

# The Journey Up The Mountain



## CONSIDER THIS

[Document File]

CONSIDER THIS is a list of posts the purpose of which is to encourage mental activity and, through that, spiritual growth.

**NOTE for book shelves:** Consider This continues and will be renewed monthly *en bloc*.

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## CONSIDER THIS

### **Spending Money.**

After spending money on your needs (not wants), before or during subsequent possible self-indulgence ask yourself, ‘Who needs this money more than I do?’. However, do not feel guilty – just be mindful.

Ω

### **Being Mindful.**

When you open a water tap be mindful of the woman squatting by a basin of water in a dry part of this world and adjust your water use. It matters not whether your part of the world has plenty of water; this mindfulness and conscious change will be another step up the mountain.

Ω

### **Karma (1).**

To admire attracts neutral karma; to lust after attracts negative karma. Your choice! . . . . and the best choices are the wise ones.

Ω

### **The Herd Instinct & the Free Spirit.**

In this civilization, as we develop our way of living we, like a flock of sheep, head towards the “slaughter house” one can stand aside - a free spirit. Of course, one has to remain in the same paddock and feed on the same grass but one can be discerning.

Ω

### **Life Is a Duality.**

The Australian outback is like our cycle of life: a cycle of drought and flood. So, when in a drought phase lay the foundation for a lesser flood and, when in a flood phase lay the foundation for a lesser drought, whilst always being aware of the goal of absolute balance.

Ω

### **Self-discipline.**

Self-discipline is fundamental to spiritual growth so, with self-discipline, live and ment frugally and discerningly. Let your needs be few and your wants even less. Soon you will automatically live this way with satisfaction and contentment.

Ω

### **Release brings relief.**

Release yourself from your cycle of vicissitudes - particularly if your current cycle is pleasant. Refine your mould by adopting a mindful attitude to all things.

Ω

### **Punishment.**

As much as you may feel like punishing someone, or feel that someone should be punished, always remember that karma takes care of it. You do not have the burden of being judge and jury.

Ω

### **Habits.**

Because wastefulness is a spiritual negative check your habits; many of them are wasteful; especially in the “developed” societies where wastefulness is highly developed.

Ω

### **Spiritual Progress (1).**

After a tadpole becomes a frog it can be comfortable in water or on land. However, after a caterpillar becomes a butterfly it cannot return to eating leaves and flightlessness.

Ω

### **Earth/Universe Pollution – the solution.**

The pollution of the Earth and the universe – we have only recently started the latter – is due to over population and the self-indulgence of the majority of that population.

The solution is spiritual growth to reduce self-indulgence and the speedy and widespread attainment of Nirvana to reduce future populations.

Ω

### **Mind and Spirit.**

The mind, which is the mould, often prompts negative actions but the conscience, which is the spirit, often prompts against them.

May the latter be so for you who read this!

Ω

**Spiritual Growth.**

Chalk absorbs moisture but remains unchanged. A plant absorbs moisture and grows. If spiritual awareness is water which will you be - chalk or plant?

Ω

**What on Earth for?**

To be born, to live a life extremely pleasant or extremely unpleasant, or somewhere in between, and to die; is that all there is?

If so, what on Earth is it for?

Ω

**Interesting Reactions.**

Telling a person that one can sense the impending death of another usually elicits a negative reaction from that person whilst telling a person that one can sense the impending acquisition of riches by another usually elicits a positive reaction from that person. Why?

Ω

**A Bleak Period Ahead.**

When I observe what people are doing to themselves, to others and to all things I foresee a bleak period of learning ahead. This learning is necessary for those who, directly or indirectly, caused the necessity for this learning. Therefore, these individuals will return to experience the consequences of their earlier mentality and actions and, from this experience, learn the hard way.

Ω

**Macrocosm and Microcosm.**

An accurate reflection of two hundred years of western civilization is the last twenty years of China.

Ω

**Speed and Waste.**

We have been increasing, and are increasing, the speed of living progressively in many ways: travel, communication, food preparation, horticulture, agriculture and much more . . . . .and there is the expression, ‘Haste makes waste.’

N.B. Waste is a broad fabric of many threads!

Ω

**“In the national interest.”**

The expression, “In the national interest” signifies collective selfishness and selfishness is spiritually self-retarding.

Ω

**Hedonism.**

Our adoption of hedonism has corresponded to the upward movement of the lower extremities of female attire.

Ω

**The Herd Instinct.**

Since, as earthlings, we are an animal we have the inherent animal trait of herding. Do you follow the herd or are you a free spirit? If you follow the herd are you aware of where it is taking you? If you are a free spirit are you aware of where that is taking you?

Ω

**Creating.**

Since we created all things we started to recreate things and create more things to exercise our creativity. Whether this activity is positive or negative depends on the motives and the consequences.

Ω

**Threats to humanity.**

With global warming gas production, food and water shortage and other factors threatening humanity we seem to be sticking to our perennial solution of treating the symptoms and not the cause and, the cause being human mentality, most humans are loath to tackle the cause.

Ω

### **Humanly created atomic energy & waste disposal.**

Can anyone state that the Earth's tectonic plates and the fault lines of the Earth's crust will remain as they are forever; that they have always been as they are and that their number and size will remain unchanged? The answer to this being obvious why do we persist in planning to build nuclear fission plants in "safe" places and stow the waste generated by our profligate habits underground in "safe" places?

Ω

### **The two sides to the coin of events.**

Accompanying every earthly scenario is a spiritual scenario so, before you allow your mind to jump to a habitual conclusion, consider this fact and its implications.

Ω

### **Our Mentality.**

With reference to us in the "first world", judging by our apparently almost all-consuming need for "fun", laughter and smiling faces we must be extremely unhappy people. When we are hungry we eat, and when we are starving we overeat. There is no nourishment in this "fun", laughter and smiling faces!

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

### **The Odd Man Out.**

About three weeks ago a young man told me, 'I was told that man is the only animal whose presence on Earth is unnecessary.' I soon became aware of how accurate this was.

It is perfectly true that "man" is the only animal whose presence on Earth is unnecessary. This is so because all other life forms on Earth are part of the whole and form an entity in perfect balance. This being so, if any one form is removed, imbalance results in the whole. On the other hand if "man" is removed from the Earth balance will be restored.

“Man” is the odd man out simply because “man”, collectively, is the creator of Earth and all things. Thus “man” stands outside creation and, in turn, the Earth. This Reality applies not only to the Earth but to the entire universe of matter.

Ω

### **The Spiritual Path.**

If the ocean were the spiritual path some of us are flying, some water skiing, some floating and some swimming.

Ω

### **Choices.**

If, as may happen in many public places, you find yourself separated from where you want to be by a flower or plant bed would you walk through the bed or walk around it?

Ω

### **Earthly Life.**

Our earthly experience has taught us that earthly life has upsides and downsides. If your life is without downsides you are doing very well.

Ω

### **The Two Sides of The Coin.**

When things happen to us in life we can look at them in two main ways: negatively and positively. This is often described by the analogy of the half empty or half full glass.

We know that things can happen to any of us at any time. It happens, for instance, to many students around the world that their studies are disrupted partially or finally for one reason or another.

Now, IF, and I repeat, IF this were to happen to you you can take it to be a disaster and see it as a failure of all your aspirations and plans, this and that and everything else your mind will put to you negatively.

On the other had you could realise that you are a person who has increased in stature; one who ventured out of the confines of a small and poor country after a determined effort and with the help of a loving family; one who travelled to, and adjusted to, a completely foreign country and way of life, and one who is so much richer for the experience. This, and so much more, is all positive.

Your mind may still try to tell you, ‘Yes, it seems positive but look at all the things you wanted to do and now cannot do! This is failure!’ and so on. The fact is that at this time, if it ever happens, you are not what you were when you started on your journey in life; you have moved forward!

Ω

### **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 New Akashic Records.**

When we created all things we created the Akashic Records and of late we have been creating the virtual Akashic Records by way of the Internet. Hence, our inherent creativity now manifests in the present.

Ω

### **Lack of Reasoning.**

A lack of incisive reasoning often results in a childlike acceptance and a consequent delay in spiritual growth.

Ω

### **Other universes?**

Why not? Who is to say, ‘No’? After all, Thought is without limit and:

Thought creates,  
Creation manifests,  
Thought manifests.

Ω

### **The Breeding Season.**

Why is Homo sapiens the only animal not to have a breeding season?

It is probably because we have free will - the freedom of choice; a freedom for whose consequences we have to take responsibility and from whose consequences we have to learn.



### **Dying Children.**

When most lose a child through death they feel great loss; when a child dies somewhere reasonably close many rush to place flowers at the site; but when 340 children are dying every minute through starvation what do we do?

Note: This is but one of numerous such questions that can be posed regarding a variety of subjects.



### **The Killing of Osama bin Laden.**

The Osama incident is but a symptom of a huge malaise. The only way to put an end to horrors of "man's inhumanity to man" such as we see around the world at any given time is to eliminate the cause and the cause is our individual and collective mentality. Of course, this elimination is happening slowly as a tiny proportion of the population changes its mentality day by day. However, look at the mentality and resultant actions of terrorists, warlords, security forces, armed forces, politicians, rulers etc. etc., almost ad infinitum, who abuse people; all these individuals will at some time require a situation, circumstances, by which they can experience the experiences they inflicted of others - the expiation of karma. They number in their hundreds of thousands and will all require their war, insurgency, act of terrorism, Twin Towers, Bali bombing, Afghanistan, Iraq etcetera for this expiation of karma: so there is more to come, many times over, until we change the way we think - until we change our mentality.

There is also the matter of collective responsibility, or collective karma. A nation is a collective of many individuals who collectively are responsible for the mentality and actions of their government - whatever form that government may take - by the extent to which they acquiesce to its mentality and/or actions. In a karmic context this relates to the attitude of the individual; and it is commensurate with this attitude that karma accrues. Thus, it may be that all that is required of an individual is presence in the same country later, or in a similar situation elsewhere.



### **Let go - and win!**

On 05.05.11 Barack Obama, the President of the U.S.A., stood on Ground Zero, New York, and declared words to this effect, 'We will never forget!' apparently to project to the the nation's people and to the world a national image of strength, bravery and defiance.

The traumatic events in the 1992-1995 war in Bosnia and Herzegovina were caused by the 300 year old inability of the people of this region to forget. This is but one example of the difficulty we have with letting go despite all the spiritual exhortations to do so.



### **Creating our bodies.**

The fact that we are creating bodies increasingly susceptible to disease is masked by the use of pharmaceuticals which treat the symptoms and not the cause. As the enlightened know, we are the cause - and the remedy lies "within" [in the mind].



### **Climate Change.**

The long drawn out debate about what action to take about climate change is a challenge to selfishness.



### **Being Rich.**

Since the emergence of civilization, being materially rich has been an idea and ideal for earthlings exposed to civilization. Now, when a country or its people are referred to as rich it does not mean rich in mentality, principles and non-material values. This is one of the misfortunes of the modern mind.



### **Riches.**

The real and lasting benefits of material riches only accrue when the riches are given to those in need.



### **The Purpose of Life.**

The purpose of life for each one of us is the same although the experiences in any one life differ. We are all governed by the same spiritual laws and will attain the same spiritual goal.



### **Curious Justice.**

As we increasingly create judicial processes for the prosecution of war criminals we increasingly create more sophisticated killing tools for such people to use.



### **Progress? (1)**

When we find that “progress” is causing damage to the human body we seek to treat the body instead of treating the cause. Rather than forsake the activity that is the cause we cling to the activity and look for a remedy elsewhere.



### **Progress.**

Progress on Earth has developed such momentum that we are unable to stop it despite the damage it causes to the material as well as the spiritual being.



### **‘What a waste!’**

When one dies earlier in life than expected we most often hear the lament, ‘What a waste!’. This lament is a statement of ignorance and is completely untrue because we all have a predetermined, defined time on Earth in each life and a specific purpose and/or mission. When we accomplish what we have to do we depart the body. Therefore, instead of a lament like ‘What a waste!’ there ought to be something positive and celebratory as there is reason for rejoicing.



### **Menting & Acting.**

Because we have free will there is no compulsion to ment or act in any way. However, it is wise to ment\* and act honourably and, equally, it is foolish not to do so.

\*Ment, menting etc. > Ian’s Dictionary > Google search.



### **Truth.**

It is correctly said that truth is the first casualty of war. It is also true that truth is a casualty of “progress” because, in the world today, truth exists more as an absence than as a presence.

Truth exists, if at all, across the spectrum of qualities ranging from outright truth to outright lies through disinformation, misinformation, spin and other forms of devious

manipulation as well as simple inaccuracy due to ineptitude or laziness, with a view to financial profit and/or power.

Truth is perverted on a grand scale and with grand sophistication!

Ω

### **The Christian Church.**

The history of the hierarchy of the Christian Church is replete with examples of ubiquitous selfishness and greed for wealth and power amongst its elite - the antithesis of the teachings of the founder whose title it carries. The existing monuments to these failings are today used as places of worship of the faith so abused.

Ω

### **The Paranormal.**

Since the paranormal, where it is not simply a creation of the mind, is, in fact, the reality or the normal, it is time a new word is coined for “the normal” or the perceived reality.

Ω

### **Opinion.**

It is unwise to form an opinion from a position of ignorance and/or prejudice or bias.

Ω

### **The Power of Thought.**

I am reminded of two extremely powerful experiences I had many years ago to do with awareness - even neoption - of the power of expectation.

1. The lioness and cubs.

Today I had a spontaneous recall of what I remember as a dream but accept that it could have been a neoption. I was walking along a cliff edge of a wadi, close to the edge, when I noticed a lioness and two cubs on the floor of the wadi. They were starving and the cubs were on the brink of death. I felt deeply for them in their plight and then had a powerful feeling that I should jump down, and a similar feeling, a powerful awareness, that I would not be harmed either by the jump or the lioness. I do not recall there being any awareness of what could be done to help them. Implicit in the episode seemed to be, and still seems to be, the conviction that if one acts with the highest motive despite danger to one's self no harm results.

2. Walking on water.

In the same circumstances as the above example I neopted Jesus stepping out of a small wooden, sailing boat on to the sea and had the powerful feeling that I could do what he did, which was walk on the water, and that it was simply a matter of overcoming the expectation of the mind, the mental conditioning, that one would sink. On reflection it does not seem that either of these experiences was a challenge for me but, rather, a means of informing me. The message and the simple practicability of the actions in both cases was obvious to me but I never put it to the test and neither have I ever felt the need to do so.

I have since neopted that all we perceive as reality is two things:

- Illusion
- The creation of the individual and collective mind.

The two realities above are, of course, two expressions of the same thing.

As it happens, there is nothing new in this because for a couple of thousand of years at least, Hindu ceremonies like fire walking and the significant though painless piercing of flesh have been practiced without pain of physical damage. I have observed both at close quarters.

Ω

### **God took my son.**

When, to save his children, a starving man is forced to leave his sick and starving wife at home to die; to trek for days with his children to obtain food and then to lose his son to starvation and say, ‘God took my son.’ something is very wrong with the way religion is taught by some.

Ω

### **Stilling the Mind (Moul).**

I have often written and spoken, as have so many others, about the necessity to still the mind in order to neopt the Reality - what is real. Also, we often say to ourselves or others, when we cannot recall something, that if we stop thinking about it the recall will come; and this most often works.

In the above, the latter is a practical illustration of the former.

Ω

### **Wreaking Vengeance.**

Often people become hell bent on wreaking vengeance on someone and pursue this with missionary zeal whilst ignoring, being unaware of or not being mindful of the Christian, “Vengeance is mine, saith the Lord!” and the corresponding fact of karma.

In pursuing their perceived mission people also, sadly, demonstrate a range of negative traits and actions which generate, for them, negative karma.

The whole exercise is self-indulgent and spiritually counter productive so we would do well to observe self as we too are liable to behave in a similar manner, even if to a lesser extent, as this behaviour would attract negative karma to ourselves.

Ω

### **The Collective Human Consciousness.**

**Q.** Why is the world the way it is today?

**A.** Because, with regard to those at present\* on Earth, the negative energy (“vibes” or vibrations) generated by the many are far greater than the positive energy generated by the few.

\* 24.09.2001.

Ω

### **Reflections on a Spiritual Odyssey\***

It is twenty five years since my vision of the ‘Quo Vadis?’ mandala and the concurrent start of the neoptions which comprise The ‘Quo Vadis? File.

It is fifty five years since I first read Dr. Gina Cerminara’s book Many Mansions and recognised the existence of karma.

It is sixty three years since I bought my first “spiritual” book which was The Life Of The Buddha by Christopher Isherwood and an Indian scholar whose name I cannot recall - or find.

It is sixty eight years since I eschewed Christianity and went in search of the Truth.

\* At 5.30 a.m. on 26.09.2011 in a hypnopompic state.

Ω

### **Justice. (1)**

Is it just if irresponsible acts result in pain or “death”?

Is it just that helping another results in one being helped by another?

If the answer is ‘Yes’ to both why do we lament the former whilst condoning the latter?

Ω

### **Inevitable collapse.**

The self-indulgence of the majority in the “developed and developing world” funded by politically expedient tax reduction or minimisation, results in the non maintenance of essential infrastructure and services with the ultimate consequence of the need for huge and unavailable expenditure resulting in chaos and collapse.



### **The Consequence of Blind Self-gratification.**

In many countries the people demand from their governments increased income to fund ever increasing self-gratification whilst they balk at the need for them to fund this or essential government services. Scant attention is paid to the fact that the governments’ source of income is the very people who do not want to pay and will vote out any government that attempts to force the issue.

Where does this lead?



### **We will never forget! [Attachment.]**

For peace of mind we have to let go of negative attachments but, so often, our mentality calls for us not to let go, not to forget, often in a way which indicates that to let go is a bad thing. This is an example of emotion overriding wisdom.



### **Taking Responsibility.**

Terrorists were responsible for the demolition of the Twin Towers on 07.11.2001 but who was responsible for the toxic materials in the building which were to affect the health of so many?



### **Giving and Opportunity.**

A material or monetary gift, once given, may be recovered in time but an opportunity to give, once lost, is lost for ever.



### **Fairness.**

In business or professionally one is at liberty to charge at will but if such charge is unfair and morally indefensible one will face the appropriate karmic consequences at the appropriate time.

Ω

### **A New Pantheon of Gods.**

When money is not our main focus climate change may be. When the consequences of climate change are stated and the call is for action to at least mitigate its effects for the sake of those to come, we say we cannot take action because economies will be adversely affected even though, if the stated consequences of climate change do occur, jobs and economies will be irrelevant because they will not exist to any worthwhile extent!

This is what happens when money is God.

Add to this the vast variety and quantity of toxins and waste we knowingly and unknowingly introduce into earth, water and air each year in ever increasing quantities and we see what happens when science and consumerism are God and Goddess.

Thus, we are well on our way to creating another pantheon of Gods and Goddesses!

Ω

### **Money & Wealth.**

Whatever the amount of money or wealth one has is a test of what it does to one and how one uses it. They have no other real value.

Ω

### **Success.**

Do the best you can and be content with that. That is success!

Ω

### **Interfering & Intervening.**

If no one interfered or intervened in the affairs of another person or another nation the purpose of life will still be fulfilled.

Ω

### **Killjoys.**

People like me are killjoys until the pleasure seekers realise where the real pleasure is.

Ω

### **The Dreaming.**

The spiritual foundation of the Australian aboriginal peoples is The Dreaming or Dreamtime.

Is it possible, even probable, that the origin of this belief is the now forgotten awareness that what is perceived as reality is, in fact, an illusion - dreamlike?

Ω

### **Karma (2).**

The law of karma cannot be casually accepted. It can only be accepted in its full context and considering its ramifications insofar as they affect individuals and groups; the latter irrespective of size and, therefore, ranging from family to nation to race and so on.

N.B. The law is very simple yet, paradoxically, its ramifications are vast.

Ω

### **Information (1).**

Created by us as spirit: The Akashic Records.

Created by us as moul on Earth: Cloud computing.

Ω

### **Attachment & Non-attachment.**

If anything we lose causes us an emotional reaction we are attached to that thing. Such things include liberty, country, rights, property, friends, family, government, job, source of income . . . . the list almost endless.

An example is that of a political election: if we like or dislike the government elected we have an attachment of like or dislike (positive or negative) to one or both of the options. If we are non-attached we are neutral and, therefore, there is no emotional reaction - we remain calm and at peace.

The “mechanics” of the above is that the mind (moul) creates the illusion which we perceive as the reality. It also creates, or has, the attachments which perpetuate the illusion which we perceive as the reality. Hence, we have the cycle of a non-existent mind creating a non-existent reality perpetuated by non-existent attachments ad infinitum unless broken by enlightenment.

Note: This is a classic example of the difficulty in putting a neoption into words but some readers may “get the picture”.

Ω

### **Communism and Capitalism.**

Communism and capitalism are both failures because of the human trait of selfishness. In both systems a few prospered at the expense of many. Remember that negative behaviour is, essentially, selfish.

Ω

### **Hold your head high!**

You are the equal of anyone! Be it prince or pauper you are their equal. The only difference may be that their experience in life this time is not the same as yours is this time.

So, hold your head high!

Ω

### **Capitalism.**

The fact that, as a result of the global financial crisis, it is the lower income earners who have to bear a disproportionately large burden in rectifying the failure of the system is, in itself, an indictment of the system.

Ω

### **The Global Financial Crisis - 2008.**

How can those complicit in the failure of a system remedy its failure?

Ω

### **Trafficking in drugs, ivory, animals etc.**

The cause of trafficking of anything is the end user.

Ω

### **Global Priorities.**

If your house is on fire do you scabble for your cash or work to put out the flames?

Ω

### **The Future of Gaia.**

If the Earth cannot now cope with the negative effects of the consumption of 3.5 billion\* people how will it cope with that of 9 billion+\* or so in 2050?

\* Assuming that approximately 50% and 70% respectively of the total population on Earth is “developed”.

Ω

### **Information (2).**

Our refusal, often arbitrary, to accept information is often caused by our unwillingness to confront the reason for our refusal.

Ω

### **The Biblical Resurrection.**

Since “resurrection” means, amongst other similar things, awaken, reawaken, rekindle, renew, restore and revivify, could it be that the biblical story of Jesus’ resurrection is an allegory symbolising the inevitable resurrection in all of us of the awareness of our spiritual reality?

Ω

### **Ethics.**

If the standard of ethics on Earth had increased at the same rate as the development of technology the world would be a far more decent place today.

Ω

### **Our Current Problem.**

Our current problem, and therefore our current challenge, is to focus on what we need on Earth and not what we want.

The cause of our problem is, and always has been, discontent with life; a mentality that drives us on the endless and futile path of or creating what we believe will bring us the happiness we crave whilst craving brings not happiness but discontent; so we have the perpetuation of the endless circle!

This is like the dog chasing its tail - something we laugh at because we are aware of how silly it is. However, we see ourselves as clever when we chase our own tail.

Ω

### **Our obsession with food.**

In the “developed world” is the apparent obsession with cooking and eating food a case of the glutton who subconsciously fears impending starvation and indulges it-self?



**Progress? (2)**

**Q:** What happened to the humble, quiet broom which collected dirt and gave its user exercise?

**A:** It was replaced with the extremely noisy, polluting motor blower which disturbs the peace, does not give its user any worthwhile exercise and spreads dirt around.



**The Spiritual Truth.**

The spiritual truth is not something to fall back on but something by which to live.



**Universal Duality.**

Watching the Edinburgh Military Tattoo 2010 reminded me forcefully of our innate capacity to create, through high discipline, great beauty of spectacle and sound; a capacity sadly only equalled by our capacity to inflict misery, pain and physical death on our fellow earthlings.



**Excesses.**

Does the explosion of excesses across the spectrum of our lives over the last fifty years - excesses in adjectives, waste, noise, self-indulgence and so on - generate its own implosion?



**Burning tonnes and tonnes of food.**

Money buys food yet for many decades at the beginning of each year the “haves” burn millions of dollars worth of fireworks for “FUN” while millions of “have nots” starve.



**Degrees of awareness.**

I believe =

1. To accept (a statement, supposition, or opinion) as true;
2. To accept the statement or opinion of (a person) as true;
3. To be convinced of the truth or existence (of);
4. To have religious faith.

I know =  
1. To be or feel certain of the truth or accuracy of (*a fact, etc*);  
2. To have a familiarity or grasp of, as through study or experience;  
3. To understand, be aware of, or perceive (*facts, etc*);

I recognise =  
1. To identify as something previously seen, known, etc.  
2. To perceive to be the same as or belong to the same class as something previously seen or known; to know again.

N.B. I have hitherto used the word *aware* as the third level but that word is too close in meaning and association to *know* and is, therefore, unsatisfactory.

Ω

### **Shine!**

The sun's fuel lies within; it shines during the day and at night be the sky cloudy or clear, whether we appreciate it or not and whether we like it or not.

Be the sun!

Ω

### **Free Will.**

We all have free will and we can use it negatively, positively or neutrally.

Be careful.

Ω

### **The Path To Enlightenment.**

The path to enlightenment is really quite simple: just one law, the law of karma, no rules and endless choices until final success.

Ω

### **Doing.**

One of the things one can do with something is do without it.

Ω

### **Worship.**

Worship is respect taken to excess.

Ω

### **Marketing Morality.**

When the insidious artifice of pricing such as 3.99, 12.99, 16990.00, 30999.00, etc. becomes 4.00, 13.00, 17000.00, 31000.00 etc. the practice of marketing will have attained a commendable increase in morality.

Ω

### **Modern Neros.**

As Nero fiddled while Rome burned we play without a care about the spiritual and material consequences of our play although the damage this has caused is evident to all who care to see. However, this human trait is not new: what we are doing we have done before with disastrous results.

Ω

### **The Enormously Heavy Key.**

The spiritually awakened will be aware of the burden of wealth but may not be aware that non-attachment is the key to release from the burden.

However, it is an enormously heavy key.

Ω

### **The Cost Of Physical Immunity.**

Our phobia\* of infection, to germs, to “bugs” etc. is adversely affecting the human immune system otherwise naturally maintained at high efficiency by exposure to such influences as these from childhood as well as genetic inheritance to some degree. The consequence of this effect is more illness necessitating the increasing ingestion of pharmaceuticals, many with harmful side effects at least, surgical intervention, more unhappiness, more cost to the community at large and yet more.

\*Much of this is created by advertising to increase profit from the sale of products.

Ω

### **Future food production.**

As the predicted future problem of feeding the world nears we continue to build on good agricultural land and seafood breeding grounds. We also cut down forests for food production although forests are vital for the rainfall that sustains food production.

One of the main causes of this apparent madness is that uncontrolled aspect of the “free” market - greed.

Ω

### **Logic, Reasoning and The Mind.**

At some point along a line of logic and reasoning the mind boggles and at this point the mind has to be put aside to further the line of enquiry.

Ω

### **Proof.**

When seeking something abstract the line of reasoning sometimes passes the point of creation and, after this point, no proof is possible because proof is only available where space and time exist.

This is the stumbling block that faces scientists as, habitually, they require proof.

Ω

### **We Do Not Die.**

We do not die; we simply switch off material perception. Reality, as perceived by us all, is unreal, an illusion - and when we “die” all we do is switch off that perception as we so often do, or try to do, when we cannot face something in life and “switch off”.

Hence my new word: somp [switch off material perception].

Ω

### **Neoption.**

Neoption is involuntary.

For me it manifests mostly between 3 a.m. and 3.30 a.m. But can, and does, at any time, whether I am active or inactive.

Ω

### **Personal Responsibility.**

You are not responsible for the ments and actions of another. All you can do, and need to do, is ment and act responsibly. There is no need to fret over what goes on outside you; in fact, it does you only harm.

Ω

### **Jobs.**

Jobs going “offshore” is the cost of the good life “onshore”. We create our world.

Ω

### **World Peace.**

‘I/We want world peace (as long as we can do what we can do what we want).’ is the common catch phrase (and unspoken qualification) of those in power.

Ω

### **Gravity, coconuts and humans.**

Gravity is a natural phenomenon and a coconut is a natural fruit which falls when mature. This is nature at work in the natural habitat of the coconut yet modern humans deem it is necessary to protect tourists, modern humans too, from falling coconuts.

Ω

### **Bitter Fruits & Vegetables etc.**

As many of us reject bitter fruits and vegetables to the detriment of our bodies many of us reject bitter spiritual truths to the detriment of our spiritual growth.

Ω

### **The United Nations Organization.**

Efforts of the U.N.O. will always be hindered or stymied by the self-interest of one or more of its members and if self-interest did not exist the organization would not be needed.

Ω

### **Abnormal Genes.**

Scientists are using the term “abnormal genes” with reference to some genes they discover. This term is erroneous because all genes are purpose specific spiritually and physically. There may be some genes which are unusual but none which is abnormal in this sense.

Ω

### **Motivation.**

If the motivation behind an apparently negative statement is to positively motivate the reader or hearer is the statement positive or negative?

Ω

### **The Demise Of Truth.**

The perceived need for outwardly positive thinking or positive spin - not positive thinking itself - has resulted in our option to express the truth to be severely curtailed if not obstructed completely.

Ω

### **Wasted Food.**

In the so called first world a huge quantity of perfectly good fresh food never reaches the shop shelves because it is discarded for aesthetic reasons - a market dictated requirement for visual perfection which we have been inculcated with.

Ω

### **Economic Growth.**

The present world economy is based on growth - growth and more growth, with no mention of an end point.

What happens when something grows without limit? Bubbles burst, trees fall over and most things die.

Ω

### **In The Dark.**

If we submerge ourselves in the ocean the deeper we go the less light we see until, beyond a certain point, we cease to see the light. So it is with the Earthly experience: the more we are submerged in it the less we see, and the less we can see, of the Reality.

Ω

### **Time and Money.**

When time is money it is time to make wise choices.

Ω

### **Breeding.**

Firstly, we bred, by natural means, domesticated animals to suit our needs; then we bred further, by the same means, these animals to suit our fancy, and now we seek to breed, by unnatural means, our bodies to suit our convenience.

Ω

### **State of Mind (state of moul).**

In the materially developed world we spend time and money living in the past celebrating and/or commemorating occurrences of decades or centuries past. It would be more productive and responsible to visualise living in the decades and centuries ahead in the the society and environment we have created.



### **Standing Alone Barefaced.**

“We have pushed tigers to the brink of extinction.” are the words of a research scientist in the jungles of Bhutan.

For the word “tiger” we can substitute the names of thousands of other species of life but, where the “We” is concerned, there are no substitutes . . . . . and we think we are the clever species!



### **Crusade.**

There is no need for one to crusade: it suffices to make the change in oneself that one would wish to make in others, for as each one changes so changes the collective consciousness.



### **Spiritual Progress (2).**

One of the factors retarding spiritual growth is that with those spiritual truths which do create an initial impression on the mind that impression, most often, only lasts as long as does the memory of the beautiful song of a sky lark in the early morn.



### **Conscience.**

Many a conscience resides in the purse.



### **The Ocean and the Reality.**

The ocean affects the five senses and there are many who have not experienced this and, therefore, if they are aware of its existence, do not comment on it except as something not experienced.

The Reality does not affect the five senses and there are many who do not experience it yet comment on it.

Ω

### **Contentment. (1)**

True, unassailable contentment comes from state of mind not belief.

Ω

### **Burrowers.**

There is a multitude of life forms which burrow in the surface of the Earth and benefit the earth thereby yet there is one life form, human, which burrows deep and pollutes the earth, water and air thereby. This life form sees itself as clever.

Ω

### **Problems in Life.**

We create problems out of challenges and challenges are a matter of choices with choices often encumbered by attachments.

Ω

### **Age - our anomalous view.**

We admire, even venerate, ancient things like a tree, building or antique but, in the Western world, we are unable to venerate the ageing or old human body.

Ω

### **The Two Laws.**

Depending on one's mentality one may wish to circumvent "man's law", and even accomplish this wish, but this is not possible with the moral law, the spiritual law, because this law is absolute - under it one confronts oneself with excruciating accuracy. Thus self-improvement can occur.

Ω

### **Homosexual Partnership.**

Re. "marriage", "civil union" et cetera.

What matters is not what a relationship is termed or perceived to be but the the contribution and motivation invested in the relationship by the partners, and that it is equal in the eyes of the law and in the eyes of all people.

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## **Finding The Truth.**

If one looks to books one will find what one wants but if one looks behind the mind to one's conscience one finds the Truth.

Ω

## **Human Intelligence.**

Human intelligence is good enough to bend nature to its will but not good enough to foresee the consequences.

Ω

## **Passionate & Dispassionate.**

In the modern, westernised world - a world increasingly of exaggeration, induced excitement, excess and titillation - it is common for people to be encouraged to be passionate about something. Such encouragement is misplaced because passion is an excessive emotion. What may be intended is not passion but enthusiasm (which should be tempered by moderation).

The opposite of *passionate* is *dispassionate* and, whilst the former is a hindrance to spiritual growth, the latter is a help. The reason for this, as explained fully by me elsewhere, is that emotion is a state of mind and that the mind is a hindrance to spiritual understanding and, therefore, spiritual growth.

Being dispassionate, on the other hand, is more a state of being than a state of mind: it is on the cusp as it were, with the greater part of it being a state of being. Being dispassionate is akin to being non-attached which is a state of being - the spiritual state.

Below are definitions from dictionary.com:

### **pas·sion·ate**

[pash-uh-nit] Show IPA

adjective

1.

having, compelled by, or ruled by intense emotion or strong feeling; fervid: a passionate advocate of [socialism](#).

2.

easily aroused to or influenced by sexual desire; ardently sensual.

3.

expressing, showing, or marked by intense or strong feeling; emotional: passionate [language](#).

4.

intense or vehement, as emotions or feelings: passionate grief.

5.

easily moved to anger; quick-tempered; irascible.

## dis·pas·sion·ate

[dis-pash-uh-nit] Show IPA

adjective

free from or unaffected by passion; devoid of personal feeling or bias; impartial; calm.

Ω

### **The Pinball Machine.**

Life is like a pinball machine. We start at a point and head for the end bouncing off pins on the way. The pins are like choices, they represent, depending on the player, the positive or negative menting (mentality) determining the choices. At the end we have a positive or negative score which goes into the tally bank as we return to start again and again . . . and again . . . and again . . . . . almost endlessly . . . . .  
. . . . . till the tally is all positive.

So let the pins be your conscience and principles and not your selfish needs and wants on this long, long journey - a journey sometimes happy, sometimes bearable and sometimes unbearable.

Ω

### **Self-defence and Laws.**

The biblical statements, “Thou shalt not kill.”, “As you sow, so shall you reap.”, “An eye for an eye, a tooth for a tooth.” etc. all refer to the law that for every action there is an equal and opposite reaction. This is the law of karma and, in relation to all matter, the fundamental law of physics.

The exhortation, advice or command of major religious teachings is simply, and unequivocally, that one should not kill.

As an example; if our space, be it home or country or something else perceived by us to belong to us, is challenged or invaded it is because we have created, individually or collectively, at some time in the past, the situation we find ourselves in and the attended choices we have. Hence, to kill, or otherwise treat negatively, the invader is to create even more negative karma for ourselves.

To suit himself man created man’s law which permits even killing, in “self-defence”, in these circumstances but man’s law is ignorant of the overarching, and immutable, law of karma [though not the law of physics because the law of physics only applies to matter.].

Perhaps it is necessary to remind the reader that the law of karma applies negatively and positively precisely in accordance with the thinking or act which activated it and

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that there is no retribution in the process. The process itself is benign: it is only the cause which determines the result. - and all to the ultimate benefit of the individual!

Ω

### **Doing One's Best.**

The only time when one can do one's best is in the present.

To do one's best one can learn from past experience and/or plan for future action but this activity is about the past and the future respectively. Learning from past experience and implementing what is planned can only be done in the present at some time.

Ω

### **Lifestyle and Contentment.**

Observe how all forms of life are content with their lives; with the exception, that is, of Homo sapiens which for many thousands of years has been discontented or, where content, has been lured away from contentment by the temptations put before them.

Even in recent times the contented in the deep forests and wildernesses - even in some areas of acute poverty - have been misled in this way.

However, there is always choice - conscious or unconscious choice . . . . . and life is a succession of choices.

Ω

### **Thwarting Idealism.**

When something needing self-sacrifice from us needs to be done we tend to react by adopting the mentality of, or stating, why it cannot be done instead of how it can be done.

Ω

### **Humility and Arrogance.**

The humble are unaffected by criticism or perceived criticism but the arrogant are affected by criticism or perceived criticism. Arrogance is the inflated ego (moul) of the arrogant and, like all inflated balloons, it makes a noise and collapses when pricked hard enough. In the humble there is nothing to make a noise or collapse but there is dignity.

Ω

## Do or Try?

From the way the English language is now constructed in both writing and speech it seems that people no longer do things but only try to do things: a definite intention or prospect is qualified by an indefinite verb or adverb.

Is this a “cop out” of some sort, a reflection of a reluctance to act or just plain bad English?

Note:

When I drafted this I could not recall examples. Some of these I now have and give below in case they help:

- The word *possible* followed later in a sentence by *may*. [The indefinite word *possible* means the indefinite word *may*.]
- The word *expect* followed later in a sentence by *might*. [ as above]
- Example of a sentence: *It is likely that his departure may lead to trouble.*
- The example used to be written or spoken as, 'It is likely that his departure will lead to trouble.' Thus, an indefinite word is followed by a definite, qualifying word - and makes sense.

N.B. The question posed in my primary post was to do with where we are going mentally and questioning whether the human species is losing its capacity to reason logically.

Ω

## Health.

Where people have not been exposed to “civilization” their bodies are superb examples of good health although their lifespan is considered by “civilized” peoples to be short. On the other hand “civilized” people are actually, mostly, in poor health and have a relatively long lifespan often attained by artificial means.

From a spiritual perspective the length of lifespan is of little importance essentially.

Ω

## Creation.

To create objects by perception is infinitely easier than to create them physically having first created energy and, from that, matter. Consider my previous direct or indirect references to creation in this context.

Ω

### **Easter Commemoration.**

The Easter commemoration of Jesus the Christ's crucifixion and resurrection could symbolise the often extremely difficult lives of some earthlings and their eventual and inevitable attainment of nirvana and full enlightenment.

Ω

### **Teachers.**

We are all teachers: Every day we all teach by example at least. Hence, be mindful of what you teach.

This reminds me of the biblical saying, "By their fruits ye shall know them."

Ω

### **Copyright.**

The application of a copyright is caused by a sense of possession and a fear of loss. It also restricts availability.

Ω

### **The Two Illusions.**

I have, as have others before, written about "the illusion" that is seen as reality. Let me now add to the confusion by stating that the body we see as solid is, in fact, simply a "thought form" - a projection of our Thought into the perception that is our body (within the perception that is the universe and all that is in it). Thus each body is simply part of the whole perceived picture.

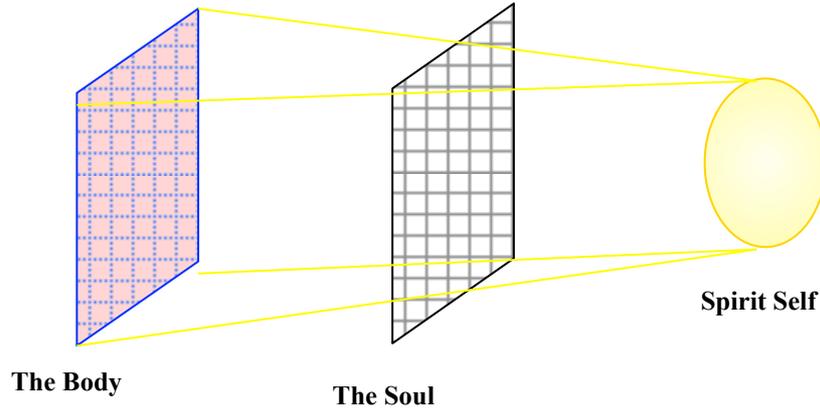
To assist with the comprehension of this here are some relevant definitions of our English verb *project*:

1. *to throw or cause to fall upon a surface or into space, as a ray of light or a shadow.*
2. *to cause (a figure or image) to appear, as on a background.*
3. *to send forth or transport in the imagination: to project oneself into the future*
4. *to cause an image to appear (on a surface).*
5. *to externalise, externalize.*

On page 102 of *The Milk Is White*, under the heading "The Body - It's Making" is the diagram below which is an illustration describing, inadequately, how we create the image, through the moul [here termed the soul], perceived as the body.

From this illustration we can see how the body image is affected, or influenced, by the moul - our mentality or state of mind/being.

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### Love. (1)

It is understandable that most people baulk at what I say about love.

This is because we have a very deep-seated need of it and seek it constantly: We are, in fact, addicted to it - we are attached to it. Consider this in the context of drug or alcohol addiction where those addicted have a very deep-seated need of it and seek it constantly.

The attachment to love has been inculcated in us to such an extent that even God is said to be not only loving but love itself; to many of us love and God are inseparable. Furthermore, because religious and spiritual teachings have love as their foundation, or a fundamental part thereof, it is difficult, if not impossible, for teachers thus orientated to comprehend that love is an emotion and, therefore, a thing of the mind (moul) - and, as I have said before, the mind does not exist. It follows that love does not exist. For such teachers to jettison the concept of love as presented would be to pull the rug out from under their and their pupils' feet and, as those who have literally experienced such an event, this is extremely alarming.

So, what, in Reality, is akin to love? Mindfulness? - a word attributed to the Buddha in translation into Sanskrit and Pali but what word in what language did the Buddha actually use? Unfortunately, the word *mindful* seems to refer to the mind, a more suitable word would be *aware* which, as I see it, is consistent with our core state of being, Thought. Therefore, this awareness can be termed *empathy* which has all the qualities of love but none of the attachment love engenders. However, the word *sympathy* is unsuitable because it implies the presence of emotion.

In the final analysis, as in the case of any attachment, we have to attain non-attachment to be free of the bondage that love creates - the addiction of its highs and lows.

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### **Large Scale Bloodshed.**

With all the large scale bloodshed taking place around the world we tend to dwell on what is happening rather than the mentality of those perpetrating it. For a deeper insight take time to consider the possible thoughts motivating the the perpetrator/s.

Ω

### **Saints.**

It is surely the height of arrogance for anyone to create a category of person called Saint and arbitrarily bestow, on the basis of selective criteria, this title on people who are not even present to give their consent? This is a greater step than stating that a marriage is not valid unless it is blessed by a man.

Ω

### **Disturbance.**

This civilization has conditioned, and is continuing to condition, most of us to almost constant background sound and visual stimulation with the result that they cannot cope with stillness and silence - prerequisites for contemplation and introspection. This state of unnatural disturbance causes, in the long term, dis-ease which manifests in the body and brain as disease.

Ω

### **The Cost Of Progress.**

Considering the financial, ethical, environmental, health and other costs of what is deemed to be progress in this civilization is it worth it?

Ω

### **What Is Taught.**

For the original message of the teacher one has to go to the original words and, if these are not available, to the Source itself. The reliance on translations is unwise and deeming translations to be infallible is foolish.

Ω

### **First Principles.**

When considering spiritual truths always return to first principles.

Ω

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### **Corruption.**

Is it just selective media reporting or is corruption rampant almost everywhere - particularly amongst those controlling the affairs of the world?

Ω

### **Karma. (3)**

With karma one can create a painful patch of thorns or a garden of beautiful flowers.

Ω

### **Preparation.**

Before one harvests one has to till the field.

Before one tills the field one has to know agriculture.

Before one knows agriculture one has to want to know agriculture.

So it is with growing awareness of the Reality.

Ω

### **Through a glass darkly.**

Dust is Earthly debris; it settles on window panes and, over time, clouds or obliterates vision and even a rainstorm does not fully clear the glass.

So it is with one's fascination with the dust of trivialities that are Earthly life; it clouds the vision to what really is.

Ω

### **Puzzling Mentality.**

We spend billions to prolong human life beyond natural dictates, then spend ten times more searching for and implementing ways and means of solving the immense problems this creates.

Ω

### **Peace of Mind.**

Find a place where people live, and have lived, a self-sufficient, fully contented life with general peace of mind; put a road into that place - because, of course, you know best - and watch what happens to the self-sufficiency, contentment and general peace of mind.

Ω

## **Disturbed?**

Disturbance is the absence of stillness.

Ω

## **Inflation (monetary).**

People living self-sufficient and fully contented lives in places unaffected by civilization have no monetary inflation. This is because they need nothing. In the civilized world there is a constant desire for more and it is this that creates inflation.

Ω

## **Obsession.**

Obsession with illnesses and their causes, because of an illness one has, can cause more damage than the existing illness.

Ω

## **Escape.**

In advertising, and perhaps the media, there is a preoccupation with “Escape”: We are urged to escape through this television program or that, this film or that, or escape to this place or that or via some music or other and so on. For this theme to be so prevalent we must seek release from something! . . . . And, if we seek release from something we must be stressed by that something.

Ω

## **Nanotechnology.**

Nanotechnology is a replication of the original means by which we created things out of energy: Thought ➡ energy ➡ matter ➡ things.

N.B. From my previous writings:

“Thought creates,  
Creation manifests,  
Thought manifests.”

Ω

## **Personal Integrity.**

No matter how successful one’s Earthly life is deemed to be one is a failure if one is without personal integrity.

Ω

xx:

### **Meditation.**

Meditation is “time” spent with one’s self, one’s spiritual self, the I AM, Spirit, or whatever one may term it, detached from the Earthly experience - a “period” of rest and reconnection.



### **Foolhardy Zealotry.**

Countries like Iraq and Afghanistan have a very long history of established customs and social structures, loosely knit to form a whole, and it is foolhardy for zealots with delusions of grandeur to assume the power, indeed the ability and the right, to change this in a short time, if at all. Furthermore, the mentality promoting the gun as the first option and thus creating a train of quicksands in a country with a long history of efficiency in war in extreme conditions adds to the foolhardiness.

Any change in these countries will come at its own integrated pace and interference only delays this.



### **Killing Is Killing.**

Killing is killing whether by remote control or by one’s hands and the law says unequivocally, ‘As you sow so shall you reap.’ - the immutable law of karma. There is no escape for those responsible, either individually or collectively, through promoting or condoning this for, in some way, some perfectly appropriate way, they will “meet themselves”.

Attempting to create the illusion of reduced culpability by devising and using remotely controlled devices may assuage the mind but does not assuage the law.



### **Global Economic System. (1)**

When a structure is beyond repair there is no point in its creators trying to repair it. The structure will collapse and a new structure needs to be designed and built by those with new, commendable ideas, values and goals.



### **IT. (1)**

It is said that we were/are created in the image of God (IT) yet most of us, as Earthlings, create God (IT) in our image!



## **IT. (2)**

The use of different terms such as God, Allah and Yahweh for what we pay fealty to and/or worship creates schisms and confusion in the multitudes paying fealty to and/or worshipping the one nebulous entity. It is to eliminate the schisms and confusion that I now use the term **IT**.

Many will be uncomfortable with **IT** because a) they are used to and are conditioned to another term, b) they see it lacking dignity - again the result of conditioning and c) it is commonplace: "it" is everywhere; it is not special. However, if we reflect beyond an initial negative reaction we will note that **IT** - my unifying term - is acknowledged, under the various other terms, to be omnipresent, omniscient and omnipotent . . . . just like the humble "it" and just like **IT**.

**Ω**

## **Caring, Sharing and Honour.**

The rich spend billions on saving the economies and lifestyles of the rich and spend more billions on entertainment of various kinds but withhold pledged donations to save the very lives of the poor, destitute and/or starving.

The swing of a pendulum does not last - it eventually comes to rest in balance . . . . . but this only happens after all have experienced every measure of the swing.

**Ω**

## **Resistance.**

The meniscus is the resistant outer layer of water formed by atmospheric pressure and the moul is the resistant outer layer of Spirit formed by worldly pressure.

**Ω**

## **Spiritual Burden.**

**Pupil.** Who carries the greater spiritual burden, the rich or the poor?

**Teacher.** The rich, because they have more to relinquish but cannot.

**Pupil.** But some have.

**Teacher.** Yes, but they are no longer rich.

**Ω**

### **Courtesy or Profit?**

Would it be correct to say that whereas in the past people acknowledged or replied to communications as a matter of courtesy they nowadays only do so if they profit in some way?

Ω

### **Learning by Experience.**

At any given time on Earth there is a number of people learning by experience. At present that number exceeds 7 billion.

Ω

### **Earth's Excessive Population.**

Prior to the advent of civilization localised self-sufficiency, a natural lifespan, natural population control, minimal demands on the land and what it sustained, resulted in a limited population; but civilization altered all that and created the present situation of over-population, shortages and environmental degradation.

Ω

### **Human Intelligence & Reason.**

Two of the qualities said, often with a degree of superiority, to define humans are intelligence and the ability to reason, yet neither of these nor their combination has enabled humans to live with one another with tolerance and in peace. Instead we have, consistently, vigourously called upon our animal instincts of territorial defence to do the opposite. We have also adopted a similar reaction to the defence of our religious beliefs - often, sadly, at the behest of the religious hierarchy. This is neither intelligent nor reasonable.

Ω

### **Human Noise.**

When the noise of human mentality gets uncomfortable one can withdraw from it without entering a monastery or convent. A prerequisite is the ability to shed virtually all attachments.

Ω

### **Non-attachment.**

Non-attachment is that wherein one has neither a negative nor a positive reaction to or feeling towards something.

xx:

Ω

### **Thinkers.**

There are those who make no effort to think, the thinkers, the lateral thinkers and, yes, the omni-dimensional thinkers. You have the capacity to be the last mentioned so cultivate the ability to be this.

Ω

### **Global Economic System. (2)**

The global economic system operating to date has failed the majority of people. What is required is a fundamentally different system - one that benefits all.

Formulation of a new system requires clear vision, just objectives and wisdom which are not possessed by responsible for the failed system - vision through heavily tinted glasses will not do.

Ω

### **Other Universes Other Dimensions.**

Since we create what we perceive as reality is there any reason why we have not created other such “parallel” realities? None whatsoever.

Ω

### **Killing or Death of children.**

Both the media and individuals make a bigger fuss when children are killed, or otherwise die, than when others are killed or die. This is simply an emotional reaction because killing of anyone has the same rating and anyone dying is of equal significance in the scheme of things.

Ω

### **Choices. (2)**

Life certainly is a succession of choices but none is irrevocable - not even that made on the death bed - for life is continuous and other choices lie ahead.

Ω

xx:

### **Coming Down To Earth.**

The heads of the Anglican Church and the Roman Catholic Church may not be aware of it but, as it is for anyone not fully enlightened, for the Queen of England and the Pope the pendulum of life swings.

Ω

### **What We Are Today.**

We are all what we are today because of what we have been, whether any of that seems to us to have been good or bad.

Ω

### **Opinion.**

In the final analysis the only opinion of you that counts is your own, but this opinion has to be the result of wise and unemotional evaluation.

Ω

### **Diversity Of Food Sources.**

The progressive contraction of the gene pool of food and meat products due to commercial imperatives spells possible disaster for future food supplies.

Ω

### **Ending Cigarette Smoking.**

If in a country, as of a given future date, the smoking of cigarettes and associated products was made illegal for those born on or after that date, the habit of smoking will be eliminated gradually with no added inconvenience to existing smokers to whom every encouragement to give up the habit should continue. Associated laws would be needed to prevent possible infringements of the new law.

The eventual elimination of legal smoking will be predictable for planning purposes. There will be some degree of evasion of the laws but this is not likely to be a major problem.

Ω

### **Science and Nature.**

If the city of Dhaka is in fact sinking as a result of extraction of subterranean water for human use it is another example of our mindless use of science and technology - our inventive capacity - to exploit the Earth's resources whilst being ignorant of the

consequences of these actions. We seem incapable of seeing these consequences, or even accepting that consequences do exist, and bungle along in the delusion of our self-declared intelligence and superiority seemingly oblivious to the fact that others will follow us here - others to whom we have a responsibility.

Ω

### **The Path That Leads Nowhere.**

Beware the path that leads nowhere, the illusive rainbow, the “American Dream”: This has become the holy grail of the developed world and is swiftly becoming the dream of the rest of the world.

Ω

### **Unnatural Evolution.**

Natural viruses are known to jump species by spontaneous mutation so who is to say that humanly genetically modified organisms will not do the same?

Ω

### **Sustaining Life On Earth.**

In regard to eco-sustainability policies, when actions taken by governments to rectify errors of our past policies adversely affect people, those thus affected must be fully compensated, financially and as otherwise necessary, to the extent that they maintain at least an average lifestyle. Such compensation has to come from the people via the government.

Ω

### **No Need For Negative Feelings.**

If, despite one's best efforts, something one starts fails, it was not meant to succeed - one only needed the particular experience and the need is fulfilled.

Ω

### **Miracles.**

There are no miracles: They exist only in the context of ignorance.

Ω

### **A System Doomed To Failure.**

Anyone able to see past the superficial can see that any system which is dependent on consumerism for success must fail because consumerism corrupts the environment, the body, the mind and the spirit.

Ω

### **Should We?**

If only our minds were free its there for us to see  
how nature does our world adorn.  
Just look, behold the dew drop on a fine and crispy morn;  
kissed by the sun, like a jewel it hangs suspended ... ..  
shimm'ring, as if alive, with each caress of early breeze  
it quivers ... .. it stops ... .. it quivers again as if to fall.  
Will it crash hard to the ground, or is there more to be found  
in the arms of the sun which gives it light  
and gives it warmth?  
That, fate will decide.  
But what of us?  
Do we care to pause for nature's wonders,  
or rush around and fail to hear and see what is ours and free?  
We could, if we but tried.  
Should we?

Ω

### **Failure.**

If, despite one's best efforts, something one attempted to achieve failed to meet one's expectations it was not meant to succeed. Therefore, to have negative feelings about the failure is unnecessary. Simply accept it, let go and move on whilst taking with you what you have learned from the experience.

Ω

### **Mirrors and Vanity.**

Mirror surfaces of varying quality have existed in nature for most of time but could the invention of the man-made mirror have heralded the advent of vanity?  
No, although it may have facilitated the expression of latent vanity in the moul.

Ω

### **Human Negativity.**

It appears that negative human mentality and behaviour has been on the increase and is now at an all time high but is this simply appearance or is it that, whilst there has been a great increase, the increase is due to the great increase in the population: that in relative terms, the increase is minimal or nil? If, on the other hand, the increase is actual it means that more spirits have come to Earth for self-improvement or that more spirits have come to Earth to face the test of implementing what they have learned and are failing to do so. Eventually, of course, all will succeed and, since time is non-existent in fact, it will not take “long”.

So it is!

Ω

### **Attention To Detail.**

Lost in the vast canvas of mans’ inhumanity to man are the many details portraying mans’ humanity to man.

Ω

### **Unaccountable Profligacy.**

Not many years ago people travelled frequently by car too and fro over short distances in their local area and this contributed massively to the pollution of Earth’s environment. Now, in addition to that, they travel by plane too and fro over short distances frequently in their, now greater, local area with increasing frequency although the pollution caused by these flights is about four times greater than that of cars.

Ω

### **The Illusion - further elucidation. (Part 1)**

Go somewhere quiet, relax and imagine a stage; imagine that you are observing the stage; arrange the set, the various objects - touch things, feel them . . . . . be there!

See yourself on the stage. Introduce other characters . . . . even pets.

Think of a life situation for your self on the stage and let your mind go with acting out that situation. Include a small test or challenge for your self and work through it to its end. Imagine whatever comes to mind.

What happened?

Contemplate and then -

Go to The Illusion - further elucidation. (Part 2)

xli

Ω

### **The Illusion - further elucidation. (Part 2)**

Provided that you were able to create that set and situation effectively you acted out the illusion which is life. It is in this sort of way that we, individually and collectively, create the illusion that we take to be the reality.

“Thought creates,  
Creation manifests,  
Thought manifests.”

Ω

### **Thinking Ill Of Someone.**

One is not thinking ill of someone when one is simply acknowledging what that one is. Being critical of what someone is is thinking ill of that one.

Ω

### **Justice. (2)**

There is nothing more just than someone experiencing the experience to which they subjected another and learning from it.

Ω

### **Parental Example.**

It is often said that parents set the example for their children. This is so but it must be stressed also that the children have freedom of choice to imitate or not.

Those unaware of the spiritual reality will assert that a child is unable to make such decisions but those aware know that it is precisely for that challenge that the spirit which is the child is in that family.

Ω

### **Global Economic System. (3)**

When the system fails, the measures adopted in the attempts to recover it seem to be austerity. Before these measures affect the poorer people they should apply to those wealthier until they earn as much, and are worth as much, as the poorer people. Only at this point should the measures start to include the poorer. That is equality, but the

way the system works is the wealthy take the gains in the good times and the poorer take the losses in the bad times!

Ω

### **This Civilization.**

This civilization needs to continue for the time being. Collectively we cannot go back to our old ways because we have to continue as we are doing so as to realise the error of our ways. However, individually, those who have realised the error of our ways, and adjusted to this realisation, may not return until conditions prevail for their further enlightenment.

Ω

### **Profligacy.**

Wastefulness has nothing to do with availability: It is a state of mind.

Ω

### **Science and Physics.**

In time, when the boundaries of physics have been reached, science and scientists will discover that there is more to all existence than matter; and that the mind, rather than being the key, has been the lock.

Ω

### **Semantics.**

Logical and lexical semantics are in a rapid state of flux with a minority of changes, possibly initially made intentionally, beneficial and a majority detrimental to clear communication. Examples are rife amongst individuals and in the media and are obvious to the “thinking” person.

Are we heading for a breakdown in clear communication, with its attendant, possibly, serious, consequences or is this a sub-conscious means to an end currently unknown?

Ω

### **Human Mentality.**

Is the collective human mentality (psyche) worse now than it has been or does it just seem so because the population has increased?

Ω

### **Fashion or Titillation?**

Who in recent years decided that it was *de riguer* for the display of cleavage in women's dresses and why was this not accompanied by a similar lowering of the zip puller in mens' trousers?



### **Quantum Leaps.**

In our spiritual progress two quantum leaps we make are the realisations that life is continuous and that what we perceive as real is an illusion.



### **The Snowball.**

As the snowball rolls down the slope it gathers momentum as well as mass. So it is with our wants: we want more, bigger and better at the same time that there are more and more of us aspiring to the mirage of happiness. To fully appreciate this one needs to extrapolate this momentum to its conclusion.



### **Certain Questions.**

There are certain questions to which the answer has to be, 'If you need to ask this question you will not understand the answer.'



### **The Truth.**

The Truth is not some body's perception, opinion or reality it is the Reality: it is the purpose of life.

N.B. The separation of the two words some and body is intentional.



### **Idolatry.**

The reason why the wise ones advocate against the creation of idols, be they statues or pictures, and idolatry is that, firstly, those represented in the idols are only messengers and, secondly, because what starts as respect of the idolized becomes a depend-

ency, and responsibility for mentoring and actions is handed over to the idolized by the idolizer - thus abdicating responsibility.

Ω

### **Future Archeology.**

In archeological digs of recent and present times discoveries have consisted of simple finds and signs of habitation and way of life. When the time comes for our archeological history to be unearthed the mind boggles at what will emerge and what precautions archeologists will have to take against toxic pollution.

Ω

### **Indulgence.**

In the developed and developing “worlds” why is the cost of living continually increasing in leaps and bounds? Because it keeps pace with our continually increasing indulgences - mostly involving things created by our indulgence of our creative ability. Thus one indulgence creates and perpetuates another.

Ω

### **Temporary & Perceived Difference.**

If all the peoples of the world are to unite for mutual benefit each has to see past the physical differences in the other to the spiritual likeness - oneness, in fact. However, to achieve this we have to overcome the self and the limitations of the “mind” . . . . . a monumental task (with the emphasis on “mental”).

Ω

### **All The Time In The World.**

Do as you please in a negative way, exercise your free will in a negative way; if that is your wish, for you have all the time in the world, and as many times as are needed, to undo the consequences.

Ω

### **Duplicity.**

According to the Oxford English Dictionary:

2. (of food) recently made or obtained; not tinned, frozen, or otherwise preserved.

Due to the duplicity of those employed in marketing and those who employ them we are continuously and systematically conned into believing that what is not fresh is fresh and we are inured to this deception.

Ω

### **What Is Happening?**

**Q.** When we feel that nothing is happening would it be correct to say, ‘Nothing is happening.’ ?

**A.** When nothing is happening something is happening - and that something is “nothing”!

P.S. When I wrote this I could not help smiling at the curiosity of the answer: be it correct or not it certainly activates the mind!

Ω

### **Karma. (4)**

Because of the law of karma there are no loses and winners: everyone is a winner.

Ω

### **Justice. (3)**

When you are on the side of justice you are on the side of no one, whatever you do.

Ω

### **Tragedy.**

The term tragedy, once selectively used but now freely used with less discrimination, is applied to a range of situations and occurrences but the real “tragedy” is that these situations and occurrences will continue for millennia to come because billions of us spirit entities have still to experience these time and again on their long journey to enlightenment. Of course, the length of the journey and the severity of the situations and occurrences is what we create for ourselves.

Ω

### **Country Of Birth.**

There are those who, when talking about their country of birth, speak of it as “An accident of birth.” If only they knew how incorrect that is!

Ω

### **Argument and the Reality.**

Argument about the reality is easy but realising it is not, because realising it takes time and effort and, above all, the removal of the mind from the process.

Ω

### **Democracy.**

The democratic process, defined as being for the people by the people, will only work ideally when money is not a factor in the electoral process. Until then the people are hostage to the power of money wielded by the unscrupulous.

The power to change this lies with the voters and it lies unused.

Ω

### **Stress.**

Any type of stress indicates an attachment which needs to be converted to non-attachment.

Ω

### **Religion.**

Does religion, as a system, change human nature or is it too often just a pious veneer loudly proclaimed by an individual or by individuals on behalf of a nation?

Ω

### **Hard Lessons.**

On Earth we have created, and are now bringing to a conclusion, possibly extreme conditions conducive to the numerous and diverse learning experiences of many billions of spirit entities and this creation must run its course.

Ω

### **Priorities.**

All the enormous, and enormously expensive, sporting events staged in the world in recent decades are an indictment of all of us because there is, and has been, a colossal

need for money for humanitarian relief at the same time; a need left unfulfilled. Yet we show absolutely no sign of regret.

Ω

### **Hijacking the Truth.**

Preconceived notions and suspicions lodged in the mind often result in us misconstruing information received and jumping to erroneous conclusions.

Ω

### **Life and the Game of Patience.**

In the game of Solitaire (Patience) one has no control over the fall of the cards but has choices regarding what to do with the cards that fall. So it is in life.

However, in life, one's choices are always arranging the fall of the cards later in the life or in the lives to follow.

[See Patience/Solitaire. In *The Milk Is White* p55]

Ω

### **Freedom.**

If you are a slave to your senses and your mind, free yourself for not only are chains a burden but shackles are painful.

Ω

### **Horses and Water.**

It is true that, as the saying goes, one can take a horse to water but cannot make it drink. However, the thirsty horse will drink so keep that horse in mind.

Ω

### **Genetic Modification.**

Scientists may be slowly learning genetic modification but we all have been modifying genes for eons because:

“Thought creates,  
Creation manifests,  
Thought manifests.”

Ω

## **Excess.**

Excess devalues appreciation of that which is in excess.

Note: In the modern “developed world” excess is rampant across the board: it is, in fact, a way of life.



## **Detachment and non-attachment.**

In my spiritual writings I almost exclusive use the term *non-attachment* instead of the word *detachment* and some readers may wonder why I do not use the latter which is more commonly used. The reason is that whereas *non-attachment* has only one meaning and is generally accepted as being used in a spiritual/religious context, *detachment* has diverse meanings and contexts; some of which are listed below to illustrate the point. Note that, in # 5, *detachment* is classed as a feeling whereas what I refer to is a state of mind - not necessarily the same or understood as the same.

Furthermore, the verb *detach* also has diverse meanings whereas a verb for *non-attachment* does not exist in use.

Detachment *n*

1. The state of being objective or aloof.
2. A group of troops, aircraft, or ships sent away on a separate mission.
3. A party of people separated from a larger group.
4. The action or process of detaching; separation.
5. A feeling of not being involved with someone or something in a close or emotional way.
6. A group of soldiers sent to perform a special job separately from the rest of their group.

Note: Contextually there is a similarity in meaning between *non-attachment* and the alternative # 4 above.

[I am posting this in my Ian’s Dictionary posts on the Internet and it is posted here for the immediate information of those who may read it.]



### **Balanced Diet.**

For a balanced diet guide study the food types ingested per day by hunter-gatherers unaffected by modern civilization.

Ω

### **The Driving Force.**

Our civilization is driven by the manufacture and consumption of things which we want but do not need and the driving force is discontent; a discontent which originated at the start of time and is immortalised in the myths of creation and of Adam and Eve.

This discontent is temporary and, as we overcome it, there will be nothing to sustain the priorities created by it and the civilization will cease or its purpose will change - or both.

Ω

### **Fate Sealed.**

A dictator who ill-treats his or her people has sealed his or her fate long before any uprising appears to seal it.

Ω

### **Stimulation.**

In the modern developed (affluent) world we have a want for constant stimulation - an indication of a void needing to be filled. This void is within and, instead of filling it from within, we attempt to do so from without with vacuous indulgences and meaningless activities: all amounting to spiritual triviality. This preoccupation appears to be affecting our intellect adversely.

Ω

### **White Supremacy.**

With the large number of dark skinned people now amongst the athletic elite of the world are the surviving white supremacists still searching for excuses by which to perpetuate their self aggrandisement?

Ω

### **Advertising.**

This has become the art of seduction. How many unthinkingly succumb?

Ω

## **Allergies.**

In the last two decades or so human allergic susceptibility has increased greatly and this is attributed to our “progressive” lifestyle and what it produces in the name of progress and to satisfy our constant wants. We, or most of us in the parts of the world primarily responsible for this, are aware of what we are doing, or what others are doing at our subconscious behest, yet there is hardly an effective protest. It is as if the human race is hell bent on mass suicide! The problem is that it is not suicide but murder because the effects will not be met\* by those now living.

[\*N.B. The spiritually enlightened will be aware that the above, whilst being true enough for the vast majority of humans, does not represent the true reality whilst being true enough to have devastating consequences.]



## **What Attracts Us.**

Observe or analyse what attracts most of us where the full range of entertainment is concerned and from this assess our mentality - our state of being.

The wise will only ponder the words, “Quo vadis?” . . . . sadly.



## **The Term “Within”.**

Since, generally speaking, our perception of ourselves is primarily a physical one, when it comes to referring to or conceptualizing our spiritual self, which of course is our real self, we fall back on the term “within”.

But there is no “within”: the fact, as I have described elsewhere, is that the spirit self is our only, true, identity; the body being a perception and the mind or soul being non-existent in that they constitute what I call the mould which is the sum total of the individual spirit’s experiences over many lifetimes to date - memory if you like.

Hence, when we use expressions like “Awakening within,” we would do better to say “Awakening the spirit.” or for “Healing comes from within”, “Healing comes from the spirit.” i.e. substituting the words “the spirit” for the words “within”.



## **Inventions & Technology.**

Are humans losing control of the consequences of their inventions and technology - losing it to immorality and/or the weaknesses of the human character?



## **Economists.**

Economists abound in the world today and are constantly analysing, advising and speculating but how many of them have been correct and how many of those have got it correct consistently?

Their problem is that economics, as it exists today, is really controlled by the vagaries of the minds of millions of people and the mind of one is impossible to read!

Ω

## **Indulgences - New and Old.**

There are a variety of fads on the Internet; amongst them the social networks which, in large part, only serve to be time consuming whilst purporting to be creative or socially beneficial. The extent to which these fads exist in the world today, as well as their popularity, is an indication of the empty, and finally unproductive, path chosen by so many.

There are also fads - some long lasting, often entrenched in a culture and given an imprimatur of religious veneer - akin to initiation, bullying, hazing or some outlet for the negative mentality of one or more individuals. These often needing a group mentality to be effective, even to survive.

All this is the wasteful indulgence a base mentality.

Ω

## **Choices. (2)**

Life certainly is a succession of choices but freedom of choice is an integral part of choosing. Of course, there are consequences - pleasant and unpleasant - in our exercise of this freedom and we need to accept responsibility. On the other hand there are so many people worldwide who have no qualms about their selfish determination to obstruct the choices of others.

Ω

## **One's Body.**

One's body is a representation of one's state of being and, therefore, mentality and the body looks, acts and reacts accordingly.

Ω

### **Non-attachment.**

Non-attachment is the non-existence of emotional dependence on any thing or anyone. Therefore the elimination of all dependence leads to non-attachment and emotional self-sufficiency.

Ω

### **Are We Getting Smarter?**

We are now often told that we are getting smarter but are we; or is it just tunnel vision that makes people say this?

Ω

### **Trial and Error.**

Collectively we use the learning method of trial and error, and use it in a blinkered and foolish way which brings pain and suffering. It also takes us decades, even centuries or more, to learn the error of our ways.

Remember, however - and this is not an excuse - that we are learning - even if in a blinkered and foolish way.

Ω

### **Loss Of Brain Function.**

With the way we have been, and are, handing over to machines what we normally do in our brains - take medical diagnosis and arithmetic as examples - are we losing, or likely to lose, some of our brain function through neglect?

Ω

### **Politician's Weakness.**

Often the party and the person seem to be the means to attaining the cause but too often the means supersedes the cause.

Ω

### **Celebratory Milestones.**

Each of our lives is an achievement and the conclusion of each is, therefore, a milestone worthy of celebration.

Ω

### **Lacking in Intelligence?**

Are we developing a world for those with intellect but lacking in intelligence? We seem to be fostering the former whilst allowing the intelligence to stagnate under a preoccupation with the self; a preoccupation with the superficial?

Ω

### **Progress or Regress?**

The historical benefit of the natural, rotational and seasonal variation in diet items to which the human body has adapted over millennia has to be adversely affected by the continuous availability of such items in the developed world as a result of developments in transport.

Ω

### **NOTICE**

Dear fellow travellers, little purpose will be served by my continuing with these posts because if you have not by now found your “spiritual feet” and can walk the Path on your own you are not likely to do so without self application and focus. In this I wish you all speed.

If you have any questions you are, of course free to ask: either here or by direct contact.



Ω Ω Ω

**Neoption at 5.09 a.m. 23.03.13. : The Only Reality.**

The only reality is that we exist in Spirit as one and project the perceived reality.

**Ω**