough compassion embodied.

That is why it is said that talk is cheap.

What you need to do is walk the walk, not just talk to talk.

The mental intellectual realm of talk is cheap indeed, because it evades the actual embodiment of that which is talked about.

So, you be the change, be the embodiment of what is needed both in your life and bring more of it into the world.

Embody the Change.

~

ONLY BEING BRINGS PEACE

*D*o as you do, but ONLY BEING BRINGS PEACE!

There are thousands and thousands of beliefs about how to change the world and make it a better place.

People are trying to save the turtles, the whales and the forests. These are all noble and I'm not arguing that you should not do these things, but no real lasting peace comes from within.

The world without, is a reflection of the world within. The world within dictates what the world without will look like. If a human is fundamentally unhappy, stressed, depressed, frustrated and confused within, then his humans doings without. Despite the best of intentions, you will always manifest the circumstances of your life and the effects it on others, of your state within.

If you are fundamentally unhappy within, you manifest conditions that are fundamentally unhappy without.

This is why so fundamental to understand that only constant contentment, true bliss, permanent joy and lasting fulfillment come from Being.

Being is not a concept.

Being is not an intellectual idea.

As a concept or an intellectual idea, it will have no real lasting effect, other than to add to the mental realm of Selfing which is

actually the cause of there NOT being any lasting peace in your life and in the world.

Being is the restful state of awareness quietly marinating in itself. It is awareness marinating in well-being, joy, sensation, bliss, beauty, contentment and love.

Note thinking is involved, only the being of it, here and now.

By being peace, you bring more of it into your life and finally into the world.

As within, so without.

~

BEING AS NOTHING

*R*est as the one-pointed focus of awareness being aware of itself. Rest as I, as the pure awareness and remain as nothing.

Resting as pure awareness, as Being without object, there is nothing left other than Being what you are.

Resting as this empty quiet placeless place of being, you are content, fulfilled, completed.

To the mind this seems as nothing, but as conscious Being it is the void, the vastness, the uncreated, the unformed and it is everything. Bigger than the whole formal world, more complete, fully content, infinite and eternal. This is the terrestrial intellect, the next level up from the human intellect.

This is a placeless place without form, yet more divine than the formal world we call existence.

Passing on through the other side of the door, into nothing, there is nothing that remains yet I am aware of a more profound way of Being.

Resting as nothing, I open my eyes to the world of form. The outer world of form is still there. Nothing in the formal world has changed, only I have. Looking at the formal world from the other side, nothing has changed and yet everything has changed for Now I AM - Being as Nothing.

~

BEING WITHOUT PSYCHOLOGICAL AND EMOTIONAL CONTINUITY

*T*o really BE as Nothing, is to be pure awareness.

It is the ability to be without the need of psychological and emotional continuity.

Once resting as awareness is seen in your own experience as what you truly are, it is recognized to be a higher and more refined state than the thinking mind.

It takes a maturity of recognition, the maturity to know through Being that you are the awareness, before it takes on the psychological and emotional aspects of the human intellect.

The psychological identity, the false identity, the separate self does not exist without Being, without awareness. Same goes for the emotional body, the emotional pain body. Both these do not exist inside the pure state of Being.

So the key to Being as nothing is to be without psychological and emotional continuity.

Almost all animals live their life in this way, because they live their life without any psychological entity and minimal emotional continuity. However, animals are not aware of being aware, they do not know themselves to be awareness consciously.

For you to raise himself into the next level, you need to be able to rest like the animals consciously. This means you need to be able to rest as nothing, knowingly.

There are frogs that bury themselves in sand or mud during extreme droughts. These frogs can bury themselves for many years. During these years they will not come out to eat, drink or even stretch. They go into hibernation.

Since frogs don't think, they are completely in the moment. They are aware of their heartbeat, their breathing, their sensations and whatever is going on in their field of awareness. They have no psychological and emotional continuity. They are Being as Nothing.

Much like the frog, for Man, it is the task to do the same, but there's no need to do it for years, without eating, drinking or stretching.

To be able to BE without psychological and emotional continuity is enlightenment – freedom from suffering.

There are many misunderstandings about what enlightenment is, but this simple explanation pretty much sums it up. If you want to be enlightened, you will have to be able to BE without psychological and emotional continuity.

~

PURE PERCEPTION

*W*ithout the separate self, only now remains.

Without the separate self continuously claiming existence to itself, only now remains.

This is not an empty place, although there is no-thing there. Awareness remains.

This place, the placeless place, is Pure Perception.

Pure Perception is the clear seeing of what is. It is the intelligence of pure receptive knowing. It can be said to be space being aware of itself or aware space.

Pure Perception doesn't have to do anything to be. Pure Perception always is. Without it there is nothing can ever be perceived.

When you know yourself to be Pure Perception, you are finally BEING what you are.

This has always been the case, I have always been BEING.

However, in a life dominated by separate self, the priority and importance was always given to objective things like, memory and thinking – to the Flaw.

In a life with the Flaw, objects and thoughts are always given more attention than the actual state from which they arise and by which they are known - Pure Perception.

Finally, it can all be said to be a question of a MISTAKEN
IDENTITY.

Once I recognize my true place as the knowing by which I
know, I am finally home.

I now know myself to BE.

I know myself as Being.

I am Awareness.

I am Life.

I am that I am.

I am Pure Awareness.

I am Pure Perception.

I AM BEING what I AM.

~

ONLY NOW REMAINS

*A*ble to rest as Pure Perception, only now remains.

Resting as awareness being aware of being aware, it will be seen by you (awareness), that only NOW remains.

Only now remains, because only NOW is.

There is nothing else NOW.

The entire Universe, whatever that might be, is NOW. You cannot show me anything that is not NOW.

Although this is always the case, the Flaw, obscured the clear seeing of the fact, that all is NOW.

Without the Flaw there is no obscuration by the separate self. The obvious fact of life is clearly perceived, that there is only NOW, the Eternal Moment.

Although the process of thinking can still take place NOW, this will not be seen as a long-lasting separate self. Instead, thinking will be seen for what it is NOW, a function of awareness.

Without a separate self, without the Flaw, only Beauty remains.

Without the Flaw in the Beauty - I am Eternally present.

~

CONCLUSION

*T*his book is written as a practical guide to freedom from suffering. For man to overcome suffering in all its forms, he literally has to ‘jump’ into the next level of intelligence.

He has to go from thinking to Being. He has to go from mentality to spirituality, from a mental level to a spiritual level. This is done by YOU, the individual – the reader of these words.

What is written in this book is of no value if it is added as (and devolved into) another concept of the thinking function, into another concept, belief, theory or religion. It has to be lived by you, it has to be embodied – Here and Now!

Only by YOU, Being free from the compulsory function of the thinking mind – free from the Flaw, can you return to the natural state of Being, the next level of intelligence.

Only this brings freedom from suffering on both the personal and the collective level.

This is not done in time, it is done by jumping time, by Being Now!

~

ABOUT THE AUTHOR

Roald Boom is the creator of **UnBound Being**

Roald's always had a longing for the truth and from a young age he was disturbed at seeing the destruction, hypocrisy and worldly chaos caused by mankind. Appalled at seeing the pain and destruction caused by humans, resulted in depression at the age of 20. The weight of depression caused a breaking point that led to a deep realization that our mind is our biggest enemy and the very cause of all suffering on Earth.

The realization led him to live more in the moment and Roald quickly realized that the stillness and presence of Being also led to a more creative, harmonious and fulfilling dynamic life. He speaks and teaches, to all that have ears to hear, about what is by far the most essential and primordial aspect of human existence- the Nature of Consciousness.

Who or what are we? What are we doing here? What is the nature of Life or Consciousness?

What causes suffering on a personal and on a global scale and how can we overcome this?

If you enjoyed this book and would like more information about Roald and his work, visit his website at:

www.roaldboom.com