

The Journey Up The Mountain



The 'Quo Vadis?' File III

[Document File]

Following *The Milk Is White*, as a continuation which builds upon it, is *The 'Quo Vadis?' File III* [I & II being part of the book] consisting of over three hundred short texts, mostly aphorisms, shedding further light on the Reality/Truth whilst often qualifying and refining the earlier text. The 'Quo Vadis?' File III is ongoing at the time of writing this but virtually all that needs to be said has been said or so it seems!

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The ‘Quo Vadis?’ File III.

[i.e The “Quo Vadis?” File from 05.09.06.]

My Body, My Soul and I.

My body is mine, but my body is not me,
My body is an expression of my soul.
My soul is mine, but my soul is not me,
My soul is an expression of me -
for I am.

Ω

The Journey up the Mountain.

(See The Milk Is White - Chapter 1, para 1 & 2)

There are those who, having found a spring on the lower reaches of the mountainside, shout to those climbing past, "Stay! for we have found the spring. You need climb no more." Some cease their search and stay, whilst others continue upwards and, reaching the top, find that there is no water there - for none is needed.

Ω

Choices and Ripples.

When we toss a pebble into a still pond it creates ripples which move out from the source and affect the surface and all objects in their path. At times, they rebound to the source.

In life, we are constantly making choices (tossing pebbles into the pond) and, where these affect others, they, like the ripples, have an affect.

So, be mindful of your choices.

(See The Milk Is White - The "Quo Vadis?" Mandala.)

Ω

Time and "Now".

Using approximate times, let us say that it is noon in Maleny. It is then 3 a.m. in London, 6 a.m. in Johannesburg, 8 a.m. in Colombo, 10 a.m. in Singapore and 10 a.m. the previous day in Washington DC, and so on anywhere in the universe. Yet, although the time varies, it is "now" everywhere. Ponder this.

Ω

The Illusion in Context.

When one focuses totally on one's true identity, the "I am", worldly life is but a faint and shallow mirage on the distant horizon. In troubled times this awakens one to the Reality and soothes the troubled mind.

Ω

Controlling the Mind.

Being aware of what the mind is doing helps you control it. Therefore, observe the mind in action, observe what it is doing and what it is saying. You then see it as something apart from yourself and can treat it accordingly.

Ω

Perception and the Truth.

One's perception is one's truth until the arrival of wisdom.

Ω

Civilization. (1)

Civilization is not necessary for the spiritual progress of the individual. However, it does provide the opportunity to learn that the empty pleasures and apparent benefits that civilization brings are actually worthless - mere illusion - and the opportunity to eliminate the desire for (the attachment to) these. The only progress that matters in the long run is spiritual progress. Historically, all civilizations have collapsed as a result of their own excesses; they are impermanent.

(See Wisdom in The Milk Is White - Part One, Chapter 9 - The "Quo Vadis?" File.)

Ω

The Voice of Conscience & The Voice of Mind.

The voice of one's conscience is often eclipsed by the voice of emotion, or the voice of emotion comes into play first and is followed by the surfacing of the voice of conscience after one has reacted to the voice of emotion.

The voice of conscience is of the Spirit and the voice of emotion is of the mind, hence the importance of cultivating the ability to subjugate the mind - to make it one's servant instead of one's master.

Ω

The Nature of Mind.

The mind is acquired "human nature". The conscience is inherent "spiritual nature".

Ω

Litigation and Karma.

To resort to litigation is to deny or avoid karma.

Ω

Acting According to Your Conscience.

Act according to your conscience and disregard possible consequences to yourself. The mind will feed you with all sorts of things, but it is surprising how often the consequences are quite unexpected and quite unlike the often fearful warnings of the mind. Be aware that the results of acting according to your conscience are precisely what you need. These can be postponed but not avoided (in the normal course of life, that is).

Ω

The 'World'.

The 'World' at any time accurately reflects the collective human consciousness, and is in harmony with it.

Ω

Sublime Patience.

This is the patience with life as it unfolds for one, not the patience of waiting for some thing. Sublime patience comes from the understanding of the purpose of life as we know it and accepting our responsibility for that life.

To hand over this responsibility to 'God', or anything or anyone else, is to duck one's own culpability.

Sublime patience comes from acceptance of one's self as the cause - and, therefore, one's self as the 'cure' - and acceptance of what life brings, whilst being aware that the remedy lies with one.

Hence, the Edgar Cayce Reading, "Be content, but be not satisfied."

Ω

The Seed of Truth.

The seed of the Truth (Reality) lies within every one. All that is required is to cultivate the soil, sow the seed and nurture its growth. The harvest follows. Hence, one aspect of "As you sow, so shall you reap."

Ω

Love and Relationship.

The emotion generated by love i.e. the emotion of love, depends for its existence on there being a relationship of one kind or another. However, a relationship is not dependent on love.

By understanding relationship itself one is aware that, whereas the emotion of love requires relationship, relationship does not require either love or emotion because love and emotion are merely aberrations, or "overlays", of relationship.

Hence, without love and emotion, relationship acquires its true value - that of being only the foundation, the basis, on which either emotion or love stand either alone or combined.

N.B. The same applies for any other emotion.

Ω

Pleasure and Rewards.

Far superior to the pleasures and rewards of the illusion that is Earthly life are the pleasure and rewards of the Reality.

Ω

Blind Eyes & Ignorant Minds.

In 'time', as blind eyes will regain sight so will ignorant minds regain wisdom.

Ω

The Body as a Vehicle.

This was written on Feb. 25 2006 at a time when I had cancer of the tongue with possible metastasis elsewhere and had decided, in line with my philosophical understanding, to either cure it myself or succumb to it.

"Not surprisingly, I am detached from what is happening to my body. Yes, I do feel the pain and discomfort but there is no emotional reaction to them or the situation as such. Taking the analogy in "The Milk Is White" of the body being as a vehicle, it is now as if I were driving my car which has developed rust that is weakening its structure. As the driver, I am aware of the effect of this but I accept it for what it is and what it means, without emotional reaction - that is, with detachment. When the car falls apart I will scrap it and get a new one - one more suitable to me, should that be necessary."

Ω

A Dream.

Following the entry The Body as a Vehicle I decided to attend the meeting referred to below.

Yesterday I was due to be at the hospital at 8 a.m. for examination by the team of "Head & Neck" surgeons and consultants and before I awoke I had this dream:

Note - In Australia we drive on the left side of the road.

I was driving on a two-way, two lane street, approaching a T intersection at which I was going to turn right. I 'knew' that the road I was approaching was clear. However, I was approaching the intersection in the right lane instead of in the regulation left lane and was a little uncomfortable with this.

INTERPRETATION: 1. In dreams, right = the 'correct' way. 2. The road ahead was clear. 3. I was approaching 'illegally' = not according to required practice or standard principles (in this case, my spiritual guidelines).

So, I was approaching a decision/choice, the road ahead was clear and I would make the right choice although it was against 'my principles'. After

the examinations and deliberations the surgeon gave me the diagnosis, the proposed surgical procedure and the prognosis; the last mentioned subject to post surgical pathology. I immediately gave him the "go ahead" and a week later the surgery was carried out with complete success, the pathology was clear and no follow-up chemo/radio therapy was required.

Ω

Life's Events.

In each life there are things that will happen, things that will not happen and things that are optional.

Ω

Knowledge and Knowing.

To have knowledge and to know are two different things, and one is possible without the other.

Ω

Success & Failure. (1)

There are no successes and failures in life, only achievements - stepping stones.

Ω

Creation - the Big Bang.

There was no Big Bang. The Big Bang theory stems from the fact that the human mind thinks in terms of time and space. As a consequence, for the dispersal of energy/matter around the universe of time and space it requires an impelling force - in this case an explosion, a big bang. However, Creation is soundless and occurred/occurs 'outside' time and space. It, therefore, does not require "dispersal" and, therefore, does not require a big bang. The Big Bang is a misconception.

Ω

The Mind and Enlightenment.

The chatter of the mind blocks enlightenment. Many seekers of enlightenment set the mind to a myriad of tasks and the only result of this is 'ments'*

like flies in a bottle - a lot of noise and activity going nowhere. Remember that the path to enlightenment involves subduing the mind, subjugating it.

*My word for thoughts. To differentiate between Thought and mental activity I use these words: Thinking/mental activity = mentivity; think = ment; thinking = menting.

Ω

On The Path To Enlightenment.

This could be you.

Imagine an actor who is wearing all the costumes he has worn on stage in the past looking at himself in the mirror and trying to decide who or what he is. If he goes to the dressing room and strips down to his skin he will see himself clearly.

Ω

Expressing One's Creativity.

Far too many of us get so caught up in the whys and wherefores of things that we get all knotted up, with the result that the creativity lacks the freedom which is essential for creative expression. Just go with the flow!

As a teenager I drew and painted and continued this expression till my late twenties when drawing and painting was replaced by poetry. This continued for about twenty years although accompanied by landscape design for the last five years or so. Finally, all this ended and I started writing, and have written two books since. At no stage did I do anything other than just let it happen.

If we cut open the bud of a beautiful rose in order to see how it is 'packed' and what it is going to look like, what sort of a bloom will we get?

Ω

Love - The Three Kinds.

One kind of love is affection - normally considered to be love in a less intense form. Affection is variable according to the factors influencing it - it is a 'worldly' phenomenon and impermanent.

The second kind is that which stems from the emotions and/or the sensations. Thus, at times it may seem to be sensational, but it is still emotional because it is an emotional reaction to one's sensations. This we can term emotional love. Emotional love is variable according to the factors influencing it - it is a 'worldly' phenomenon and impermanent.

The third kind of love is undefinable; it is an 'aspect' of the Great Spirit or Thought - and, therefore, an 'aspect' of us as Spirit. In us it is our subconscious awareness of our Oneness with our absolute state - the Great Spirit. This we can call fundamental love and fundamental love is a constant - it is not a 'worldly' phenomenon but has a worldly influence and is permanent. Affection and emotional love are universal phenomena whereas fundamental love just is.

Note: See also "Love - what is it?" in The Milk Is White p 100.



A Startling and Uncomfortable Awareness.

Accompanying the awareness of the reality of karma can be the difficulty of coping with the awareness that there is no such thing as a "tragedy", an "innocent", an "accident" etcetera; of coping with the necessity of saying to oneself, "These people have brought these things upon themselves." Fortunately, we can express sadness that this is so, to empathise, to sympathise and to help in any way we can.



Attachments and Enlightenment.

In our normal state we Spirits have no attachments. It is only when we entered the Phenomenal World, or Earth Plane, that we developed the numerous emotional attachments, and those of other types if there are any, that burden us and without which we feel naked and incomplete. These we guard zealously.

However, in order to end the cycle of death and rebirth we have to eliminate these attachments - and that is what spiritual growth and full enlightenment is about.



Mind and Thought.

As the mind shrinks at the will of the initiate, thought flows in to fill the spaces so created.

Ω

Observe, Observe, Observe.

Observe others and learn, observe nature and learn but, above all, observe self and learn, for this is one of the main keys to spiritual perfection.

Ω

Meditation. (1)

One cannot “meditate on something”. This is because to “meditate on something” is to focus the mind on something, whereas meditation is the process by which the mind is stilled, not activated.

However, one can focus the mind on something in a state of quiet contemplation or, as a means to achieving a state of meditation, concentrate on one's breathing or, for instance, a spot on the wall or the flame of a candle.

Ω

Telepathy/Thought Transference.

Be it from human to human, animal to animal or human to animal how does telepathy [thought transference] work? We all know that we sometimes feel something when we meet or see someone, or even, sometimes, hear of someone. We call this feeling “vibes”. We also know, for instance, that animals are sometimes aware of danger even though this danger is outside the spectrum of their senses. On many occasions I have talked gently to houseflies that have found their way into my house, told them that I did not intend to harm them but only put them outside; then told them to move to my open hand which I held near them, and when they did this took them to the fly wire screen door, opened it, and released them from my still open hand.

We talk of “feeling vibes” of “giving off vibes” etcetera but there are no discernible vibrations. So what is happening?

To understand this we need to understand that this is telepathy or thought transference and we have to know what thought is. So, what is thought, or as

I refer to it in this context, Thought? The answer to that lies in what I have written and will have to be sought by the reader by reading all I have written, for a proper appreciation, or using a computer's Search facility for bits and pieces. For the present I will quote the encapsulation of what Thought is i.e. "Thought creates, creation manifests, (therefore) Thought manifests."

Thought (an Intelligence if you like) is the cause, the first cause, the creator, of all energy - that of which the entire universe is comprised. It follows, therefore, that everything 'on Earth', whatever it's form, is a manifestation of Thought. At the same time everything is Thought itself. To illustrate this to some extent we can use the example of water, ice and water vapour co-existing in one place - the one substance is present as a liquid, a solid and a gas.

Now, thought is known to exist as an entity; it is also known that it 'travels' from one point to another instantaneously, irrespective of distance - in other words, it transfers but does not travel; it does not travel because travel takes time, even a minute distance of travel. Thought does not have to travel because it exists everywhere or, to put it simply, it exists.

Since it exists in this way it is where you are, where I am and where anything and everything is. Also, being you, me and everything else, what each feels everything else can feel. I say "can feel" because to feel requires being 'tuned in', and if the tuning in is askew there is either poor communication or no communication. And since it exists in this way there are no 'waves' or other phenomena involved. Hence, telepathy is communication within something (Thought) without the presence of any phenomenon.

Ω

Thought.

Thought is still - there is no motion. Thought acts but there is no activity.

Thought is the Great Spirit, the First Cause, the Creative Force, God; and, whatever name it is given, the Great Spirit, the First Cause, the Creative Force, God is Thought.

Ω

Seeing & Evaluating in Context.

Most commonly we see events in a superficial context and the evaluation that follows is, therefore, also superficial. This is because our common mindset is superficial i.e. Earthly, three-dimensional etc.

To view and evaluate events in their true context we have to view and evaluate them in the context of life being continuous i.e. involving thousands of lives.

Where people, particularly children, are concerned it pays to reflect on the fact that they are souls in a human body, with the former being the predominant influence.

It takes practice to eliminate the mindset and clear the vision.



Meditation. (2)

There are no shortcuts to enlightenment but meditation could reduce the time it takes by many lifetimes.



Ian's Dictionary.

To enable me to communicate more precisely I have coined new words and created this dictionary for the benefit of readers.

⌚ **mentivity**. To differentiate between mental activity [commonly called thinking] and thinking [by which I mean those thought processes that do not involve the mind].

⌚ **neopt**. To differentiate between the Sanskrit *darshana* generally meaning anything seen and sometimes meaning something not seen with the eyes; a vision which has many interpretations; an epiphany, which implies something instigated by God, and a realisation which has a mental as well as a spiritual connotation, I have coined the word *neopt* (pronounced nay - opt) and its various derivatives from old German and Latin.

⌚ **somp**. From a hypnopompic neoption early on 06.10.11. morning a new word for die, which stems from the fact that *die* has numerous meanings

with reference to many things, and to die is not final and extinguishing but merely to Switch Off Material Perception = the acronym *somp*. [Note: This word applies only to human death or dying. However, if “transmigration of souls” is fact, as I suspect it is, *somp* can apply across the board.]

⊕ See below.

WORDS:

blisstasy *n.* That spiritual 'quality of being' or 'state of being' which is beyond the physical/mental (emotional) experience and surpasses joy, bliss, love etc.

blisstatic *adj.*

mentivity* *n.* mental activity commonly called 'thinking'.

ment* *v.* think; *adv.* to think; *n.* a thought.

menter* *n.* one who ments.

menting* *v.* thinking.

moul *n.* since the mind and the soul are the same, mind plus soul = moul.

neopt *vb.* (*nay-opt*) neopts, neopting, neopted. to see without the eyes.

[from *ne* (old German) + *ops* (Latin) = no + eye]

neoption *n.* something seen without the eyes.

neopter *n.* one who sees without the eyes.

neoptic *adj.* a neoptic incident, occurrence etc.

somp *vb.* die (human). [acronym of switch off material perception.]

somp *n.* death (human).

***Note:** the word mentality, meaning state of mind, already exists in the English language.

PHRASES:

Emotional self-sufficiency.

Unlike where all emotional needs are met this phrase describes that state of being where there are no emotional needs. In other words where emotion is concerned a state of balance/harmony exists.

Ω

Enlightenment. (1)

As long as one desires enlightenment one will not achieve it, for one of the qualities of the enlightened state is that of being without desire.

Ω

The Purpose of Life.

What started with my wanting to comment about “The essence of all spiritual wisdom.” led me to want to define “The essence of all spiritual wisdom.” and the result, after a bit of sorting out, is:

We are all Spirit experiencing a process set up to facilitate its (each Spirit's) understanding of its true identity and, through that understanding, to revert to its pristine state.

This seems to me to be “The purpose of life.” in one simple sentence.

Ω

Carnivores, Herbivores & Omnivores.

It is a normal and natural tendency for a spiritual teacher, or the followers of a particular teacher or teaching, to feel or claim that theirs is the truest truth and, therefore, make its instruction exclusive. From the point of view of teaching, this exclusivity is understandable, even necessary, as to do otherwise would create confusion in the 'classroom'. However, it is best to include in the instruction that the pupil has the freedom of seeking elsewhere because the truth comes in different packages and all paths lead to the top of the mountain.

The fact is that, irrespective of the path taken, enlightenment remains the same - it cannot be otherwise; the path itself is merely the means to the end.

Take the analogy of animals. There are carnivores, herbivores and omnivores yet, despite their varied diet, they each grow well, mature and die and, on death, return to that from which they came.

So, should we be a carnivore, a herbivore or an omnivore? We can choose any one or all.

Ω

Money. (1)

Thought sees money for what it is.

Mind sees money as a means to happiness.

Hence, when we think about money we see just money
and when we ment* about money we see Utopia.

*See Thought & Thinking in The Milk Is White.



Regarding Yourself.

[Refer to next topic: Life is a Stage.]

Regarding yourself, who do you see living your day to day life? Is it the actor or the character in the play?

If it is the character you see it helps to remind yourself, as often as possible, that you are really the actor, and you can do this by a quick reminder like "I am!" or "I am Spirit!" - or whatever suits you.

When it is the actor you see, or see most often, you are well on your way to the top of the mountain.



Life is a Stage.

“Life is a stage” said Shakespeare. Well, it really is.

On a stage people get dressed in costumes, change their appearance, suppress their true character and take on the part of another character. They then act the stage part using what they learned and practiced in preparation for the play.

So it is in spiritual life because each life is a play wherein we dress as a character, change appearance, suppress our true character, take on the part of a new character and act out what we learned in the period/s between other lives.



Enlightenment. (2)

1. Enlightenment is stopping the rainbow from moving away as you approach.
2. Enlightenment is when all one's insights have completed the jigsaw.



Fighting Wars Is Only Natural.

It seems as if there is more fighting in the world today than there has been in known history, and a large proportion of us agree with this or go along with it. But why do we fight so much?

We fight so much because it is natural. In nature, animals fight to defend their territories, their nests and their homes - it is natural; and we are animals, or rather, we have taken on the physical and mental characteristics of an animal - hu-man, and are in the process of jettisoning these characteristics.

However, we are Spirit, and it is spiritual not to fight or defend anything*. Behaving spiritually, if another comes to take our home or territory, we would gladly hand it over and there would be no fight. There would also be karma accruing to one party only.

So, we fight because our animal instincts are still stronger than our inherent spiritual qualities.

*We defend things because of attachment to the things, and attachment is not of the Spirit.



Joy, happiness, fun, laughter etc. and Reality.

Joy, happiness, fun, laughter etc. are all of the mind; the equivalent - and I use the term loosely - of these emotions in spiritual terms is very difficult to describe; it is a stillness yet it is not still, it is like an indescribably beautiful understanding that is the very substance flowing in the 'blood vessels' of the Spirit - circulating, but still, for there is no motion in Spirit.

This is not to denigrate joy, happiness, fun, laughter etc. They are what make life here worthwhile and, therefore, worth pursuing until one comes to the Realisation of what surpasses them.



An Unsustainable Civilization.

Western civilization is driven by economics dependent on consumerism and materialism. Both consumerism and materialism are created by craving. Because spiritual progress is dependent upon the elimination of craving, any civilization dependent on craving is not sustainable.

Ω

Killing.

It matters not what side you are on when you kill or cause killing - death is death; there are no degrees of death.

Make no mistake about it, “As you sow, so shall you reap.”

Ω

Knowing the Truth.

Student monk: How do I know that what you tell me is the Truth?

Teacher: As long as you ask, “Is it the Truth?” you do not know.

Student monk: When will I stop asking?

Teacher: When you see it yourself.

Ω

Menting, Thinking & Emotion.

Regarding something one does, menting creates a perception of good, bad or neutral and a corresponding emotion, whereas with thinking it simply is, and there is no emotion, only clarity.

Ω

Mind & Conscience.

Mind is the Soul speaking and Conscience is the Spirit speaking.

Ω

Enlightenment. (3)

Enlightenment is knowing what one is and behaving accordingly.



Forgiveness.

It is beneficial to forgive but better not to condemn in the first place.



Karma - the Gender Blender.

Some years ago I had been talking a lot to a friend and co-worker of mine about the philosophy of Life. One day he told me that the night before he had been having an argument with his wife when he suddenly realised that, if he did not change his attitude in the argument, he could reincarnate as a woman and be in the position he was putting his wife in at that moment. He stopped the argument!

Note: It is worthy of note that we seldom think outside our 'gender mindset'. Just walking in the shoes of another is often enhanced by walking in the requisite 'gender shoes' of the other - and to my female friends I say, “Hold the cheers girls, this applies both ways!”



The “unbearable” Truth of Non-violence.

“Non-violence,” says an Indian proverb, “is the supreme law of life.”

This is absolutely true and, believe it or not, deny it or not, this even applies to “defending” that which we hold dearest.

However, we do have freedom of choice [and until we come to the realisation of the Truth in the proverb, and act accordingly, we will not attain enlightenment].



The Illusion that is all things.

To say that life and all that comprises it is an illusion is easy to say but extremely hard to comprehend. This is to assist that comprehension.

Look around you. Look at anything that you can smell, taste, touch, see or hear and be mindful of it. In your mind reduce it, step by step, to its smaller and smaller components until you come to sub-atomic particles and then energy. What next? You are now at the point of creation of that thing which you are aware of - on 'your side' of the point of creation is the energy whilst on the 'other side' is nothing. Be aware that at the very moment that you are mindful of this thing you see, it is actually nothing. If something is nothing, it is an illusion.

Ω

The Sunbeam and Sunlight.

“As the sunbeam is to sunlight, I am.”

(from The Milk Is White.)

The sunbeam is there because one or more things are blocking the sunlight. Remove what is doing the blocking and all you have is sunlight. The Soul is there because one or more things are blocking the Spirit. Remove what is doing the blocking and all you have is Spirit.

Ω

Blowing Bubbles.

Have you seen children in a garden having fun blowing beautifully coloured bubbles and chasing them to catch them? If you look carefully you will see, sitting at the side somewhere, a beautiful child, happier than the others, with a serene look of perfect joy on its face. This is the one who knows.

Ω

Synchronicity.

The word 'synchronicity' is generally used in the context of two things/ events occurring at the same time (coincidence). Carl Jung used it in a slightly different, spiritual context for which I would like to suggest a brief and simple definition viz.

Synchronicity is the coincidence of a need and an event.

Note: Often the term/word 'serendipity' is used when what is meant is 'synchronicity' and the above should clarify that.

Ω

Civilization. (2)

Our civilization is like a snake which, being unaware of its tail, has got hold of it and is devouring itself obsessively.

Ω

Joy.

There is the joy that is one's state of being and there is the joy that is one's state of mind. The first is permanent and the second is impermanent.

Ω

Enjoy.

Enjoy the necessities of life but eschew the excesses.

Ω

Understanding the bud.

To fully understand a bud on a tree one needs to first understand the tree. So it is with life.

Ω

Human Gender Differences.

In response to a joke about the difference in human male and female idiosyncrasies:

So, like all of us, we are female in some lives and have to experience the idiosyncrasies of males, we are male in some lives and have to experience the idiosyncrasies of females and, throughout all this, in Reality, we are Spirit which is neither female nor male!
Beautiful, is it not?

Ω

Science & Psychological Illness.

Scientists are increasingly claiming to discover connections between brain function and psychological problems. This is erroneous because all psychological problems are rooted in the psyche (the Soul). Hence, because all psychological problems are rooted in the psyche that is where they have to be treated. The brain is merely the organ that is designed to 'connect' the physical 'person' with the psyche, the conduit, and all its magnificent capability and versatility are purely mechanical - the "servant of the soul". To correct something in the brain perceived to be the cause of something in the person/persona is like repairing a part of a car and pronouncing the job done when the malfunction is with the driver!

Ω

The Wise Mariner.

While you live your life aboard the ship of life be mindful of the sea of life on which it floats and on which it moves forward; be aware of the prevailing winds and currents that influence your progress as the master of the ship.

Ω

Perceived Elitism in Enlightenment.

A lot of us suffer from the delusion that only a select elite amongst us, like the Buddha and the Christ, can attain enlightenment. We idolise or put on a pedestal those who have done so and thereby paint ourselves out of the picture where this is concerned, waiting perhaps for the time when we will don holy robes and other perceived symbols of holiness and be candidates for this, to our minds, hitherto unattainable goal. It is time now for those of us thus deluded to wake up to the fact that anyone can attain enlightenment - and that everyone will.

Ω

On Loving God.

On television one night I was watching individuals with various religious and philosophical beliefs talking about God and trying to define God when they started talking about loving God. At this point I found myself saying, "But you cannot love that which you are!"

I then started to try to explain this impromptu statement of mine in words and this is the result some considerable time later; it is not easy to put into words:

One can love another only if the two are separate, because to love another is to project the love from one to the other. For this there have to be two entities, in this case there is one's self and God. However, when two entities are one and the same thing nothing is, or can be, projected - but there can be an 'awareness' of oneness and this 'awareness' may be termed "fundamental love" - if we wish to use the term love - as opposed to "human love" in all its manifestations. This human love is an emotion and an emotion is a creation of the mind and, since the mind does not exist in Reality, this love does not exist except as a figment of the imagination [the non-existent mind].

Ω

Spiritual Growth and Attitude.

The only thing involved in one's spiritual growth is one's attitude – the continual improvement of one's attitude. Knowledge of material things is irrelevant, merely of intellectual interest to some.

Ω

Spare thoughts of compassion and joy.

Where karma is concerned many of us are keen to be mindful of what we are doing but how many of us are mindful of what others are doing?

Spare thoughts of compassion for the vast number of us who are daily creating terrible negative karma for themselves by their inhumanity to their fellows, by designing, manufacturing and distributing arms, by fighting wars (often whilst asking for "God's" blessing!!), by condoning the exploitation of the disadvantaged (often in "the national interests") etcetera.

Spare thoughts of joy, and raise a cheer, for those of us who in their own ways care for others and all things - who love others and all things.

Be mindful.

Note: The karma attracted by soldiers is not necessarily negative. What affects their karma is their attitude to what they are doing. For many it is an opportunity to demonstrate many positive attributes.

Ω

Finding the Truth.

The Truth is really very simple but cannot be described in its fullness with the tools of human communication. Often, aspects of it can only be experienced. This is why so much is written by so many, in so many different ways, presenting a complex and confusing spectrum. In such an environment we can only seek the Truth on what are called “higher levels”, or outer 'levels', those that are 'outside' the confines of the mind. Despite this it is surprising that the majority of seekers seek through the mind only and are not even surprised that they get nowhere!

Ω

The Pilgrims' Way.

All things on the pilgrims' Way are the same yet each one of us smells these things differently, tastes these things differently, feels these things differently, hears these things differently and sees these things differently - until that is, we find enlightenment!

Ω

Without Emotion.

Emotion is a creation of the mind, and the mind is not a reality; however:
Without the emotion of compassion
One can be compassionate.
Without the emotion of love
One can be loving.
Without the emotion of joy
One can be joyous.

Ω

Circling the Truth.

Many souls circle the Truth happy to enjoy its periphery, until suddenly the circle breaks and they are drawn to the Centre to see the Truth, to be the Truth - and they are still at last!

Ω

Rivers, Streams and Oceans.

Beneath each river and stream another flows;

Below the ocean waves are currents.
The one who seeks at the top finds knowledge;
The one who seeks at the top and below
Finds wisdom;
For the mind cannot find what thought can.

Ω

Love and Liberty.

Q: Are we meant to be with one person our entire lives, or are we meant to share the love? Many people, many religions and many societies believe we should each find a mate and stay together “till death do us part”. However, is this outlook being true to our human nature?

A: I start with the contention that the institution of marriage and consequently the accepted, perhaps subconsciously, 'institution' of partnership in modern times, devolve from man made - yes, man made - religio/social standards of the past. As I see it, each soul is different and has different experiences to meet in each life with different people, with each experience requiring a different time factor as well as a multitude of other lessons. This is all karma and it has of necessity to take its course, and by take its course I mean just that, as its course varies in each situation. Therefore, to adhere rigidly to a man made time frame is interfering with what is needed.

However, and this is very important, in all relationships the underlying value is love - love of another in every way that love manifests in Earthly life - the testing ground of our spirituality. In all relationships, including those created for the continuation of the human race, it is important that one does one's very best. This may, on the surface, seem easy but we cannot fool ourselves because “doing one's best” means just that - and best does not come in shades!

I have tried to encapsulate a vast reservoir of possibilities into a fundamental concept from which various situations may be viewed.

Ω

Hanging the Thread in a Solution.

When a thread is hung in a salt solution the salt gradually and increasingly crystallises on the thread if the thread and solution are kept still.

If the 'salt' in the solution is the Truth, or Reality, and we hang our thread in the solution the Truth crystallises on our thread if the thread and the solution are kept still.

So, hang your thread in the solution and keep the thread and solution still...
... and patiently watch the crystal grow.



If we are all 'one'?

Q. If we are all one, that is one with one another, with the Great Spirit and with all life etc., why is it that the most prominent thing in evidence in the human race today, individually and collectively, is the "I" in all its diverse manifestations?

A. Many say that we are 'one', but as individuals, families, races, nations and religio/spiritual groups we clearly demonstrate the opposite.

As Spirit, we are one, and we are one in terms of body and its composition, but as souls we are still unable to conceptualise 'oneness' let alone be 'one'. Therefore, to all intents and purposes we are separate and inhabit the dimensions of duality on Earth and in between sojourns on Earth until such time as we learn, and from this learning become aware, of our oneness with all things and all Spirit – and 'be one'.

Note: I have here used my terminology wherein there is the Spirit (Spirit Self), and the Soul which is the Imperfect Spirit. In the Earth dimension the Soul is manifest as the personality and the body.



The World Is Your Oyster.

The world is your oyster. Yes, but in that oyster is the pearl; and to get to the pearl one has to first discard the shell and the flesh.



Karma at Work – an example.

One who is not guilty of a murder is convicted and sentenced to life in prison.

Those in the know are aware that the person did not commit the crime and vehemently declare his innocence. They are correct in saying that there has

been a miscarriage of justice because in the Earthly justice system that is correct. However, karmic justice is being played out; the person has done something in the past which created the karma of life in prison and this miscarriage of human justice is the means to that end.

There would also be karma involved where the miscarriage of justice itself is concerned – that too has to be experienced.

Ω

The Search for Happiness.

As humans, in our search for happiness, we are like drowning people, clutching at straws instead of learning to swim.

To appreciate this all we have to do is observe ourselves and ask ourselves the question, “Am I really progressing?”

As Spirit there is no water in which to drown.

Ω

Nirvana - The Pleasant and the Unpleasant.

Nirvana is the state of being achieved after one has overcome the cycle of birth and death. In this state there is no “unpleasantness” (See dukkha below).

This is all well and good and we are happy to accept it, but it also means a state of being without all the ‘goodies’, the “pleasantness”, which so many crave, and raises the question, “How many of us are happy to – can, in fact, - be without this?”

The above reveals the realm of duality where we cannot have one without the other – there has to be non-attachment to the “unpleasant” and the “pleasant”!

Note: In the glossary of his definitive book What the Buddha Taught Walpola Rahula lists the following as meanings for dukkha: suffering, conflict, unsatisfactoriness, unsubstantiality, emptiness.

Ω

Past Lives – Remembering.

As a rule we do not remember our past lives. This is because remembering them can interfere with our choices in the present life.

In spiritual terms only the now exists, hence a previous life has no significance where the present life is concerned; all that matters is what we learned in a previous life.

In the whole process of repeated embodiment the thousands of lives we experience are, in themselves, irrelevant; what is relevant is only the experiences, and these add to or subtract from what constitutes our soul.



Attaining Nirvana.

To attain the cessation of Earthly life, that is to attain Nirvana, one has to cut all Earthly ties – attachments – because any ties bind one to the Earthly cycle of birth, death, and rebirth.

No bird can soar into the blue of the sky if there is a string tied to its leg and a stone on the ground.



Speaking.

Quoting only the words of others is parrot-like;

Quoting what you know, is wise;

Quoting what you are, is enlightened.



Emotional Self-sufficiency.

Emotional self-sufficiency is that state of non-attachment where one has eliminated emotional needs; where one has emotional equilibrium; where emotional reaction is precluded but not emotional expression.



The Jellyfish.

Observe the jellyfish swimming in the ocean. Compared to the drift of the current its efforts are minuscule. So it is with the efforts of the Soul – despite its efforts it goes with the flow.

Ω

The Bubble of Thought.

If awareness is a pond, a Thought* is the bubble that rises from the depths and bursts at the surface.

(*For my definition see Ian's Dictionary.)

Ω

Animal Instincts.

Observe the tracks people make through flower beds, lawns etc. although there are walkways provided nearby. This behaviour is like that of sheep, one of blindly following instinct, an animal instinct we picked up with the animal body in the dim, distant past; and an instinct we have to surmount on the Way to enlightenment.

Ω

Comprehension & The Truth.

That one does not comprehend or accept the Truth does not negate its validity.

Ω

Stilling the Surface.

If one stills the surface of a body of water one can see clearly beneath the surface.

For the same reason be Still.

Ω

Freedom of Expression.

In recent times we have been creating an environment of greater freedom of expression in respect of the physical, mental and emotional, and therein lies the test; the test of us individually and collectively.

With greater freedom comes greater responsibility.



Arrogance.

Pause, if you will, and visualize this Earth as we can now see it; consider the movement of the oceans, the air and the land masses, and note the awesome power inherent in this movement. Consider also that all earthlings can pit against this awesome power is its puny arrogance, doing this continuously while it destroys its very home in the pitiful belief that its mind can rectify the destruction it creates. Such is the attitude that one day has to be brought to account.



Don't give - give up!

Giving tends to be spasmodic and without total commitment.
Giving up tends to be permanent.
If the haves give up, there will be material equity on Earth
with all the benefits that will bring.



The Purpose of Human Life.

The purpose of human life is the dissolution of the soul and the revelation of the Spirit.



Nationalism and the “I”.

According to the Bible 'The greatest sin* is the “I” '. Nationalism is the “I” of a large group of people, a nation.

*I prefer the word “mistake” to the word “sin”.

NOTE: This is a subtle manifestation of the herd or pack instinct of the soul that includes safety in numbers and group comfort.



Nationalism and the Spirit.

With reference to our Spirit selves, how can something that has lived, and will live, in many different countries be nationalistic? If you are, reassess your attitude.

Ω

An Interesting Prediction.

Gleaned last night from a documentary on the Indus civilization of some 4000 years ago and attributed to one of the sages of that time, this snippet from the Mahabharata (I think it was.):

"the future of all things material will be cut short by the lack of virtue."

What is interesting here is the implication that the non-material would continue.

Ω

The Human Condition.

The human condition, the human state, is merely the means to the end and not the end in itself.

{Remember this as often as you can.}

Ω

Thought and Menting.

Regarding other references to *menting*, *ment*, *mentivity* etc. try this:

For Thought manifesting one might best refer to the common expressions "It dawned on me." and "It occurred to me." in which is implied the absence of mental activity; in other words no menting or mentivity.

Ω

How is the illusion of colour created?

If we are shown a green leaf and asked what its colour is, we will reply that it is green. However, it is not green. It only appears to be green because it absorbs all but that part of the light spectrum that makes green, and that is the part that is reflected to our eyes. A beautiful butterfly wing is not beautiful at all; it only looks that way because the tiny scales on the wings are angled in different ways to create different colours.

Above is an extract from *The Milk Is White* [Chapter 8, page 37, The Illusion - 2, See Note.]

Today I had a neoption in which I saw exactly how the illusion of colour is created and it is interesting that, if I let the mind get active while I was seeing this, what I was seeing disappeared. The mind intruded once and I had to remove it to regain the picture.

I saw that both the object - in this case a leaf - and the light hitting it are essentially energy in vibration at different levels. These are called wavelengths.

White light is composed light of the colours of the spectrum combined, and each colour is energy vibrating at a different level or wavelength.

Likewise, the various parts of the leaf are energy vibrating at different levels or wavelengths according to the density of the part. There is no colour of which we are aware.

[Up to this point I was covering what I already knew.]

To help understand what happens just imagine all these wavelengths as bits of string in uniform squiggles of differing undulations. Some are in the light and the others are in the leaf.

When those from the light hit those from the leaf those of the leaf get entangled with some of those of the light whilst the remaining light threads bounce off the leaf toward where they came from. These that bounce back are of the wavelengths that give us the colour/s of the leaf.

When we are told that the leaf absorbs some of the light and reflects that which makes green (blue and yellow) we now know what actually happens.

Note: For autumn colours or blemishes the principle is the same.

Ω

Emotions.

Often, emotions stifle the mind, loosen the tongue and harden the heart.



The Sterility of Hyperbole.

In ‘Westernised’ societies we are in a time of rampant hyperbole. It is hurled at us at every opportunity supposedly to make us feel good, or because the hurler hopes to gain from making us feel good. We too embrace hyperbole in the hope of feeling good. However, in reality this is a fruitless, if fleeting, embrace because this feeling is as fickle as a breeze on a still day.

In these times we search madly for ‘fun’, we are inundated by smiling, laughing faces and contrived laughter – all exaggerated; we are attracted to what once were ‘stars’ but are now ‘superstars’ and there are thousand of living ‘icons’ who are worshipped more than ancient religious icons and just about everything is described in superlatives that have improved upon previous superlatives! This is the massive con of hyperbole that we both accept and enjoy in the mistaken belief that it makes us happier. This is self-delusion.

There are many who will perceive what I have said here as negative, for a variety of reasons, but perception does not alter reality. Discounting physics, reality is neither negative nor positive – only the perception of it is one or the other.

Rather than succumb to the pursuit of the ephemeral ‘feel good’ feeling one would do well to pursue a course that brings true, permanent happiness – and that cannot be found in worldly things.



Ignorance causing obsession.

Our obsession, in the western world, with the prolongation of human life can be likened to manipulating a long train journey, which starts at station A and ends at station Z, so that the distance between any two stations, say L and M, is unnaturally prolonged as much as is scientifically possible, even to the extent where the train is in need of continuous maintenance; our obsession stemming from ignorance of the fact that segment L to M is not the whole journey.



The “I am” quotation/affirmation – a visualization.

A Quotation from *The Milk Is White* (This is you too, dear reader, so visualise each line carefully):

As the droplet is to the ocean,
I am.
As the lick of flame is to the fire,
I am.
As the sunbeam is to sunlight,
I am.
As the Great Spirit is,
I am.

Here is a visualisation:

re. line 1. Visualise a drop of water dropped into a glass of water; it is one with the water but still exists in its own right.

re. line 2. Visualise a fire and a lick of its flame; the lick is often separate from the fire but is still part of it. Without the fire it does not exist.

re. line 3. Visualise sunlight and a sunbeam. The sunbeam exists only because something has blocked out part of the ambient sunlight. Remove the block, and the sunbeam merges with the ambient sunlight. What appeared to be separate is now all one - yet the sunbeam still exists as it was.

re. line 4. Visualise, therefore, the relationship of “I am” (you) to the Great Spirit which is omnipresent, omnipotent and omniscient - the Creative Force, God. Hence, “I am” is all these things.

Ω

Split Souls.

Below is an extract of an entry in my Zaadz pod The Milk Is White - the book, an entry which raises a very interesting point.

“When writing the second sentence above I had a brief, mild neoption which prompted me to the fact that this may be a case of what I shall now call a 'split soul'. This can come about because not all of one's soul incarnates in one life and, therefore, another part can incarnate as a different person. Whether this is the same as 'twin souls' I cannot say but sense that in certain instances it may be whilst in others it may not be. In this regard here is an extract from The Milk Is White.”



The Bible and books.

To the discerning the Bible is a highly questionable book but what is important is the message, the message common to all major teachings as well as the message which resonates within each one of us. It is this inherent knowledge (insight) that is important and books are best used to trigger this insight rather than as crutches on which to lean. Clear strides take us further than limps with a crutch.



Souls and Spirits.

The end of the human race will not be the end of Souls, and the eventual end of Souls will be the uncovering of all Spirits as one, as it is our soul state that separates us.



Inner Poverty.

Trappings of wealth are symptoms of inner poverty.



Impractical Spiritual Fundamentals.

From a letter to a friend:

"I say/write a number of things that, whilst being spiritual fundamentals, are largely impractical in the world as it is today but they can act as beacons for

each one of us for it is by the light of such beacons that we slowly change ourselves and, in turn, life itself."

Ω

The Tale of Prodi Galson.

Prodi Galson was like all the other Spirits who came down to Earth on a visit. With others s/he came down more and more because they got very interested in things on Earth. Ultimately, s/he got so close to the ground on Earth that s/he got covered in mud. In the wind and the heat this mud hardened and although s/he was happy to be on Earth s/he felt discomfort and pain from the hard mud all over and in the eyes.

Next, some of the mud started to break off and fall away from the skin, thus reducing the suffering. Later, it started to rain and the rain was cooling. It also began to wash off the mud and s/he was able to see more clearly.

Finally, perfect vision was restored, s/he regained all original powers, reverted to the state of being s/he had at the start and went home, wiser for the experience!

Ω

Karma. (1)

Your very presence on Earth is karma - the result of your past mentivity (mental activity) and actions. So is every characteristic of your body. The physical you and its state of mind are manifestations of you - your creation within the broader blueprint.

Throughout your life, with every ment and action, you are creating karma, erasing karma or being karma neutral.

Ω

The Submerged Life.

When the waters are muddied by creations of the mind such as cravings and emotions one cannot see and understand the beauty of the submerged life.

Ω

The Option of Being Still.

If you let your vehicle take you to your destination you can enjoy the ride and the view.

If, instead, you run ahead you may take an incorrect road or get ill.

Ω

A foot in each camp.

If I remember correctly there is a term like "With a foot in either camp." Well, we know that we are "In this world, not of this world." so I have associated my left leg with the Reality and my right leg with the Earthly world* and when I have wished to move away from mentoring** and to thought I have actually transferred my weight to my left foot with the desired result. I pass this on for what it is worth to anyone.

* This is probably due to my being right handed. It may be that, in the case of left-handers, the association is reversed. Let us know.

** Mentoring? See entry in Ian's Dictionary.

Ω

What is that essential which we call love?

That essential which we call love, unlike so many other kinds of love we experience, is like compassion and empathy or mindfulness, sympathy even, an expression of our affiliation, of our inherent awareness of our oneness with the Great Spirit and all others.

Ω

Acceptance of the Manifest Body.

The body is the manifestation of the soul. It therefore represents every aspect of the soul and all physical karma needed for the soul. Every feature, every strength and weakness of the body is a karmic manifestation present for the experience of the soul in the current life.

Therefore, to not accept, to hide, or to alter any aspect of the body for the sake of appearance is to defeat its purpose and postpone the necessary experience it was designed to create.

Accept and live as happily as possible with what are perceived as negatives and live modestly with what are perceived as positives.



Money. (2)

Extract from *The Milk Is White*:

What is Money?

What really is money? In one form it is merely something dug from the ground, a piece of paper or a number, or series of numbers in a register. In the other form (sic) it is merely an idea - a figment of the mind - no more. This idea gives it a value that creates self-aggrandisement manifesting as pride, power, profligacy, greed, and other states of mind that underpin structured societies and perpetuate inequality.

Money has no intrinsic value.

With reference to the above extract a reader said in effect that, as she perceived it, money did have a value because it could be used for all sorts of things and enabled people to help others etc.

This is true but it is only a tool devised by us for use in Earthly life.

To illustrate that money has no intrinsic value let us look at an example: If one wanted to buy food to feed the hungry one would need money but, if money did not exist, if we had no knowledge of money, there would be no money yet the food would still be there to be used to feed the hungry.

On the other hand, if there was no food the money would be valueless.



Time.

If we dream about something in the future, that something must exist now, correct?

If that something in the future exists now the future must exist now, correct?

Therefore, now and the future co-exist, correct?

Therefore, since the same also applies where the past is concerned, there is no such things as time, there is only 'now', correct?

NB. This is one way to understand the Truth that time is an illusion and the only Reality is the Now.



Our Bodies – our creation.

Since we create our own bodies one may ask how we do this when it is two other bodies, the parents', which provide the raw material. The answer is that we create the blueprint and the parents' bodies the raw materials (now called genes). However, it should be remembered that the parents have to meet other requirements such as personalities, circumstances and a virtually endless set of factors all of which are necessary for the experience of the Spirit entity in the life ahead.

Ω

The Truth. (1)

The fact that one may not understand, believe, or accept an aspect of the Truth does not negate its validity.

Ω

Memory, Mind & the Brain.

Memory and mind exist before and after the death of the physical body whereas the brain dies with it.

Ω

A Sound Maxim by which to live.

With reference to what you have or receive ponder "Who needs this more than I do?"

Ω

The View from the Mountain.

To see from the top of the mountain one has to make the climb.

Ω

The Philosophy of Life – like the ocean.

When presented with the philosophy of life some people brush it aside as irrelevant: these are disinterested and not yet ready; others read it as one rides a jet ski and skim the surface: these are interested but are not yet ready; others dive below the surface and absorb the beauty of the corals and the fishes – even cavort with the seals and dolphins: these are the seekers after Truth;

yet others devise the means to delve the depths in search of what is unknown and are the sages.

Ω

Unable to make a decision?

Choose an option – and do it! The experience you need will come, so you cannot lose!

Ω

Success & Failure. (2)

To make a modest living from one's knowledge and ability is success; to use one's knowledge and ability to exploit others is failure.

Ω

The Ways of the World.

If the ways of the world torment your mind try to understand this which I repeat. To understand this is not easy but it may help:

The thought is the reality, the act only an illusion.*

Hence, what one perceives to be happening is not happening although people are thinking it.

*Note: This is like a cherry from a fruit cake whose true quality can often only be appreciated in the context of the taste and texture of the whole cake. The Milk Is White is such a 'cake'.

Ω

Avoiding Reaction to The Ways of the World.

I have previously stated that the Mind and the Soul are the same thing and defined them (it) as being the sum total of the Spirit's experiences in thousands of lives. I have also stated that what we perceive as reality is, in fact, an illusion, dreamlike.

If we combine what we know the mind to be with the fact of perceived reality we can understand two things:

1. That each of us, when using the mind, has an individual perception of every thing and 2. That the perception is, in any case, simply that – a perception, a mental picture.

Hence, every thing we perceive as happening in the world today, particularly where our reaction is emotionally adverse, is a creation of the mind, a mental activity, and is only real in so far as it is the way an individual visualises it. In fact, none of it is actually happening!

This is extremely difficult to grasp – and cannot be grasped by the mind which is, of course, the creator of the illusion – but when one can do this one becomes unaffected by, and non reactive to, “life as we see it” or, if we do react initially, we are able to dismiss the mind and its creations for what they are and revert to the true Reality and, thus, peace of mind.

It is, therefore, true to say, “It is the thought that counts.” Although I would substitute the word ment or mentivity for ‘thought’.

[See “Ian’s Dictionary”.]



The Truth/Reality.

We may each perceive any aspect of the Truth/Reality differently because we each look “through a glass darkly” but when the glass clears we all see exactly.



One’s Independence.

One is beholden to no one and no thing, and one is only responsible to one’s Self.



Insults and other hurts.

If someone insults you, or otherwise hurts you, that is their problem; if you feel insulted, or hurt, that is your problem.



About being One.

In essence, as Spirit we are One – whilst retaining an ‘identity’.

In effect, as Souls and people we are individuals – whilst retaining our Spirit ‘identity’.

Ω

A Truth Is a Truth.

Whether stated by a Christ, a Buddha or a five-year-old child a Truth is a Truth, so ignore the human source.

Ω

Creating Our Future.

The mistakes we make do not come back to haunt us, they lie ahead – waiting!

Waiting for us to face the same choices again, but then with greater wisdom.

Ω

Love – further clarifying its non-existence.

So much poetry and song lyrics are created by the emotion of love yet it is an illusion too! Albeit an illusion which, like time - another illusion - serves a purpose in this plane, a means of expressing the inexpressible essence of the "God within".

Ω

Life.

When life itself is a pleasure whatever one's circumstances, there is no need to look elsewhere for pleasure.

Ω

The Experiences of Life.

It is not one's experiences in life that are important but how one's mentality is affected by them.

Ω

Anger & Love.

Now and again Ian gets angry with people because of what they say or do but I love them for what they are despite what they say or do.

Ω

The Pilgrim's Progress.

When the pilgrim is aware of what is and why it is, he or she needs no crutch, walks tall and without fear.

Ω

Upheaval and Growth.

The upheaval of the ground by ploughing in preparation for the sowing of the seeds of growth is like the upheaval in the lives of many souls on Earth.

Ω

The Paradox of Soul Growth.

Paradoxically, the growth of the Soul results in its elimination but with the fruition of the Spirit in all its glory.

Ω

The Advent of "Messengers".

If we assume that in their time the Buddha and the Christ were the only "messengers" on Earth, that the population of the Earth at that time was one million, and that such "messengers" appeared thereafter in proportion to the population, we would have on Earth today six thousand "messengers". There certainly are a large number at present.

Ω

Hurt Feelings.

When our feelings are hurt we are inclined to ment or say, "You hurt my feelings". That would be incorrect as what we should say is, "My feelings got hurt".

We cannot blame another for our doing.

Ω

Blisstasy.

For a long time I had been dissatisfied with the words joy, bliss, love etc. as a description of what really exists at a spiritual level. One morning, when

lying in bed in the hypnompic state of being between sleep and wakefulness, thought started flowing to resolve this search and I let it flow. I saw clues like that state of serene being which is non-emotional joy, bliss, love etc., and therefore pure or unaffected by the vagaries of emotion, and was aware that I had to search for a suitable term. The result of this was that I looked up a dictionary for “serene”, the various meanings of bliss, and the origin of both bliss and ecstasy, and came up with the phrase “a quality of being” – that quality of being which, when considered by the mind (mented), creates emotion but, when experienced, is without emotion. I found that serene means peaceful, blissful, clear, bright; that one meaning of bliss is “ecstatic joy of heaven” and that ecstasy derives from the Greek *existanai* = to displace. This in turn led me to look for a single word to encapsulate what is described in Earthly terms as joy, bliss, love etc. I finally came up with a combination of bliss and ecstasy - that is blisstasy. There is no verb for blisstasy because it is something one ‘is’ – a quality or state of being – not something one does. However, one can use the word blisstatic (adj.) to describe the spiritual, or thought, state but not the mental state. This is because the spiritual state cannot be the mental state and vice versa. So now, as I see it, joy, bliss, love etc. are earthly soul experiences, or emotions, and blisstasy is that permanent state we seek through enlightenment and I will use the words accordingly in future. In conclusion: Blisstasy means “That spiritual ‘quality of being’ or ‘state of being’ which is beyond the physical/mental (emotional) experience and surpasses joy, bliss, love etc.



Our Cyclical Habitation of Earth etc.

The vibrational ‘descent’ of Spirit, us spirits, into matter, which I have allegorically described in *The Milk Is White*, is cyclical in the sense that after the initial descent, termed the fall of man by some, most of us as souls persist with the pursuit of sensory and mental pleasure and therefore return to Earth to unlearn this persistence while those who have achieved enlightenment cease to do so. The consequence of this is the destruction and/or pollution of the Earth - and even this universe - which then necessitates a new environment for our destructive and polluting spiritual education. This process continues cyclically until there are no unenlightened souls left and may include other universes and/or dimensions.

Note: I can only state this as a probability because it is the result of a combination of *mentivity* and *neoption* and not neoption alone.

Ω

The Curtain That Is The Mind.

What is hidden by the mind one cannot see.
One cannot learn what one cannot see.
So, draw back the curtain that is the mind.

Ω

Love is a Manifestation.

Love is a manifestation of that selfless state of being that is the state of Spirit or blisstasy. It is an emotional image of the selfless state which we give and receive etc. when on Earth and in the slower vibrations in between Earthly sojourns. It is a tool of the Soul but not of Spirit.

Ω

Two Perspectives.

By way of menting, blisstasy is the state of being of Spirit or its attributes.
By way of neoption Spirit, or its attributes, is blisstasy.

Ω

What is Spiritual Growth?

Spiritual growth is not about knowledge; it is about becoming a better person. There are many who have acquired great knowledge yet use or used it to exploit others: this is not spiritual growth.

Ω

Truth. (2)

If we intuitively accept the truth of something does it matter by whom it was said or when?

Ω

Creation of Disease.

Disease, the result of dis-ease, is created by us from our state of mind or mentality and this happens in many ways of which here are two: 1. Through

the influence of the “Thought Field” (our mentality) on the “Life Field” (the energy field, or blueprint, controlling the body) and 2. Through the effect of all the unnatural products and scientific devices which interfere with the “Life Field”.

Some may see #2 above as not having anything to do with our mentality or attitude but it is worth remembering that it is this which is behind both #1 and #2.

Note: 1. For fuller information on the above mentioned “Fields” please refer to *The Milk Is White*.

2. Instead of “Thought Field” I would now use the term “Mind Field” (for which the term ‘mine field’ would be more appropriate!).

Ω

Opposing Forces.

Spiritual progress is to do with the reduction, and eventual elimination, of self-gratification whilst human effort in science and technology is to do with the perpetuation and increase of self-gratification.

Ω

Mind/Soul. (1)

The mind, which is the part of the soul active in each Earth life, creates the Earth experiences of the spirit entity. Thus, it creates the individual experience as well as the collective experience.

Note: This is the cause of everything from climate change, to profligacy, to suffering etc.

Ω

Mind/Soul. (2)

The mind/soul is a conglomeration of experiences that alters with the passage of each moment. Spirit is unchanging.

Ω

Quo Vadis?

The Apostle, Peter, is said to have asked Jesus, “Whither goest thou, Lord?” and this question in Latin is “Quo vadis, Domini?”. However, the language

used by Jesus and Peter would have been Aramaic, hence neither of the above is strictly correct.

Ω

Mind/Soul. (3)

The mind/soul is like a box that is full of possessions which we have acquired and, as we get enlightened, the six sides of the box disappear so that the possessions fall out and away and we are able to see out.

Ω

The Road.

When the road gets rough the wise want to know why and, having heard, seek confirmation within.

When the road is smooth the wiser want to know why and, having heard, seek confirmation within.

Whether the road is rough or smooth the ignorant await wisdom.

Ω

Mind/Soul = Moul.

Since I neopt the mind and the soul as one and the same thing it is time for me to coin a word to take the place of both. For the sake of easier identification and/or association by the reader I have chosen “moul”.

Ω

Birth and Death.

Why do we celebrate birth and mourn death? When we embark on a journey do we not celebrate the completion not the embarkation?

Ω

Apologies.

Repeated apologies for one thing, where the cause is not brain dysfunction, are merely excuses for not caring enough to remedy the cause, and thus an indication of selfishness.

Ω

Wonder Full.

If whilst living life you can be detached from it you will feel wonderful and, yes, be wonder full!

Ω

Being Content As Well As Not Satisfied.

Being content is contentedly accepting one's present state of being, and not being satisfied is accepting that there is more to be accomplished and allowing that to happen in its own time.

Ω

After discovering the Truth, what?

After discovering the Truth, and recognizing it as such, live it!
As you live it, it becomes you and you become it – that is enlightenment.

Ω

The Now.

In the “now” there is no expectation, regret, fear or guilt: there is simply “being”, simply “I am”.

Ω

Words of Value.

Whether words are written or stated by king, scholar, sage or unknown peasant is not important. What is important is the value we see in them.

Ω

Futile Pursuits and “Escape”.

The pursuit by many of “fun” and excitement in all their manifestations is a subconscious attempt to escape the challenges of Earthly life. This is delusion as the only “escape” is to avoid birth.

Ω

Life, Death and Birth.

Avoiding life and death is impossible.
Avoiding birth is possible.



Separation of Spirit and the Moul [or Observation of Self].

When one is able to separate Spirit from the Moul one can do these things:

1. Observe the menting of the moul and if necessary check the moul before the menting becomes action.
2. Observe the menting of the moul but be unable to check the moul before the menting becomes action.
3. Observe the menting and consequent action of the moul and resolve to check or foster the menting and/or action in the future depending on whether it is negative or positive menting and action.

Note: menting = mental activity.
moul = mind/soul.



The Moul and Attachment/Non-attachment.

The Moul is like a patchwork fabric of attachments. When it loses someone or some thing to which it has a close attachment a patch is torn out with the rent leaving both a tear and a space: both the tear and the empty space are painful although the pain and feeling of loss diminish over time as the space covers over.

The degree of attachment is dependent on the degree of non-attachment, the degree of enlightenment, attained by the moul. The degree of pain and feeling of loss, therefore, is dependent on the degree of non-attachment attained.

It will be noted from this that the pain and feeling of loss have little, if anything, to do with the one or thing lost.



Wealth.

Wealth used for self-indulgence is a karmic burden. Wealth used for the benefit of others is a karmic liberation.



Why? & How? – the Important Questions.

When you are really interested in delving into the truth of something ask yourself either “Why?” or “How?” and having got the answer continue to ask yourself one of these questions until you can answer no more. At this point you will have reached the limit of your ability and may have the answer, or reached your inherent capacity and do have the answer. In this context your ability is dependent on your degree of enlightenment whilst your capacity remains unlimited – a feature of your creation.

Ω

Karma. (2)

The fact of karma cannot be accepted selectively.

Ω

Offence.

Offence belongs to its creator and not to the target so be non-attached to offence aimed at you in the realisation that it is not yours.

Ω

Spiritual Growth.

What is important for spiritual growth is “process” not “substance”. The first is necessary and the second is interesting.

Full enlightenment can be attained by process without substance.

Process = Living: attitude and action.

Substance = Acquisition: knowledge.

Ω

Non-attachment – the Key.

Non-attachment is the key to contentment and inner peace.

Ω

Love. (1)

Love is the means to the end not the end in itself.

Love, true love, is part of the duality of which selfishness, the “I”, is the other part.

Thus, love, when cultivated as the antidote to selfishness, aids in one's passage to full enlightenment without being full enlightenment or part of it. A more suitable word, one standing on its own, is *mindfulness*.

Ω

No Thing Matters.

No thing matters. What matters is what one does with any thing and what any thing does to one.

Ω

You.

Beneath the dust of time you lie,
Not on Earth or in blue sky
But in the timelessness of IT
Which creates us all plus quite a bit.

Ω

Enlightenment. (4)

Sunshine breaking through a cloud is like enlightenment breaking through the moul.

Ω

Science and the Illusion.

Not many years ago scientists started observing that the results of an experiment were affected by the observer; they found that the same experiment conducted by different people produced slightly different results. To the non-scientist mystic this is to be expected because of their awareness of the reality that the subject of the experiment is an illusion [as is all else] and any illusion is subject to the perception of its creator/observer.

Ω

The Oyster and the Moul.

As over many years the oyster casts its shell so, over many lives, the Spirit casts its Moul.

Ω

The Human Body & Electrical Fields.

All objects in the universe have an electromagnetic field – a blueprint - which controls their characteristics and if we deconstruct the body to a certain point we find this electromagnetic blueprint.

The body, as is every living thing, is a complex mass of highly organized energy delicately balanced to function specifically and efficiently in the natural environment for which it evolved. When exposed to unnatural energy fields the body's governing field is liable to alter with such alteration manifesting in the body tissue, in certain conditions of exposure, with potentially disastrous effects.

Note: We in the 'civilized' world have been increasingly subjecting the body to unnatural electric fields for longer and longer periods so the appearance of detrimental physical conditions is to be expected.

[See page 16, Chapter 3 - Body/Personality, The Milk Is White.]

Ω

Mind – Negative, Positive or not at all?

Background: Recently, after putting aside reserves for emergencies, I donated the equivalent of about three weeks of my pension to a family in need. I use the criterion, "Who needs this more than I do?"

Entry: Last night when I lay down in bed and relaxed prior to sleeping I neopted that as a result of my donation I felt neither happy nor unhappy and that I could, at will, switch my mind - my moul - to negative or positive or detachment. This neoption, though unsurprising, was enlightening and clearly illustrates non-attachment to a deed and the resulting balance and harmony.

I was aware that to switch to the negative all I had to do was ment about one or more of the "What if?" questions, that to switch to the positive all I had to do was to ment about the act and its results and, the third option was to remain non-attached and in that unique state of being stemming from the simple fact that something needed doing and was done.

Note: Dear Reader, you can do this too!

Ω

For the Greater Good.

To desist from making a statement or pronouncement of fact due to a reluctance to hurt the sensibilities of someone could be doing a disservice to many.

Ω

Enlightenment. (5)

Enlightenment is illumination from the inner source rather than from an external source seeping inwards.

Ω

“Be still, and know that I am God.”

This statement from the Bible is a profound one; view it according to your concept of ‘God’.

In dreams, when the dreamer is in a house, the house often symbolizes the dreamer’s body or persona. Likewise, let “Be still” be a room in your house and go there often.

Note: The occurrence of the above was a very clear example of a neoption. The time was about 5.30 a.m., I had awakened and was trying to return to sleep but was potentially being thwarted by mind chatter so I repeated my usual remedy for this which is, “I still this moul and put this body to rest”. No sooner had the mind been stilled than Thought surfaced and I neopted the above as clear as day.

Ω

Civilized & Uncivilized.

If we look in a good dictionary at the definition of ‘civilize’ we find that very few who claim to be civilized are, in fact, civilized! In fact, after critical scrutiny, we find that it is the so-called uncivilized who are the truly civilized ones - the so-called civilized ones being simply technologically advanced.

Note: From The 21st. Century Chambers Dictionary.

civilize or **civilise** verb (civilized, civilizing) 1. to lead out of a state of barbarity to a more advanced stage of social development. 2. to educate and enlighten morally, intellectually and spiritually.



Jealousy.

Q: What is jealousy, what is its purpose and what are its antidotes?

A: Jealousy is an emotion, a creation of the mind, stemming from the “I”. It has no purpose but it is a challenge. Like the mind it does not exist in Reality.

The solution is to achieve the elimination of the “I” by non-attachment to the “I” - something achievable by all, and something all will achieve!

Understand this and half the battle is over!



The Truth, the Reality.

The Truth, the Reality, is constant; it is only one’s perception of it which may vary until one arrives at it.

Note:– Below are the opening paragraphs of Chapter 1 of *The Milk Is White*:

“The Truth, with reference to the purpose of human life on Earth, is like a pyramidal mountain. As we seek the truth we climb this mountain on all sides, on varying paths, with each path suiting our individual needs and this is not an easy trek because we are wearing lead soled boots and heavy clothing acquired in the past that we will gradually shed as we ascend. This trek is like one we would encounter in a tropical jungle which is full of clinging vines, protruding roots, is sometimes slippery underfoot, and has gullies and cliffs we can fall down, as well as beautiful birds, flowers and scenery. Often we have to hack our way through obstacles, toil up and down slopes and may suffer cuts, sprains, bruises and broken bones. At times we may have to stop to rest or we may feel like giving up.

Along the way there are many springs for us to quench our thirst for knowledge and all are from the same source within the mountain. As we climb we experience the Truth from our peculiar standpoint at the time. However, since there can be only one ultimate truth, when we reach the top we all come to the same pinnacle of knowledge and state of being.”

Ω

Crutches & Chains.

There is the Truth and there are the crutches and the chains made from the Truth.

Ω

Invest to Divest.

Invest in that knowledge which divests one of the vestments that are one's Moul.

Ω

Action and Reaction.

For my purposes:

1. "Action" is where there is *menting* between a stimulus and any resulting activity and
2. "Reaction" is where there is no *menting* between a stimulus and any resulting activity.

Ω

Detaching from, but living, life.

The Buddhist monk is detached from worldly life by living in a monastery and, when outside the monastery, walking with bowed head whilst focusing on walking, or doing other simple things whilst always focusing on the now. The lay person, to achieve such detachment from what is going on around them in the microcosm and the macrocosm, has to rely upon acquiring the awareness that the microcosm and the macrocosm are merely creations of the mind - virtual reality – and that it is the mentivity, or attitude, individual and collective, that counts.

This awareness brings the further awareness that "It is the thought that counts". In other words it is the attitude of one that counts; the attitude of each moul and, therefore, the collective human psyche which, being the cause, is also the solution.

Ω

Minor Details.

The human creations of the state of the economy and of the state of the environment are minor details compared to the state of the mentality or attitude of humans.



Non-attachment.

Non-attachment is that state of being where one is detached from something but where, at will, one can connect with it, assess one's human feelings etcetera toward it, and then disconnect with it.



The Reality.

Paradoxically, the Reality is so simple yet so complex. The 'complexity' is an illusion because the simplicity of the fact is made complex by the limitations of the mind [Moul].

The complexity arises from the vast number of the examples of the Reality in operation, and the simplicity from the simple reason/cause which is karma; it is the mind that creates the complexity and the subjugation of the mind that provides the clarity.

As so often happens, the mind tries to consider all examples and collapses into confusion as a result, whereas if we apply the law of karma to each example individually as it arises, we get clarity.



The Moul and Animal Instincts.

In the case of most animals the territorial instinct is confined to the physical environment whereas in humans this instinct extends to the abstract in that, in the moul, the "mental territory" of the 'I' exists. Hence, we find feelings to do with 'invasion of my space' – that is, feelings of possession or attachment.

This is another example of an animal instinct manifesting as an aspect of the moul; an acquisition of the Spirit when it "entered" the physical world.

In essence, Spirit is without attachments and therefore without this animal instinct.



Organization Exuding Perfection.

My response to posts in The Dream Garden at Gaia in a thread highlighting the fact that many people seem to have similar recurring dreams when they are young:

'It certainly seems as if just about everyone has such dreams when young, thus illustrating a common spiritual purpose being fulfilled by dreams. If we overlook the physical age and focus on the fact that what we see as a child is, in fact, an ageless embodied spirit entity needing guidance at a time when it is still (perhaps) getting used to the body, life and environment it has taken on for the current life, we become aware of how nurturing and caring is the way this whole business of life actually is; despite the harshness of what we have to experience at times - all of our own making, mind you - the way things are organized exudes perfection in every sense!'



The Buddha and the Atman.

The Buddha stated categorically that the atman does not exist [although this is adhered to only by the Theravada Buddhists] but I have never acquiesced with this.

However, not long ago I neopted that the moul is the sum total of a spirit's experiences in many lives*. The atman is, generally speaking, synonymous with the soul.

With the moul being the sum total of experiences it is no more than an aspect of the mind, or moul, and hence does not really exist. Therefore, could it be that this is what the Buddha meant when he said what he did?

* Search here for moul, soul and mind.



Universal Balance.

The universe is in a state of intricate balance, or harmony; that is why for every action there is an equal and opposite reaction ^[1]. The universe includes Earth.

Footnote.

[1] Just 24 words - but of great significance; because what would happen if that intricate balance is disturbed?

Ω

Contentment – a metaphor.

When in life the sun appears not to shine on you, remember that above the clouds it shines day and night.

Ω

Oddities and Aberrations.

According to the Cayce readings, when some of us spirits were in the process of getting enmeshed in the Earthly dimension we interfered with the structure of physical things by the use of our creative ability.

The result of this was, for example, trees with arms and anatomically mixed animal forms some of which included aberrations of the then human form which we had created for our use on Earth.

The Cayce readings further stated that in Atlantean times scientists had developed methods of surgically correcting such aberrations which, by then, had become inherent in humans, and were applying them as a matter of course in special institutions.

It does not take much to equate the motivation behind the initial interference with that of scientists of modern times in their work in genetic engineering, stem cell use and the like. Similarly it does not take much to equate the results in the past with possible results in the future.

Ω

Love – and that other.

There is love, the emotion, and there is that which is commonly termed love but which is actually an expression of selflessness manifesting as what appears to be love. Emotional love has degrees of self, ranging from extreme selfishness to human selflessness whilst what is commonly termed love, but is not love as such, is a spiritual state of being whose qualities manifest in instances of selflessness, devoid of emotion, that manifest despite the presence of the soul. Of course, with full enlightenment the spirit has divested itself of emotional love, and the soul, leaving only the state of being.

Mindfulness is a word describing what is not emotional love but is a positive state of mind.



Co-creators of the Universe.

The Great Spirit created the universe, we are part of the Great Spirit ["one with God" is one expression], hence we are co-creators and we, therefore, created the universe* and perhaps more!

* see also We as Co-creators (with God) in *The Milk is White*.



Time and the Teacher.

“When the time is right the teacher arrives” is the saying but the “teacher” is information, and this information “arrives” by divers means; means such a book, a person, hearing, sight, neoption and so on, but we should not honour the means because to honour the means is to risk focusing on the means instead of the objective. For instance we can focus on the book, or the words in the book, and thus lose our focus on the purpose of the words or book; we can focus on the person and lose focus on the information that person provides. So, take the true teacher, the information, and make it your objective, your state of being, provided that you have subjected it to critical analysis and/or you instinctively recognise it as Truth.



Hope. (1)

Hope can be a positive state of mind, when it is maintained as a general attitude to life; or a grasping at straws, when it is aimed at a specific want or perceived need.

The former results in a degree of peace of mind and the latter in doubt and possibly disappointment.

The Buddha is quoted as saying, “Hope causes pain.” This is quite true in the context of mental pain and highlights the wisdom of acquiring the ability to live in the now – and have use for hope.



Resonate.

The suitability of the word resonate in the context in which it is used in spiritual circles is profound, keeping in mind that everything is energy (spirit) in vibration.

Superficially anyway, a person resonating with the meaning of words implies a vibration of unison, of harmony; thus a oneness wherein the existence of the one reality is recognised separately – or seems to be recognised separately.

**Parallel Paths.**

In the final analysis all our paths are parallel, and like all parallel lines they merge on the horizon.

**Quo Vadis?**

If aspects of your life are more important than people and all living things you have made unwise priority choices along the Way. Examine your ways very carefully and ask your self, “Quo vadis?”

**Deification.**

The deification of people and objects is a throw-back to the deification of the sun engendered by ignorance and/or the need of a psychological crutch.

**Imaging the Great Spirit.**

The fact that, in a spiritual context, one is made in the image of the Great Spirit does not mean that one is correct in imagining the Great Spirit as something like one's Earthly self. To do this accurately one has firstly to be able to imagine one's own spiritual image.



Karma. (3)

The Law of Karma is very simple but its application is as varied as the menting* of the individuals which activate it.

* See "Ian's Dictionary"

Ω

Bad and Good. (1)

In Earthly life there is nothing really "bad" for the Spirit you because negative mentality only delays full enlightenment and the cessation of the cycle of birth and death. However, for the physical you - in all the possible states of physicalness - "bad" things can result in pain or suffering or unhappiness or all of these.

Likewise, the opposite applies.

Ω

The Truth and The Conveyor.

Where the Truth is concerned an individual is unimportant as their purpose is to convey.

Note: For example, it is said that when the Buddha was nearing the time of his death his disciples pleaded with him to stay longer but his response was, "You do not need me."

Ω

Bad and Good. (2)

Mental activity (menting) is negative, positive or neutral and creates energy vibrations accordingly. Its effect on all things is negative, positive or neutral and these three attributes are commonly called "good", "bad", "right", "wrong" etcetera.

Ω

Creativity and Arrogance.

From the dawn of time we have been obsessed with improving all aspects of nature - a state that is the epitome of perfection. This obsession is neither humble nor achievable.

Ω

Free Will and Its Consequence.

We have been given free will and the creative ability of the Great Spirit. We create our future, so when we face that future there is no purpose in pleading for the Great Spirit's help for "As you sow, so you shall reap!" applies.

However, the field is ploughed and fertile so sow!

Ω

A Succession of Choices.

One's life is the consequence of a succession of choices; the major, minor, conscious and unconscious choices. These consequences do not manifest in a single lifetime so, if one's life is pleasant and trouble free it is very likely that the opposite is still to be experienced to bring experience as a whole into a state of balance. Be not fooled!

Ω

Casting Stones.

Where the biblical 'Let he who is without sin cast the first stone.' is concerned it is wise to be aware, and remember, that "being without sin" applies to our previous lives as well as the present one. Thus, the statement takes on a different dimension.

Ω

What One Can Lose.

What one can lose is illusion, is perception, is impermanent. One can never lose what is.

Ω

The “Garden of Eden”.

All things, and all things acted out therein or therewith, are a creation of the individual Spirit, and therefore the collective Spirit, and are an illusion. It is this illusion that is perceived as reality yet it is no more real than the reality of a dream.

However, it is within this perception that we *ment* and act on the path to the final realisation.

Note 1. An ancient quote, predating Shakespeare: *the world is a "wide and universal theater,"*

Note 2. Extract from *The Milk Is White*:

When we leave our body our life here becomes the 'dream' and where we then are becomes the reality. When we reach full enlightenment, Christhood or full realisation, call it what we will, that is the only reality, and there is no dream of any sort.

From our physical mindset, therefore, we create both the dream 'reality' and the virtual 'reality' with the latter more approximating the reality of the former when technology is refined. In the manner in which the dream and the technologically created 'reality' are similar but not the same so is the similarity between "life in the physical" and our existence when not in the physical.

Ω

The Religion of Civilization.

The religion of civilization has failed many times over. It fails because its seed is human values and not the values of Spirit.

Ω

The Illusion and Emotion.

Although all that happens is an illusion the suffering and pleasure are, to all intents and purposes, real.

Ω

Origin of the Species.

If you wanted to study a plant would you go to the origin of the species or a hybrid? Similarly, where would you go to study a particular spiritual teaching?

Ω

Cessation of Karma.

The fundamental law of physics is that for every action there is an equal and opposite reaction.

Karma, literally, means action and action is caused by mental activity or, as I call it, *menting*.

The fundamental law of Karma is that for every *ment* there is an equal and opposite reaction.

So, every time our mind (moul) generates a *ment* the opposite is also generated and this continues until we cease to generate *ments*.

We cease to generate *ments* when the mind is finally stilled, when the moul has finally been eliminated, when all attachment is nullified and we have total non-attachment, and all that is left is the Spirit Self - that which was created in the image of the Great Spirit.

This is the cessation of Karma, the cessation of birth and death.

This is Buddhahood, this is Christhood!

Ω

Levels of Consciousness of the Spirit & Moul.

The conscious and the subconscious are attributes of the moul; the superconscious is Spirit, or thought.

Ω

Enlightenment. (6)

As the darkness that is the "I" lifts, all else becomes lit.

Ω

Words of Wisdom.

Words of wisdom stand in their own right without attribution to anyone.

Ω

Riches.

In the autumn of my life I am richer than any amount of riches could have made me.

Ω

Evil.

Robert McNamara, having participated at the highest level of the United States government in the debacle of Vietnam, posed this question, "How much evil must we do to do good?"

The answer is, of course, "“Evil” begets “evil”, there is no good in “evil” or, in other words, ‘Negative creates negative and there is no positive in negative.’

As an analogy take the a pond in which the water is dirty. Can one clean the water by stirring it up and raising sediment from the bottom? However, let nature take its course and purification occurs naturally.



Suicide and Its Opposite.

Some say that the unnatural termination of one’s life is a sin. It follows, therefore, that the unnatural prolongation of one’s life, by self or others, is also a sin.

The Perils of Rainbow Chasing.

When one is chasing a rainbow one cannot see where one is putting one’s feet.



Technological Progress.

The true value of technological progress is the answer to this question, ‘To what extent does it increase the spiritual quality of human beings?’



The Suffering of Animals.

[A letter dated 26.07.09. in response to a question from a friend.]

Let me tell you something which may fall into the category of what Jesus and the Buddha said, viz. ‘There are things I can tell you but you will not understand.’

For a long time I have wondered why animals have to suffer. When some are killed by other animals I have noticed that they show no signs of pain e.g. an insect being eaten by a praying mantis. While the mantis eats from the rear end of the insect the front end seems to be unaffected and, if it had one, would read the newspaper!!

Although I have long known, and written, that all we perceive as real is, in fact, an illusion (dreamlike) - a creation of the collective mind, the link to the answer to my question was not forged until recently when I had a clear neoption that, despite appearances, it was only happening "in the mind".

NB. Some may use this as an excuse to do what they will to the detriment of others but those who even consider such action should realise that the law of karma applies in the mental state and that suffering is as valid and "painful" in that state because, in any case, it is there that it is acted out!

Ω

Questions About “Thought”.

Questions from an inquiring mind and my answers to them.

Question: I have a query and it is about the thinker and thought. Is the thought different from the thinker or thinker itself is thought. What is the role of words in thinking, can we think without words?

Q 1: *Is the thought different from the thinker or thinker itself is thought.*

A 1: Since "God" is "Thought" as I have described IT, and each Spirit (entity) is "God", the thinker is thought. Therefore there is no difference.

Q 2: *What is the role of words in thinking?*

A 2: Words are simply a means of communication in the phenomenal, or physical, world. They are only an expression of the mind. Telepathy is communication of mind to mind without words.

Q 3: *Can we think without words?*

A 3: If by "think" you mean ment (mental activity) the answer is 'Yes'. If by "think" your refer to thought, the answer is 'No' because thought is still - there is no activity. It cannot be described because, like the Great Spirit, it is not of this world. Remember the my use of the word Thought is specific to what I have written and I have used it because it best describes the Reality as

I see it. These are abstract things, hence often indescribable although understandable to some.

Acknowledgment: Thank you for your answer it really helped me to understand the “thought” more clearly, before I was confused between the thought and the thinker.

Ω

Experiencing Knowledge.

Knowledge, though a means to an end, is of itself insufficient because the end is achieved by experiencing the knowledge. For example, one may know how to put together the pieces of a jigsaw puzzle but one has to do it to completion to gain the experience of the knowledge. Similarly, one may know how to drive a vehicle but one needs the experience of driving it for the knowledge to become one. Therefore, after the experience theory becomes practice.

In the case of driving the vehicle of life, however, most of us drive without the knowledge.

Ω

Freedom from Belief.

It is only when one is free from the tyranny of belief that one is free to learn and understand the truth about the Reality.

Ω

Was it Jesus That Was Crucified?

Whilst I was doing something mundane the cogs of my mind were slowly turning on something unrelated to this I suddenly neopted this:

The “Word” is the “Logos”, is the Christ, is Jesus. Jesus was crucified the “Word”, the “Logos” was crucified

Next was probably a mental deduction from the preceding neoption - but perhaps even the continuation of the neoption - which proceeded thus:
It was not Jesus that was crucified, it was the Word, the message; crucified by the people. Jesus was the central character in a myth symbolising the

message because a character is more easily understood than something abstract like the “Word” or “Logos”. Thus, it was the message that was abused, denied, forgotten, (crucified) and, as Jesus resurrected himself, the message would.

Hence, salvation.

For the first time ever I was very much affected by the enormous negative effect this would have in the world but I have not hesitated in committing it to words for the consideration of all people.

As an essential truth there is, of course, no harm in this because the essential truth remains unchanged. The repercussions will stem from the loss of an emotional crutch - the proverbial pulling out of the carpet from under someone's feet - and an emotional reaction to this loss.

For my part, I am very much aware of the far greater probity this will instill into Christian theology in particular and spirituality in general.

Ω

Despair of Life.

Not surprisingly, many despair of life as they see and experience it because they see life in terms of a single life, a single opportunity. In this context they see selfishness in all its manifestations occurring and often being rewarded or at least condoned. They see man's inhumanity to man rampant in a world where attempts to curb it are at best largely ineffective or, at worst, tokenistic; and they see injustice everywhere.

However, were they to be aware of the Reality they would see a world where all is geared to the glory of spiritual progress through the law of karma and where the only thing one might be sad about is the fact that some have earned, or are earning, painful or uncomfortable karma; but even this sadness is ameliorated by the awareness that the final result of this is positive.

Ω

Love. (2)

Love is very much glorified, but remember this: there is love of self (selfish love), self-aggrandisement, love of money, position, power and so many more unethical and immoral things.

Love is a thing of this world of duality.

Ω

Seeing One's Reflection in Another.

It is often said that when we see something in another person we are seeing a reflection of ourselves; that we are seeing ourselves - or words to this effect. The fact is that our existence as earthlings necessitates the latent existence in us of all human qualities and traits. However, it is only those of these qualities and traits that are active in us, or that we choose to activate, that we can see as reflections of ourselves.

Hence, not all that we see in others is a true reflection of ourselves.



Words and Meanings. (1)

The language of Spirit is wordless. Hence, to express the language of Spirit in words is fraught with difficulty. Similarly fraught with difficulty is the interpretation of the words of one by another where nuances of meaning vary with the individual.

Therefore, be cautious in ascribing meaning to the words of another and be tolerant of any perceived variance with what you hold to be the meaning.



Old Age, the Body and Vanity.

In the self-designated First World of the so-called civilized peoples our vanity is such that we even have to find a euphemism for "old" in reference to the human body although, paradoxically, we make every effort to extend its life across the entire spectrum of possibilities.

The underlying flaw in all this is our excessive identification with our body as our main identity instead of viewing it for what it is - a temporary vehicle serving a temporary purpose; a vehicle we should accept, respect and nurture but not worship vaingloriously.

What is required for spiritual progress is non-attachment to the body in the course of attaining non-attachment to all things.



Demise of the Moul.

The moul is the Spirit acting out the feelings created by all its previous experiences.

When the moul stops feeling it is free of the consequences of all its experiences.

When the moul is free of all feeling it is that created in the image of The Great Spirit - the unadulterated 'godself', the 'I am', in all its glory.

Note:

1. Feelings are attachments.
2. The 'I am' (non-attached) + the moul (attachments) = earthling.

Ω

Life Is A Succession of Choices.

When all is said and done we are like farmers: as we sow we reap.

The seed is present and we have to feed, weed and water.

Life is a succession of choices in a succession of Earthly sojourns -
Until the cycle of birth and death ceases.

Ω

Why are there so many moul's incarnating on Earth at this time?

What better way is there, with so many moul's being of the same mentality, than that they be born in sufficient numbers, and more, to do the Earth and its environs great damage and from that experience learn the error of their ways and aspirations?

Ω

Enlightenment - progressive.

Beneath the bed of the apparently dry stream water flows down to its source.
So it is in life as we see it.

Ω

Reality and the definable.

What is definable is non-existent, what is undefinable is Reality.

Ω

A Cause of Global Disturbance.

In the physical realm of the universe, in relative terms, all of us are sitting at the one small table yet some have nothing while others indulge themselves.

Why is this?

It is simply because we are unable to share.

Ω

Karma - a case in point?

Usually, we can only speculate on the evidence of karma in action but here is a true case strongly indicative of this.

A young woman who, since about the age of eighteen years, was very interested in the female body and its sexual functions and had read about them.

As she became aware of her sexual power she began to exploit it and one of her pastimes was enticing men; this to the extent that by the time she turned twenty one she had had indiscriminate sexual relations with over forty males of all ages. Curiously, she was completely frigid.

On the other hand, this young woman suffered from clinical depression as well as a number of other mental disorders that thwarted her wish to follow a musical career and/or get a job.

When she was twenty-four or twenty-five a clairvoyant told her that in a previous life [she might have specified the immediately previous one] she, the young woman, had grossly misused her sexual powers. I was told no more.

So, here we apparently have a case of misuse of physical attributes and power which, in a later life, creates a life situation in which sexual pleasure is denied and an opportunity provided for balancing behaviour.

The denial of sexual pleasure would be the way the law of karma works to balance experiences: in this case an excess of pleasure in one life being balanced by no pleasure in another.

Where the mentality is concerned, a selfish one in a previous life is countered by an opportunity for an unselfish one in the current life - an opportunity, it seems, not fully embraced. However, if there is any change for the better there is progress.

As for the mental state one can only speculate - there could be a conflict between the spiritual “pull” and the physical/mental “pull” [conflict between spirit and mould] which manifests as mental disorders, or mental disorders manifesting to create a situation in life that creates a desired environment for a particular purpose such as limiting something; the possibilities are numerous.

Ω

The Reality - a constant.

The Reality, the Truth, is a constant but its perception varies according to the perceiver. This constancy is epitomised by the fundamental teachings of the major Masters. In other words, as the unknown, ancient Indian sage declared, ‘The milk of cows of any hue is white’

Ω

The Ladder.

Knowledge and awareness of the Reality are but rungs on the ladder leading to the top. When the top is reached, and one steps off, the ladder being merely a means to an end, is no longer necessary and therefore becomes irrelevant.

When one steps off the ladder at the top all that exists is one’s identity: there is no ladder - just One.

Ω

Spiritual Progress and Observing Life.

With spiritual progress one is able, in time, to walk alongside life looking in with non-attachment. This brings peace of mind.

Ω

Earthly “love” & Spiritual Oneness.

The seeker of the Truth will at some time discover that although in Reality “love” does not exist it, like “time” which also does not exist in Reality, is an Earthly tool, as is time, to be used judiciously and is responsible for spiritual growth or spiritual stalling.

However, in this realm of duality, with love comes its opposites - as many opposites as its nuances.

Seek, then, the difference between Earthly “love” and the spiritual oneness.

Ω

The Illusion - an aid to understanding it.

“Thought creates,
Creation manifests,
Thought manifests.”

from The Milk Is White.

Computer generated reality

Thought \Rightarrow Mind \Rightarrow Programmed 1s + 0s \Rightarrow Pixels \Rightarrow Virtual Reality.

Mind generated reality

Thought \Rightarrow Mind \Rightarrow Thought forms \Rightarrow Perceived Reality.

Ω

Oneness and Love.

In the state of oneness there is no differentiation.

In love, there is more love for family and less for non family; more for people of one's country and less for people from another country; more for friends and less for others and so it goes on. Furthermore, love is variable according to how one feels mentally and/or physically, how one feels emotionally, and so on. There is almost endless differentiation.

Ω

Oneness?

See The "I am" quotation/affirmation - a visualization on page 78.

Oneness is as the droplet is to the ocean;
Oneness is as the lick of flame in the fire;
Oneness is as the sunbeam in sunlight;
Oneness is as the "I am" in the Great Spirit.

The very act of attempting to describe oneness separates one from it.

Ω

Science and the Reality.

Science is the study of physics (the physical) and the Reality is not physical.

Ω

Hope. (2)

Hope is an attachment.

If reading this makes you feel negative it illustrates the truth of this. Therefore, let go and win! Let go and be free!



The Pendulum Swings!

Do not be fooled by a pleasant life. Just observe the lives of others and be mindful of what you can create for yourself for the pendulum swings until you bring it to rest.



Created in “God’s” Image?

From the ocean water evaporates and condenses in the atmosphere around particles of matter to form tiny droplets.

Similarly, from that abstract entity of which we are part and which we may call The Great Spirit, we separated and “condensed” “around” the attachment we can call *individuality* - the “I”.

So, instead of having something which creates, by whatever means, identical images of itself which manifest as moulds and humans, we have a separation and re-forming as described above.

Instead of us being created, we created ourselves.

What then of us being “created in the image of God”?

Fundamentally, there is no change to our original, non-dimensional form: it has merely re-formed around an attachment (perhaps “the original sin”) thus metaphorically separating itself whilst remaining, essentially, the “image” of The Great Spirit.



A Step on the Way.

Let your needs be little. . . . and your wants even less.



Genesis.

In the beginning dissatisfaction arose in part of the “whole” - part of the Oneness, The Great Spirit. This part, in fragments, created the thought form that is the phenomenal “world”- the world of energy and matter.

However, the dissatisfaction had its own momentum and this momentum caused excess which increased until, today, it is evident in most aspects of life and is still increasing because the dissatisfaction is insatiable and self-perpetuating.

So it continues until the lesson of futility is learned and the errant spirit reverts to its inherent stillness and harmony.

Ω

The Illusion and Spiritual Growth.

Since the phenomenal world is an illusion some may conclude, perhaps conveniently, that spiritual growth too is an illusion and that, therefore, there is no need for spiritual self-improvement. However, although the perceived world is an illusion one's mentality is not - spiritual growth remains as necessary as it is inevitable.

Ω

God.

At various times I have given an idea as to what The Great Spirit is. To further this assistance here is an extract from the Edgar Cayce Readings; a source "beyond" the mind.

From reading 3579-1 Jan. 20 1944.

" When they became aware of the relationships of the individual entity to the universal consciousness or God "

Ω

Karma. (4)

The law of karma does not compensate a negative *ment*, or the resulting act, with a negative *ment*, or resulting act. In other words, a negative *ment*, or the resultant negative act, is not weighed against a positive *ment*, or resulting act. As an example let us take the case of someone who kills another in order to save the life of yet another. Does the act of saving a life equalise the act taking a life and, therefore negate karma? The answer is that it does not, and the reason for this is that the law, to be beneficial to us, has to provide us with the exact experience we created for another to experience so that we can learn from it. Hence, in this example, whilst getting the karmic benefit of saving a life we get the karmic benefit, unpleasant as it may be, of learning how it is to be killed in the manner we killed.

Ω

Nirvana.

Nirvana is the stillness between opposites. In this state one is neither happy nor unhappy; neither loving nor unloving; neither agitated nor calm; neither expectant nor non-expectant; neither passionate nor apathetic and so on!

Ω

IT - the indescribable and undefinable.

Although it is commonly conceived as such **IT** is not light, yet **IT** is not dark or darkness - **IT** is simply without light. **IT** is neither light nor darkness.

The biblical, ‘ . . . and the Lord said, “Let there be light and there was light.”’ applies to the creation of energy and thence light. Obviously, therefore the “Lord” is not the light.

The common conception of **IT** [The Great Spirit, God, Allah etc] as something approximating human form; a crutch for us to lean on, and light in various forms and manifestations, probably stems from the early earthling experience where we saw the sun as “God” and worshipped it in awe.

Note: Until very recently, I have conceptualised **IT** as a form of light but, today, my awareness of it has consolidated as above.

Ω

Thought Manifests.

There are things I can tell you but you will not understand, things one has to *neopt* on one’s own if one has not already done so.

Thought creates,
Creation manifest,
Thought manifests.

In these three lines is the answer to all questions about all things.

Ω

Two Perceptions of Dreams.

When one awakens from a dream one perceives it as a dream. When one's body dies, and one awakens from life, one perceives life as a dream.

Ω

General Spiritual Progress.

Contrary to appearances spiritual progress is occurring. What is occurring is like a long play: the story and stage remain the same whilst the actors change constantly and, having polished their performance, move on.

Ω

The Oneness & the Illusion.

From the Oneness one looks out upon the Illusion.

Ω

The Mind & the Conscience.

To the mind the conscience is often a nuisance which is heeded reluctantly or not at all.

Ω

The Illusion.

In the illusion the stage is created by the collective superconscious* whilst the characters are created by the individual superconscious.

* The Great Spirit or Oneness.

Ω

OM

O - o - o - o - o - o - m - m - m - m - m - m* is the earthly “sound” of The Great Spirit, The Oneness, The Creative Force, The First Cause; utter it and you get the earthly image of The Great Spirit. Expand that image to infinity and you have the unearthly “image” of The Great Spirit Incomprehensible to the “mind”.

*The ‘o’ is similar to ø = the French *eu*

Ω

Success.

Achieving material success in earthly life which perpetuates death and rebirth into lives of pleasantness and unpleasantness is not success. Success is achieving the spiritual growth which ceases death and rebirth into lives of pleasantness and unpleasantness.

Ω

Your Life's Compass.

Measure your *ments** and actions against your self. There is no other compass.

*See Ians Dictionary.

Ω

Negative Motivation.

Any motivation that is for one's own gain is selfish no matter how the result of that motivation appears to be, and anything with a selfish motive is spiritually negative and generates negative karma.

Ω

Your Body.

Look after your body for it is not only your vehicle in this life but also a representation of your mentality.

Ω

Words and Meanings. (2)

In the present words and meanings are not what they were in the past so beware of their transcription, translation and interpretation. However, searching within is going to the source direct - so do it. Let it be your ultimate reliance.

Ω

Civilization. (3)

Our civilization, much touted as a great achievement, is a human and spiritual failure. A human failure because it has created great inequality to its peoples and great damage to its environment, and a spiritual failure because its motivation has been incorrect.

However, all failure eventually leads to success even if this success is at a high price.

Ω

Spiritual Evolution.

Self-discipline is an integral part of spiritual growth and as the rules and regulations applied to us in our Earthly testing ground decrease our need to apply self-discipline increases.

Ω

Our Most Critical Earthly Problems.

The most critical problems facing us on Earth at present are overpopulation, ill health and the environmental degradation we have caused in recent times. Had we remained in the wild where stress was minimal, families small, the average lifespan enough for spiritual needs and where we lived in harmony with the Earth we would not be facing either these problems or our huge spiritual challenges.

Where the reaction to this reality is to point to the “benefits” of civilization the reactor is advised to wisely contemplate what is stated above.

Ω

We Creators.

I am, you are, we are all **IT** - as droplets are to the ocean or sunbeams to sunlight.

As **IT**, we, individually and collectively, imagined and imagine what we perceive to be reality. We exercised our creative imagination.

Hence, the statement that we are “Co-creators with God”.

In this fantasy we play out our fantastic experiences and lessons, in lifetime after lifetime on the treadmill of the fruitless cycle of birth and death, in imaginary bodies, until we relearn our real status and end this self-imposed, tedious cycle. We then find the immeasurable tranquility of our pristine state.

Ω

Trapped in a mindset.

Most of us are trapped in the **mindset** that leads to the realisation of failure - until we become aware of this and opt to change.

Ω

IT.

As long as **IT** is sought through the mind (moul) it is perceived as an object. When **IT** is sought by bypassing the mind (moul) it is perceived as nebulous.

Ω

The Illusion - similar processes.

Moul	⇒	Brain	⇒	Perception
Film	⇒	Projector	⇒	Picture
Program	⇒	Computer	⇒	Picture

Ω

I AM.

I am; and Ian is my creation for this life of mine on Earth.

Ω

Friendship.

True friendship needs no nurture.

Ω

Pointless Pointing.

The “mind” does not grasp the abstract reality. Hence, the moul does not understand. Therefore, pointing to the abstract reality is pointless. It is best that the entity discovers it for itself.

Ω

Realisation.

We come to realise:

1. What **IT** is.
2. What we are.

3. The reality of the Illusion.

With this realisation comes calm.

Ω

Cause and Effect.

The mentality of earthlings has been, and is, having a negative effect on their Earth and its surrounds. The wise will see that it is the common failing of earthlings to treat symptoms as if they are the cause and disregard the cause itself. What is required is a spiritual change not a material one.

The remedy is not to be clever with finding material solutions but to be wise and change the mentality which is the cause.

Ω

A Pleasing View.

From the vantage point of **IT** I am aware of billions of spirit entities, who once lost their way, make their tortuous way back through enlightenment and refinement of spirit.

Ω

The Illusion - Everything.

Everything reduces to the individual and collective *menting* of those of us trapped in the cycle of birth and death, the individual and collective mentality.

Ω

Refinement of the Truth.

What one distills from information gleaned becomes one's truth and this truth is progressively refined by one until it corresponds with the Reality.

Ω

One's Philosophy.

One's philosophy is not one's belief system but one's way of life - one's state of being.

Ω

Would you?

Would you venerate yourself?

Would you worship yourself?

Would you idolise yourself?

Would you bow down to yourself?
Would you glorify yourself?

Being mindful that you are **IT**
Would you venerate **IT**?
Would you worship **IT**?
Would you idolise **IT**?
Would you bow down to **IT**?
Would you glorify **IT**?

Ω

Xenophobia.

Xenophobia is the dislike or fear of dissimilar people in, or coming in to, one's territory.

Xenophobia washes away with the awareness that we are all identical spirits on the same fundamental journey whose characteristics and situation in one life may be the same as someone else's in another life.

Ω

Insult.

From *The Milk Is White*:

"An insult is only an insult if it meant to be one - the rest is just perception."

Of course, anyone can judge something to be an insult but that becomes that judge's responsibility whilst the originator remains free of responsibility.

Ω

The Unnatural.

The more we absorb the unnatural into body and moul the more we become unnatural in body and moul. The natural state of the body is perfection and the moul has no natural state.

Ω

The Metaphysical Reality.

The metaphysical reality is only for those who can neopt it; for the rest concentration on the knowable and the doable is sufficient.

Ω

The Truth. (2)

The Truth is the Reality; its only variation is in its perception. Perception is an activity of the mind, or moul. The moul does not exist: it is an aberration of the spirit.

Hence the Truth is inviolate.

Ω

Ideas.

Ideas are positive or negative depending on their motivation, implementation and consequence.

Ω

Everything Is As It Should Be.

Everything is exactly as it should be and everyone is learning from the experience. Life is serving its purpose.

Ω

The Purpose of Earthly Life.

Since by our imagination we created senses and sensations and got attached to them life is a sequence of experiences designed to rid ourselves of our attachment to senses and sensations.

Ω

Spirituality.

Spirituality is the thread from which we have woven, cut and sewn the divers garments that are religion.

Ω

Perception.

Perception, peculiar to each individual, is a creation of each mind (moul) which in turn is the sum of the individual's experiences in life, over thousands of lives, to the moment.

Ω

Spiritual Progress.

Scrutinise your attitude towards all other fellow beings and all other things; the honest result indicates where you are on the spiritual path.

Ω

The Truth/Reality.

In The Milk Is White I stated, "Another analogy of the Truth is that of a multifaceted diamond. Imagine one hanging in the middle of a group of people. Each person has a different perspective depending on such things as light intensity, angle of reflection, the height of the person, their distance from the diamond and so on. If they choose to move around they will encounter varying aspects of the stone as well as varying aspects of the light. Yet, the stone and the light essentially are unchanged."

In due course each one no longer sees the facets; each one only sees the diamond.

Ω

Enlightenment. (7)

Enlightenment is not dependent on what one knows but upon what one is.

Ω

Karma. (5)

Karma is an inflexible law simply because it is absolutely precise: every nuance of motive and consequence applies.

Ω

The Gestation Room.

Create a gestation room and place in it your unanswered and uncomprehended questions. In due course the answers will emerge into your consciousness.

Ω

Disappointment.

Disappointment is the result of expectation. It follows that where there is no expectation there is no disappointment. However, this is no excuse for inactivity or action because they can be done without expectation by only having a motive.

Ω

Clarifying Spirit/Soul/Mind/Moul.

Firstly, here is an extract from *The Milk Is White*:

The Soul's "Wardrobe".

When a soul enters a life it consists of two aspects built on to, or in to, it's Spirit 'self'. One is the combined pattern of countless experiences acquired over many lifetimes, and the other is expressed as a specific body required to fulfil the needs specific to the particular life. In the case of the former, only that part of the whole that is useful in the particular life is to the fore and forms the personality.

The personality can be compared to a wardrobe of garments in which there is a wide range to cater to divers situations, climactic conditions etc. A garment, or set of garments, is an expression of the personality in any given condition. For example, when we are in a situation of confrontation we put on certain garments (display certain traits), when we are in a situation of peace we put on others, in a situation of fear yet others and so on. In this context the expression "The clothes maketh the man"¹ is correct. However, as with any wardrobe one can discard, darn, patch, change colours, acquire new ones etc.

12.04.11 note: I am somewhat surprised by the concise clarity of this 1996 description but will take this literary attempt further.

Secondly, let us simply call the "a wardrobe of garments" analogy above

¹ For man substitute 'human'.

“clothes”.

So, initially, in our primary state of spirit, we get progressively involved in Earthly phenomena (energy/matter). We can equate this progressive involvement in matter to dressing in clothes: as we progress we put on more clothes and also add to our wardrobe of clothes which we call upon as needs be for the various earthling experiences.

What we wear affects the way we look, feel, move and act.
We now have a combination of sorts: spirit wearing clothing, and we will call this combination “soul”.

The clothing affects the way the spirit (now soul) appears, feels psychologically, feels physically and acts. It also affects the spirit’s mentality - the way its mind works or ments (“thinks” as it is commonly termed).

As a result of our experiences in each of our numerous lives our clothes change; we add some and discard some and, when we start getting enlightened we start to discard more than we add. Thus, our clothes reflect our experiences over many lifetimes and what we have learned from them. Consequently, the soul is the sum total of its experiences over many lifetimes. Eventually, we have no more clothes - the wardrobe is bare!

If the soul is the sum total of the spirit’s experiences over many lifetimes what is the “mind”? The mind too is the sum total of the spirit’s experiences over many lifetimes. Hence, what we call “soul” and what we call “mind” are the same. Hence also, my word “moul”, for mind + soul, for the purpose of clarity of communication.

Ω

The Reality/Truth.

Many an uncut diamond is discarded as stone and many a stone is religiously clutched as diamond.

Ω

Tools.

All sensations that have an opposite are of this illusory plane of duality and are but tools for your use in this plane. You are not of this plane and when you finally leave it all tools cease to exist.

Ω

What Others Think Of You.

What others think of you does not make you: it makes them.

Ω

To Love.

To love people is to understand that there is a purpose in the existence of each on Earth and to respect, without reservation, their inalienable right to make decisions and choices whatever the motive or consequences.

Ω

Corrections to life's course.

If one voluntarily diverges from one's destined course in a life and adheres to that course there will be an involuntary correction at the appropriate time.

Ω

Karma - a distinct probability.

It is very probable that karma can be expiated, or mitigated, by one genuinely visualising an event where one mented or committed something which caused mental and/or physical pain to another and, by this visualisation, experiencing the physical and/or mental pain experienced by the other. Furthermore, a genuine surfacing of conscience, empathy and sympathy would be necessary.

This probability arise because, as we know by now, all that happens is an illusion taking place in the individual and collective imagination. Thus, karma, manifesting in the hitherto described manner, is only occurring "in the mind" and it follows that one could create the same result by mentally re-enacting an event to re-experience it and do so in its true light: that is, without bias.

Note: I state this as a probability because I am not sure that it manifested, in its essence, as a neoption. It is true, however, that I did get the essential "picture" this time as I have done many times before, but I have yet to get that usual sense of certainty which has prompted my inclusion of them in this File. Perhaps, the absence of this sense of absolute certainty is due to the extent of mental effort it has taken to put this into words.

Ω

Making things happen.

There is no need for anyone to make anything happen on Earth: Individual and/or collective thought will do what is needed by one and all.

Ω

IN CONCLUSION.

*Thought creates,
Creation manifest,
Thought manifests.

*In these three lines is the answer to all questions about all things.

So, what is going on? What is Thought? What are we? Why are we here?

The answer is **IT**.

***IT** - the indescribable and undefinable.

Although it is commonly conceived as such **IT** is not light, yet **IT** is not dark or darkness - **IT** is simply without light. **IT** is neither light nor darkness.

*As **IT**, we, individually and collectively, imagined and imagine what we perceive to be reality. We exercised and exercise our creative imagination and in this fantasy we play out our fantastic experiences and lessons, in life-time after lifetime on the treadmill of the fruitless cycle of birth and death, in imaginary bodies, until we relearn our real status and end this self-imposed, tedious cycle.

We then find the immeasurable tranquility of our pristine state.

* Extracts from The 'Quo Vadis?' File III

Of you, the reader, I now ask, 'Quo vadis?' and to you I say, 'May this phase of your journey be a very successful one.'