

The Loving Space

**Stella
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 **Qultura Core**

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Introduction

*"One day while I was not at home
While she was there and all alone
The angels came
Now all I have is memories of Honey
And I wake up nights and call her name*

*Now my life's an empty stage
Where Honey lived and Honey played
And love grew up*

*And a small cloud passes overhead
And cries down on the flowerbed
That Honey loved*

*And see the tree how big it's grown
My friend it hasn't been too long
It wasn't big*

*And I laughed at her and she got mad
The first day that she planted it
Was just a twig....
--Bobby Goldsboro, "[Honey](#)"*

I'm starting this book with a Bobby Goldsboro song quote from the 1970's. This is a book about love, but within the context of the greatest polarity we ever get to experience in life, and that's the polarity between love and death.

Therefore this is a book about love from a mystical perspective, not just romantic love, but all forms of love. You see life, love and death are the three inseparable aspects of existence.

This means that to properly understand love and what love is about, we also need to understand reincarnation and karma.

You see love is not something you do. Love is not a language. Love is not energy and there is nothing physical whatsoever about love. Love is not something you do. Love is part of who you are. Love is part of who someone else is. Love is part of who we all are.

When someone you love dies, you don't forget about them, do you? You just end up with a sense of emptiness, you end up with grief, you end up with pain, loss, loneliness, a part of you dies with them, and while they are no longer here with you physically, the connection remains in your memory.

But even if they don't die or pass away, but if they simply walk away and leave you, do you not go through the same process of loss, grief, heartache, mourning and loss? Do you not remember all those you shared love with?

So I've written this book on the basis of two fundamental premises.

LOVE AND DEATH ARE POLAR OPPOSITES

This is the first premise. Death is a complete mystery to us. We know that other people die, because it keeps happening all the time. But we don't know what death is. We don't know what happens after death. We don't even know how we came to be alive. All we know is that at some point in this thing we call existence we are going to die.

But see we can say the exact same thing about love. Nobody knows what love is, as it's a complete mystery. We fall in love with someone, an experience which sends us out of our minds, and makes us look crazy. We cannot explain it, we cannot understand it, and yet love is what makes us want to get married to someone. All we know about love is that we need it and we need to experience it.

In this book I write about life, love and death as the three inseparable aspects of human existence. Please keep in mind that I'm writing from a meta-physical perspective.

Which brings me to the second major premise.

RELATIONSHIPS ARE DEFINED BY SPACE

We often think that relationships are defined by physical form. Not true. What defines a relationship is space, not physical form.

Let's take the example of a window. You can have a nice window frame, all painted white, but a white painted window frame isn't the point of the window, is it? Surely the whole point of a window is that it lets light into a room and that we can see out of it. Without that space through which we get light and through which we can see past a wall, windows are pretty useless.

A door works on the exact same principle. The door itself as a physical object is not important. What's important about a door is that it gives us the space to go from one room to another, because we cannot walk through walls.

There are numerous other examples. Cups, bowls, pots, pans, vases, clothes and shoes. You might wear nice clothes, and have nice shoes, but when it comes to clothing and footwear space really matters. If there's too much space between you and your clothes they won't fit, likewise if there's not enough space for your body or feet. Your clothes and shoes belong to you because they 'fit' and there's the right amount of space.

The same is true about love and relationships. Love is not physical in anyway. Love is not karma, the basis of physical existence, and love is incompatible with force. Love is consciousness, it is meta-physical, and this is where we get to the notion of the loving space, because for love to exist between two people there also has to be a relationship, which is defined by space, not by physical form.

Therefore - because I'm not a poet - to write about love and to understand it we need to get into meta-physics.

HOW I'VE ARRANGED THIS BOOK

I've written this book in a way which enables anyone to develop a meta-physic, or a deeper more existential understanding of life and existence. You probably have your own meta-physic, or system for trying to understand the mysteries of existence. This is fine.

Please keep in mind that in order to understand what the loving space is all about we need to - for the purposes of this book - agree on a system. In this book I'm using Qultura, which is a dream weaving system I've spent a number of years developing. This might not be your system, and that's fine. See love is a different experience for everyone and none of us have the exact same life experiences.

Therefore it's not what I've written here or my words that's important. It's what resonates with you, your interpretation, and what you can get out of this book in a way which is going to prove beneficial or helpful to you. Words are after all about communication.

Most of the chapters in this book are short chapters while I develop your awareness of Qultura and the specific Qultura meta-physic, but once we get through that later in the book the chapters get longer as we go into more details. Hopefully by the end you will have a solid understanding of the loving space, what it is, and how to develop it in your life.

This book is written as a mystical resource to be as helpful to as many people as possible. Therefore it doesn't matter whether you're in a relationship or not, whether you're married or not, or whether you're part of a family or not. If you are at all interested in love in its many different forms, this book is written for you.

Not knowing love



*"There's a light, a certain kind of light
That's never shone on me
I want my life to be, lived with you
Lived with you
There's a way everybody says
To do each and every little thing
But what does it bring, if I ain't got you, ain't got...?"*

The Bee Gees, ['To Love Somebody'](#)

I'm going to start off from a point which we will keep returning to throughout this book and that is love as a common principle. While I'm going to be writing primarily about romantic love and relationships please always keep in mind that love is a spectrum of consciousness and comes in a wide variety of different flavours.

There's going to be a few song quotes along the way, together with images, Tarot cards and stuff, just to back up the words and the mystical principles we're going to be exploring and learning about. Some stuff you might already know (particularly if you already know my work) but if not don't worry. I'm going to make this book self-

contained and if you don't have a meta-physic or much existential awareness don't worry. You will pick it up as we go along.

While I'm also setting things up here it doesn't matter who you are, and it doesn't matter who someone else is in your life either. Love is a part of who you are, just as it's a part of who everyone else is as well. It's never ever a physical thing, a physical action, or something which you do or say. It's how you connect to other people on a much deeper, existential, spiritual, mystical level. It's the connection, the bond, and not much more than this.

Love always starts from the exact same place, and that's a place of darkness, emptiness, space, and reality. Or if you prefer loneliness. Keep in mind that the Bee Gees song quote can apply to just as much a foetus growing in the womb of it's mother as it can to once we are born and at any stage of our lives.

Love is of course how we connect to other people and forms the basis of relationship. Life is all about relationship just as much as it is about being. Consider that it's not possible to exist without also being in relationship and relative to everything else in existence.

So I'm going to finish up here with a very important mystical principle.

All existence is change. All existence is relationship.

Love and death



*"You sheltered from harm
Kept me warm, kept me warm
You gave my life to me
Set me free, set me free
The finest years I ever knew
Is all the years I have with you
And I would give anything I own
Give up my life, my heart, my home
And I would give anything I own
Just to have you back again..."*

--Ken Boothe, ['Everything I Own'](#)

Okay so now we're going to change our perspective and look at love as something which seems to have past and now only exists in our memories. This could be

because of the death of a loved one, say a grandparent, one of your parents, a close relative, a husband, a wife, a partner, or even a child.

Notice that even though someone has died, and there has been a funeral or cremation, the connection between you and that deceased loved one has not changed. They may not be alive or still around in physical terms, but the love is unchanged. It's still the same as it ever was.

But also notice that without them in your life, living, you're immediately back in the darkness, the trauma, the grief, the emptiness, the loneliness, the sadness, and the reality of the empty space which now exists between you and them. You miss them, and the fact that they're no longer around gives you a sense of something missing about your life and also, just as importantly, you feel a part of you is now missing and part of you can no longer live.

Notice how the song quote from the Ken Boothe song (written by one of the members of Bread about his late father) gives you a similar vibe and tells a similar story to the song quote in the introduction by Bobby Goldsboro of the recently bereaved husband telling the story of his now dead wife. The loved one is dead, but there's something missing about life which died when the loved one passed away.

So let's bring this duality or polarity into another dimension, that of living existence.

*"Living on a dream ain't easy
The closer the knit, the tighter the fit
The chills stay away
Take them in stride, the family pride
You know that faith is your foundation
A whole lot of love and a warm conversation
But don't forget to pray
Just make it strong, where you belong
So you can live in the love of the common people
Smiles through the heart of the family man
Daddy's gonna buy you a dream to cling to
Momma's gonna love you just as much as she can
And she can..."*
--Nicky Thomas, [Love of the Common People](#)

It's essentially the exact same polarity and duality throughout. This is where we come to another important mystical principle.

The environment creates, the individual grows.

This is where we come to another form of love, the gentle, nurturing, kindness, empathy, compassion, sympathy, out of which we feel connection, the core essentially part of the relationship and the bond between us and somebody else. Notice here that each connection and each bond is as unique and individual as the two individual people in the relationship.

But let's leave it at that for now. We will return to this theme and pick up later.

Life (incarnation)



*"I thought I was smart but I soon found out
That I didn't know what life was all about
But then I learned I must confess
That life is like a game of chess*

*It ain't what you do, it's the way that you do it
It ain't what you do, it's the time that you do it
It ain't what you do, it's the place that you do it
And that's what gets results*

*You can try hard, don't mean a thing
Take it easy, then your jive will swing..."*

Fun Boy Three and Bananarama, [It Ain't What You Do It's The Way That You Do It](#)

So far we've only been dealing with the polarity of love and death, consciousness and space, but we haven't looked at what happens in between love and death. Well

what happen between love and death? Note that this is rhetorical question, because it should be obvious just as much to you, as it is to me, that there's only one event - life.

Now this is where we start to head in a specific direction from this point forward in this book. You've been hearing the same three words = 'I love you' - throughout your life and you can be forgiven for thinking that love is a verb, something you do. You might have even been told that it's necessary to love yourself before you can love someone else. Have you ever been told that? You might have even heard of something called love languages, whatever that is.

Forget all that. Forget it. You can also forget all the other psychobabble nonsense you might have heard about love being a physical thing. Or an energy. Or some other kind of nonsense. Forget it. If love was in any way physical, or an energy, then there wouldn't be such a thing as domestic violence or domestic abuse. But surely you understand that there's a big difference between someone hugging you and someone else beating the crap out of you, right?

You can also forget about such polarities as that between love and hate and also that between love and fear. There are no such polarities or dualities in existence.

THE FIVE DIMENSIONS OF LIVING EXISTENCE

There are five dimensions of living existence, each of which are distinct from each other.

Mass and matter

The first dimension and the most physical is physical form. A rock, a brick, earth, a physical body, your arms, your legs, your head, and so on.

Physical sensation

So moving up a dimension, still based on energy, still physical, we have sensations, senses, thoughts, emotions, feelings, language, words, and so on.

Physical relationship

Then we have all the other energies that exist in relationship and the environment - light, sound, heat, smell, taste, balance, pain, hunger, thirst, and so on.

Consciousness and space

Then we get into the first of two 'meta-physical' dimensions. 'Meta' here means 'beyond', so beyond the physical. This is where we get consciousness and space, both of which are spontaneous, random, infinite, and cannot be ever fully known, understood, explained or defined.

Hopefully you can understand that in a way love is the connection that sometimes happens between you and another human being. Death is also something that happens to all of us at some point, but we never know when, how, or why (obviously I'm generalizing here).

You can love a brick wall all you like but it will never love you back. To get even more ridiculous here you cannot claim that your brick wall has died, because it was never alive to begin with. A brick wall isn't conscious enough to start living.

Akasha (spirit)

Then beyond all that we have the second meta-physical dimension which is Akasha, spirit, aether, which connects everything that's living and also is connected to the physical and energies through consciousness and space.

LEVELS OF REALITY AND PLANES OF CONSCIOUSNESS

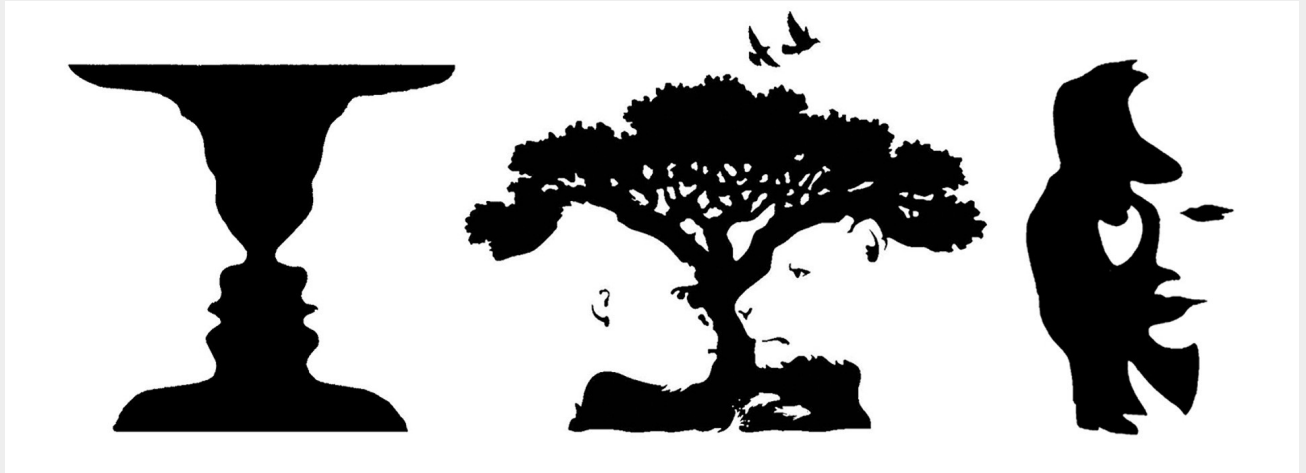
You exist across all five of these dimensions simultaneously. Now here it's important to always keep in mind that unlike consciousness and space, energy and physical existence is finite, constant, and impermanent. You remember the first mystical principle - all existence is change, all existence is relationship?

Life is what happens between love and death in different incarnations or life cycles. But I want to get into reincarnation and karma in a while. This is just an

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introduction to when we start taking things up into the meta-physical, existential and mystical.

Existence and reality



This is where we need to start getting into meta-physics and mystical principles. So this is where we start with an image or two (or six) I've nicked from Gestalt psychology. Working from left to right you're going to see one of two possible images.

On the left

On the left you can see either two white faces facing each other in profile or a black Rubin vase.

In the middle

You're going to see a white gorilla facing a white lioness or a black silhouette of a tree and some birds.

On the right

You're going to see either a black silhouette of a man playing a saxophone or a black and white composite image of a woman's face.

The very first image you noticed (at first glance) was the image you most closely identified with your focus of conscious attention. However you should have been

able, after me giving you both possibilities, to see both images. But what you should find, is that you cannot see both possible images from left to right at the same time. The focus of your conscious attention just cannot handle this. You can only see one image by making the other image the background and discounting it altogether from your conscious attention. This is what is known as separateness. So hold onto that thought for now, and keep it in recall memory. I will be referring back to this exercise further down the page.

AS THIS ARISES, THAT BECOMES

This is the basic concept of dependent arising. Everything in existence is interconnected and interdependent on everything else. Everything which exists, as in individual, is always relative to the totality (which we understand to be the cosmos or universe). **There is no separateness anywhere in existence.** This is the basis of all religions and philosophies, including Christianity, Islam, Judaism, Buddhism, Hinduism, and Taoism where it is known as mutual arising. This is because it's the basis of Natural Law and all mystical principles.

I could give you quite a long list of things which do not exist in actual reality but which only exist in conceptual or cultural reality as a product of human thinking or imagination. But not now. All will be revealed in time.

EXAMPLES OF DEPENDENT ARISING

Let's go through some very common examples of dependent arising that we all encounter and experience in life.

Existence and reality

Existence and reality always go together in the form of consciousness and space. You cannot find any form of existence, especially physical existence, without space. You also cannot perceive space unless you yourself are conscious. But see here's the thing, consciousness is space, and space is also consciousness from our perspective, because neither have any physical form. To make it simpler in terms of language consciousness is defined as existence, because it is 'IN-formation', i.e. capable of manifesting as physical form. Consider that intuition, inspiration not to mention

fresh energy every time you wake up in the morning arises out of consciousness. Space is defined as reality, because it not only connects everything to everything else, but it defines it and gives it shape.

Self and other

It's not possible to exist without being relative and in a relationship with everything else. You are relative to your natural environment and this planet - through the air you breathe, the water you drink, the heat and food you need, and even the ground you walk on. you are also relative to other people through the human species, biology, society, culture, personal relationships and your mind. There is no separateness whatsoever. Not unless you can see things other people can't see, you hear things other people can't hear and you speak a language nobody else understands.

Karma (physical memory, action and desire)

This is a really important one because karma is the basis of physical existence and thus three of the five dimensions of life. Karma, which is a Sanskrit word meaning 'action' as in action, reaction and interaction. There are two aspects to karma which are memory (physical form) and action, which can also be understood to be form and motion. Memory here means memory in the widest possible, sense, including biological cells and physical mass. There is no ending and no beginning because karma is based on energy, energy cycles and energy vibrations. A cycle has no beginning and end, it is just an incarnation, and each incarnation through reincarnation connects to other incarnations in a process. **This is known as the chain of interdependent origin.**

LOVE AND DEATH

Then we finally conclude our examples with perhaps the greatest example from the perspective of human existence and is also one of the most important polarities we ever get to experience, and that is the polarity between love and death, which are polar opposites. Neither love nor death can cancel each other out. When someone you love dies you do not forget about them, do you? But similarly when someone

you love leaves you and the relationship ends, if it was a significant relationship, you suffer a bereavement and go through a similar grieving process as if they had died.

POLAR THINKING

Polar thinking is the ability to find the connections between two mutually exclusive opposites and understand that both opposites are one and the same thing. Polar thinking is how you develop conscious awareness which is also environmental awareness. When we started out with the gestalt example it was to show you that you cannot use the focus of your conscious attention (also the Ego) to make the connection. You have to develop conscious awareness and see the Bigger Picture. You can only do this through polar thinking and working the awareness into your subconscious.

This is fundamental to resolving karma and breaking cycles of compulsive thinking and behaviour.

You, the Hungry Ghost



*"Where our love used to be
Only shadows from the past I see
Time can't seem to erase
The vision of your smiling face
Though you've found someone new
I can't get over you
There's a ghost in my house
I can't hide
From the ghost of your love that's inside
It keeps on haunting me
Just keeps on reminding me..."*
R. Dean Taylor, [*'There's a ghost in my house'*](#)

Okay so this is where we get to the key chapter in this book. Energy and consciousness are always equal to each other in the same way as reincarnation is always equal to karma. This means that karma - physical memory, physical action, energy and desire - is always equal to love, truth, beauty, and appreciation. Perception is always equal to conception.

At the very top of the pyramid of human existence all these things become equal and one and the same thing.

This means that death and trauma is the polar opposite to drama, connection and love. Reality is always equal to existence. Love is as timeless as death because it is force and the negation or absence of force. Karma is what happens between these two polarities.

If there is such a thing as human purity then that purity would lie within the realms of divinity and consciousness. As an example let's take music, purity in music is music which connects and reaches the soul. As another example the artist is the vehicle for the statement made through art. The purest form of love lies within the individual who is pure love.

Here there's an interesting paradox in that you can say to someone "I love you. I love you more than I have ever loved any other person. But if I never see you again it would not bother me." This is something which cannot be rationalized, and something which many people, looking at this statement from a perspective influenced by social conditioning, might not get. You see all too often we associate love with attachment. We use personal pronouns, e.g. my wife, my husband, my partner, my girlfriend, my boyfriend, to signify ownership but see this is a statement of Ego and misses the point that there is a nuanced difference between attachment and connection. Attachment is physical in nature, connection isn't. It's conscious.

You see when someone you love dies, there is no longer any attachment simply because there is no longer any physical reality in your relationship. But the connection remains. Human beings die every day, every hour in fact, but you do not grieve their loss or mourn over them. But you mourn and experience grief from the loss of a loved one and it doesn't matter whether they die or not so much, because

the process of grief is the same. With the ending of the loving relationship and its death, there is a part of you that remains connected but you have no way of expressing in physical terms that connection to the other person.

We've now reached a point in this book where we need to get into some key terms and concepts. From the next chapter onwards for a few chapters I'm going to be introducing you to a system of mystical principles and key mystical concepts which should, to some degree build on whatever 'meta-physic' or even a spiritual or existential awareness of living existence you're using. Your system, awareness and beliefs may be different to mine. That's fine. I'm not you. I'm not the one who has to live your life or experience your reality. But as I'm the writer and author and you're the reader, we have to meet somewhere while you're reading this book. What happens afterwards and what you do with this information is up to you.

WHAT I MEAN BY A HUNGRY GHOST

What I mean by the Hungry Ghost is spirit, Akasha, aether, however you want to describe it. I'm referring that part of you which is the most real as far as we can put into words and language that part of you which lies behind everything else that you describe as your existence, your mind (which is the space that connects you to your environment and everything you can perceive), your consciousness, your physical existence (body, brain, the Felt Sense of Immediate experience, thoughts, feelings, emotions, desires, blah blah blah), your memory, everything.

I'm referring to that part of you which survives death and goes from incarnation to incarnation to incarnation.

Think of this as you being a Hungry Ghost in possession of a physical body in a physical environment among other Hungry Ghosts all messing about with physical bodies in a physical environment.

What I'm referring to here is the space in which everything else about you exists.

WHAT IS THE LOVING SPACE?

Somewhere between the emptiness and infinite nature of your spirit and also the infinite nature of love - which is synonymous with your outermost, most refined planes of consciousness which can be defined as love, however which way you choose to define it and express is, is the loving space.

The loving space is the space in which through love you connect to everything else in existence, and out of which love and a sense of connection and bond grows between you as a spirit and anything and anyone you love. Love here is a synonym of consciousness.

It's important here to understand that unlike energy, consciousness is infinite, random and spontaneous but also self-sustaining. This means that the more consciousness you use and make use of, the more consciousness you have available to use. This is the whole point of love. Ideally love should be growing out of love, and even more love, and even more love, and so on and so forth.

But for that to happen you really need to be that space 'behind' love. This means that when you're in a relationship with someone else which is defined by love and intimacy, you need to be in that space into which love grows and is expressed by the other person, and they also need to be in their space so you can express love into their space. Do you see? If you can both wrap your minds around that notion, and understand that you are love, and they are love, just for being you and they being who they are, then the whole relationship becomes all about love at a very basic, fundamental level.

Then on top of that together you build everything else, off the physical aspects of your existence, bodies, feelings, emotions, desires, karma and karmic processes, everything else.

This what I'm writing about here is one of the keys to the mysteries of love and ultimately of life. It's the key to a successful loving relationship. I'm not denying here that all the other different levels of reality and your physical existence aren't important. I'm not claiming that sexuality, preferences, desires, emotional needs,

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wants, and so on aren't important. They are, but you've got to have that basis for the relationship, that connection, that chemistry, that bond, just like you need floors in a house. Nothing that's physical about your relationship should become ever more than equal than the connection, the love, the truth, the trust, the confidence in each other, because if it is you either get caught up in separateness or force.

Love is always, always, always, incompatible with force. Love transcends control. Love just simply is. It shouldn't need no justification, no explanation, no action, no behaviour, because love just simply is all in itself. If you allow it enough space it transcends everything.

Not sure if you can grasp this, or if it's kind of vague, nebulous, alien to you. But stick with it. We're still early in the book, and so there's still time to work with this.

So now let's start building that mystical or meta-physical awareness and see where everything else fits into place.

Qultura



We've reached a point in this book where we need a system to build a 'meta-physic' and mystical awareness. I'm going to be using Qultura, which is the system I've spent close to 15 years developing. You're welcome to use your own system or existing meta-physic, or if you don't have one, you're welcome to use Qultura to develop one.

It's a similar system to other systems such as Buddhism, Taoism, yoga and such, but is simpler and is a system designed for dream weaving which is a magical way of developing consciousness, conscious awareness and returning to a state of mindfulness.

THE PRINCIPLE AND THE PROCESS

Existence is a principle. Creativity and interaction is a process. This is all you really need to know about existence at a very basic, fundamental level. This is the how and what about life. Asking "What?" gives you a principle. Asking "How?" gives you a process or a narrative.

Then finally we have the final dimension which is Akasha, or spirit, or aether, which permeates the whole of existence and the universe. Akasha is also known as Self in the broadest possible sense and the 'ground of being'. (Somewhere lost in my blog posts is a post on the ground of being).

THE TWO ASPECTS OF QULTURA

Qultura is made up of two aspects of Qultura:

- -Qultura methodology
- -The Qultura community

How it works is fairly simple. You become familiar with the mystical principles through Qultura methodology and then you become involved and participate in the Qultura community to participate in dream weaving activity.

There's four components to Qultura methodology:

Natural Law

Natural Law is the first component, which is about dependent arising and karma. We've already covered this component and you should be familiar with the concepts of existence and reality and how they relate to consciousness and space.

Universal Principles

Universal principles are four relatively simple mystical principles which govern existence from a human perspective. We will cover these universal principles over the next four relative short chapters. This should give you a basis for a meta-physic and enough mystical awareness to start developing your own 'meta-physic' and mystical awareness. Fingers crossed, at some point before the end of this book, it should all 'click' and make sense.

Combined numerology

If you want to understand your environment and other people - who are all part of your environment, you're going to have to get into numbers. This means either mathematics, or numerology. Please don't worry, as I'm probably worse at mathematics than you are, so we're going to be going through some numerology as we go along. Numbers matter because things happen in your life according to sequences, patterns, rhythms - dates, times, occurrences, and having some idea of numerology helps you break down a sequence or pattern

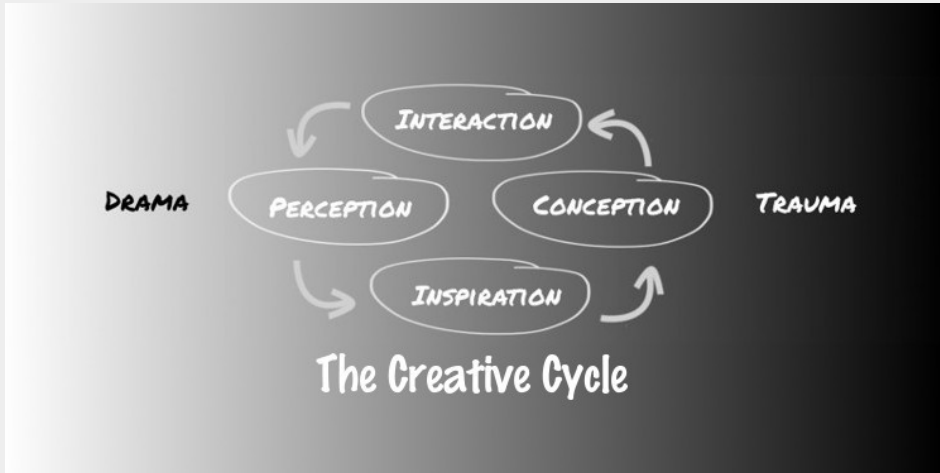
down to a mystical principle. So we're going to be referring to this component throughout the book.

Unmind

Unmind is the fourth component of Qultura methodology. It's the practical component based on ritual magic and dream weaving. Magic, like yoga, is all about connection and unity between you and your environment and other people. However as this is a book about love, you end up having to understand relationship yoga, which is difficult and often messy and complicated. You're trying to use the mind to see through the mind. Dream weaving is based on using the heart to develop consciousness and developing a 'sense' or 'feeling' for life, experiences and relationships. But you're aware of the concept of Hungry Ghost and also the loving space, so you've already got some basis for dream weaving. We will get into what dream weaving and what it's about after we've covered the four universal principles.

So let's now go through the four universal principles and get that basic mystical awareness.

Creative Law



Creative Law is the universal principle of energy in relationship to both consciousness and space. Energy is constant, cannot be created or destroyed, and is the basis for all physicality and physical form.

By contrast consciousness and space are infinite and cannot be defined, understood, or explained. However relative to energy consciousness and space is spontaneous, random, and multi-dimensional.

There are four different aspects to Creative Law

INCARNATION

Incarnation can be defined as coming into existence through physical form. There are three core principles of incarnation:

- Uniqueness and individuality in physical form
- Relativity and connectedness to everything else in existence
- Duality and polarity through its impermanence and physicality (cyclicality)

These principles of existence apply to everything with physical form irrespective of whether something is animate (living) or inanimate.

ENERGY SPECTRUM

All energy can be defined by its wavelength, frequency, and relationship to both consciousness and space. This means that energy exists on a spectrum between the polar opposites of trauma and drama.

Trauma

The **higher** the frequency of energy and **shorter** the wavelength, the closer energy is relative to **space** and the more **traumatic** the energy is.

Drama

The **lower** the frequency of energy and **longer** the wavelength, the closer energy is relative to **consciousness** and the more **dramatic** the energy is.

Please keep in mind that traumatic energy is based on force and escalates in frequency. Trauma is the only force in the universe and the start of any process of creativity and interaction. Trauma is therefore what creates karma, and karma is any physical activity based on any process of creativity and interaction.

Traumatic energy can only be negated by dramatic energy, and force can only be countered by an absence of force.

Living existence is only possible through a sufficiently close relationship between consciousness and energy to create life and individual autonomy through the mystical transaction. All life is manifest through extremely low frequencies of energy with lengthy cycles which define the life cycle of an individual organism.

TIME PERCEPTION

Time perception is simply a measurement of physical activity or a cycle against it's spatial environment against which we measure such things as speed, effort, levels of difficulty, and so on. Perception of time is always inverse to the Energy Spectrum, which means that:

Trauma

The more traumatic the energy or experience the slower time will appear to pass.

Drama

The more dramatic the energy or experience the quicker time will appear to pass.

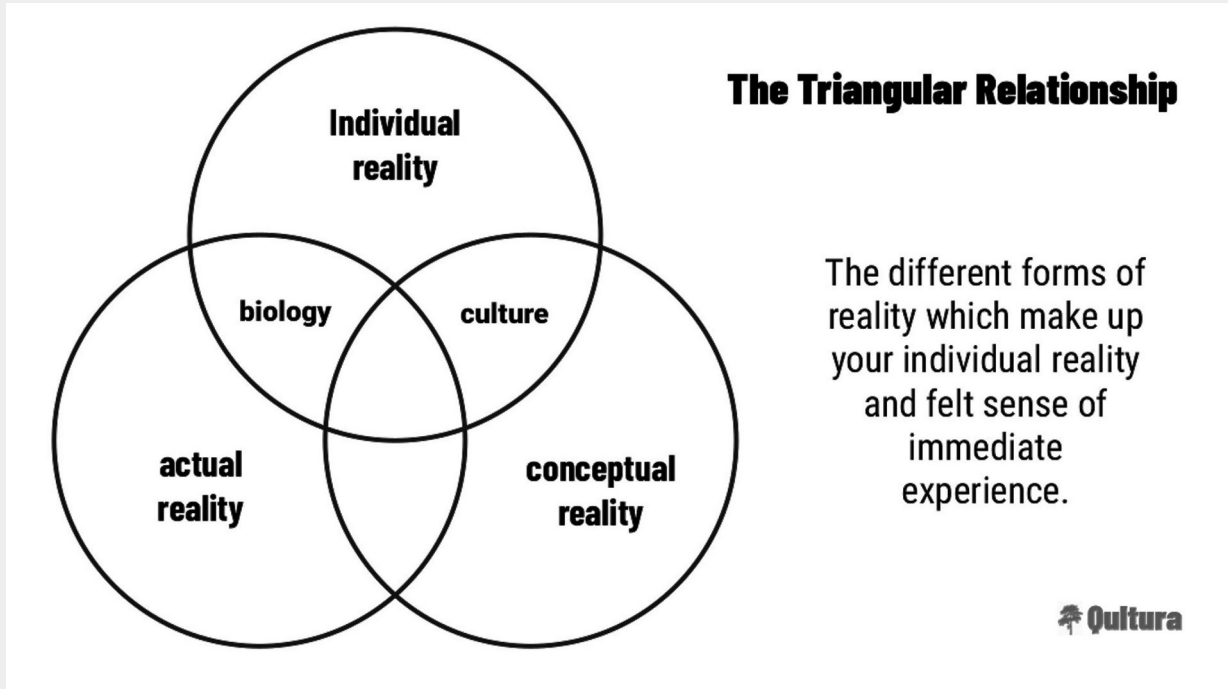
It's important to understand that actual time perception is always made against the life cycle of natural energy, which means that traumatic life experiences shorten the life cycle through burning up more natural energy, whereas more dramatic life experiences prolong the life cycle and conserve natural energy. By how much is a mystery because a human life cycle is never fixed or predetermined.

REINCARNATION

The cyclicity of energy cycles relative to consciousness and space is only possible through reincarnation - which simply means repeated incarnations into physical form through a process of creativity and interaction - which in terms of Creative Law and Qultura methodology means a great deal more than just life after death. Life and death are inseparable aspects of existence through the experience which is commonly understood to be life and therefore reincarnation is relative to karma (physical activity) and part of the manifestation of consciousness and space through physical form and activity.

All existence is based on pulsation (alternating between existence and non-existence) and vibrations of energy waves.

The Triangular Relationship



The Triangular Relationship is a universal principle based on the different forms of reality you experience. Learning to be able to differentiate the two is fundamental to being in a state of mindfulness and being able to create truth.

If you read the insight about self and other and relationship you will know that consciousness and space are the fundamentally the same thing. In terms of Qultura methodology consciousness is defined as existence and space as non-existence and reality. Therefore space is the reality which defines consciousness and existence.

THE MYSTICAL TRANSACTION

You are always relative to an environment both in terms of actual reality (the universe, this planet, your physical body) and conceptual reality (social background, culture, society) therefore you are always connected to both.

The environment is always the totality and is always multi-dimensional while the individual is always reflective of the totality and environment.

The mystical transaction is based on equanimity because that what exists is connected through non-existence and space which defines the reality of its existence, and reality is defined by everything that's in existence and also in relationship with space.

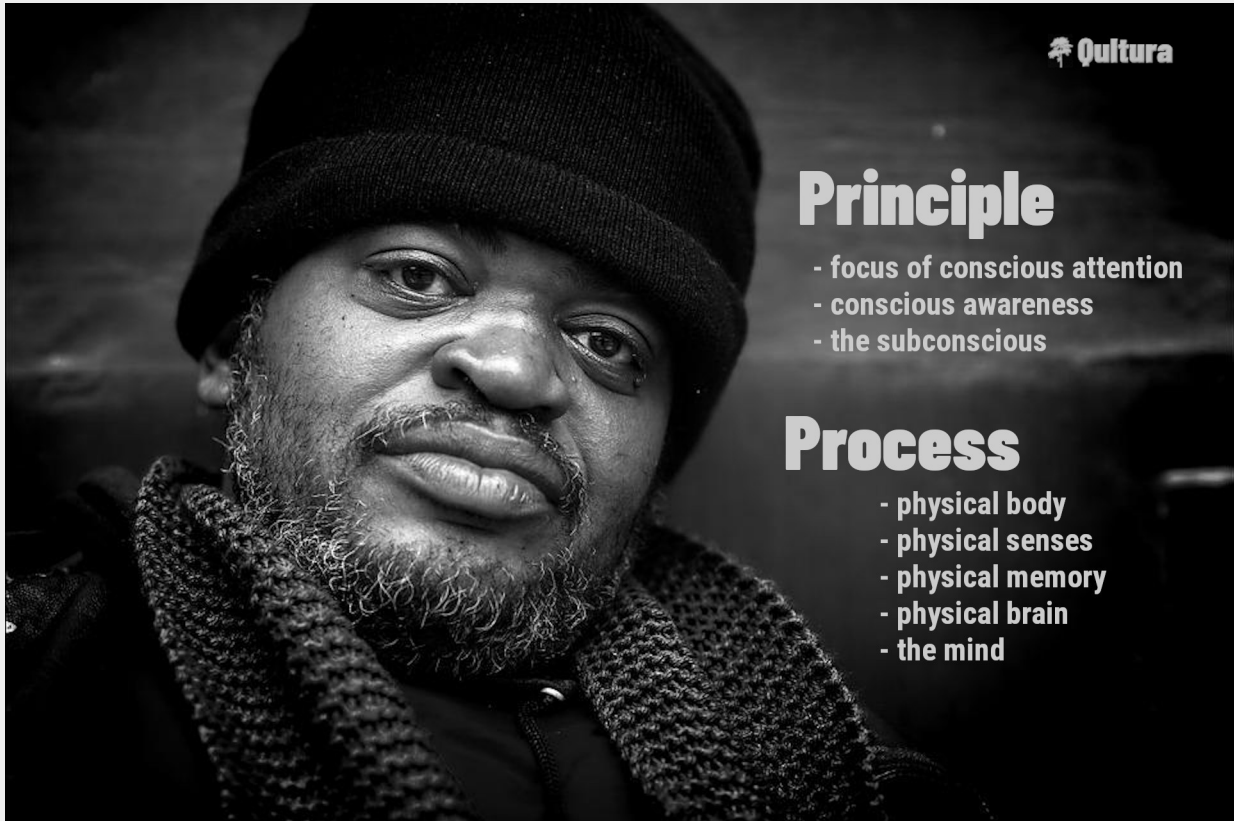
Existence is always defined by reality and space (non-existence) and reality is always defined by the totality of everything in existence which can only be defined as environment.

THE FELT SENSE OF IMMEDIATE EXPERIENCE

Your life experience is defined by the felt sense of immediate experience which is your experience of the totality of your environment in the present moment in time.

Reality only exists in the present moment which means that time flows outwards through memory (time perception) from your Principle into possibility. This means that both the future and past are conceptual and you can only relate to either the past or the future as a thought in the present moment.

The Principle and the Process



The Principle and the Process is the third universal principle of Qultura methodology and is considered the foundation out of all the four universal principles. This is simply because you cannot perceive either existence or life from anything other than the perspective of an individual human being.

This was the 'yogic' universal principle because it is based on yoga and the Vedic texts of Hinduism. Unlike the Ego, which is a conceptual perspective of Self which is based on a belief in the false illusion of separateness between Self and environment and Self and other, the Principle and the Process is based on the exact same principles as Natural Law.

The only thing which defines you as a human being is your physical form which can be defined as Process. Consider that what is individual and what is environment is completely arbitrary and cannot be clearly defined. If you consider that

'environment' is different things together in relationship then it becomes apparent that:

- your mind is an environment for your memory, your sensory nervous system, the Felt Sense of Immediate Experience, your perception of your environment, your thoughts, your emotions, your feelings, and so on.
- your body is an environment for your body cells, organs, blood, skin, hair, bones and so on.
- your senses together are an environment through which you create the sensations coming from your perception and conception, not just primary senses of touch, sight, hearing, smell and taste but other senses such as pain, hunger, discomfort, and extrasensory perception.

There are three aspects to the Principle and the Process.

PRINCIPLE

Your principle is the sum total of consciousness across all different planes and levels in the present moment in time This includes:

- your focus of conscious attention
- your conscious awareness
- your subconscious

Your Principle is who you really are in the present moment and it has no physical form. Therefore your Principle is not subject to time nor is it subject to physical death. Your Principle is also known as Core Being in terms of Unmind.

You create and express your individual truth out of your Principle.

PROCESS

Your Process is everything about you which has physical form, which includes:

- your physical body

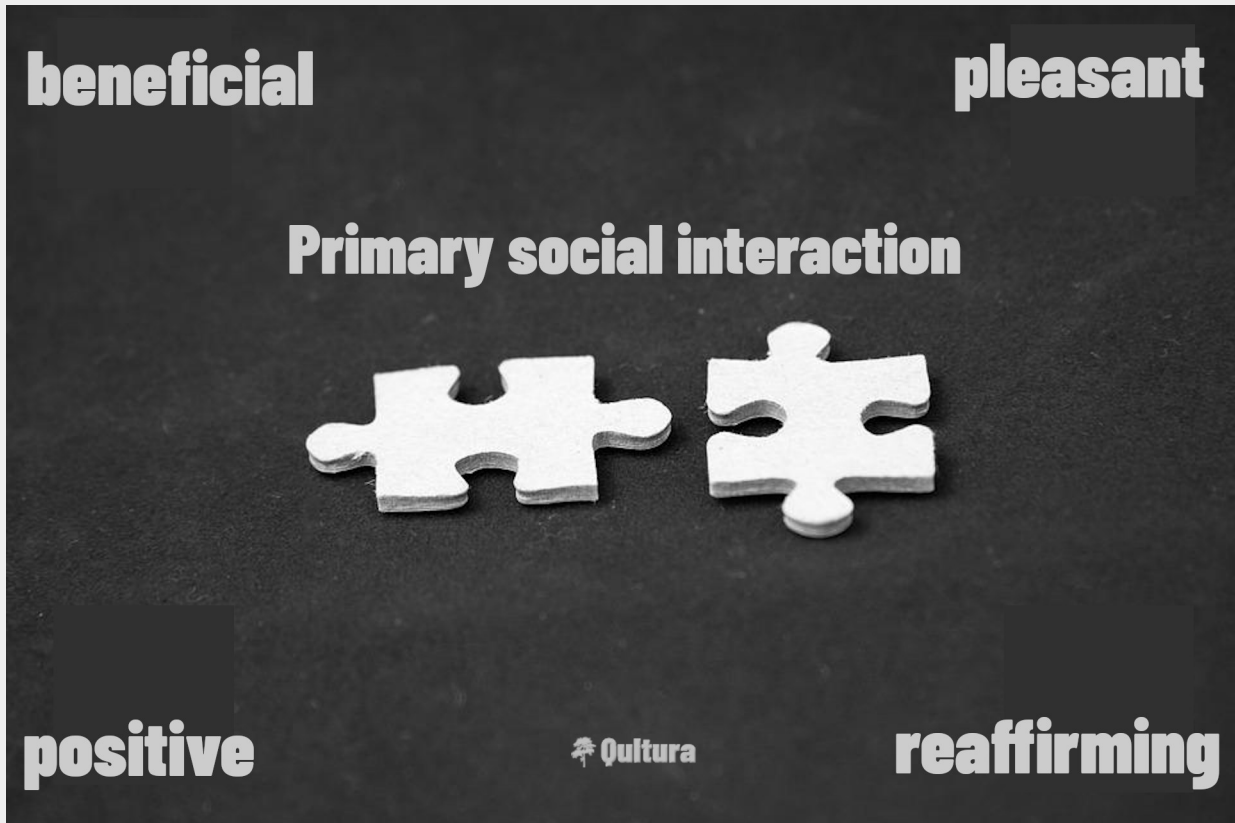
- your sensory nervous system
- your brain and memory
- your Ego and conceptual perception of self and other
- your thoughts, emotions, feelings, beliefs, etc

Your Process is based on your physicality and energy. It is impermanent, in a state of constant change, and is subject to physical death and reincarnation.

MIND

Your mind is the space or environment in which you exist. Mind is your connection to environment and exists all around you. Everything that you can perceive and become aware of is coming at you through mind, and everything that you can conceive and put into language is also expressed through mind. Mind is therefore the environment for your existence and being.

Primary social interaction



Primary social interaction is the fourth of the four universal principles of Qultura methodology. This is the universal principle of relationship of environment from an individual human perspective.

The central human reference point for existence and life is through language and cultural awareness. You are always relative to an environment and environment here means both a natural environment and a social environment.

You are always subject to the mystical transaction between you and your environment. You are just as relative to this planet and the universe as you are to other human beings, Nature, and the entire human species.

You are only as consciously aware in the present moment as you are able to express through language and individual truth. Truth is always individual and is relative to

both individual perception and individual perspective (your Principle or Core Being). You cannot be any more enlightened, mindful or consciously aware than your individual truth or Principle.

In order to become more consciously aware or to evolve through primary social interaction you need to be mindful and connected to both your natural and social environment. Please understand that the four qualities of primary social interaction apply to the relationship and nature of the social interaction.

This specific universal principle forms the basis of Unmind and dream weaving activities.

Zero



EMPTINESS, NOTHINGNESS, SPACE AND REALITY

So let's start with the first of the fourteen mystical principles which make up Combined Numerology. Zero is the mystical principle of emptiness, nothingness, space and reality.

To give you some pictorial symbolism we're going to be working with some Tarot cards from the Major Arcana. I use the simplified Rider-Waite deck developed by British occultist A. E. Waite back in 1910, simply because what's depicted on the card - the illustration - contains everything we need to understand the mystical principle.

The way I've developed Combined Numerology is that the mystical principle is always indicated by the number at the top of the card. The Tarot card is also associated with an astrological sign and planet - again symbolic.

In some cases, for example when we go through the specific types of karma, I will be using the traditional astrological symbolism associated with the Tarot card and not the Combined Numerology symbolism. However outside the chapters on specific

types of karma when I use Tarot cards in Combined Numerology the number at the top of the card will be more important.

I will remind you how I'm using each Tarot card throughout the book so you don't need to remember which symbolism I'm using.

THE FOOL

So let's look at what we see on the card. We see The Fool, a young man, setting out on a journey, carrying his worldly possessions, a flower, with a small wee doggie beside him. He's about to step off the edge of a precipice.

There's no astrological symbolism associated with this card in Combined Numerology.

In a way this card symbolizes mysticism. What is mysticism? Well anything which is mysterious to you, that you either don't know, or don't understand - that is mysticism from your individual perspective.

Please keep in mind that reality, space, and spirit, cannot ever be fully understood, known, defined, or explained. How do you know when you've seen a ghost? How do you communicate with a dis-embodied spirit? Sure, you might actually see a ghost, or hear spiritual phenomena, but then again it could be something else in your environmental reality that you haven't considered.

This is where you need to be careful. If you experience something that you cannot explain, then you can make an assumption and transform it into a belief. You will have created existence out of non-existence. Or you can refuse to believe your experience, which is yet another assumption, based on a negative belief or story. Once again you've created existence or a belief out of non-existence.

Perhaps now you can understand why this card is symbolized by The Fool.

YOUR MIND IS EMPTY SPACE

Your mind is empty space which exists all around you, and something which needs to be kept clear as much as possible. Whoever controls that space in your mind

controls you. If someone can control your mind, they can make you believe anything. If they can make you believe anything, then they can make you fear anything. If they can make you fear anything, then they have control of your mind.

This is the difference between mind and memory. Memory is physical, mind is not. If you keep your mind free, then all the thoughts, feelings and emotions will flow through you into memory. If something is important to you, it will come back from memory into mind. If not, don't worry about it.

What I'm giving you here is the basic principle of mindfulness. Just like spirit, just like love, mindfulness is who you are in your most natural state of existence. You see when you are mindful and in that state of mindfulness, you are not self-conscious, not aware of your breathing, not aware of anything your body is doing, and you have mental and emotional equilibrium.

You're just a Hungry Ghost taking in your experiences and the flow of life, which outside the numerous cycles of your habits, routines, the flow of life is just happenings and thing, thing, thing, thing, thing, coming and going, rising and fading, existing and non existing, pulsation, rhythm, pattern, on off on off on off, over and over again.

The basis of mindfulness is the mystical transaction between you and your environment.

Furthermore when you're in a state of mindfulness, you're also, coincidentally, in your loving space. Your partner or whoever you love is happening in your environment. If you are in love with your partner, and them in love with you, then the whole relationship becomes an environment for mindfulness. No need to head off to a yoga class - unless you want some peace from them - as you can always sit down and do some dream weaving together. As you will see a little later.

One



UNITY THROUGH CONSCIOUSNESS

Before we get into dream weaving we first need to understand the principle behind dream weaving. The mystical principle is always One, which is always unity through consciousness.

One is always symbolized by The Magician card from the Major Arcana of the Tarot. The Magician is a young man dressed in white with a red robe. He's standing next to a table on which there are four items, each symbolizing a suit of the Tarot.

A pentacle

Pentacles symbolize what you have or possess in life.

A sword

Swords symbolize the choices and decisions you make in life.

A cup

Cups symbolize feelings, emotions, and thoughts.

A wand

A wand, which is basically a stick for which you can have many uses, symbolizes actions and what you do not just in a situation but also in life.

This is about as far as we go in terms of the Tarot itself. We're not going to get into the meanings and symbolism of all 78 cards of the Tarot deck. I'm ignoring the Minor Arcana. Please keep in mind that this is a book about love and what love is about. It's not going to be about the Tarot.

Returning to the subject in hand, i.e. The Magician, these four objects on the table symbolize the four different aspects of karma which from a human perspective is all about physical existence and the different aspects of physical being and physical action in terms of our conscious awareness and subconscious. Karma, which we will be getting into a bit later, is all about memory, action, choice, senses, and what can be described as the Felt Sense of Immediate Experience.

Therefore it's about all aspects of your incarnation, physical being, and life in concrete, tangible, physical terms. Here I'm referring to the three physical dimensions of the five dimensions of living existence.

So now we turn our attention to that symbol placed above The Magician's head. You know? That symbol which looks like an eight turned on its side. This is the symbol of infinity, which of course symbolize consciousness and space, and therefore existence and reality, both of which are infinite and go on and on and on and on and on. What this symbolizes of course is reincarnation and the fact that we all go on and on and on, incarnation after incarnation, life cycle after life cycle.

*"Well we all shine on
Like the Moon, and the stars, and the Sun
Well we all shine on
Everyone, come on
John Lennon, ['Instant karma'](#)*

Only two cards in the Major Arcana show this symbol of infinity above the head of figures featured in the cards. The first is the Magician, as you see here, and the

second is Eight - Strength - which we will come to later in this book when we get into the mystical principle of power.

Note that The Magician's left hand is pointing down towards the earth, and his right hand, holding a wand, is pointed skywards towards the heavens. This gesture symbolizes life, which is the creative force - the Principle and Process - which connects the physical and material reality of this planet to the rest of the universe.

THE ASTROLOGICAL SYMBOLISM BEHIND THE MAGICIAN

Unlike Zero, symbolized by The Fool, there is some astrological symbolism behind The Magician card. Please keep in mind here that the symbolism here relates specifically to Combined Numerology.

The symbolism lies in both the sign and the planet associated with the sign. aries is the first sign of the zodiac, it's the cardinal Fire sign associated with the planet Mars which symbolizes direct action. This essentially comes out as everything we think, everything we say and everything we do. Therefore Aries symbolizes physical being.

This is simply because being goes hand in hand with doing. Being is synonymous with relationship, as we covered back in Natural Law and dependent arising. Therefore this brings us back to the Principle and the Process, that third universal principle of Qultura methodology.

You see physical being and karmic process is always equal to your sum total of consciousness, i.e. the Principle - which in terms of Unmind is also Core Being. Some people get it into their heads that karma is this freaky swirly divine system of retributive justice. Nope. Not true.

Energy is always equal to consciousness. Principle is always equal to karmic process. That what you do and that what you are is always equivalent to your sum total of consciousness, level of conscious awareness, your Principle and Core being. You are the manifestation of energy and consciousness in the universe being expressed through your individual conscious perspective and Principle.

This will become much clearer in subsequent chapters as we get into what karma is really all about and also get into levels of reality and planes of consciousness. But for now we will continue to develop some kind of a meta-physic and mystical awareness by going through some key mystical principles.

HOW THIS MYSTICAL PRINCIPLE PLAYS OUT IN REALITY

You're born into a physical body that keeps constantly changing. You might think you have one physical body or the same physical body throughout. You think that death is just this event which ends your life and happens at the end. But this is not how it works in reality.

Life and death are intertwined with one another just as existence is intertwined with non-existence. You cannot have 'is' without there also being an 'isn't'. You cannot have physical form without having space. So your body changes and reincarnates all the time. You do not know how many renewals and complete changes and replacements your physical body has gone through. Some say that all the biological cells in your body replace themselves every five years. Others claim that reincarnation happens every several weeks or few months. Who knows for sure?

Then you have your brain. Arguably the most powerful organ in your body and the one we humans least understand. Your brain uses up more energy than the rest of your body put together. Every day you have somewhere between 60,000 and 80,000 thoughts, which are made up of millions of thought fragments. All these thoughts and thought fragment fire off neurons and burn through brain cells. So your brain reincarnates much quicker than your body.

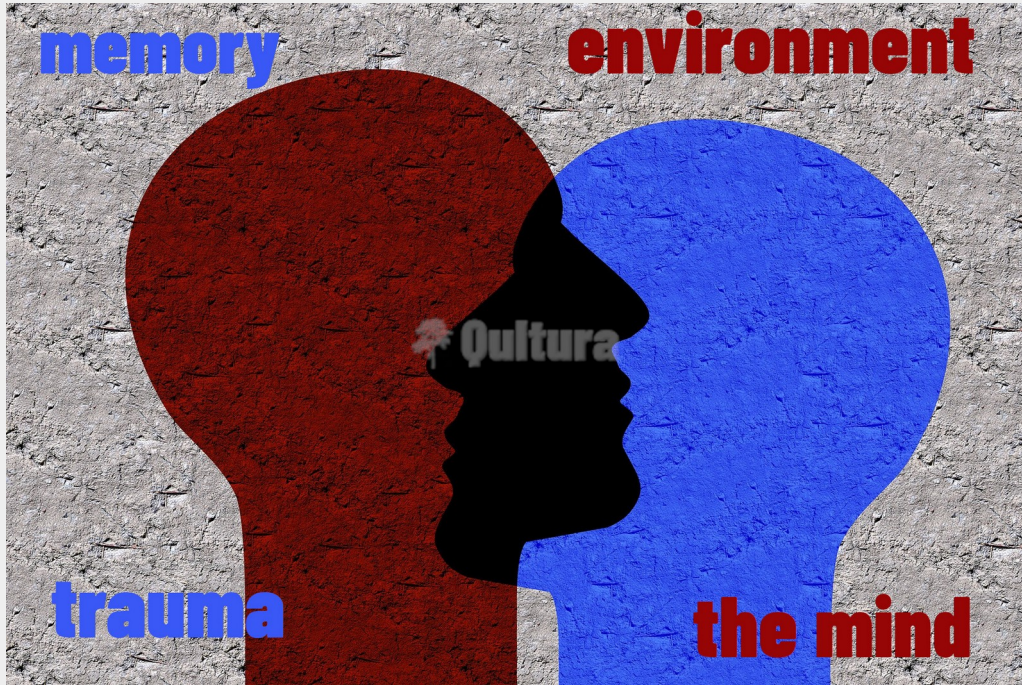
Yet you perceive your experience of life, your relationships, your Felt Sense of Immediate Experience, as one long continuous process or sequence of events and happenings. If I were to ask you to tell me about your first day at school, you would be able to remember and tell me about your first day at school.

The Loving Space

Time would not matter here. It wouldn't matter if you were 15 years old, 30 years old, 50 years old, or even 80 years old, you would be able to remember your first day at school. But how? How is this possible?

The answer is simple - consciousness - and the way consciousness connects everything in existence. Consciousness is in itself the very basis of all existence.

Understanding dream weaving



Words are powerful - very powerful. Understand that language is the central human reference point for all existence. We also have very powerful memory and equally powerful imagination. This is what sets us apart from all the other species of primates and most of the animal kingdom. We are able to use mythology and concepts in order to communicate with one another and this is why the development of human culture is central to our survival on this planet.

This is essentially why you get older people in their 50's still hurting over things that were said to them in their teenage years.

You see it's almost as if our memories and the way we use language is far too powerful for us as a species, Sure the ability to use mythology, symbolism, concepts, such as God, sets us apart from the other species, but it doesn't change the fact that by and large human beings are pretty bad at using our memories and imagination.

But see our inability to use language and our memories and imagination anywhere close to our potential - and this is vast - affects us all to varying degrees. We all go

through a process of socialization from pretty much when we are born until we become young adults and are considered sufficiently mature to be let loose around others in society. The socialization is necessary to make us easier to deal with. School teaches us how to think to some degree, how to use language, numbers, and gives us a decent starting point to understand society and what it's all about - as do our parents.

But we are all to some degree traumatized by our process of socialization. Even if you did well at school and had loving parents, you can still be badly traumatized from a broken relationship or even an abusive one.

Dream weaving is literally the 'weaving together' of different thoughts, emotions, experiences, memories, ideas, notions, memories and stories together to create new reality and new truth. It's a process of developing consciousness which is both magical and dramatic. Magic is any connection between an individual and their environment.

What you're doing is developing connections between memory, environment, mind and past trauma, as per the illustration.

The best example to illustrate how dream weaving works is when we watch a movie or go see a stage play. We watch the actors perform a story playing characters and for the time we are watching the movie, we believe that what is happening in the movie is real and we are witnessing the actors as if we are with them in person. Most good acting is magical in nature, and there's a very strong sense of connection between actor and audience.

See all abuse and social stigma arises out of ignorance and a lack of conscious awareness. Qultura methodology is a set of mystical principles arranged into four components which can give you a different state of consciousness in a short period of time. When you have increased conscious awareness, and you understand the basic mystical principles of what's going on around you, you no longer have to cling to your beliefs and you're much close to being able to understand reality and create truth.

The Loving Space

Once you've increased on developed your conscious awareness, you perceive things differently, you think differently, you interact and communicate differently with others, and using hindsight and memory from your past social conditioning you are in a position to strip away all your unnecessary attachments, beliefs, half-baked notions and cultural and social assumptions.

Now do you see what dream weaving is all about?

Two



DUALITY AND POLARITY

So we're going to get into Two, which is the mystical principle of duality and polarity. Here I'm giving you another Tarot card to work with - The High Priestess - which you will see is numbered 2 or rather II at the top of the card, symbolizing duality and polarity.

I'm going to get into the symbolism here a bit so you understand that you're looking at.

The High Priestess sits on a throne between two pillars, one black and marked 'B' for Boaz, and the other white and marked 'J' for Joachim. These pillars are a reference to the Temple of Solomon and refer to the Kabbalah. Behind the High Priestess is a screen or shroud decorated with palm leaves and pomegranate fruit symbolizing the duality between male and female. Behind the screen is the sea, symbolizing water and the mysteries of the deep.

In her arms is a scroll bearing the letters 'TORA' which refers to Natural Law. At the feet of the High Priestess is the crescent of the Moon which refers to the Woman of the Apocalypse described in the Book of Revelations: 12:1.

IDENTIFYING YOURSELF AS A PHYSICAL FORM

We've already covered Natural Law in the chapter on existence and reality earlier in this book. Therefore what I want to get into here is the one biggest single issue behind pretty much every other issue that human beings experience - separateness.

To the degree that you identify yourself only in terms of your physical existence, be it your physical body, your mind, your thoughts, your beliefs, your social role and function, your Ego, your world view, and so on, you're going to create conflict, you're going to create divisions, you're going to get caught up in deception, and you're going to end up suffering.

You see, at the centre of this predicament most of us have some kind of notion or believe about how we think the world is. We have our own personal cosmology and a model of the universe. Everything we experience or what comes into our field of perception we ask ourselves a basic question - does this fit in with my personal cosmology and how the world or life is supposed to be?

If it does, then we accept it. But if we come across something which doesn't fit into our personal cosmology or perspective of how the world works, the universe, or how life should be, we label it and define it as 'other'. Then we seek to justify our assumption that it is 'other' and doesn't fit:

- "That's weird."
- "That's wrong."
- "I'll study it later."
- "That's interesting, but it's not my thing."
- "That's crazy."

- "That's a cult/conspiracy theory."
- "That's mystical nonsense. It's not real."
- "Sorry I can't believe that."

The predicament is that if you keep doing this you can never change. You also fall into separateness and create an illusion out of your environmental reality. You also divorce yourself from your immediate reality and create unnecessary division not just between yourself and your immediate environment, but also between you and other people. You close off your mind. When you close off your mind you reject everything which you feel doesn't fit in with who you think you are, who you believe yourself to be, and your notion of Self and your identity.

So this is where I make a statement to set the tone of this chapter.

WHOEVER YOU THINK YOU ARE, YOU ARE NOT

This is true. This is a hard truth. If I ask you "Who are you?" whatever you tell me in response will invariably turn out to be an illusion. Forget it. Which brings us to the next part of the predicament. If you don't know who you really are, and all you have is a belief, a concept, an assumption, and you're going on that premise alone (and it is a premise), then how are you going to know who anyone else is? How are you going to understand the reality of your environment at all? How can you even begin to figure out what is really real and what's only relatively real? How can you determine what is truth and what is illusion or belief?

You see you are a human being who is being that what you claim to be, and it could be a role, an identity, a persona, a character, a Ego, but it's not who you really are and it's also - on this basic, superficial level - not who anyone else is either. It's just Mickey Mouse, role play, a concept, an illusion. Think about this. Are you nothing more than a concept or an illusion? Or are you really real?

Please don't think I'm judging you here. I'm not. I'm doing the same thing as you. The only difference is that I know when I'm putting on an act and just doing role play. We all have to start somewhere when it comes to learning about and understanding

who we are and figuring out reality and truth. Some kind of identity or assumption is just as good a starting point as any.

YOU ALSO CLOSE OFF ALL POSSIBILITIES FOR LOVE

This is another hard truth. I've been dealing with people and their relationship issues for somewhere close to 30 years. Cheating, abuse, issues with sexual orientation and identity, coming out, being in the closet, Kinks, fetishes, sexual issues, family conflicts, kids going off the rails, mother in law issues, differences in karmic process, addiction issues, and more. Behind each and every one of these issues is separateness.

I'm setting out my stall here because we still have to get through the messy, complicated issue of karma and also the different levels of reality and planes of consciousness but what lies behind all this is separateness, identifying as physical form, and using your personal cosmology and belief systems as a yardstick to measure the reality you're experiencing.

Let's assume that the life you're living now is just one single incarnation or life cycle out of hundreds, maybe even thousands. Do you really believe that you have somehow got through hundreds and thousands of different incarnations without ever finding love, being in love, or experiencing love?

I don't believe you. Sorry. It's not possible.

Desire alone isn't anywhere enough for love. You are love. So too is everybody else. It's right there deep within us right next to and pressing up against our spirit, or the Hungry Ghost. You have different people coming in and out of your life all the time. All it would take is for one or both of you to become consciously aware of a connection between you and there - POOF! - you're connected through the same or similar level of consciousness. That is love. It cannot be anything else.

So tell me where does desire fit into all this? You can claim to be looking for someone to love, so who exactly are you looking for here? You cannot even remember being a one year old. How can you even begin to remember who you were and who you loved in a previous incarnation?

Furthermore how will you be able to recognize them? See back then you were a completely different human being, in a different previous incarnation, and so too were they. So who are you looking for here?

If you want to be truly miserable and increase the amount of suffering you go through in life, all you need to do is start chasing love. Trust me, you will end up deceiving yourself, misunderstanding people, experiencing disappointment after disappointment, failure after failure. This is not how you find love, simply because you're looking for something which already exists inside you somewhere outside you.

You're chasing illusion after illusion after illusion. It's a reliable way of becoming messed up in the head so much you won't be anything to anyone even in a relationship.

Separateness and identifying as a physical form is also a common, reliable method of screwing up a perfectly healthy loving relationship. It starts out pretty much the same way. You meet someone, you decide that it's love. You want them to be exclusive to you. You want to be an item, you want commitment, you want marriage, you want the whole package.

Once you've got it, then you start wanting to control it. You start having expectations about your partner. You want them to do certain things. Wear certain clothes. Behave a certain way. Do certain things. Don't do certain things. Avoid certain people. You start thinking up rules for them. Demanding to know where they are. Checking their smartphone and computer. You start policing them, trying to control them.

Then you wonder one day why they're leaving or you're getting served divorce papers. It's not such a big mystery in the end. Trying to control love or a loving relationship is like trying to control a dream. You cannot do it.

Three



In this chapter we're going to become mindful of the all important mystical principle of our natural environment, which is all existence is change, all existence is relationship. This statement is founded on Three, the mystical principle of biological evolution and natural growth.

Once again I give you a Tarot card from the Major Arcana to work through the symbolism with. Here we work with The Empress. We find the Empress sitting in a field of grain near flowing water. Behind her is a forest. She's seated on a throne covered with a red throw. She holds a scepter, symbolic of her power over life and death, and her crown is decorated with twelve stars, each one denoting a sign of the zodiac. To her right is the symbol of maternity, motherhood and fertility, for her womb is the first natural environment of the human being in the form of a foetus. She is the holder of the subconscious in Mankind.

Between her and the High Priestess we have the Woman of the Apocalypse, as described in the Book of Revelations, Chapter 12, verse 1.

THE 3.8 BILLION YEAR OLD NATURAL SYSTEM

Here I feel we need to think about the flawless and impeccable system of Nature we are all part of. Have you ever seen a badly shaped cloud? Have you ever come across a river that somehow naturally got clogged up or stopped flowing? Ever seen a flaw or mistake in a grain of wood? It just doesn't happen.

It's been said that animals were created for plants and trees to be able to distribute seeds all over the plant. They're part of the system of reincarnation and karma, What reincarnation and karma is when you stop and think about it is a natural system for distributing life and life experience fairly evenly throughout the surface of this planet.

You see on the one level people say that life isn't a rehearsal. Partly true. Life is participating in the dance, playing the game, creating, and developing the dramatic role, and in that context life is the performance. But see on a completely different level each incarnation and each life cycle is a rehearsal for the next incarnation and life cycle. Relative to who you are now and where you're at in life, all your previous incarnations have been the rehearsals for this life cycle and incarnation.

Therefore everything what you experience in this life, and also what you don't experience, it all ends up as a rehearsal for your next incarnation and life cycle when you become reborn as someone else.

*"You've got to grow, you've got to learn by your mistakes
You've got to die a little every day just to try to stay awake
When you believe that there's no mountain you can't climb
'Cause if you get it wrong you get it right next time, next time.."
Gerry Rafferty, ['Get It Right Next Time'](#)*

THE LOVING SPACE REVISITED

So how do you learn from your mistakes and failures? It's quite simple - you develop on your conscious awareness. You cannot change anything without a development

in conscious awareness. Unless of course you want to stick with your little personal cosmology and within your comfort zone, trapped in your little illusions of physical existence and reality, following some belief or ideology.

Oh sure, you might get a little Ego trip going and fool yourself into thinking you're changing or changing the world. Plenty of illusions and so-called laws to kid you into that sort of change - self improvement, self-love, the illusion of permanence, the illusion of continuity, the illusion of cause and effect, the law of attraction, philosophical materialism (more is better, hard work always pays off, put yourself first), the Higher Self, and so on and so forth.

But if you're at all serious about change, and I mean really serious, then you've got to become open to the world and other people, be willing to spend time outside your little comfort zone, you've got to get seriously involved in love and to work at actually becoming love.

This means you need to work at creating that loving space somewhere deep within you. You see the best possible way you have of developing conscious awareness is through love, which is in itself a purely conscious experience. This doesn't necessarily mean that you have to get rid of your Ego and belief systems. You're not going to get away with living without an Ego and some kind of ideology in modern society, otherwise you will quickly end up as toast or will simply get eaten alive.

No what I'm suggesting here is playing it smart. The whole point of consciousness, love, truth, beauty, appreciation, happiness, is that it never costs you anything to create it, outside a bit of attention and energy (effort). Once you create it, the more you're able to create it, so eventually the more you have the more you end up having. You're doing this in another dimension of living existence, on a completely different plane of consciousness, on a different level of reality, so it's still you but it's you differently.

The upshot is of course is what when you're connected to reality as it is, and not how you expect it to be, you become far less attached to all the physical aspects of your identity and your physical existence. It's still there, it's still fun and games, but you can easily become free of stuff and let it go.

The Loving Space

There's a certain truth in the statement love changes everything. As you will see later, this is one of the keys to the mysteries of life.

Reasons to be cheerful



“Reasons to be cheerful, part 3

*Some of Buddy Holly, the working folly
Good Golly Miss Molly, and boats
Hammersmith Palais, the Bolshoi Ballet
Jump back in the alley, and nanny goats
18 wheeler Scammells, Dominecker camels
All other mammals, plus equal votes
Seeing Piccadilly, Fanny, Smith and Willy
Being rather silly, and porridge oats
I better grin and bear it, you're welcome we can share it
You're welcome we can spare it, yellow socks
Shorty to be haughty, nutty to be naughty
Going on forty, no electric shocks*

*The juice of a carrot, the smile of a parrot
A little drop of claret, anything that rocks
Elvis and Scotty, days when I ain't spotty
Sitting on the potty, curing smallpox*

Reasons to be cheerful, part 3

Reasons to be cheerful, part 3

Reasons to be cheerful, part 3

Reasons to be cheerful, one two three”

--Ian Dury and the Blockheads, ['Reasons To Be Cheerful, Part 3'](#)

I think we would benefit from a break in mystical principles and developing a meta-physic with a chapter on happiness, simply because it often gets overlooked in the spiritual process and journey. This is a shame, because happiness is that state of mind which is incredibly important when it comes to being love and becoming love and working love into your conscious awareness.

This is where I'm going to have to get somewhat political and start making some individual philosophical statements which might take you out of your comfort zone. Please keep in mind that I'm thinking of your own psychological and emotional well being. I also feel I need to fit this in somewhere before we start getting into the more physical side of existence from a meta-physical perspective.

THE PROCESS OF SOCIALIZATION

We need to get into the process of socialization and the social and mental conditioning we all get put through from the time we are born which lasts until later into life when we get taught that reality is a certain way, and this is 'The Truth', but this is all where we develop an Ego which is a compromise between our 'inner' private world and the wider more external social forces surrounding us. This is where the whole issue of separateness begins.

The process of socialization starts pretty much as soon as we are born. Throughout your life you've been surrounded by other people telling you who and what you are, what to think, how to behave, what you should do, what you need to believe and so

on. We all grow up with figures of authority, parents, teachers, media figures, religious leaders and ministers, politicians, aunts, uncles, businesses, organizations, and grandparents - who admittedly are a bit different because they are generally sources of wisdom and insight.

But here it's also important to understand that there are different reasons for the authority and different relationships. Parents are generally (but not always) trying to pass onto you values, beliefs, skills and knowledge that got them through life and what they think is going to get you through life. Teachers and schools on the other hand, are there to educate you, teach you how to think, what to think, and prepare you for some sort of life somewhere in the social hierarchy to be a 'Somebody' or 'Somebody Special', but also to be a Good Model Citizen deserving of Widespread Social Respectability. Generally speaking you grow up trying to take the path of least resistance so to some degree you go along with much of this.

You see in school everything is organized, regimented to some degree, so you have to listen to teacher, follow the rules, and do as you're told, when you're told. Even from primary school, you're part of the system. Early on you get marks, grades, tests, evaluations and as you get older there's exams to pass. Out of this you get certain divisions between above average, average, and below average. It's far from ideal, simply because no kid wants to be average or below average, and neither do parents. But the divisions also exist in another way, in the classroom. You get the bright kids, the average middling kids, the not very bright kids, the popular kids, the not so popular kids, the bullies, the victims, the outsiders, and the kids you know that something's going on at home.

The major issue is, unlike the wider 'natural' system, i.e. that of Three, biological evolution and natural growth, the human social and economic system is not without its fair share of flaws and shortcomings. It does a great job of developing your memory, teaching you how to think logically and rationally, and developing your desire systems, as the entire system is based on some conceptual understanding of the future in what is believed to be The Real World. But what it never tells you - and this is the secret - is that it doesn't set you up for life. Noe does it ever tell you that some of your expectations won't work out, your desires will fall short, and often you

simply won't have the time, resources, energy or heartbeats to make things work to the end.

It leaves that part unstated. You either have to figure out the rest for yourself - because all this socialization amounts to at the end of the day is a starting position in life - or you end up experiencing the kind of reality you didn't get taught at school.

WHEN THINGS DON'T WORK OUT FOR YOU

Unlike Three and the natural system, the human system is flawed, riddled with mistakes and shortcomings, and often things go wrong, things which shouldn't happen happen, and things which need to happen don't or they happen a lot earlier or a lot later than anticipated. Babies don't come with instruction manuals. Some parents do well and thrive from the experience, for some parenting is a struggle. You can say the same about teachers. Some teachers exist to make your life difficult, some teachers are truly memorable and teach you stuff that you remember throughout your life. The vast majority of other teachers are effective, irrespective of whether they are good or bad. See the quality of teaching always comes second to your individual desire to learn.

The human system cannot protect you from experiencing trauma. Trauma is part of the natural system. It's environmental. People die, people grow old, people get sick, people experience trauma in other ways which is sometimes unspeakable which pushes them right up to the sharp edge of their humanity. "I just cannot cope. I cannot deal with this. I don't know how I'm going to get through this." It's not that the universe doesn't put you into a situation that you cannot get out of. Closer to the truth is that you're encountering a new experience in life which is painful and extremely difficult to understand, and you just don't have the awareness and experience or memory to deal with it.

But all too often Three becomes Two, particularly if you're basing your perception of everything including yourself on your Ego and your physical existence. You go right back into separateness, back into your comfort zone in that safe space behind your Ego. You get caught up in the polarity and duality of praise and blame, good and bad,

better and worse, and start developing fundamental questions about life and relationships:

- -"Am I acceptable to you?"
- -"Do you like me?"
- -"Have I achieved enough for you?"
- -"Can I trust you?"
- -"Are you deceiving me?"
- -"Are you going to hurt me?"
- -"Are you only pretending to like me?"

Obviously you don't come right out and start asking people these questions. All too often these are questions which you're asking yourself whenever you encounter other people or getting involved in relationships. They're there always at the back of your mind, then come to mind whenever you come into contact with other people.

Eventually this becomes the focus of your life experience and Felt Sense of Immediate Experience. You start judging and prejudging people and very quickly get into the habit of categorizing people into two broad social groups - us and them.

'US' PEOPLE AND 'THEM' PEOPLE

You see when you get caught up in separateness and your own little personal cosmology and belief systems (ideologies) this isn't just something you keep to yourself, is it? This is something which you also apply in life and also, when you have the opportunity, to your social relationships with other people.

The 'us' people are of course the people who matter in some way to you. Some of them are who you associate with the soft edge of your humanity, which roughly equates to the loving space, so friends, partners, lovers, family you get on with, and people you feel 'get' you. Then there's the transactional 'us' people, the people who

do favours for you, who make your life easier, who give you stuff, money, alcohol, and sex. This could be a fuck buddy. This could also be someone who gives you a special discount in a store.

Then you have the larger group, the 'them' people. Many of these people are complete strangers, people you walk past in the street, who share public transport with you, the postman, retail staff, bus drivers, neighbours, everyone else. This also includes the people who you have relationships with who you feel you have to 'deal with', employers, landlords, the family and relatives you don't get on with, the friends of friends you feel are a right pain in the arse.

These people usually exist outside your personal comfort zone and lie somewhere between that and the sharp edge of your humanity. "Oh no. Leave me alone. Piss off! Stay away from me."

*"Don't throw your love away, no no no no
Don't throw your love away, for you might need it some day
Don't throw your dreams away, no no no no
Keep them another day, for you might need them some day*

*Lovers of today, just throw their dreams away
And play at love
They give their love away, to anyone who'll say
"I love you"..."*
The Searchers, ['Don't Throw Your Love Away'](#)

THE COMFORT ZONE AND HAPPINESS

So this is where, eventually, we get to the point. If you're like most people out there, then you spend most of your time, and most of your life 'working on yourself', i.e. working on your Ego. All too often you've built up this huge personal matrix and mind net centred on this massive persona you've built up over the years and which you spend a great deal of time, energy and resources making it all seem real and convincing just so other people will take you seriously.

Think about all the things you do to keep this illusion going - the clothes you wear, your hairstyle, personal appearance, your education, your belief systems, your ideologies, your labels, the things you say, the things you do, the stuff you carry round with you, the smartphone you spend so much time staring at, social media, and so on.

You're doing all this just to participate in The Social Contract which has just one simple, single rule - "I will make believe that you are who you think you are and claim to be, if you make believe that I am who I think I am and claim to be." That's the long and short of it, isn't it?

Let's be above board and honest with each other here. maintaining an Ego in today's society is hard work. It's extremely difficult trying to keep your physical existence consistent, permanent and continuous when in reality it's anything but. I bet you sometimes wake up some mornings and want to say "Everybody can just fuck off. Today is cancelled." I get it. I've been there. Bought the T-shirt and all that.

But see in all this separateness and maintaining an Ego, the hard truth is that you cannot continuously keep pushing the world away and keeping it at arm's length without tossing aside opportunities for fun, for happiness, for love, for development of consciousness and for figuring out the fundamental truth of your incarnation.

Name me one politician, any politician, it doesn't have to be a political leader, who has stood up and come right out with it, that "The key to life is to go out, have fun and enjoy yourself." Can you name such a politician? Probably you can't because happiness just doesn't fit in with the entire philosophy of philosophical materialism. You know? Where you always go to work to be happy and once you got your money you spend it again on stuff once again to be happy. That's the implication, because of course happiness is never mentioned. It's simply assumed.

MEANWHILE IN THE REALLY REAL WORLD...

I'm making a distinction here because many people get so caught up in their separateness and Ego that they get reality confused, so that they often cannot tell the difference between what is really real and what is only relatively real and sometimes often imaginary real. 'Pretend' real if you prefer...

No matter how well you develop your Ego, no matter how much money you make, no matter how many sweet spots you get to experience in life, no matter how many successes, accomplishments and achievements, there will come a point in your life that you will start hitting despair and failure, you will have to start giving stuff up, or losing it (you choose), and you're going to need something different to focus your desire systems on.

There will come a point in your life when whatever you do just doesn't do it for you. Then what?

Now let's think about this a bit more. Let's say you're out for a walk somewhere among trees. Say you go into a forest, a meadow, or you're just go for a walk in the park. But the main point here you're somewhere among trees. Now whenever you're among trees, do you ever sort them into good trees and bad trees? Do you ever say things as:

- "Look at that tree. My God what an ugly tree!"?
- "That tree is too fat. It needs to lose some weight."?
- "That tree doesn't belong there. It needs to be somewhere else."?
- "Look at that tree. What a stupid tree."?
- "That tree is annoying me. It's needs to fuck right off."?

Probably you don't. you simply accept the trees as they are. You appreciate them. Even if you didn't, and you decided to insult the tree, do you really think the tree would be bothered? I don't think so.

If you have a cat, do you think your cat ever worries whether it's a good cat, or an unacceptable cat? Do you think a cat ever thinks "I'm sorry, I just suck at being a cat."? No, because a cat is excellent at being a cat. Sure it might constantly demand food, it might knock stuff off shelves. But it's still excellent at being a cat.

But see whenever you get human beings being around other human beings, everything changes and it starts getting much crazier. People become far more judgmental of both themselves and other people. Often you can't win, particularly among people who see you as 'them' people.

If you're too thin you're unhealthy and need to put on weight. If you're too fat you're unhealthy and need to lose weight and take more exercise. If you drink too much you're an alcoholic. If you don't drink you're a bore or just weird. These are just a few examples of how we're all policing ourselves and each other with labels and social stereotypes. There's often no let up. Even being yourself and doing your own thing can get you into trouble with someone else or cause them to want to mess with you.

TRAUMA IS NATURAL, SUFFERING ISN'T

I think it's really important to make a distinction here between trauma and suffering. Trauma is entirely natural, usually environmental, and a certain amount of trauma is baked into your life cycle, inevitable and unavoidable. This is all part of that 3.8 billion year old natural system we are all part of. All existence is change, all existence is relationship. Physicality, energy, physical existence is impermanent, transient, constantly changing and often illusory.

Suffering is neither natural nor inevitable. It's a fundamental choice we all make when we form attachments to Ego, ideology, concepts, and physical existence. This all comes down to perspective. From a Buddhist perspective suffering comes from attachment and clinging, trying to make physical form permanent when it's not. However from a Qultura perspective suffering comes out of the separateness and division which is created out of the attachment to physical form. The moment you base your entire perception of reality on physical form, you create an emotional and

psychological attachment to the form and not to the space which surrounds the form, i.e. actual reality.

I see this happening time and time again anytime someone hits a 'sweet spot' in life. It could be a first relationship, a first job, a new home, a new job, a new relationship. people become attached to the job, the new home, the new relationship.

But it's not just hitting that sweet pot where people start going adrift. It's also the 'comparison and contrast mode of thinking'. He's a man, she's a woman. He has an education, she has an education. He has a job and makes say £50,000 a year. She has a job and makes say £45,000 a year. They're buying a new house. They want to get married. They want kids. They want happy ever after. There's no concept of narrative, no fascination of the connection between you, what actually connects you, no concept of the loving space and the sense of unity between two human beings with different lives, different pasts, different childhoods, different karma and life experience coming together.

It's all my partner, my relationship, my home, my job, my career, my income, and the relationship is only as good as these things become constant. But then something changes, as it possibly does, and suddenly all of a sudden the divisions and separateness become apparent and it stops working out. The relationship no longer hits the standard, the partner no longer meets the expectations of the other partner, and it becomes conflict after conflict after conflict. One partner doesn't pull their weight, the other partner doesn't feel valued or appreciated, money becomes an issue, housework becomes an issue, the feeling dies in the bedroom and all of a sudden the 'we' becomes 'me and him' or 'me and her'.

YOU WERE NOT BORN TO SUFFER OR EXPERIENCE MISERY IN LIFE

I know that it takes all types to make up a society, but let's stop and think about this a little. How many times have you woken up in the morning and the very first thought that enters your head is that you have this desire to suffer and have a truly miserable day?

If you're like most people on the planet you wake up wanting to have a good day and be happy as much as possible throughout the day, right?

But see when you are caught up in your separateness, and see your happiness as sweet spots and something which is 'out there', i.e. events, accomplishments, achievements, relationships, other people, external events, happenings and so on, you're always going to be chasing happiness and going through cycles of expectation, anticipation, disappointment, despair, anger, frustration, misery and suffering. Time and time again. Over and over and over again.

Happiness is a state of mind. It can even be argued that happiness is a level of reality or a plane of consciousness that lies somewhere between love and your Ego. Or it lies somewhere between mindfulness and bliss, or being in love. Happiness is consciousness. Just like love happiness is self creating, self sustaining, and self perpetuating. Out of happiness you get appreciation, perception of beauty, perception of truth, and also perception of love. Happiness comes from the Hungry Ghost, that space and emptiness and nothingness inside you. When you are love it comes out of that loving space.

In terms of reincarnation and karma happiness is that first step towards love. Think about this. You cannot remember that far back to your previous life, previous death, and who you left behind. You cannot even remember back further than when you were 18 months or 2 years old. Even if you could, how would you recognize those who once loved you in a previous incarnation? You are in a new incarnation and physical form, and so too are they. You can think about this as much as you like, but the furthest you're going to get is a possibility.

Therefore at some point in your life you're going to reach a point when you have to balance things out so that the energy is balanced with the consciousness. You have to find your own way of getting from Two, separateness, and Ego, and physical form, to One, which if you remember is unity through consciousness. Please keep in mind that there isn't anything we experience we can call absolute reality, because once you express your perception of reality or truth into physical form such as language or personal self-expression it becomes bound to time and therefore is only relatively real.

It's also on you to find ways of lifting yourself out of separateness and Two. Irrespective of whatever personal cosmology or belief system you're using for your worldview and notion of how reality is - and it doesn't matter to me one way or the other - you still have to deal with Natural Law and the way the world works in terms of this natural system we're all a part of. Please keep in mind:

You cannot 'change' yourself.

You are already changing, day by day, minute by minute. Who you are today at this moment in time is not who you were last week, last year, nor will you be exactly the same next week, next year or in ten years' time. So what are you wanting to change if it's not another conceptual image of your physical reality?

You cannot change your environment.

Your environment is coming at you constantly in a vast multi-dimensional continuum of sensation and experience. In other words, everything is happening everywhere all the time. By contrast, your focus of conscious attention, i.e. your Ego, can only focus on one, two possibly three things at the same time. Your environment is never ever going to completely conform to your concept of reality.

Fundamentally here what I'm telling you is that you can only 'change' by becoming more consciously aware of your relationship and mystical transaction between you and your environment. Any spiritual awakening or journey has to be based on a changing or evolving relationship between you and your environment and other people. You can only really spiritually awaken through relationship. Who you are as an individual is always relative to your environment and who other people are.

This is the mystical principle of Three, biological evolution and natural growth.

Even if you think of a spiritual awakening, spiritual journey or spiritual process in terms only of yourself you're still missing the point. You have to take someone else with you, you have to share some path or journey with at least one other person. This is the whole point of love. Love is unity through consciousness, as is truth, because truth is still consciousness. So too is beauty, so too is appreciation.

The Loving Space

This is where happiness comes into this. Happiness is how you connect to your environment, to things, to people, to experiences, to memories, to everything really. Don't however become too fixated on happiness as a concept and get too attached to whatever it is that makes you happy. This will change over time as you evolve. Let it all come and go, too get too attached to stuff. You don't need to. You just need to keep an open mind, keep hold of your dreams, and let your spiritual process and journey, exploring, experimenting and evolving, create both the karma and the memories.

But enough on this.. We need to move on to the messy issue of karma, the karmic process and the different levels of reality and planes of consciousness.

Karmic bonds



Okay so now we come to a major subject in this book - the subject of karma and physical reality. I've written about karma before in my other books. I've even written a whole book on karma. But this time it's different, because we're starting out from a position of trauma, so we need to start from karmic bonds and what is known as the Chain of Interdependent Mutual Origin. So as always we're going to start with a card from the Major Arcana of the Tarot. The card in question is The Hanged Man, numbered 12, which I have assigned the mystical principle of karma.

In terms of imagery this is a fairly simple and straightforward card. You have a man hanging upside down from a branch of an oddly shaped tree. I've seen a lot of trees in my life, but I've never ever seen a tree with two main branches sticking out either end of a trunk at right angles. But hey ho. Simplicity I guess.

The man has his legs arranged into a 'four' and this is the same feature on the card as its opposite numbered card in the Major Arcana, named The World, which is the final numbered card of the 22 cards in the Major Arcana. I'll come back to the significance of this a little later.

The man also has a halo shining behind his head. This is the only clue you get about this card that there is some deeper esoteric meaning behind this card.

SO WHAT'S THE STORY?

I'm going to give you an example of working with the Principle and the Process through Unmind (which I know I haven't explained or written about in this book so far). Here we're looking for a principle so we need to learn about the process. The story is the process, it's a narrative and from this we can sense or feel the principle. Taking a look at the reality, what do we see? What do we hear? How do we feel?

The story as told in the Fool's journey is a well worn story. The Fool hangs himself upside down from a tree for nine days. Sees some coins on the ground. Realizes that he's got to come down from the tree at some point and reengage with his reality and journey. But he climbs down with a different perspective gained from hanging upside down from a tree.

It's pretty much the same story as that of Odin, the Norse god who 'sacrificed' himself for knowledge and wisdom and agreed to be hung upside down from a tree for nine days. He was wounded by a spear, not given mead or food for nine days. On the ninth day he saw some runes lying on the ground and understanding these runes to contain all the knowledge of the world, he climbed down from the tree, scooped up all the runes, and claimed the world's knowledge for his own.

Another version of the story takes place in ancient India somewhere around 500BC. A young prince, Prince Shakyamuni Siddhartha Gautama leaves behind his regal lifestyle and palace to become a wandering mendicant and mystic. He meditated under a tree for some time and 'woke up' to achieve perfect enlightenment and become the original Buddha.

HOW ABOUT THE VERSION OF THIS STORY YOU'RE FAMILIAR WITH?

At what point in your childhood did you create your story as a basis for your Ego? How old were you? Were you six? Seven? Eight? Nine? At what point did you make

your story real by telling it to others? Can you remember? How many times has that story you tell changed?

Can you see some sort of connection here?

THE RELATIONSHIP WITH PISCES AND NEPTUNE

Neptune was the Roman god of the freshwater and the sea. His brothers were Jupiter who ruled over the heavens and Pluto who ruled over the Earth and the Underworld. Neptune's wife was Salacia who was goddess of salt water and the deep sea. The Greek equivalent to Neptune was Poseidon.

Neptune is associated with Pisces, the 12th sign of the zodiac which is the mutable Water sign. The symbol for Pisces are two fish tied by a single line or cord, both swimming in opposite directions. Much of what the sign and planetary symbolism is all about is the subconscious, that what is hidden and not clear, not rational, ambiguous, nebulous, so intuitive, something you sense, feel, you know it's there, you can sense it, but you just can't explain it.

Pisces is the last sign of the zodiac, and there is an association in astrology with the 12th house of the horoscope. This is the house of privacy, seclusion, refuge, retreat, occult, secrecy, but is also the place of intuition, revelation, visions. It's the environment of addiction, compulsion, abundance, luck, inspiration, but also that what you have to relinquish, abandon, let go, sacrifice. It's also a place of redemption, forgiveness, cleansing, healing, peacefulness, conclusion, completion.

REBIRTH AND REINCARNATION

Okay that's enough symbolism for now. Back to reality. The reality of your life is that you are born with certain karmic bonds and are thus born into a certain karma with certain conditions you need to meet throughout your life and special factors that you need to work out and figure out some way to get through.

There are karmic bonds for every level of your physical reality. Let's take for example your physical body and the most obvious and explicit karmic bond, that which you share with your parents and grandparents, and in turn your children and

grandchildren (if you have them) which set the rhythms, cycles and vibrations of your physical body. You cannot be born without becoming part of a karmic process which passes from generation to generation between different people in the same family.

Then you have another karmic process going on from incarnation to incarnation where you incarnate and take on birth into a new incarnation, and then you die and become reborn again, reincarnating, reemerging back into life as someone else. This karmic process is a lot less obvious but also somewhat deeper and is tied to your relationship with this planet, the natural environment and the human species as a whole.

Last chapter together we developed the basis for the Principle and Core Being, from a starting point of nothing and the reality of being a Hungry Ghost. Now if we were to be really trauma informed about this, and wonder how we end up as a Hungry Ghost, or a fragment of spirit or Akasha, we have to wonder or think about how we came to be nothing and how we actually came to be a Hungry Ghost. Spirit alone is not enough to sustain a life, but it is anywhere close to being sufficient to be Akasha. Call it Ghost, call it soul if you like, but however way you look at this living existence requires that you manifest as a form and experience life once again throughout another life cycle but as someone other than who you were previously.

TRAUMA: THE STARTING POINT IN THE KARMIC PROCESS

If we understand that life and death are intertwined and interdependent, and cannot be easily separated from each other other than the point at which one life cycle ends and another begins, we have a point in the life cycle where there is trauma but no karma we can perceive and understand. For whatever reason we died, passed away, and could no longer continue living.

Now perhaps it would make things much simpler if we could somehow discover how we died last time. How old were we? In what circumstances did we die? Did we die naturally? Did we commit suicide? Were we murdered? Was there an accident or a fatality? Was it an addiction of some sort which did us in? The more you think about this, the more fascinating the subject becomes and at some point you've got to

admit that "How did I die last time?" is a question that fascinates people as a mystery almost as much as "Who am I?"

Just as fascinating is the question "How did they die?" I'm sure if you've lost someone close you loved you've spent some time thinking about this. There are places, memories, sounds, music, images, photos, conversations, they all tell a story of the lost loved one, and I'm fairly sure that in those silent Hungry Ghost moments you've thought about and speculated about the last moments your loved one was alive. Your mind goes back to the last time you saw them, memories play back over and over and over again in your mind.

Trauma is always the easiest point at which to start a new process because out of all trauma - and it doesn't matter whether it's death, sleep, breathing, or other forms of trauma you get separation, division, and out of that new consciousness and out of new consciousness new energy and new karma. You're always starting from the lowest point in a cycle or wave and this is all part of the unfolding process of life (which is the karmic process) and the process of awakening, renewal, recovery, growth and evolution.

Another thing to understand here is that, unlike karma, trauma is not time dependent. Trauma isn't just death, it's any experience which breaks a cycle usually through force so you experience shock or some form of impact anywhere across any of the dimensions of life. It is this initial shock or impact which leads to a sense of suspension or altered state of consciousness to which The Hanged Man alludes to. This in a sense aligns with the Hungry Ghost perception (trust me, you will recognize this state of being) where you have a sense that you've got nothing to hold onto, nothing to cling to, nowhere to stand or be.

You get a sense in this state that the world is carrying on without you and things are happening all around you, but you're not connected, not involved, and it can often feel that you're not recognized, not accepted, not acknowledged, ignored, not being listened to or heard. You're unseen, invisible almost it seems and you're just going through the motions in life. You may be there in body and maybe on some psychological level, but you're not really there spiritually or deeply connected and involved.

THE HUNGRY GHOST STATE AND TRAUMA

I would also like to point out that the Hungry Ghost state of existence (or non-existence) is a timeless state of being where you may be present and aware of what's going on around you, but you're not attached in any significant way with what's going on. In this state any attachment or desire should become apparent to you.

Let's take for example suicide ideation. All suicide ideation is attachment and thus separateness from Hungry Ghost state and also Principle and Core Being. Suicide ideation, when you stop and think about it is an attachment to unresolved karma which has become trauma and has taken you to the sharp edge of your humanity, that point in life which is unbearable for you and suggests suffering. This could be a karmic bond, or it could be some form of old karma which you need to let go of.

Okay so work with it and let it go. Understand that the Hungry Ghost state means that you let go of everything which is bringing you suffering. If this is a karmic bond or some old karma then it will come back to you in some form. Let it go and accept the fact that you have either the energy, the consciousness, or the time or resources to deal with it. A major part of karma and working with karma from a position of trauma is timing. If you don't have the energy then you don't have the time. If you don't have the time then you don't have the energy.

Trauma is not suffering, and suffering is not trauma. All trauma is environmental and natural and gives you consciousness, energy, insight and growth. Trauma is what makes you 'you'. Suffering is optional and comes out of attachment and separateness. Only you can be attached to your suffering and the root of your suffering is usually the attachment which brings you into separateness and out of the present moment and the here and now.

But see for every attachment there is a desire for such an attachment. Just as suffering is your choice, as attachment is your choice, it is within your power to redirect your desire for the attachment elsewhere. Your circumstances may not lead to any movement or change in the here and now. But you can hold onto your desire for something different and work that into a new karmic process.

Trauma cannot work all the while you are emotionally or psychologically attached to suffering. Sometimes, in fact quite often, attachment to suffering creates further trauma and it builds up to seem like a karmic bond when it isn't. It's the karma you are creating out of your attachment to suffering. This will become clearer once we get into the different flavours of karma.

The karmic process



So let us now wade into the confusing messy subject of karma. Once again I'm giving you a Tarot card to work with in terms of symbolism. The card is a simple card in the Major Arcana. The Emperor is some old dude who's a ruler sat on a throne decorated with rams heads somewhere in a mountain range. Are you picking up the lofty, rulership vibe here?

He's got the Ankh staff of life in his right hand and a small globe in his left hand. He's very clearly a symbol of male authority and rulership. Now this is where I subvert the Tarot card meaning - because we're not doing a Tarot card reading. I give you the full astrological symbolism here which is based on the mystical principle of Four, which is cardinal direction, motion and flow.

Please keep in mind that the whole point of karma and the karmic process is to live and experience both living existence and relationship. You don't have to be anything, anyone and you don't have to be anywhere or do anything. You simply have to be, you have to live, and somewhere in the middle of all this you have to figure out what life really means to you and go in that direction.

I know I'm making it sound a great deal simpler and easier than it is, but it comes down to a few more short chapters across the four different types of karma (my definitions) and then we can get into various specific issues and predicaments along the path towards conscious living which is ultimately what this book is going to end up being about.

WORKING WITH ASTROLOGICAL SYMBOLISM

Explicitly The Emperor is associated with Aries and Mars. This makes sense because Aries is the first sign of the zodiac, it's also the cardinal Fire sign and is associated with Mars, which in astrology symbolizes direct action and choice, which is what karma is all about. There's also some who associate the Emperor with Capricorn and Saturn, which is also okay.

However the way I go about this is that I associate the Emperor with all four cardinal astrological signs each with a different element - Aries (Fire), Cancer (Water), Libra (Air) and Capricorn (Earth). Each cardinal sign is associated with a type of karma.

However I also arrange the four types of karma into a duality and polarity across the whole zodiac, so you get a kind of cross made up of two polar karmic opposites which need to be balanced between each other perpendicular to the other polar karmic opposites.

Please also keep in mind that I'm also here associating each form of karma with a Tarot card associated with its sign of the zodiac. Just to help you with the symbolism.

This is the grand scheme of things and it's probably best if we go through each of the four types of karma one by one.

Direct karma



So we start with the basic, plain, vanilla type of karma which is the basis of your individual karmic process.

Aries is the first sign of the zodiac, a cardinal Fire sign associated with Mars, which is direct action. It is opposite to Libra, the seventh sign of the zodiac associated with Venus, symbolized by a set of scales.

Direct karma is you as an identity, a personality, a social role, and essentially what you put on your CV and resume. It's your name, your physical appearance and identity, your education, your job, your entire persona which you put out there and identify yourself as.

Direct karma is always chosen or developed karma (by you) which is all about you and your persona on the most basic, immediate level of your conscious awareness. Most people see their Ego - which is developed from direct karma - as their Self and who they are. However in terms of Qultura direct karma is part of the karmic process relating to identity, persona and social role. Therefore Ego is part of your Process.

The Loving Space

Self in terms of Qultura is essentially perspective, which can be Principle, Core Being or even Hungry Ghost. It's that part of you which has no physical existence.

Past karma



Past karma arises out of memory and the past and is associated with Cancer, the fourth sign of the zodiac, the cardinal Water sign associated with the Moon.

Here I'm using the symbolism of The Chariot which is the seventh card of the Major Arcana. As the Tarot is a means of divination on issues relating to karma the number (VII) is not as important as the sign associated with the card, which is Cancer, which is associated with the Moon.

Unlike direct karma past karma isn't chosen or developed, at least not consciously. Past karma is assigned, given, and often shared because the basis of past karma is always karmic bonds. For this reason past karma always has to worked through in some way through direct life experience, through relationships, through developing other forms of karma on the other polarity (direct and relationship karma).

Past karma exists across all physical dimensions and all physical levels of reality. Given the fact that past karma is usually what you are born into, it relates to your body and physical appearance, the familial karmic bonds between parents and children, and often between generations. But it also takes in such things as sexual

orientation, gender identity, social issues, child abuse, childhood trauma, and what can be described as unfinished spiritual business.

Out of all the four types of karma I'm giving you here this is often the hardest to work with. But see then I don't get to meet many people with light or fluid past karma. But it's like if you have an issue with one or both of your parents you can't exactly get rid of them or exchange them and likewise if one or more of your kids goes off the rails then, again, you can't get rid of them or swap them out. You just have to find ways of being together and getting along with one another. If you can. If it's not going to kill you, destroy your mental health or end up with you becoming even more badly traumatized.

There's a clear 20% of people out there of people who are going through life with what I can only describe as very heavy past karma. Some people somehow manage to overcome it, but many more struggle, and some never have the chance to get liberated because family isn't enough, neither is the community, and in some cases neither is society. There's a number of these people in prison simply because there's nowhere else for them in society and they cannot adequately deal with social reality. It's like some journalist said about former boxer Sonny Liston. "He died the day he was born."

FIGURING OUT PAST KARMA

This is where we get to the great mystery or riddle of life. All too often past karma results in issues you have in life, usually with other people, and you end up experiencing certain situations in life, usually in the form of conflicts, failures, misunderstandings, difficult relationships, and traumatic experiences which keep happening repeatedly in your life, either periodically or repeatedly, over and over and over again.

Past karma is what exists in a duality or polarity with flow karma. Often when people talk about liberation or freedom what they mean is liberation from past karma. It's important to understand that past karma cannot be reasoned away with moral reasoning or simplistic solutions. There's a sense of "Why does this keep happening to me?" or "What am I doing wrong?" or even "I haven't got a clue."

This is where you're going to have to take it up a couple of levels and get into mysticism. What do I mean here by mysticism? Well to put it simply, anything you don't understand - this is mysticism from your conscious perspective. Whatever is mysterious to you from your individual conscious perspective, or Principle, or Core Being, that is mysticism from your perspective.

Here it's important to understand that energy is always equivalent to consciousness. This means two things primarily. The karma you're experiencing in life is always equivalent to truth, to love, to beauty, to appreciation, to compassion, to empathy, to humanity, and so on. Additionally karma is always equivalent to reincarnation.

Please pay attention to how I'm defining and organizing the different types of karma here. Your entire karmic process will be made up of all four types of karma. Now I could have just given you a chapter on karma in general, given you a method such as Qultura, Buddhism, Taoism, yoga and said "There you go, now you go figure it all out for yourself." But I'm not doing this. There are no reliable, 'safe', guaranteed methods for dealing with karma. Understand that through Qultura I'm giving you a set of mystical principles, here I'm defining the four types of karma you're experiencing from my individual perspective and experience. I'm giving you the tools and the insight to be able to put together your own spiritual journey or process, using a complete methodology, no cost, no harm, no foul, but it's on you to give it a go and figure things out for yourself.

Past karma is usually the starting point for any new spiritual journey or process. Any new journey or process, or attempt, usually starts from a position of trauma at the same point as a new karmic process in reality. It should be clear that on this polarity what you're looking for is flow karma which is new karma, new experiences, and a different level of reality, planes of consciousness and hopefully - fingers crossed - a smooth flow of life experience where you understand what's going on, there's not much soul work, and you've got a basis of mindfulness, inner peace, happiness a sense of being connected and a sense of being a part of life and your environment.

Criss-crossing this duality or polarity is the chosen, acquired, or gathered karma which comes from who or what you're putting out there to the world (direct karma)

and relationship karma, the experience of life brought about by 'your people', i.e. friends, lovers, partners, employers, work colleagues, wise people who give you insight, and people who you're happy to share your insight and wisdom with. Karma from this other polarity should both reflect where you're at as a human being (direct karma) and take you away from whatever trauma or difficulties you're going through out of past karma, what we're discussing here.

HOW DO YOU WANT TO SEE YOUR INDIVIDUAL PREDICAMENT IN LIFE?

As always pretty much the biggest single factor when it comes to dealing with karma, especially past karma, is individual conscious perspective, i.e. Principle and Core Being. I'm going to throw in another song for you, 'Both sides of the story' by Phil Collins. Past karma is where separateness and trying to blag your way through life on the basis of direct karma and what you can get out of others is usually what traps you and prevents you from moving forward in life. You're not going to get anything of value out of living life on easy mode. Trust me. Understand you're living the cosmic version of the 'same old same old'.

There's also something unique about past karma which I feel is well worth mentioning and pointing out. The universe, this planet and other people really don't have it out for you. Understand there is no such thing as control. There is only chaos, trauma, confusion and pain on the one hand, and balance, flow, equilibrium and mindfulness on the other. Trying to control life is like trying to control a dream. Trying to control other people or anything drags you right back into separateness and creates divisions that you're going to use up vast amounts of time and energy defending for little or no personal benefit or gain.

Those of you at the bottom of the social hierarchy and pushed out to the fringes in socio-economic terms are often ahead of the game in spiritual terms. Here I'm referring to people with mental health issues, struggling with addiction, suicide ideation, social issues, homelessness, unemployment, and so on and so forth. There's a flip side to all these issues which is often worth exploring, once you've got the insight, managed the trauma, overcome the separateness and redirected your energies and desires. Please don't think I'm making light of your karma and

experiences, I'm not. This is not go sit and meditate to melt away your years of Major Depressive Disorder. This is much more investigate, dig deeper, explore, experiment, learn and discover.

You see somewhere deep down inside you have all the answers you need to resolve most or all of your karma. The only issue here is that you're not conscious of the fact and you're not going to find all the answers by sitting alone by yourself thinking about it, going to therapy and hoping somewhere someone is going to solve your issues for you. This is not how it works. You've got to go through the experiences and make the connections to get the insight and inspiration to push you into your subconscious to the point at which you say to yourself "Aha! Now I get it! Why didn't think of that before? Why didn't I see this earlier?"

Relationship karma



Relationship karma is a type of acquired karma which exists on the duality and polarity with direct karma. I can write about what it's about here, but first I'm going to take you through the symbolism through the Tarot card from the Major Arcana named Justice.

Once again I'm asking you to ignore the number as I'm giving you the karmic interpretation tied to its astrological symbolism. Normally I would associate Justice with Aquarius and Uranus giving this card the wider significance of social and community justice with a heavy implication towards one's contribution to community and society on the basis of one's authority from Ego. This is based on 11 and the mystical principle of equanimity and justice.

However I'm giving you the karmic interpretation which associates Justice with the sign of Libra and its associated planet Venus. Yes I'm being flexible with the symbols and meanings, but I base my interpretations and symbolism on reality and mystical insight from my own perspective.

Libra is the cardinal Air sign which is the seventh sign of the zodiac, associated with Venus. Venus is of course about love, feelings, appreciation and beauty, but it's not

just about love and romantic relationships. It's also very much about friendship, kindness, compassion, empathy, truth and humanity.

Relationship karma exists in a polarity with direct karma. This is the easy karmic polarity based on chosen, acquired or gathered karma. This duality or polarity between direct karma and relationship karma crosses the not so easy karmic duality and polarity between past karma and flow karma.

Taking your karmic process as a whole throughout your life from cradle to grave it is not guaranteed that you're going to have an easy or smooth consistent flowing karmic process throughout. Don't expect it. In fact given the nature of energy escalating into higher frequency into space, and the close relationship between energy and time, do you really want an 'easy' karmic process? Think about it.

Timing matters here, and it matters a great deal. What sort of life do you really want to live? If you want it easy earlier in life then fine, but don't complain when it gets much harder when you get older. But if you want an easy life when older then you're going to have to make the effort and invest your time and energy into your life in the early years and also, which is equally important, you've got to get out there and seek out wisdom and knowledge from others.

This is where we get to relationship karma. Relationship karma is the kind of karma you develop to make adjustments to your life and your karmic process so your whole process balances out as quickly as possible. You can only get so far with direct karma and your life experience needs to be balanced out with connections and relationships to other people. I'm not writing here just about romantic or loving relationships. I'm also writing about all the other relationships you need for a meaningful and fulfilling life - friendships, family, community, work relationships, business relationships, and so on and so forth.

Relationship karma is where you essentially find your people and your community. Please keep in mind that for some of you, particularly those of you with difficult past karma or who are.. ahem.. how shall I put it? Diverse? family and community are interchangeable. If you don't have family, or you burned your bridges, or someone else burned their bridges with you, or whatever else happened in your life,

you need your people to fall back on, support you, love you, be with you, understand you, challenge you, and lead you to new experiences and memories.

Keep in mind that my two different interpretations of Justice amount to very much the same thing - you need other people to balance out both your Ego and life experience in some way. It doesn't matter which Air sign you associate with Justice, Aquarius works just as well as Libra. But then there's Gemini, the mutable Air sign, third sign of the zodiac, all to do with language, communication, learning, knowledge, awareness. Are you prepared to have an open mind and seek out the insight and wisdom of others?

Or are you going to try and get through on direct Ego alone and spend the hassles and hardships of getting all caught up in your separateness? You choose. Your life. Your reality. Your experience.

Flow karma



So finally we come to flow karma. Flow karma is essentially the karma of the here and now. This is the karma relating to choices, decisions, intentions, needs, desires, and what you are going to do. It's in a polarity with past karma, so therefore flow karma is always determined by past karma, which means that the choices you face now are always the consequences of past karma. This also means of course that the choices you make now will become consequences in the future. Please also keep in mind that flow karma is also relative in an angular way to direct karma, which is what you're putting out about yourself in the present moment in terms of Ego. It's also angular to relationship karma, which is who you are on a basic level (in terms of your persona in relationships).

I'm giving you another Tarot card to give you some symbolism here. This time it's The Devil, which is the 15th numbered card of the Major Arcana. Please keep in mind that The Devil, the central figure of this card, has got nothing whatsoever to do with Satan. The Devil here is a half man half goat creature with horns, an inverted pentagram, bat wings, perched on an altar behind which is a black mountain. Two naked acolytes, one male the other female, are chained to his feet by loose chains

around their necks. There's a bit of fire here as well, just to keep everyone warm and toasty.

As we're still covering karma we can disregard the number. This card is traditionally associated with the astrological sign of Capricorn, the 10th sign of the zodiac, and the cardinal Earth sign.

SO WHAT'S THE STORY HERE?

So I'm going to give you a chapter of what is known as 'The Fool's Journey'. It's a common told story in mystical circles to teach new people to understand all 22 cards of the Major Arcana of the Tarot. So here we take on the Fool's perspective - for it is the Fool here who is making the journey (the same Fool who featured on Zero, and who obviously survived his fall off the precipice). Here the Fool meets with the Devil and his acolytes on the side of a black mountain.

All around the Devil there are followers all chained to the Devil's throne, indulging in every indulgence and excess available - drugs, drink, food, sex, money, power and so on. As the Fool gets closer to the Devil he picks up the vibe and starts to feel his earthy, physical desires rising within him. Oh how he wants a drink. He wants to try coke. He notices some incredibly attractive bodies and wonders if he's bisexual.

However he gets a hold of himself, remembering why he is there and his spiritual journey. He gets upset at the Devil for tempting him. "I have given up all these sinful things," the Fool points out, "I will not yield to your temptations and your evil. I am too good for that. You will never corrupt me. I am better than that."

But the Devil looks at the Fool, somewhat amused. "Oh really?" said the Devil, "Then why do you look so conflicted? I saw the way you were looking at those men and women. Why are you blaming me for the fears you have about yourself? You cannot deny that those desires exist within you. Otherwise why are you so afraid, and so angry? And what have I got to do with whatever nonsense you've got running in your head? You've come here to me, not the other way round. I don't even know who you are. Never seen you before."

"Don't play the innocent with me," the Fool fires back, "Even I can see how you have enslaved these minions and followers to the material world. See why have you got them all chained to your throne? You cannot deny that those chains exist."

"Oh the nonsense you talk," the Devil responds, still amused rather than being on the defensive. "Take a good look at those chains round their necks. The chains are so loose that they can be easily slipped off their necks and lifted above their heads. Go try one on for yourself if you like. No keys. No locks. All these followers can be free if they want to be. But see they need me and they're still attached to their base, materialistic desires and addictions. Even though they cannot overthrow me and take control from me, and I keep telling them this, they refuse to listen and keep trying."

"If I'm honest with you," the Devil continues, "I honestly wish they would just fuck off somewhere. You've only turned up. You don't see how I get blamed for all kinds of shit. You haven't heard the amount of whining, complaining and bitching I have to put up with on the daily. I just want a quiet life. I'm getting old. But see if I try to go anywhere they will just follow me. Just put yourself in my shoes for a moment."

The Devil turns and points up to the top of the mountain. "Then there's all the other former followers who you haven't even met. Many have taken off their chains and we said our goodbyes. They left to climb the mountain and reach the heights where just like you, they were seeking to walk a much more spiritual path. My point here is that they would never have made it to the top if they didn't start out here at the bottom here indulging in their excesses, addictions and basest desires. If they had been in denial of their base desires and dark side, they would have never made it to the top."

The Fool realizes that he misunderstood the situation, but having listened to the Devil and learned his story and what he had to say, the Fool realizes that he missed out on something important on his spiritual journey. He misunderstood the Devil figure, he misunderstood what was power, what is evil, what is good. He takes the Devil figure's advice and shares a few beers with the Devil before moving on.

THE ASTROLOGICAL SYMBOLISM

So we can move into the astrological symbolism. The Devil is associated with Capricorn, the 10th sign of the zodiac, and the cardinal Earth sign associated with Saturn. Now in astrological circles the planet Saturn has a bit of a legend and a nickname, the 'Old Schoolmaster'. In classical music the composer Gustav Holst composed a piece titled 'Saturn - the Bringer of Old Age'.

The nickname comes from the reported effects of the Saturn Return transit. Saturn takes 28-29 years to orbit the Sun and pass through all 12 signs of the zodiac. A Saturn Return transit takes a year more or less to pass over the original birth position of Saturn. This means that there are three possible Saturn Return transits in the course of the average human lifetime, at the ages of 28, 56 and 84.

These Saturn Return transits are believed to be karmic in nature, with the transit coinciding with 'tests' or challenging periods in one's life, reputedly 'difficult' years in someone's life at the ages of 28, 56 and 84. The central question is .. have you learned the lessons from your life karma? Will you pass the test? Will you graduate from the Cosmic Schoolmaster's class and graduate, where life becomes easier for you. Or will you fail and be set additional lessons to learn and possibly additional homework?

I'm not sure about you, but for me it's somewhat curious that the legend of The Old Schoolmaster (Saturn) kind of fits somewhat neatly with the less statedly obvious test of The Devil in the Major Arcana of the Tarot.

But what is the test all about? I think the test is fairly clear that the test in question concerns one's individual spiritual journey and process and you pass this test not by how much knowledge you have, or by how many possessions or how much material or financial wealth you have managed to accumulate, but by how much insight and wisdom you possess, how much your spirit is felt among others, and what you have gained from this incarnation in terms of life experience and relationships, and what you will leave behind in the memory of others.

HOW ARE YOU GOING TO DIE?

Surely if you're going to die, which we're all going to do at some point in our lives, then surely it makes a great deal of sense to die as well as you possibly can. But see herein lies the conundrum, in that you cannot die well unless you live well.

Living well essentially means tipping the balance in your life so that the basis of your life isn't a mountain of unresolved karma with you somewhere near the bottom trying to climb it with not much camping gear or mountaineering kit and a laundry list of pointless stories and excuses. At some point you need to reach a point where inner peace, mindfulness, love, beauty, harmony, truth and appreciation all take precedence so unresolved karma isn't a big issue but more like a minor annoyance.

At some point you need to grow old being comfortable with who you really are and what your life has really been all about. It's a process, a constant never-ending process, but see, it's also a process defined very much by gracefulness where you being you and living the way you live becomes an art form, something beautiful, and something other people appreciate.

THE PROCESS OF BECOMING REAL

Now I know that I've brought up the difficult and uncomfortable subject of death but it's extremely difficult to write about mystical subjects, karma, reincarnation and the spiritual process and journey without also writing about death. There's something I really want to write about here and it relates to both past karma and flow karma. It also relates very much to The Devil card and the story behind this card.

At the heart of being uncomfortable or fearful of death is a kind of ignorance that is born out of separateness and attachment or even clinging to certain beliefs, illusions, and preconceived notions about what death is about. There's a common perception that death is not just trauma (which it undeniably is) but also an ending, finality, loss, and a great deal more than just an interval between two different life cycles.

We need to get into the issue of Judgment and Eleven as a mystical principle. This I have associated via Libra and Venus as the principle behind relationship karma. But I'm not going to write about relationship karma, because judgment in relationship karma is a choice. But the consequences of judgment fall into this duality of past karma and flow karma.

Most of us have a structure or organization of beliefs and principles about how we see ourselves, how we see other people, and how we see our environment and the world around us. We have a certain cosmology and a model of how the universe works, how this world is supposed to work, and how life is supposed to be. We measure everything against our internal or personal model of existence.

THE WHOLE POINT OF KARMA RESOLUTION IS LIBERATION

This is why I've placed flow karma in a duality and polarity with past karma. Karma is always equal to reincarnation. This is not child's play as in "If you do bad things in life you will earn negative karma and have a bad future incarnation." That's not how karma works. Karma is never an individual thing, it's always always always about relationship.

We are all going to die. This is another hard truth. You're going to die. I'm going to die. Everyone else is going to die. Our death isn't going to affect us personally. We just give up our life and return to ultimate reality and being a Hungry Ghost. We go back to spirit. But your death is going to affect everyone around you, i.e. the people who are still living. They will inherit all your persona and your identity and consciousness. You, whoever you are, will live on in their memory.

The fundamental principles for death are no different from the fundamental principles of life, because they're the one and the same thing, the fundamental principles of existence. Your entire physical body started out from just one egg in your mother's womb out of a possible hundreds or even thousands, taking into account your grandmother's eggs as well which were passed down. Physical existence started from just one sperm cell, just one egg. Your entire identity is literally one in a million.

The exact same principles apply to all the other dimensions of life and existence. You, me, and everyone else we've been through thousands of incarnations. We've created thousands of different karmic bonds through memory and through consciousness so ultimately the point of life is to reconnect back to everything we lost from our previous incarnations, memories, consciousness, and people. This is where we get into the polar extremes of our existence, love and death.

But see in the grand scheme of things, the universe, this planet, our lives are so short - even a century or a 100 years of living existence is nothing. But we need everything to live from the planet, the universe and others in order to thrive, grow and develop ourselves. We're also born into a life where we're starting from scratch and everything is new. We're not conscious of that much, and we have to recover our memories of existence.

The most basic and fundamental choice when it comes to karma exists on this polarity between past karma and flow karma. Just how well do you really want your life to flow? If you want your life to flow, then you have to do the soul work and develop a spiritual journey or process. Consciousness isn't energy, it's infinite, spontaneous, random, but see it's also what connects everything through space. There is only One, one consciousness, one mind, and we all participate in it. We participate through conscious living, love, truth, beauty, appreciation, trust, confidence, intelligence, awareness. This is all One. Through all these things we find our liberation.

You don't have to seek your liberation, or love, or truth, because you can stay at the foot of the mountain, chained to the Devil, trapped in your separateness, your illusions, your beliefs, and life will go on and on and on and on the same, incarnation after incarnation, life cycle after life cycle. Even though I don't believe that this is what you really want deep down inside, I'll play along. Maybe this lifetime is not your time to make your moves. All I'm doing is pointing out that it's possible and it's accessible to you anytime you want. You choose.

Five



PLAY, EGO, AUTHORITY, CREATIVITY

In Combined Numerology Five is the mystical principle of play and creativity, taking in of course ego and authority. It's not the easiest mystical principle to understand but it becomes important when we get to the other mystical principles, particularly Nine, Ten and Eleven. Please keep in mind that I'm going to be taking you through each of the mystical principles and Combined Numerology before we reach the end of the book.

I'll keep these chapters short and sweet, because I'm not writing this book as a book to be read but also as a self-help and reference manual for people and relationships. So let's dig in to the symbolism and then we can figure out what this is all about.

THE HIEROPHANT

Five in Combined Numerology is symbolized by The Hierophant card in the Major Arcana of the Tarot.

The Hierophant is a figure of religious authority, seated on a throne between two pillars, which symbolize obedience and disobedience (to external authority). Kneeling before him are two followers. In the Hierophant's left hand is the Triple Cross, and his right hand is raised in the sign of benediction, two fingers pointing skywards towards the heavens, two fingers pointing downwards towards the earth.

ASTROLOGICAL SYMBOLISM

Five in Combined Numerology is associated with the fifth sign of the zodiac, Leo, the fixed Fire sign and its associated 'planet' (which is actually a star), the Sun.

In astrology the Sun is of course associated with being as in personality, Ego, who you are and who you want to be and want to be perceived as in social terms. It's about who you are in terms of your physical existence.

Leo is therefore about being and 'how you play' with others.

WHAT IS YOUR ROLE IN LIFE? WHAT'S YOUR STORY?

Okay so having got all the symbolism out of the way we can now get into what this mystical principle is really all about. For much of your earlier life, from childhood onwards, you will be subject to the external authority of others, parents, teachers, other authority figures and you will have been conditioned to hold certain beliefs, values, and principles.

But as you get older all this will shift and later in life others will be looking to you for authority, wisdom, knowledge and truth. You cannot go through life constantly clinging to the past, clinging to the cradle, your mother's apron strings and the classroom in school. As some point you've got to do your own thing, go your own way, create your own vibe and sense of identity and being.

This mystical principle is fundamentally all about creativity and subversion. Creativity, when you stop and think about this, is seeing something in a different way to the way you were taught to see it and also seeing it in a way here you're

convinced that nobody else sees it either. Much of what this mystical principle is really all about is going through a process of individuation - experiences and relationships - which somehow go together to develop perception and an individual perspective, or Principle, or Core Being on life and existence.

Subversion is the outward creative self-expression of individual truth either expressed outwards into an environment, or it's your truth expressed through a narrative or story which you share with others.

You were born into a physical form, i.e. your body, senses and brain. You also developed an Ego, a sense of identity, a sense of 'self', a personality, a character. Okay, so now what are you going to do with all that? Understand that this mystical principle only and very specifically addresses your life and existence only in terms of this incarnation and this current life cycle you're living. In your previous life you were another human being, and when you die you will come back to life as another human being in another incarnation.

At some point you're going to have to transcend the ordinary, go against cultural and social expectations of you, because if you don't and you hide behind your stereotypes, labels and belief systems not only will your life become progressively harder and more difficult as you get older, you won't develop the understanding, the awareness, the insights and the skills to deal with the inevitable chasms of despair and futility you will experience when the basic physical and mundane levels of existence no longer do anything for you.

Creativity isn't just about writing poetry or stories, art, dancing, music, or drama, it's also about understanding, comprehension, and being able to relate to your environment on different levels of reality and different planes of consciousness. This means it's also about learning to relate to other people on different levels of reality as well.

My radio frequencies analogy



Earlier in this book, way back in 'Life (incarnation) we covered the five dimensions of living existence. Now some twenty chapters later, having covered various mystical principles and the messy issue of karma, we can now think about levels of reality and planes of consciousness.

It is possible to change your plane of consciousness and function on a different level of reality. We all exist on many different planes of consciousness and levels of reality. You can change your energies. It is possible. Years ago I used an analogy of radio frequencies to explain the different levels of reality and planes of consciousness we exist on. See living existence has five dimensions, three of which are physical, two are meta-physical. All physical existence is based on energy, energy cycles, energy vibrations, and energy frequencies. I'm assuming that you understand this and I'm not writing in language that is foreign to you.

This is going to be a difficult part for some of you, because here I'm going to get into the issues of karma and reincarnation. But some of you might get this and be comfortable with what I'm writing here. So let's work with a band so you can understand how my analogy works and get the point I'm making here. Let's choose FM (Frequency Modulation) because this is a band most people seem familiar with.

You see on one level you think you are John Doe or Mary Smith living somewhere in London. You think you are a man or a woman. But you have so many different levels of identity. Why do you choose to cling to that particular reality when you have so many different other planes of consciousness or levels of reality to choose from? Probably it's because it's being fed by your senses and your thinking mind. But until you're able to actually sense and 'feel' your way through life, using your 'third eye' and your pineal gland, you're always going to get caught up in identifying yourself only with the most tangible and most basic level of your reality, and your physicality. You know? Two eyes, two ears, a nose, a mouth, hair, body size and shape, and so on.

You see the level of physicality you identify with determines both your energies and the level of reality you experience. You're dealing with physicality, energy and space, because in terms of your conscious perception that's all there is to perceive - physical form and space. This is at say 106.8 FM, right at the left hand edge of the band.

But who I see you as is usually very different to who you think you are. This is where we get into the analogy of the radio frequencies. It's an analogy I feel we can all get and understand, because I'm sure you're familiar with tuning into a radio station by turning the knob and watching the little red plastic indicator move left or right along the band. If you're not ask your oldest relative you know how to use an analogue radio. But here you turn the knob with your mind, your conscious perception and your sensory awareness.

Okay so let's turn the knob and move right along the band, and say let's go as far as 104.3 FM. On this frequency what you see is your physical reality. It's all still physical form and space. You see buildings, trees, people - man, woman, old, young, fat, thin, blonde, dark-haired, bald, eye colour, developed, undeveloped, able-bodied, disabled, and so on. Now if you're preoccupied with this reality in yourself this is

how you see everyone else. If you think of yourself as ugly, then you're going to be looking at everyone else and sorting them into two basic categories, physically attractive and beautiful, and physically unattractive and ugly.

If you think you've got a weird shaped nose, then you're going to focus on everybody else's nose. If you think your tits are too big or too small, then you're going to be looking at everyone's tits. If you're bald then you're going to focus on everyone's hair and looking for signs of balding in other people. Much of your energy will be spent clocking other people. If you feel that you don't have the right clothes, all you're going to be noticing is what other people are wearing. This is a particular issue for women who get heavily stigmatized by the media and society in general for the way they look and present themselves.

Then we can give the dial or knob an ever so slight turn and tune into say 103.5 FM and find a similar station. This is the station for people who are lonely, horny, and preoccupied with sex and sexual relationships. They're looking at everyone to determine who is available and who isn't, who is attractive and who isn't, and who turns them on and who doesn't. Shagging FM (to give this station a name) is a very popular station out there among people. You will find it not far from Kink and Fetish FM which is the alternative sister station to Shagging FM. If you've got a Daddy fetish then older men will ping before everyone else, as will anyone wearing leather for anyone with a leather fetish. Autumn is the season for leather fetishists because it's the time when women start wearing boots again, and it's as popular as summer is with foot fetishists. Everyone has their season I guess.

But then we can turn the dial again and get to Money FM at 101.4 FM. This is the station for people who are obsessed with money, wealth, status and position. It's the station for competitive people who see themselves as somewhere in the middle of a societal league table and they're focussing on those who have more than them or, conversely, those who have less than them. These are the people obsessed with status and status symbols, perceived wealth, property values, house prices, earnings, income, how to make money, being an entrepreneur, and so on.

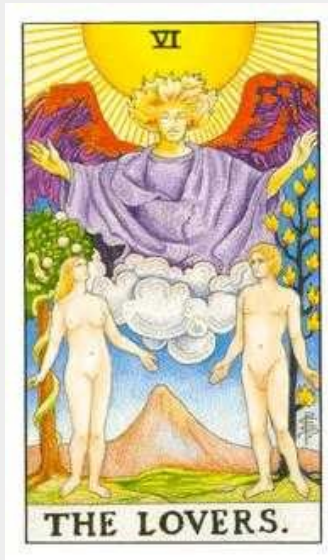
*"I am he as you are he as you are me
And we are all together
See how they run like pigs from a gun
See how they fly, I'm crying
Sitting on a cornflake
Waiting for the van to come
Corporation tee-shirt, stupid bloody Tuesday
Man you've been a naughty boy
You've let your face grow long
I am the eggman, they are the eggmen
I am the walrus, goo goo g'joob"*

-- The Beatles, ['I am the walrus'](#)

Then we can give the dial a few turns to the other side of the dial to somewhere like Qultura FM at say 88.4 FM. Then you're looking into someone else's eyes and seeing yourself reflected back in another human being, and understand also that when someone looks at you they are actually seeing a reflection of themselves looking back. You understand that we are all reflections of each other, as are the dogs, the cats, the birds and even the trees. We are all the different many facets of existence in unique physical forms reflecting against each other. We are all spirit manifesting as physical forms of life on a living, breathing planet in a deeply mysterious, fascinating universe.

Then you can turn the dial right to the end and the radio vanishes, you vanish, I vanish, everyone else vanishes and what you are left with is vast, empty nothingness which isn't nothing at all but the infinite space of the universe itself and what is known as the Ultimate Void. This is where you go when you die, but see, having once existed in physical form you cannot later not exist, simply because you are not the totality of the universe. Non-existence always goes hand in hand with existence. Sure all those folks who are constantly tuning in to Shagging FM, Money FM and holding onto their physical reality for dear life won't perceive you, because they will be scared to go out of their minds, and so they will miss you. But you will go on and on and on and on and on and on.

Six



THE SUN, SOLAR POWER AND THE SACRED MASCULINE PRINCIPLE

So we're back to Combined Numerology and Six, which is the mystical principle of the Sun, solar power, and the Sacred Masculine Principle. Please keep in mind from this point forward we remain with Combined Numerology, aspects of Unmind, and shift our emphasis and focus onto relationships and aspects of love and the Loving Space.

I'm going to give you the Tarot card associated with the number for the mystical symbolism and what not. As you can see the 6th numbered card of the Major Arcana is The Lovers.

THE LOVERS

It's probably best to start off by saying that what you see on this card is the scene from the Garden of Eden before the Eve taking from the Tree of Knowledge incident which became known as the Fall of Man or the Original Sin.

Therefore you have the Sun in the sky, you have God up above, you have a naked Adam and Eve, you have the Tree of Knowledge and another version of the Tree of Knowledge, and you have the serpent.

There's a clear reference to the Kabbalah and the Sefirot (the Tree of Knowledge) with this card, specifically to Six, which in Kabbalah numerology stands for Tiferet or Beauty. This is the central position in the Sefirot, in the position of equilibrium (which lies between Mercy and Severity), beneath One - Keter or the Crown and Nine - Yesod or Foundation. Six here is the only position linked by eight Hebrew letters to other numbers.

ASTROLOGICAL SYMBOLISM

The astrological symbolism behind this card and principle is based on the sixth sign of the zodiac, the mutable Earth sign of Virgo and it's associated planet, Mercury, which in astrology is associated with thinking, communication and learning.

In Roman mythology Mercury was the winged messenger of the gods (which is why Mercury is also associated with the third sign, Gemini) and in return for his service to the gods Apollo gave Mercury a caduceus, which is a staff or wand intertwined with two snakes, which is the symbol for healthcare and healing.

Therefore the sign of Virgo is traditionally associated with service to others and healing.

WHAT IS THE SACRED MASCULINE PRINCIPLE ALL ABOUT?

The Sacred Masculine Principle, like the Sacred Feminine Principle, is a very important mystical principle that is necessary to learn and apply in one's life. This applies to everyone. I want to make it clear that the Sacred Masculine Principle doesn't just apply to men just as the Sacred Feminine Principle doesn't just apply to women. We're on a totally different (meta-physical) level of reality here. If you identify as a human being it applies to you.

What the Sacred Masculine Principle is really all about is sacrifice, giving up, letting go, both for the sake of love and for truth. For example for the sake of love, in order

to be in a relationship with someone, you've got to be prepared to sacrifice part of your 'self' in order to be with that other person. You cannot be the same person and have your complete single lifestyle if you're serious about being with someone else in a relationship. You've got to be prepared to sacrifice some things, let go of other things, give up some things, and all this is to seek unity and a connection to another person through love.

Similarly in order to reach some sort of truth in life, as in your individual truth, you've got to be willing to sacrifice, let go of, or give up beliefs, values, ideologies, belief in authority figures, and - I'm going to give it to you straight here - a great deal of the stuff you picked up through your socialization process, your social and mental conditioning, stuff you were taught in childhood, and so on.

This also includes letting go of suffering, unhealthy or negative attachments, blame, fault, conflicts, recriminations, issues with past abusive relationships both in childhood and into adulthood, emotional baggage, anger, bitterness, and so on, and so forth. This of course includes any past attachments to any past relationships and exes. When you let go of all this 'shit' what you should be left with is truth, appreciation, beauty and love.

I'm not saying this is going to be an easy process. For some of you this is going to be a hard process, and in some cases a very difficult process. Creating truth often involves letting go of beliefs and issues which you've personalized, made familiar with, identified as part of who you are, and this process can put you in places which are dark, cold, scary, unfamiliar, unpleasant, and uncomfortable. But on the plus side this can also be a very cathartic 'cleansing' or healing process.

But this is essentially what the Sacred Masculine Principle is all about, and you will see how it ties in with the Sacred Feminine Principle in the next chapter.

Seven



THE MOON, LUNAR POWER, AND THE SACRED FEMININE PRINCIPLE

So we come to Seven, which in Combined Numerology signifies and symbolizes the Moon, lunar power, and the Sacred Feminine Principle. You will be familiar with this card The Chariot from the previous chapter on past karma where it was given its traditional associations with the sign of Cancer and the Moon.

Forget that for this chapter because we're going to be working with entirely different symbolism which is more tied to numerology and actual mystical principles.

THE CHARIOT

So we have The Chariot, which as we know from the figure at the top is the 7th numbered card from the Major Arcana of the Tarot. It's a standard two-wheeled chariot being hauled by two sphinxes, one black, one white, symbolizing Two and duality and polarity.

In the chariot we see a Roman emperor type figure (or empress). But what you don't see are one or two slaves riding with the ruler figure whose role it was to repeatedly whisper in the ruler's ear, "Remember you're only human. Remember you're only human."

Hence the somewhat different symbolism this time round.

ASTROLOGICAL SYMBOLISM

So Seven here gives us the seventh sign of the zodiac, Libra, which is the cardinal Air sign, associated with the planet Venus, which is about feelings, emotions, beauty and love. There is an overlap in the meanings and symbolism between the Moon and Venus, but what this boils down is love, unconditional love and the different varieties and forms of love.

But if we take the sign of Libra to symbolize equanimity (after all the symbol for the sign of Libra is a set of scales) we arrive at the Sacred Feminine Principle.

WHAT IS THE SACRED FEMININE PRINCIPLE ALL ABOUT?

The Sacred Feminine Principle is, just like the Sacred Masculine Principle, a very important principle that is very necessary to learn about and apply in life. Everything about The Sacred Masculine Principle applying to everyone irrespective of sex, gender and identity also applies to the Sacred Feminine Principle.

The Sacred Feminine Principle is all about the two primary qualities or aspects of the karmic process - the creativity and the interaction, or creativity and empathy, in some sense it's about individuality and community but we need to be specific here, it's about individuality both in terms of the human individual and also in terms of relationship - or the relationships we experience with others in life - family, friendships, intimate relationships. Just as two people are never the exact same, no two relationships you experience with others are ever exactly the same.

Nature hates repetition. This is a hard truth. Some relationships and experiences might seem the same or extremely similar, and we call that coincidence, but there's always minor nuances and things which make the experience different.

What the Sacred Feminine Principle boils down to is this.. "What I want is what you want, and I don't know what you want. So surprise me. Show me what you can do." So unlike the Sacred Masculine Principle, which is all about sacrifice, giving up, letting go, the Sacred Feminine Principle is all about trusting your environment, trusting other people, trusting the other person in the relationship, and through this trusting yourself. You can actually look at the sky, which is also Akasha, spirit, and say "Show me what you can do."

Of course, you can read someone wrong, you can take a gamble and lose, you can make a mistake, but here you're acting on a mystical principle which is based on Nature and 3.8 billion years of biological evolution. What will happen is that, if you do this often enough, all that Sacred Feminine Principle energy you've been projecting outwards into your environment starts coming back to you through the mystical transaction, and you will pick up on a sense of nurturing and even healing coming back from your environment.

So no, it's not really you against the World and the environment. That's just Ego perspective. The Sacred Feminine Principle is all about feeling that you're a part of everything, you're a part of the world, you're a part of the universe, you're a member of the human species.

Another thing which is especially important to remember here is that all creativity and interaction starts from a point of trauma, or an experience of trauma, darkness, pain, fear, loss, death, and so on. That what you haven't relinquished or given up through the Sacred Masculine Principle gets taken from you anyway, sometimes by force, and it's usually at this point - if you haven't died - that you just have to start all over again. This is where the Sacred Feminine Principle comes into being. In this respect the Sacred Feminine Principle is the principle which lies behind the healing, recovery and growth, the change which makes you the individual human being who you are in terms of physical existence.

Which brings us back to that all important mystical principle - all existence is change, all existence is relationship.

The Loving Space

Never cling to life or relationships, don't stifle, don't strangle your life or relationships, retreat into your loving space, let your relationships grow, organically, naturally, and let your life unfold as naturally as possible. You see there is also something known as enantiodromia, is that whatever exists when left always becomes its opposite anyway. Trauma becomes karma, conflict becomes resolved and suffering becomes humanity and process.

Eight



POWER

Eight is the mystical principle of power. Here I'm referring to mystical, or metaphysical power, organic power, rather than physical or political power. This is a very important distinction here, because love is always incompatible with force, coercion and manipulation.

STRENGTH

This principle is symbolized by Strength, the eighth card from the Major Arcana of the Tarot. It's a simple card. You have a woman holding the jaws of a lion apart. Note the same infinity symbol above the woman's head as we saw in One, The Magician. This symbol indicates that this is all part of Natural Law, which we covered at the start of this book.

ASTROLOGICAL SYMBOLISM

Eight is symbolized in astrology by the eighth sign of the zodiac Scorpio, the fixed Water sign, and its associated planet Pluto. In Roman mythology Pluto was the ruler

of the underworld, all that is dark, hidden, obscured. But the clue is in the elemental aspect of Scorpio, i.e. water. Water always flows to reach a point of equilibrium.

UNDERSTANDING THE MYSTICAL PRINCIPLE OF POWER

Let's start from the example of water. In deep water, if you fight and struggle in deep water you will drown. But if you learn to relax in the deep water you will eventually float and the water will support you. This is what the mystical principle is all about.

You can disturb the water, you can churn it up, drop things into the water, make waves, but the water will always return to it's point of equilibrium.

In Taoism this principle comes out as 'wu wei', the art of not forcing anything, of going with the flow, jiving to the rhythm, following the pattern, but in Qultura this comes out as the 'flow of life', where you let life unfold as it unfolds and let it work it's way into your Principle or Core Being (which we will come to a little later).

Eight is essentially about non-attachment and non-confrontation. This means not getting caught up in the duality and polarity of good and evil. You see evil, no matter how you define it, can never be named. Evil cannot ever be directly confronted or challenged, for it will find ways of using your energies against you. However evil can always be negated through truth and subversion. What I'm giving you here is a strategy for evil which is alchemical, mystical, and magical.

You see existence and reality cross many different levels or planes. What may be conflict and confrontation on one level may be cooperation and cohesion on another level. The system of Nature on this planet is a proper functioning democracy based on equality and diversity. All beings are dependent on the totality - which is the universe - and so have equal power in their being and existence.

The trick is to understand this and not try to usurp the power of Eight or Nature or the universe by claiming more power than you actually have or trying to achieve control or dominance over anything. You already have enough power in the fact that all the energies and consciousness of the universe are flowing through you and causing your life to unfold in a certain way.

The Loving Space

Throughout human history there have been various conflicts, uprisings, wars, regimes and so on as humans have failed to understand that Nature deals with the control freak in the same way, by grabbing them by their sensitive bits and throwing them up harshly against a hard surface. This is the whole point of trauma, the solitary force in the universe and Nature. Try to claim or cling to more power than you have, create disruption and disturb the natural flow of energies all around you, and you put yourself in a position of control through which you will waste vast amounts of energy, resources and time doing not much more than trying to defend yourself. Relinquish physical control, and all becomes harmonious again.

The key is to give up control, let life unfold through you, and rest in your Eight or mystical power. Flow the way life takes you, and don't be one of the idiots trying to swim against the flow not understanding that the current is sweeping them along the same as everyone else.

Nine



TRUTH

Nine is the mystical principle of truth, which is that point of equilibrium which reality across all the different levels matches up and becomes one and the same. Truth unlike belief does not need your participation, it does not involve any relationship. It just is.

THE HERMIT

Nine, the mystical principle of truth, is symbolized by The Hermit, an old man standing at the top of a mountain looking down into the valley below. Or is it the abyss? Who knows? He's holding aloft a lantern in which shines a six pointed star, which references back to Six and the Sacred Masculine Principle. In his left hand he is holding a staff, symbolizing the wands, a suit in the Tarot and therefore past actions and the karmic process as is.

ASTROLOGICAL SYMBOLISM

Nine is associated with the ninth astrological sign of Sagittarius, the mutable Fire sign, associated with Jupiter. In Roman mythology Jupiter was the ruler of the heavens.

Please pay attention to the quality of this symbolism, i.e. 'mutable', which means not fixed, therefore not constant, nor is it cardinal, and connected with karmic process or trajectory. Truth is always always always relative to perception of reality and individual perspective, or Principle, or Core Being.

There are many different ways to climb a mountain, but there is only one summit. Implicit in the statement I'm making here is that it's not the nature or specific religion or ideology or belief system that matters. What matters in life is how and when you arrive at the truth.

*"Now if a six turned out to be nine
I don't mind, I don't mind
If all the hippies cut off all their hair
I don't care, I don't care
Dig!
'Cause I got my own world to live through
And I ain't gonna copy you"
Jimi Hendrix, ['If 6 was 9'](#)*

WITH FIVE AND FOUR SIX IS NINE

This is one of the most powerful combinations when it comes to Combined Numerology. Take Four, which is karmic process, and all the different forms of karma you go through in life, combined it with Five, the mystical principle of creativity, Ego and play, and eventually you will arrive at Nine - some sort of individual truth to base your life on.

This is also an example of working with Combined Numerology. The general principle or question is always 'Do the numbers stack up?' Does what is going on in your life translate into the numbers and mystical principles?

You see to make a Six a Nine you need to make Five and Four the same, or you can also make a Two and Seven the same. Or a One and Eight. The whole point of Combined Numerology is working with numbers in different combinations, experimentally, to see what you can come up with.

But see Nine is the highest single digit number, it's a magical number, because you can multiply any number by nine, and add together all the digits of the answer together and you will always arrive back at a Nine.

The universal answer isn't 42 at all, it's 9.

Core Being



in among all these mystical principles and numbers I want to share with you the core concepts of Unmind, which is the fourth component of Qultura methodology.

I'm going to start with Core Being, which is essentially Principle, as in the Principle and Process. This is your individual conscious perspective, behind which is the sum total of your consciousness up to and including the present moment.

Core Being is not physical in any shape or form, so it's never part of the various shenanigans, mind games, lies, illusions, misconceptions and so on of physical existence, form or karmic process.

This is the part of you that is happening right before going into physical form or incarnation. I'm aware that you see your life as a long sequence of years, events, different experiences, relationships and all the things which go to make up a life.

Okay so shift all this up a few dimensions and think of your whole life as a single moment. POOF! That's it. Can you do that? Core Being always refers to your incarnation, because consciousness is, like space, timeless. For as long as you have any kind of physical form or energy or manifestation, you have Core Being, and it is always at that same point, known as Zero Point, that point where consciousness becomes energy and takes on some physical form.

The Loving Space

Behind this of course is your Hungry Ghost, the loving space and the reality of who you are.

I'm going to leave this there so you can work it somehow into your conscious awareness. Hopefully over the next few chapters it will become much clearer.

Ten



RISK, OPPORTUNITY AND CHANCE

Ten in Combined Numerology is the mystical principle of possibility - risk, opportunity, and chance. Just as possibility is always equal to reality, karma is always equal to reincarnation, energy is always equal to consciousness.

THE WHEEL OF FORTUNE

Ten is symbolized in the Tarot by the Wheel of Fortune, which is the 10th numbered card in the Major Arcana and mid-way to the final card of the Major Arcana which is The World. The Wheel of Fortune has the same setting and environment as The World, i.e. the sky. Like The World it also features the 'hayyoth' which I will come to a little later.

Somewhat more obscured than The Lovers (Six) much of the symbolism for this card is based on the Kabbalah but within the context of the wheel of the goddess Fortuna, hence the name, The Wheel of Fortune. Around the wheel we see three creatures, a sphinx like creature up top, A figure symbolizing Typhon, a serpent like sea monster and another creature.

Within the wheel you have both Latin and Hebrew letters. Let's deal with the Latin letters first. Going clockwise you have 'TAROT' but going anti-clockwise you have 'TORA', which of course refers to Natural Law. The Hebrew letters roughly translate as J-H-W-H, or Jahweh, meaning God.

Further towards the centre of the wheel you have the four alchemical symbols for fire, earth, air and water.

Which brings us to the 'hayyoth' or the Four Living Creatures, which essentially symbolize the four Fixed signs of the zodiac - bottom left you have the Ox, which symbolizes Taurus, the fixed Earth sign, bottom right you have the Lion, which symbolizes the fixed Fire sign of Leo. Then top right you have the Eagle, symbolizing the fixed Water sign of Scorpio, and then Man, symbolizing the fixed Air sign of Aquarius.

ASTROLOGICAL SYMBOLISM

In Combined Numerology Ten is associated with Capricorn and its associated planet Saturn. Therefore you will find that this astrological symbolism is pretty much the same as it is for Flow Karma, though we were dealing with a different Tarot card, i.e. the Devil.

Hopefully you can see the sense of this, because to create flow karma out of your past karma (taking into account both direct karma and relationship karma) you need to explore possibilities, take risks, and give chances, which all become much easier when you're working with a discipline and both Six and Seven (the Sacred Masculine Principle and the Sacred Feminine Principle respectively).

WORKING WITH IMPERMANENCE AND UNCERTAINTY

This is the mystical principle necessary to work with impermanence and uncertainty. This develops on a certain philosophy of not knowing, not being sure, and learning to be comfortable with the mysteries of life and existence. You see if you're living on the basis of concretes and definite reality, you're committed, you're never free, and you're always going to end up wrong.

If there was a mystical principle relating to liberation and freedom, this is it.

You see there's no such thing as absolute truth from a human perspective. Truth, like love, is consciousness, it's not physical in any way. We are all of physical form, which is the container for consciousness, or a vessel, or even a channel. Therefore all truth is from a human perspective relative to perception and individual perspective, Principle or Core Being - which we've just looked at.

You see when you break ten (10) down into single digits you get a One and a Zero. Creation is never ever a complete process, therefore your incarnation or life is never ever complete. The only thing which completes your life is death, which you're never going to experience because you won't have the physical being to support any experience of consciousness.

There is no other way around this, you, me and everyone, we at some point have to settle with the mystery of reality, of life, of existence, and this means understanding that at some level not only are we a mystery to other people, we are also very much a mystery to ourselves.

Reality cannot ever be fully known, understood, defined or explained, and you can say the exact same thing about you or someone else. Anyone else. This is where we come to the wisdom of uncertainty, of non-attachment, of not knowing. This can be summarized in a simple statement - 'this too shall pass' - understanding this is the very key which takes you out of your darkest days, your deepest and heaviest trauma, the very worst days of your life. Sure it also works with your sweet spots, your high points, your successes, your times of great joy and elation, but see in knowing this you learn to appreciate and let go, knowing that with everything all your experiences and relationships will weave themselves into the rich tapestry and narrative that becomes the story of your life, the narrative of your incarnation.

You see when you understand that you have nothing to hold onto that is physical in nature, nothing whatsoever, other than Core Being, a Hungry Ghost and a loving space somewhere between the two, what are you left with? You're left with your humanity, all your 'stuff' and a story or narrative. But see that's all you really need in life, is it not?

Traumatic mindsets



So now we come to another major aspect of Unmind, and that is what is known as Traumatic Mindsets. This brings us back to identifying as a physical form or solely with our physical existence, or Ego.

There are five traumatic mindsets, which are:

Lust

This is separation between self and other, where you objectify someone in some way and dehumanize them, for example you sexualize them, you fetishize them, you seek to exploit them, use them, usually for your own selfish gratification, pleasure, and benefit.

Enmity

This is separation between self and other, where you objectify someone in some way and dehumanize them, but in this case you want to harm them,

hurt them, or cause damage, or pain, or suffering, or create a conflict, a fight, or perpetrate violence. You wish trauma on someone else, want to see them suffer, want to see them hurting.

Apathy

This is separation between self and other, including your environment. You disconnect and divide as much as possible, you are indifferent to others, you are wrapped up in yourself and your own Ego, your own little world. You only respond to things which are of obvious, immediate benefit to you and involve minimal effort. This is where you lose contact with your reality. Apathy is also pretty much mental and emotional constipation. This mindset makes you look and act like a zombie.

Restlessness

This is the so-called 'monkey mind' where you are separate from other and your environment but you cannot connect, you cannot settle, you cannot decide. You're constantly changing your mind. You're driving yourself and other people nuts, and not in a good way.

Sceptical doubt

This is separation between self and other where you dismiss or reject another person's reality or existence or simply 'other' them in some way. This is the mindset of the supremacist, phobic types such as homophobes, xenophobes and transphobes, and bigots, the sceptic, the doubter, people with fundamentally divisive mindsets.

All traumatic mindsets bring you right back into separateness and therefore create division between self and other and also between self and environment.

Please don't see this as any moral guide or list of principles you need to stick to. Sure you yourself can bring yourself into a traumatic mindset, but see too you can also be dragged into a traumatic mindset by other people. As much as you can try to avoid

traumatic mindsets by your own efforts, choices and stuff, you have no influence over the minds, thought processes and so on of other people.

Therefore it's best just to accept that these mindsets are a part of life experience, a part of relationships, and a part of what being a human being is all about. It's enough to try and somehow work this into your conscious awareness as we'll shortly be coming to a simple technique as to how you can take yourself back out of a traumatic mindset and avoid those long processes of rumination which ruin your days and drag you down.

Eleven



COMMUNITY, EQUANIMITY AND JUSTICE

So now we come to Eleven, which in Combined Numerology symbolizes community, equanimity and justice. It's symbolized by Justice, the 11th card of the Major Arcana of the Tarot. You might remember this Tarot card from the chapter on Relationship Karma where it was associated with its traditional astrological sign of Libra and Venus.

Not so in Combined Numerology.

Here the number becomes very significant, and so the astrological symbolism changes. In Combined Numerology Eleven is associated with the eleventh sign of the zodiac, Aquarius, the fixed Air sign, and its associated planet Uranus.

What this means, essentially that Eleven in terms of Combined Numerology has a much wider social and cultural significance. There's a reason for this.

In order to reach Eleven in your life, you have to either work with Five and Six, or Four and Seven if the story of your life hasn't been that successful. Keep in mind that Aquarius is part of the 'hayyoth' which features on The Wheel of Fortune and The

World cards from the Major Arcana. Doesn't matter who you are, you're part of a planet, a species, a society, a community. Being is always relative and no matter how you slice and dice this, who you are is always relative to who everybody else is.

Which brings us to the symbolism behind the planet associated with Aquarius, which is Uranus. Traditionally Uranus symbolizes sudden change, revolution, rebellion, insanity, genius, and a lot of stuff that doesn't fit neatly into normal everyday conversation.

Dipping into mythology, Uranus was the Greek god of the sky, the Roman equivalent of Caelus, and was the husband of the goddess Gaia, which was the goddess of the earth (if you remember Three and The Empress, so Mother Earth).

However to get to the 'dirt' or nitty gritty of what Eleven is about in Combined Numerology, it goes something like this. at some point in your life you're going to have to go against the established social order and, evolving past your Ego structure, develop a meta-physic or a deeper, spiritual, more existential side to your being. Call it a spiritual process or journey if you like, because what I'm referring to here is soul work. This is where Principle and Core Being become all important.

What this means, or part of this process is resolving your issues with other people, all other people, to reach a point of unity through consciousness with everyone... on principle.

Now please don't understand me here. I'm not saying you should like everyone, go round singing songs of 'Kumbaya', but simply lay off judging everyone according to labels and understand that everyone is just another incarnation just like you, making their own way through life, dealing with their individual specific karma and living out their life story and narrative.

See in a court of law, what happens doesn't just come down to the law, and it doesn't come down to the truth either. There has to be the narrative, the story, and there are always at least two sides to every story. The narrative and story is always what lies between the law and the truth. Labels just don't cut it.

I mean, how would you like to be convicted on the basis of a label or someone else's beliefs? Think about it.

JUDGMENT AND CRITICISM

This brings us to a particular thorny issue in life - judgment, stigma and criticism. You see when someone doesn't do what you expect them to do, you get brought back into separateness and it's this separateness which gets you uptight. You become upset. You get angry. You get frustrated. You get drawn into a traumatic mindset.

It's important to understand what's going on here. You're experiencing the traumatic mindset and getting so upset because you have a model in your head about how that other person should have acted. What's upsetting you is your own head trip.

But see when you can look at other people, at their being and their behaviour, and see the process and unfolding of their life, and then you look at yourself and your behaviour, and see the unfolding of your life and your process in that, then you stop judging and change becomes possible. You see you're connecting to the other person on Principle, behind their process.

You see when people criticize, judge or label me, which is frequent, I open myself to it, let it flow through me, listen, feel where it resonates, see if it touches a tender or sensitive spot. If I'm busy trying to come up with some kind of rebuttal or denying it, I know that the other person has hit home. But when it doesn't I just let it go. Doesn't matter.

You see there's some value in being around very perceptive people who will keep reminding you where you're not and through this they reflect back karma for you to work on, which can be known or unknown to them. You see you can take everything that comes your way as some kind of divine teaching designed to help you somehow develop or grow. All you need to do here is just work with it.

It's at this point you can show your appreciation. "Thank you. Thank you for giving me the opportunity to examine this all over again."

The Loving Space

However this doesn't necessarily mean that you have to accept the criticism or judgment. You're just open to it. You don't have to accept or reject so many things, and constantly be on the defensive all the time, which will drain you. You just need to be open to it. Just let it flow through you and whatever will be useful will record itself into memory and whatever isn't will float off somewhere into the environment.

There's a way of developing a sensing, feeling, intuitive process of dealing with the environment and other people rather than just an intellectual, conceptual process.

But see we get into certain relationships, arrangements and transactions where we form community with other people and give each other license to judge and criticize each other, so as to awaken or enlighten one another through relationship. We ask other people to criticize us and we are asked by other people to criticize them. This is a different story and place altogether.

But see just because you're living with someone and in some kind of relationship with someone doesn't give you that right or liberty.

There's two kinds of people you might be with. One such group of people are the people who are connected to you through past karma, for example a father or a mother, as an example (or brother or sister). See the issue here is that you cannot trade in your mother or father for another mother or father. You're stuck with them. They're part of your incarnation and process. You can't necessarily change your mother or father. You can only love them. If you love your parents enough they will do what they need to do (the same applies to children, as we're in 'karmic bond' territory here). This is how you work on this principle with those in relationship on the basis of past karma or karmic bonds.

You see you can't change it, you have to work with it somehow. If they're pushing your buttons, okay, cool, because they're showing you what you're clinging or attached to. There's got to be a target somewhere about you that they can aim for. If they get you uptight, it's a lesson or teaching in there somewhere. I'm not saying it's

going to be an easy lesson or even something you can always deal with, but it's a lesson.

Then we can switch to the other category of people on that other duality of direct karma and relationship karma, which are the relationships you've entered into voluntarily. Friends, relationship partners, lovers, spouses, employers, employees, clients, and so on. Where your karmic processes align and you have some degree of common cause, or shared consciousness, you stay together, and then when you grow apart you go your separate ways, you outgrow the relationship and each other and go wherever your karmic process is taking you.

It's the exact same mystical principle, but the karmic relationship between you is different. However you can cross the line, such as through marriage, and following the same mystical principle of Eleven shift the karmic processes involved to that on the past karma and flow karma polarity. But see you're going to need the loving space between you and some alignment when it comes to karmic process. It's not enough to just have matching Egos and karmic processes, as many people do, without the loving space. It's also not enough to have the loving space and be in love with each other if your karmic processes are not aligned or are radically divergent. What's the point of setting yourself up for a future heartbreak, tragedy or complicated messy divorce?

What I mean here is that if you have both decided to get married, and shift your karmic processes to that other duality of past karma and flow karma, you need the loving space between you to grow into each other and you need to back that up with commitment. What this means is that you don't reject or walk away from the karma, you make a commitment to work with it.

But hopefully you can see just how important this mystical principle, Eleven, is when it comes to love and relationships, and particularly when it comes to the loving space.

RAIN Methodology



RAIN methodology is another part of Unmind. It's a way of pulling yourself back out of a traumatic mindset and back into Core Being. I'm not going to take you into any of the magic rituals of Unmind. The whole point of this book is to enable you to develop conscious awareness and perspective through the loving space and simple back and forth communication and dialogue. You can still do dream weaving with someone else once you know what it's about and through the loving space.

RAIN here is of course a mnemonic device (to help you easily remember something) without wasting precious energy, time and heartbeats on psychobabble or the traumatic processes of rumination which tend to drag you deeper into your separateness and going round and round and round in circles in the same negative or unpleasant thought processes. That's just suffering, and the whole point of RAIN is to shift yourself away from that back to perception and just being.

You see love isn't exactly rational, but rather more irrational, and no amount of intellectualizing and conceptualizing will ever make a circle a square. So RAIN or rather R-A-I-N is made up of the four simple steps of the cycle of the method.

Recognition

The first step is to recognize that you or someone else is experiencing a traumatic mindset and generating karma. How are you identifying with your mindset? Is your identification physical so that you are either identifying with your experience or identifying as being separate from your experience? Is your identification based on a physical attachment?

Acceptance

The next step is to accept that you or someone else is experiencing a traumatic mindset and generating karma. It happens to the best of us.

If someone else is going through a traumatic mindset and you're the object or target of their nastiness or toxicity then the very last thing you do is engage them in some sort of conflict or try to change their mind. This will only escalate the situation. Simply remove yourself from the situation and move on as best you can. You have enough of your own karma to deal with without taking on anyone else's karma.

Investigation

The next step is to investigate how come you or someone else is experiencing a traumatic mindset and generating karma. What is triggering it? What is motivating it? What was going on before the traumatic mindset developed? What's the story? What was the action or event (karma) out of which the traumatic mindset arose? Learn to dig deep into yourself or other people to get to the narrative and backstory. Don't give up until you have what you feel or sense to be the truth.

Non-attachment

Liberation from a traumatic mindset and resolution of karma comes from non-identifying and non-attachment as a physical form - belief attachments, ideologies, outcomes, images, point scoring, and moral reasoning. You are not a physical object or being, you are not your body, your mind, your emotions, your feelings, your thoughts, your words, or your actions. All this is process. You are Core Being and the reality behind the process. You are here to experience the universe, this planet, life, and to be happy. This is your reality.

This is essentially it.

Separateness



*"There's a little black spot on the Sun today
It's the same old thing as yesterday
There's a black hat caught in a high tree top
There's a flagpole rag and the wind won't stop
I have stood here before inside the pouring rain
With the world turning circles running round my brain
I guess I'm always hoping that you'll end this reign
But it's my destiny to be the king of pain..."*
The Police, ['King of Pain'](#)

So far we've gone on a mystical journey throughout this book through the Qultura system and have covered various mystical principles along the way. This is where the mystical journey comes to an end and we move on what can be described as the human predicament, something which we have all been born into. What I'm referring to is separateness. Separateness between self and environment and also separateness between self and other.

I'm going to make a series of statements and just share with you my individual perspective on stuff. Some things will make sense to you. Some things won't. That's okay. Hopefully you can keep hold of your copy of this book and keep referring back to it as you need to.

WHAT DO YOU REALLY WANT AND NEED FROM YOUR LIFE EXPERIENCE?

So now let's shift the emphasis of the book away from the mystical principles onto you. What is it you feel you really need and want from life? We have to start working with desire, because it's through desire that you get all your needs, wants, wishes, dreams, ambitions, objectives, life goals, and so on.

What is it that you are searching for in life?

Please don't make the assumption that I'm writing this book to tell you how to get whatever it is you want or need out of life. This is not that kind of chapter. As I keep telling people over and over and over again I'm not you. I don't live your life. I do not experience your reality. I don't exist in your world. I cannot even begin to imagine what it's like being you. I am not you. I am me. I'm writing solely from my own perspective and everything here is based on my perspective of my world. You've got to make the connections between what I write in this book and your reality.

You see at some point, somewhere at some point while you're reading this book, you have to reach an understanding that there's nothing really to learn, to know or understand at all while reading this book, because what I'm writing about are things that you already know and understand somewhere within yourself. Any understanding you are seeking is connected to your desire, that what you feel you need to understand, or what you feel you should or ought to understand which is once again relative to your objective or goal in life.

You see any understanding you are seeking is closely related to how you can get what you need, get what you want, how you can achieve your objective or your goal.

ULTIMATELY YOU KNOW THE ANSWERS TO THE QUESTIONS YOU ASK

If you didn't know the answers then how can you ask the questions? How would you know what question to ask if you didn't already somewhere know the answers? See this is what I do as a mystic and shaman. I don't give people some special insight. I don't have any special powers. I am not a psychic. I assure you I'm not travelling on some 'higher' plane of consciousness which isn't accessible to you. I'm just aware that you're reaching out and seeking some kind of confirmation or validation of that what you already know.

You see you exist on all those higher planes of consciousness and different levels of reality even if you refuse to believe it is so, or it lies somewhere outside your comfort zone. Trust me. If you ever come close to death in your life in your blind panic to continue living you will become aware of those different levels of reality and planes of existence without my input or anyone else's assistance.

But see here's the thing. You need to find a way of liberating yourself from the answers in order for you to stop asking the same questions over and over and over again. This is one of the points I wish to make in this chapter. Thinking can liberate you but it can also trap you. Most of the issues you face in life are psychological and mental. They're not spiritual.

You see I can offer you my own answers to the questions you're asking. But my answers might not be the same as your answers so my answers will not answer your questions. Besides I am not you, so how do you expect me to answer the questions you're asking. Trust me, if I attempt to answer your questions for you, generally it will lead to you creating further questions based on the answers that I've given you. That is more likely to screw you up than help you, because you are not me, you are not living my life, you do not share my reality or see existence and the world the same way I do.

Ultimately it's down to you to figure out your own answers to your own questions. It is after all your life, your reality, your incarnation. I'm not just referring to the main questions you've got running round your head, but all the other questions you keep

coming up with. You see all the questions you're asking and seeking answers to are variations of the same question and answer.

Also keep in mind that I don't have that many questions or answers myself. I used to have many different questions in life, but see we've just got through thirty odd chapters of principles which I've figured out from my life. This is when questions and answers become one and the same and turn out to be principles. You're no different from me, and if you were to try I'm sure you could come up with your own meta-physic and set of principles.

But see what is the point of your life? What are you looking to experience in your life? What is it you're looking for? What is that one big answer to the question you keep asking in life? Instead of looking to me, or anyone else, why not you simply look at yourself and create your own meta-physic or philosophy on life?

THE SPIRITUAL AND THE PHYSICAL (MATERIAL) PLANES OF EXISTENCE

You see you cannot separate the spiritual (meta-physical) from the physical and the material aspects of life. There is no separateness anywhere in existence outside that what you have been taught that exists (when it doesn't). You can see that physical form or existence is surrounded by space, which is consciousness. Existence in form always goes hand in hand with non-existence. The exact same principles apply to physical existence which apply to meta-physical existence.

You see all you have to make sense of reality, whatever reality means to you, is memory, imagination (conception) and language, which is essentially all the noises and sounds you make from your vocal cords which are associated with the various concepts you have been taught that other people understand. This is what language is. Every single letter in the alphabet you learn is a concept. Every number is a concept. Put letters and numbers together and you get another concept. So while a tree is real, i.e. actual reality, the word 'tree' is a concept.

This is all you have to work with. This is all any of us have to work with.

THE WORLD YOU EXPERIENCE IS THE WORLD YOU HAVE CREATED

So this is where we can start to get into separateness. We all exist in actual reality, on the same existential planes of existence and consciousness as everything else. We all live on a planet, the real world, which is giving us all the same experience of life.

But see to make sense of this world we are living in we have all created an image or concept of the world, based on what we have been taught by others, and it is this conceptual image of the world we are using as a reference point for our lives. This is simply because in order to live we need to be somehow connected to other people. So we use our individual 'conceptual' world as a reference point for our memories, language and how we imagine the world to be.

We all still get to experience actual reality and the 'really real' world, through trauma, through death, through pain, to give you a few examples. But primarily our reference point for life is the more conceptual world we have created and what we experience.

You see part of the issue with separateness are the various ways people try to impose their conceptual image of the world on other people, who of course have their own conceptual image of the world, and out of this we get a great deal of conflict, misunderstandings, misconceptions and much more. You see our image of the world we experience includes other people and our expectations of who they should be, what they should do, and how they should behave. Even what they should think and believe.

This is something we are all constantly doing to one another all the time. Therefore it's also something which keeps happening to us as well all the time. You get people who have certain expectations about you, what you think, what you do, even how you should be. Quite often, and also for reasons unbeknownst to you, you also get attitude if you don't quite conform to the model of being a member of the human species in their version of the world. I'm sure you've experienced this as well.

This is where a great deal of our issues in life come from. They come from the separateness of people not fitting neatly into the conceptual images of the world we have created and which other people have created.

EXPECTING TWO TO BE ONE

Then we come to the other major issue of separateness, which is essentially expecting something for nothing, or expecting something without something else.

Profit without cost, pleasure without pain, happiness without misery, accomplishment or achievement without work, knowledge without learning, wisdom without experience, love without sacrifice, comfort without hardship, these are just some examples. I could go on and on and on here.

Everyone has their own version or strategy on how to do something, how to get something, how to achieve something, but see just because it's worked out once for you does not mean it's going to work out for other people. It doesn't even mean that it's going to work out once again for you. But it doesn't stop you trying, or other people trying out what other people are doing and other people's 'how to' strategies and methods.

This is just another variation of the same deal and that is to try and somehow shape or bend the reality to fit in with the conceptual reality or world that has already been created. It's still trying to fit everything into that extremely narrow focus of conscious attention and deal with everything through that rather than trying to expand on one's wider conscious awareness and learn something new from actual wider experience of reality. This is very much a human thing. It's something we all do.

But see out of separateness we get fragmentation and diversity. This is because to appear significant to other people and 'functional' in society, to maintain our sense of 'self', Ego and identity, we are all expected to know 'how' to do certain things. Then you have the concept of authority, which you create in other people because you feel they know how to do things better than you do, or they know 'more' about

certain stuff than you do. But it's all still trying to bend our minds and reality into some conceptual image of the world and reality.

As a result you fragment and compartmentalize your whole life into many different categories and concepts, all based on needs, desires, wants, expectations - sexual, relationship, work, social, meta-physical, spiritual, practical, financial, material, personal, familial, health, and so on, and so forth, and so on. Everything becomes conceptual, ritualistic, like a game, but a game with very many different rules, and so many different rules that you end up forgetting some of the rules because you're usually concentrating on sticking to the other rules.

It's like you're trying to spin plates on different poles, or you're trying to juggle various balls in the air. This is how life becomes messy, complicated, difficult, because you're trying to keep your conceptual image of the world going using only a tiny fragment of your consciousness, which you don't really understand anyway, because consciousness cannot be transformed into anything other than a word or a concept.

HOW DO YOU EXPECT A LOVING RELATIONSHIP TO WORK?

I think while we're going through this issue of separateness we need to also think about relationships and love, because I'm sure that there are some people you love in life and there's also some people who love you. At least conceptually.

So on the one hand we have you and the world you have created which you are experiencing. Then you have another person and their world which they have created and are experiencing. But see there is also you and them, as individuals, both living a life which is a vast multi-dimensional complex arrangement or pattern of different desires - needs, wants, desires, wishes, expectations, and out of these also assumptions, beliefs, ideologies, philosophies, thought processes, thinking patterns, habits, rituals, and so on and so forth.

If you're like most people you're still living under the general assumption that the instruments you have, i.e. memory, language, conception, imagination, are sufficient to get you everything you need and desire in life. Yet unless you have completed the

process of individuation, where you have reached the point where you understand that the instruments you have are insufficient and that there is nothing really to understand or get, you're going to be living on the basis of Ego, or self, or personality. You're still going to be trying to live from within your physical existence and form.

You see when you're with someone in a loving relationship, relying on just your physical existence, memory, language, conception, imagination, karma, you're still going to be trying to bring that other person into line and into harmony with whatever concept of the world you have created and you're experiencing. When you have harmony between that other person and your world you call it love. You say to them "I love you" and you hope that they also say to you back "I love you". But let us be very clear here what this all means. Your statement "I love you" in essence means "You are giving me what I desire and need to be me (in terms of Ego) and you are somehow fitting into my conceptual world that I have created".

This is the level of love of say, love languages. Your love language is say, acts of service. So you cook, and you clean for the other person, and they somehow appreciate it, and you call it love. Or you exchange gifts between each other and because you are exchanging gifts and getting what you want you call it love. Or you are getting it down in the bedroom with the physical intimacy, and because physical intimacy is your love language, you call it love. But see none of this is love. It's still very much desire and getting what you want out of other people and you calling it love when it isn't love at all, but desire, is absolute nonsense. It's bullshit.

However you can't see the difference because you're still living on the assumption that the instruments you have available to you, memory, karma, language, imagination, conceptualization, are sufficient to get you everything you need and want from life.

ALL PHYSICAL RELATIONSHIPS ARE ALL ABOUT GRATIFICATION

So say you're in a relationship with someone and you call it love, because they're giving you everything you want and need in life, and you're getting something out of it. They somehow fit in with your world and complement who you are. Okay so what

are they getting out of it? What about their desires and wants? What about their world? What about how you fit in with their life and their world? What happens to all that?

But I'm not referring to a human thing here. I'm referring to existence in general. You see all that air, light, water, heat, warmth, food, shelter and so on that you've been enjoying and making use of throughout your life? Well you pay for all that with your death and your physical body which is going to get recycled and transformed by Nature into other forms of life and living existence. Even if you seal it up inside a coffin and bury it six feet under the ground Nature will still find a way of getting at it.

It's like if you get cancer. Sure it ruins your health, messes up your life and might eventually kill you, but the cancer cells are getting some benefit from that experience. It all comes back to the yin and yang of physical existence, of energy, of physical existence, pain and pleasure are part of the exact same cycle as sickness and health, life and death, and so on and no matter how you slice it and dice it there is no separateness whatsoever and you have to deal with the darkness as well as the light, the pain, misery and fear as well as the pleasure, happiness and health, and always accept the rough with the smooth in life.

*"Sometimes in life you are the pigeon, and sometimes you are the statue."
--old Polish saying*

TIME AND THE MOMENTUM OF KARMA

So we have to deal with time and karma, i.e. physical existence, because all the whole you are identifying as a physical form or being, this is the only level you're trying to exist on and trying to base your life on. You're still caught up in all the separateness because all you have to work with is your instruments, memory, karma, language and imagination. You have your concept of the world which you are experiencing, and also your concept of you, of Self, of being, of persona and personality, and some kind of physical entity.

So all the while you are working with physical form, restricted to the psychological dimension of life as a basis for everything, you have to work with karma and because you have to work with karma, and physical existence, which is always impermanent, you also have to work with time - past, present and future.

What you would need to do is exist in the present moment, the here and now, and base your concept of future on what is actually unfolding now. But see there is no space for you in the present moment, because it is still happening, so you don't understand what is happening, because you cannot think about it or conceive it, and you don't always make sense of it or understand it, so in a way you are alienated from it. It's not you. You don't know if it fits in with the conceptual image of the world or living existence you created. It's happening but you cannot always make sense of it.

So what you end up with is a sense of isolation and alienation. The world is happening all around you and you cannot see yourself in it. You feel hopeless. You feel isolated. You feel vulnerable. You can even feel helpless. There's a certain fear, anxiety, insecurity in watching everything unfold and not being sure how it relates to you or your 'established world order' which exists in your past.

But see, you don't like feeling afraid, vulnerable, or insecure, do you? Nobody does.

You see you're there reading these words in the present moment and everything is unfolding, but me as I'm writing these words in my present moment is somewhere now in the past (from your perspective). You see from the present moment the future is just a possibility. The house could blow up. War could break out. You could go outside and get knocked down by a car. But see here I'm not referring to the future as a possibility. I'm referring to the future as a sense of hope or faith, and generally you get that from the past, what you know and understand, what is familiar to you, and this is also part of who you are.

So in this sense you're still alienated from the world as it actually is and from the present moment. You're still caught up in you and your image of the world, which is past and arises out of memory.

You see anything you experience in the here and now, the present moment, can only make sense to you if it somehow matches up with your past or your memory and you can recognize it or understand it. If you cannot do that then it won't make any sense to you. It will be just senseless, meaningless change. Empty words. Noise. Pixels on a screen.

If this is how it is and you cannot make sense of it, then you reject it, and in rejecting that what exists in the present moment, or the here and now, you're reinforcing the separateness. But see what you are using to reinforce the separateness and reject the present moment is the past and past memory, or past karma. Otherwise there would be no issue of you accepting or rejecting. There would be no such choice to make.

But see what you are doing here is trying to connect the past to the future by discounting the present moment. So what you're doing is ignoring the present moment to develop past karma. I'm not sure if you can see this or grasp the point I'm making here. You're rejecting the present reality in favour of the past reality, from past karma and memory, and so change is not quite as possible than it would be if you had included the present moment. You see you are using the concept you created in the past to apply to the present, and if it doesn't fit, you reject it.

WHY DO YOU NEED TO EXIST ALL THE TIME?

Okay so let me try this way. Please keep in mind here that I'm not changing the subject of this chapter. We're still discussing physical existence, Ego, Self, and the physical instruments of being, memory, karma, language, thinking, desires, imagination, and conception. Why do you feel that you must exist all the time?

Why do you feel that you need this continuous sense of physical identity and this continuous concept or image of reality to get you through life? You see if you're not giving your total attention to the present moment, then you cannot say that you are connected to your environment across all the different levels of reality and planes of consciousness. If you are constantly having to think about what is happening in the present moment, paying attention, watching, looking, listening, seeking, searching, reading, and all this is on the basis of desire, what you need, what you want, what you desire, what you hope for, and constantly making choices, does this make sense?

This doesn't make sense? How does this apply to me? Then the only connection between your past and the future is you and your concept of who you are.

This is the whole point of Ego, of Self, as a continuous concept of 'I', of 'me', and you go through life thinking "How does this relate to me?" Ah but you see, not everything which is going on around you in the present moment has to be somehow relative to you or fit in with your conceptual image of Self, the world, or indeed life. In fact there is nothing out there which is designed or happening to please you. That's just your assumption.

You see someone who is happy is not seeking happiness. Someone who is well fed and satiated isn't looking for food. They feel no hunger. Someone who is healthy is not interested in discussing illnesses or going to see the doctor. You can only be concerned about happiness if you are not happy. You only think about food if you are hungry or you need to go out and buy it. If you are healthy and your body is working as it should you are not even consciously aware of your body. It's not even on your radar. You only become consciously aware of your body if you feel pain or discomfort.

I'm fairly sure that when you are walking down the street you are not panicking or thinking to yourself "Oh my God I need to breathe, and I need to keep breathing otherwise I will die. Oh and I need to also keep digesting my breakfast and that cup of coffee, and I also need to think about peeing and taking a shit at some point." Or do you? Think about all the stuff that's going on in your body that exists way beyond the limitations of your conscious awareness or the narrow focus of your conscious attention. When you eat an apple, you don't sit and worry about the philosophy behind when the apple becomes you or how your body is going to digest the apple. Or do you?

I'm assuming that at some point during the 24 hour cycle of your life you sleep. Do you ever get up and worry about whether you existed at 3.30am in the morning? Or do you just take it as a given?

But see to be mindful of the present moment you have to find a way of switching the Ego and the constant thinking and projection between past and future off. Or at least find ways of ignoring it.

THE ENVIRONMENT CREATES, THE INDIVIDUAL GROWS

So here I feel I need to come out with another well worn mystical principle, or something I keep repeating over and over and over gain to different people. In order to be present in the here and now, or the present moment, you need to find a way of subverting the past - memory, karma, and also, which is just as important, all beliefs, Ego, sense of Self, sense of identity, concepts and so on.

But see this is where we hit problems. There's an entire spiritual industry out there telling you to let go of the past to live in 'the present moment' or the Eternal Now, get rid of the Ego, go sit and meditate, practise yoga and pretend to be an acrobat on a mat on the floor. Centuries of spiritual teachers and gurus telling you that you can have yin without yang, enlightenment, moksha, liberation, mindfulness, spiritual liberation, and the spiritual journey.

This is in contrast to the Western systems, and religions, where you are sinning because of your Ego, you are unworthy, where you get talked at, and told that you must believe in the Lord your Saviour and believe every minute of your existence and He will save you. Oh and don't forget to kindly leave a donation to the Church on the way out.

You can throw into this particular mix over a century of different therapists, experts, psychologists, life coaches, gurus, well being types, hey even well being as a concept, social proscribers, and so on and so forth. Yin without yang. Get rid of the past. Sacrifice your Ego, and hey, your life will all be smooth, even, and hunky dory.

As if you could. Maybe you can try going down to the Job Centre or unemployment office and telling them that you're enlightened and you no longer need to work or find a job. See how well that approach works out for you.

But the way I see this I'm still sitting here writing these words and you're still sitting there reading these words. Trust me, I have no desire to add to the momentum of

your past karma and the incredible weight of your past karma and memories bearing down on your life experience.

What I want to point out here is that your past karma is what you have to deal with on an individual level just as much as you have to face death on an individual level and how you have to deal with life on an individual level. This is also how you have to deal with trauma, with pain, with tragedy, and also with suffering. Past karma and memory is all you have to turn to when it comes to dealing with and experiencing life. It's all you have, together with language, memory, conception, and whatever notion of Self and identity you are going through life with.

What I also want to point out is the futility of trying to control it. You might be thinking of past karma in terms of your life, maybe 10, 20, 30 or even 50 years of past life experience. What I'm telling you here is multiply that. You're living just one incarnation or life cycle. Multiply that with tens of thousands of other previous lives you have lived through. Then multiply that with millions and billions of other lives that have existed. Finally, see your past karma in terms of the 3.8 billion years of living existence on this planet and biological evolution.

Do you still believe that you have it within you to control all of that? Think about it.

You see whenever you want to being a sense of identity to your life you're going to have to go back into your past memory and karma. Whenever you want to figure out how to follow through on your desires, you're going to go back into past karma and memory. You really don't have any choice in the matter because the past is all you are in reality. is not the language you're using part of your past karma? What about the image you have of yourself? Is that not too something which is a part of memory and your past karma?

*"But that was just a dream
But that was just a dream
That's me in the corner
That's me in the spotlight, I'm losing my religion
Trying to keep up with you*

*And I don't know if I can do it
Oh no, I've said too much
I haven't said enough
I thought that I heard you laughing
I thought that I heard you sing
I think I thought I saw you try
But that was just a dream..."*
REM, ['Losing my religion'](#)

But see you're constantly dealing with other people who also have the similar weight of past karma, out of which they also use their instruments, language, memory, imagination, conception, and you have no idea what is going on in their minds or their relationship to their past karma.

But then you see you're conditioned to believe in the separateness, so on some level you're still trying to create One from Two, because you see from your own experience and looking round at what's going on around you that's what everybody else is also trying to do. While you see all this going on and happening you still somewhere deep down inside you believe that it can also happen for you. So somewhere down the line you're still believing that you can have the yin without the yang, the pleasure without the pain, the joy without the sorrow and so on.

So what happens is that, all too often, you turn back to your past karma, your memories, your past experience, and you ask yourself, "What am I doing wrong? What am I not doing? How can they [someone else] achieve the separateness and enjoy the yin without the yang and I can't? What am I doing wrong?" Do you see how this works?

This is how you end up comparing yourself to other people who you believe are similar to you. You're judging them in terms of your own Ego and position in life, and then you turn it round and judge yourself against them, and generally this makes you feel bad. So this in turn reinforces not just the separateness but your own desires, needs, wants, and so on. So you seek to perpetuate the past karma and your Ego and continue projecting that into the future.

But see you're still trying to use your past karma to find ways of achieving the impossible dream - to create One from Two, have yin from yang, pleasure without pain and so on. You're doing not much more than throwing your life away because for as long as you are ignoring your present reality and what's going on around you all you are doing is seeking ways to perpetuate the past and past karma. You are literally, physically and meta-physically, running round in circles.

Think of a dog chasing its own tail. This is what you are doing.

But this doesn't stop people from throwing away their lives and chasing enlightenment, moksha, liberation, a relationship with God and so on. This is all too often chasing the dream, the impossible fantasy of heaven on earth and the ultimate pleasure.

But see ultimately, simply because it is impossible to achieve, it ends up as despair, frustration, unhappiness, disappointment, suffering and pain. You're trying to get one over the universe and this planet and there's no space in the biological system or ecosystem for any of that nonsense. Sorry.

So you die in misery and end up back at Square One.

*"I need love, love to ease my mind
I need to find, find, someone to call mine
But mama said
You can't hurry love
No you just have to wait
She said love don't come easy
It's a game of give and take
You can't hurry love
No you just have to wait
You gotta trust, give it time
No matter how long it takes...."
The Supremes, ['You Can't Hurry Love'](#)*

WHAT ARE YOU CHASING HERE? THE CONCEPT OR THE EXPERIENCE?

I'm going to head this with an old Motown classic just to add weight to the point I'm making here. You're probably familiar with the song. This is another very popular and familiar variation of separateness and Ego that very many people out there are chasing.

This isn't chasing the yin without the yang as I've just written about before. No. This is when you feel you have the yang in your life and you want some yin to take away the yang. You've got the loneliness, the heartache, the misery, the boredom, whatever, so you feel that you need some love and a new relationship in your life.

Oh God. There's so many issues here I don't even know where to begin. Seriously.

Okay, so let me try. You can only need love if you don't understand that you are and love is just another word for consciousness, like truth, like beauty, like appreciation, that you cannot even conceive, let alone understand or conceptualize. So right off the bat you've conceptualized love as some antidote to loneliness or isolation. It's just the fulfillment of a desire, a sweet spot. Pleasure.

You're also equating love, which is consciousness, and a connection through consciousness with another human being, with a physical desire. Essentially what this song is saying is that I need love, I'm entitled to love, and if I'm patient enough, I'm going to get it. So now you're walking round believing that you're somehow entitled to a loving relationship. Okay. I guess that can work out as a belief. But trust me, it's an incredibly risky dating strategy.

Then you have the other issue in that in chasing love through Ego you've somehow managed to form an attachment to the misery and loneliness in your past karma. Otherwise why the need to seek love? So while you are out there chasing love you're also developing an attachment to loneliness, misery and insecurity. So now you're developing new past karma on the basis that not only you haven't found love, but you're also lonely and miserable. So instead of creating one issue from your past you now have two issues that you have to struggle with.

Then you have the whole issue of 'how' to find love. Where? Tinder? Hinge? Grindr? Badoo? Online? Offline? So what's it going to be?> The meat market approach? Or are you going to try it on with someone at work? Maybe in the supermarket? One of your neighbours?

Then there's who you're going to get love from? What is your reference point here, if it's not someone in the past? Or porn. Then at what point are you going to call it love? Three dates? The fourth date? The first shag? The first sexual orgasm? When someone first mentions the L word?

This is the other side of separateness. We've been conditioned to believe and understand that we are no more than a physical being experiencing physical reality in a largely physical environment, and everything that's not physical, i.e. 'meta' physical, 'meta here means 'beyond', is somewhere 'out there' in the environment.

This is what we keep being told, the messages we get constantly, that love is 'out there', that truth is 'out there', that beauty is 'out there'. So all you are left with to work with are the physical instruments - memory, language, imagination, conception, past karma, concepts, beliefs, symbolism, and so on and so forth. So what happens is that life becomes a cyclical experience, and you get trapped or locked into a series of patterns or rhythms or cycles, which repeat themselves over and over and over again.

*"There's nothing you can do that can't be done
Nothing you can sing that can't be sung
Nothing you can say but you can learn how to play the game
It's easy
Nothing you can make that can't be made
No one you can save that can't be saved
Nothing you can do but you can learn how to be you in time
It's easy
All you need is love
All you need is love....."
The Beatles, ['All You Need Is Love'](#)*

CONNECTION EXISTS IN DIVISION AND SEPARATENESS

I'm going to start with an old cliché, namely a 1968 Beatles song. Let's start with the Buddhist premise on attachment. If there is attachment then you will suffer. If there is no attachment then there's no suffering. This is a statement of fact. It also follows that if you were attached, and have suffered, but are no longer attached, you are liberated from both attachment and suffering.

This is actually a fairly widespread mystical teaching that you can find in many other philosophies and religions. It's based on Natural Law and dependent arising which we covered way back at the start of this book. So having established 'what' we move onto the thorny issue of 'how'. Now if I were pitching myself as a Buddhist here (which I'm not) we could get into the Four Noble Truths, the Eightfold Path, the Three Marks of Existence and all that jazz. But I'm not going to do that.

I'm not even going to get into the 'how' at all. Over the past 30 odd chapters I've taken you through the entire Qultura system and methodology. This book was never intended to be written as a 'how to' book. I am not you. You are not me. You have your own life to live, your own reality to deal with, and your own incarnation and relationships. You have to figure out the 'how' all by yourself using the mystical principles we've been covering throughout this book. This is where we come back to the Principle and the Process. You are the Principle behind your life, and your life, your incarnation is the Process.

You see there's a reason why I'm not going to go into Buddhism, or Theravada despite having studied it for decades in my life and being 'trained' in it. I know the cheat codes. You see when the Buddhists talk about nirvana, or perfect enlightenment, what they're essentially talking about is equilibrium, total acceptance of self and other, of everything, where you understand that the instruments you have been taught to believe will get you everything are insufficient. This is the entire point of going off somewhere to a retreat or sitting under a tree and meditating.

Of course then you have the Buddhist concept of witnessing. Watching your thoughts as they arise and disappear. But see you can have as many as 60,000 to

80,000 different thoughts a day. Dig deeper into Buddhist texts that figure rises to 10 million thoughts within the space of a blink of an eye. So maybe you can explain to me how you're going to find the time and the conscious awareness to examine each and every one of those thoughts.

It cannot be done. It's impossible.

There is a Qultura perspective on enlightenment and so called 'nirvana' which is a great deal simpler for people to understand. If something exists, then it is real. That's it. It doesn't matter what exists if something exists then it has some form of consciousness and some physical form and if it is real, then it can only exist in space, which is reality. If you can accept that, then you're enlightened.

Enlightenment is therefore not the objective or goal, simply because you have been enlightened throughout your entire life and also, more importantly throughout your entire existence. So you cannot really say that Buddhism and Qultura are similar systems. But see some people state that Qultura is similar to Taoism which is based on learning about the Dao and the way of Nature. But see the Dao is still something outside of you. If the Dao exists outside of you, then it also exists inside of you. This is the whole point of the Principle and the Process - it applies to everyone and everything, you included. Dao is simply Principle, that's all it is.

What makes Qultura different from the other systems such as Buddhism and Taoism is that the starting point for everyone is always the same - trauma. Trauma is something we all experience in some way in our lives. You cannot avoid it. Trauma is not just death, it's also separateness, division, chaos, fragmentation, disorder, it's essentially when everything breaks up and falls apart. This is always the starting point of any process of creativity and interaction, or karmic process. The starting point for your life process as you're living it right now is the death of your previous incarnation.

This might seem to be a profound statement (it's not) but most people directly experience trauma in some form in their childhood or early in life. The difference always lies in the degree of trauma that someone experiences. Some people experience so much trauma in childhood that you often wonder how they managed

to survive and make it through to adulthood. Much of the trauma we experience comes to us early in life. It's the trauma we experience in life which usually defines or shapes the process, the karmic process, we all need to go through in life.

There's nothing which can be any more real that you can experience in life than trauma. The death of a loved one. Being hit or abused. Experiencing pain, misery, suffering, heartache, loneliness, isolation, neglect, deprivation, it all hurts, but it also gives you the exact same message - things change, things have to change, and change is what's necessary to take you past the trauma and the suffering. So okay, embrace the fact that there is trauma, and that you have experienced the trauma. There is still life, and out of the emerging or unfolding process there should be clues which, if you pay enough attention, should lead you to where you need to be in life.

THE NECESSITY OF CREATING SPACE

The Qultura approach to trauma (and pain) is relatively simple - create space and give space. This is counter to what we have been taught or conditioned to believe and that is to resist or fight trauma (or pain). But see trauma is usually or invariably environmental in nature. You cannot fight the environment. If someone you love dies, there's nothing you can do to bring them back to life. They're dead, and all you are left with is emptiness or space, so embrace the emptiness and space and let go.

The other thing to understand about trauma and pain is that both are physical in nature. There are different types of trauma and pain which are based on their physicality and what physical dimension the traumatic experience exists on. We often think of pain only in terms of one physical dimension, that of 'hard' physical pain, a stabbing pain, a burning sensation, a dull ache, a throbbing pain, but then you have mental and emotional pain, and then you have fear, anxiety, tension, stress, insecurity, uneasiness, which are more refined forms of pain.

We often aren't conscious of the stress and tension we experience when out in public walking down the street which arises out of fear and separateness, but it exists. Think about the transition you go through when returning home from travelling or being out in public, and you get to go through your 'arriving home' routine and you

finally sit down and relax. Of course it's nowhere near the same level of trauma and pain as a broken leg or injury, but it's still trauma and pain.

You see in creating space and giving space to trauma and pain what you're actually doing is adding depth and dimension to your experience of trauma and pain and making it more real. You see if you have experienced trauma and pain, to the degree that it's a sensation to you, then it is also recorded into memory. The trauma and the pain is where it needs to be so what you need to do is create space around it.

If you put your hand into fire you don't fight the fire with your bare hand, do you? No, because you take your hand out of the fire and move away from the fire as quickly as possible. You create whatever space you need to between you and the fire. But what you should also notice is that this is the natural response to fire. Hold up something burning to say a cat or a dog, and both cat and dog will skedaddle and get well out of sight. The whole shtick about Qultura is all about doing what comes most naturally to you at the time.

CONDITIONED RESPONSES: SUFFERING AND MOTION

So then we come to the next issue. If you identify yourself as a physical form you end up in separateness and pulled into a traumatic mindset. You say "This hurts me." or "This affects me." So it's at this point you form the attachment through language and from that point you have suffering, because obviously you don't want to suffer. But see you are suffering anyway all the while you see trauma as something separate to you in physical form. For as long as you identify as physical form, you are suffering, because you identify as you and you identify the trauma, the pain or the experience as not you.

You see you can only form an attachment if there is a physical you and a physical not you, such as you (the Ego) and the trauma (not your Ego). But between your Ego and the trauma or the pain is space or emptiness which you're not giving to the process because you're attached to it by identifying yourself as process as well. But if you remove yourself from the process all you end up with is process.

Which comes back to the question I've asked previously in this chapter - why do you need to continuously exist in physical form? Why does there need to be a 'physical' you? You see all the while you are continuously thinking about 'me' in terms of Ego and physical form you are not doing what you need to be doing and that is accepting whatever trauma and pain you are experiencing as reality and giving it the space it needs to process. What you are doing is getting in the way of yourself and interfering in your own process by identifying yourself with it.

You do not exist in physical terms as your Ego anyway. You spend a third of your life asleep. All that time you spend asleep your focus of conscious attention is switched off, your Ego does not exist, save in the minutes when you are dreaming but the rest of the time you are asleep and in a completely different level of reality and plane of consciousness. While you're asleep everything about you remains the same and when you wake up you simply pick up where you left off from the day before.

The other point I want to make is that there are times when the trauma gets so heavy and the pain so intense that you are taken out of your Ego and thinking processes anyway. Trauma is force. You cannot fight force with force without escalating the force, increasing the frequencies of whatever energies you're experiencing, and the only thing you can do is mitigate the force by creating an absence of force, which is space and emptiness. Say if you get an incredibly bad toothache, earache, a severe migraine, or a panic attack you also will find it very difficult to continue keeping your Ego going, because your thinking processes will be disrupted by the trauma and pain.

But see with a developed Qultura method you are already aware that you are Principle and Process, so any trauma you experience automatically becomes part of your Process so there is no need to accept or let go, which people think of as something you 'do', but see when you experience trauma it's just a new aspect of your process and it changes your process. In this context Ego is just a role you play out there in society. You see all too often when you get into a method such as Buddhism or Taoism you end up following a method through practice', which becomes part of your spiritual process or journey. But when it comes to Qultura there is no such distinction between 'practice' and life, or spiritual journey or

process and life, because there is only process or Process across all five dimensions of living existence and across all levels of reality and planes of consciousness.

THE UNFOLDING NATURE OF PROCESS AND THE FLOW OF LIFE

You cannot prevent a river from flowing. You cannot prevent the sun from shining. You cannot prevent the rain from falling or a storm from happening. You cannot prevent the cycle of the seasons from happening either. You cannot prevent winter from taking place just as you cannot prevent the summer heat in the middle of August (if you're in the Northern Hemisphere). But see too you cannot prevent death from happening and you cannot prevent trauma from happening to you as well.

Therefore I want to write a bit more on what I refer to as giving space to existence because this is going to become very important in the next chapter when we come to developing the loving space. What you're doing actually is giving space to physical existence and process. Your physical body exists and it exists because of past trauma. Your body didn't just suddenly appear out of nowhere. It grew out of the body of your mother and your first environment in life was always the womb of your mother. Therefore your body grew out of trauma, out of darkness, out of confinement and restriction and as with everything physical, there is a certain pushback into space.

You see when you're giving space to existence you come into natural alignment with your environment. It's the principle of letting go, letting things be, letting things unfold, it's the unity between Six and Seven, the Sacred Masculine Principle and the Sacred Feminine Principle, and it gives you Thirteen, the mystical principle of Change. Take this one step further, and examine the single digits which make up '13' - One and Three. One as we remember is the principle of unity through consciousness, and Three is the principle of biological evolution and natural growth. So as you can see from this example of using Combined Numerology, the numbers all stack up.

So you can extrapolate on this even further - just to give you more examples of working with Combined Numerology - you can pick out another number, say Five - of Ego, creativity and drama, and if you take Five from Thirteen you end up with

Eight, the mystical principle of power. Or you can take a Four, karmic direction, and end up with a Nine, which is truth.

You can play about with the various numbers in this way and see what principles you can arrive at consistently.

The principle of giving space to existence and just letting go, letting things be, letting everything unfold, this works across all the different dimensions of life, the different levels of reality, and the different planes of consciousness. You do not have to physically exist all the time in terms of thought and thought processes, simply because you are already living and within the process of your incarnation.

Just because you have been taught to use an Ego doesn't mean that you have to use it all the time. Just because you think with memory and have different thought processes going on does not mean that you constantly have to think. Just because you have been taught a language does not mean that you have to speak and always have something to say all the time. So we come back to the human predicament, the false illusion of separateness, and much of the issue is caused by the notion that you have to constantly think, have to constantly be doing, be saying, be asserting yourself and your identity on the world and other people.

You see on some level you've been conditioned to believe that you have to take control, you have to be in control, that you have to be doing, and also perhaps that you somehow have to be living. But you are not in control. You have never been in control. But you have always been living and alive.

There is a way out of separateness despite the fact that we do not seem to possess the instruments - which if you remember is language, memory, karma, and so on. We do possess the means of overcoming separateness through what we have been born with, because otherwise why do we experience trauma, and pain, and why is the nature of our existence based on cycles? If we are subject to reincarnation, and living our lives through thousands and thousands of different incarnations, well surely there must be some sense in all this, right?

Right.

The way out of separateness, in fact I personally feel this is the only way, is through the mystical experience. It lies through dreams, visions, NDEs, or Near Death Experiences, through which we learn the language of the universe itself, and this is the language that cannot be put into words nor can it be translated easily into concepts or belief systems. Those of you who have ever had such mystical experiences or have gone through experiences which cannot be easily explained will perhaps understand what I'm writing about here.

But I'm sure if you haven't gone through such a mystical experience then there will have been times when you have had dreams, nightmares, visions, flashes of intuition, or even experiences which can be described as paranormal. These are all examples of what can be described as awakening or 'waking up' - something manifesting as a sensation or an experience which either shifts you to a specific plane of consciousness or opens up a new level of consciousness within you.

On the one hand it's somewhat rational and logical to understand that increased awareness of life and the environment leads to increased conscious awareness. But this is only part of the equation, and the rest is explicitly counter-intuitive. But to understand this we need to dig deeper into dream weaving and this means we need to break into a new chapter and get deeper in what in *Qultura* is defined as Unmind.

The fundamentals of Unmind



"A considerable percentage of the people we meet on the street are people who are empty inside. That is, they are actually already dead. It is fortunate for us that we do not see and do not know it. If we knew what a number of people are actually dead and what a number of these dead people govern our lives, we should go mad with horror."

--George I. Gurdjieff (1867-1949), philosopher, mystic, spiritual teacher

I need to give you a starting reference point given the fact that Unmind is a uniquely Qultura concept and that while some people are somewhat familiar with Qultura most people don't really understand what Qultura is all about. Part of this is down to me as I haven't really written that much about Unmind myself, just a simple book. However in writing my book about love, which is what this book is essentially about, I have realized that understanding what Unmind is really all about is fundamental to understanding what love is really all about. Therefore if you can understand Unmind from what I am going to write here, you should easily be able to grasp what the loving space - which is the next chapter - is all about

So we start from a reference point outside Qultura. We start from the work and the teachings of George Ivanovich Gurdjieff, an Armenian philosopher, mystic, spiritual

teacher and composer. Gurdjieff taught that people are not conscious of themselves and thus live out their lives in a kind of hypnotic 'waking sleep'. However he did teach that it is possible to awaken to a higher state of consciousness and fulfill our potential as human beings. His teaching was based on something which was known as 'The Work' - implying work on oneself as well as the ways of the fakir, the monk and the yogi.

So how does the work and teachings of Gurdjieff relate to the above symbol for yin and yang, from the Yin Yang School of the I-Ching, which has become the internationally recognized symbol for Taoism and the Tao Te Ching? Well I will come to that shortly.

Gurdjieff taught that people cannot perceive reality in their current state because they are not conscious of themselves. Instead they live in a state of hypnotic 'waking sleep'.

"Mankind lives his life in sleep, and in sleep he dies."

--Gurdjieff

The foundation of Gurdjieff's work was based on the argument that all the existing forms of the world's religions and mystical teachings had lost their connection and vitality and so could not serve humanity in the original ways that had been intended at their inception. As a result human beings were failing to realize and understand the truth of ancient teachings and were instead becoming more and more like automatons, becoming susceptible to outside means of control and increasingly capable of otherwise unthinkable acts of mass psychosis such as World War I. At best the various surviving sects and schools could only provide a one-sided development. This could not result in a fully developed and integrated human being.

According to Gurdjieff, only one dimension of the three dimensions of the person—namely, either the emotions, or the physical body or the mind—tends to develop in such schools and sects, and generally at the expense of the other faculties or centers,

as Gurdjieff called them. As a result, these paths fail to produce a properly balanced human being.

Furthermore, anyone wishing to undertake any of the traditional paths to spiritual knowledge (which Gurdjieff reduced to three—namely the path of the fakir, the path of the monk, and the path of the yogi) were required to renounce life in the world. But Gurdjieff also described a "Fourth Way" which would be amenable to the requirements of modern people living modern lives in Europe and America. Instead of developing body, mind, or emotions separately, Gurdjieff's discipline worked on all three to promote comprehensive and balanced inner development.

In parallel with other spiritual traditions, Gurdjieff taught that a person must expend considerable effort to effect the transformation that leads to awakening. The effort that is put into practice Gurdjieff referred to as "The Work" or "Work on oneself". According to Gurdjieff, "...Working on oneself is not so difficult as wishing to work, taking the decision." Though Gurdjieff never put major significance on the term "Fourth Way" and never used the term in his writings, his pupil P. D. Ouspensky from 1924 to 1947 made the term and its use central to his own teaching of Gurdjieff's ideas. After Ouspensky's death, his students published a book titled *The Fourth Way* based on his lectures.

Some contemporary researchers claim that Gurdjieff's concept of self-remembering is "close to the Buddhist concept of awareness or a popular definition of 'mindfulness'. ... The Buddhist term translated into English as 'mindfulness' originates in the Pali term 'sati', which is identical to Sanskrit 'smṛti'. Both terms mean 'to remember'.

SO WHAT DO WE MEAN WHEN WE SPEAK OF AN AWAKENING?

Gurdjieff was one such figure of those I had studied in my 'wilderness period' around the turn of the century together with the works of Rudolf Steiner and Madame Blavatsky. This was between my development of the Omega Principle and the creation and foundation of Qultura. My own link and relationship to the 1960's counter-culture movement and people such as Krishnamurti, Alan Watts and

Timothy Leary is weak and tenuous to say the least, for it is only through Babu Rashid and Ravi Shankar, so it is post post counter culture.

I have however for much of my life actually walked the Theravada path (Theravada being hinayana Buddhism) up to and including going through the Forest tradition and I'm not convinced that Gurdjieff ever properly understood the implications and the ramifications of the path he was teaching others to take. If he did then today I would be writing about Buddhism from a Theravada perspective, but I'm not because I cannot point to any period in my life when I can claim to be fully awakened. Theravada taught me stuff, it encouraged me to 'make friends' with my inner demons, but I felt that there was a much easier path towards an awakening.

So what do we mean when we talk about an awakening? What does it mean to be awake?

I'm not sure about you, but for me the whole phenomenon of awakening and 'waking up' has to lie in trauma and pain - but not suffering. If it is possible for every single human being on this planet to awaken and develop one's conscious awareness of one's existence and also of one's environment, then it clearly cannot lie in any preconceived notion or concept. The roots of awakening have to lie in something which we can all commonly experience and from my own individual perspective that common experience is trauma and pain.

Let's think about this. It is of no significance to me that you claim to be a Christian, or a Muslim, or a Jew, or a Buddhist, or a Hindu, a Sikh, a Rastafarian. These are all just concepts. But for me the important and unifying questions are.. Have you been hurt? Have you hurt others? Have you experienced trauma and pain in your life? Do you know what it means to be sick? Have you ever experienced a broken heart? Heartache? Loneliness?

I would be extremely surprised here if you are able to answer "No." to this question.

Here I can think we can agree is that any experience of trauma is an experience where the laws of physics are brought to bear on your being. Things break up and fall apart. Your sensory nervous system is fully operational as you feel pain across

all three physical dimensions. You are made very much aware that you cannot naturally fly, nor can you shapeshift into some other form or vanish. Things hurt and the pain, grief, fear, always comes at you in waves.

So okay... so now let's take a step back in the cycle to before the point of impact and what you should find, if you stop and think about this, is that there is always unconsciousness or a lack of consciousness. When you die, you are completely unconscious. But - and here's my premise - immediately preceding any other traumatic experience in your life you should find the same or a similar lack of consciousness. It is also possible that this unconsciousness or lack of consciousness occurs immediately after the impact in the form of shock.

But see trauma, all trauma is simply energy escalating into space, into nothingness, into reality and out of that nothingness, that emptiness, that reality emerges new consciousness and new karmic process on the basis of that new conscious awareness. Nothing which preceded the trauma remains outside of past memory and past karma, but the trauma you have experienced adds a new dimension to your karmic process. You have awakened into a karmic process based on a different plane of consciousness. The karmic process may seem the same as before but it's not. It's different because the trauma you have experienced is now past memory and past karma. The new karmic process is the awakening and as it is process, awakening is an unfolding process of healing, recovery and growth.

This brings us to the key and fundamental difference between Qultura and Taoism. This is also the key difference between the Taoist 'wu wei' strategy and Unmind. Taoist 'wu wei' is about not forcing but living in some kind of alignment with the Dao according to yin yang and balance. The Dao is something you learn about, the way of Nature.

But Unmind (Qultura) is about giving space to existence. Neither yin nor yang are important when it comes to Unmind, because it is process. It's is trauma and drama. If the Dao exists outside of you, then the Dao also exists within you. From the perspective of Unmind what matters, what really matters, is not yin yang at all, but the space between yin and yang. That is where consciousness exists.

SLEEP AND DREAMS

We see a similar cycle going on according to the same principles when it comes to sleep and dreams. We grow tired and sleepy as our natural energies run out and then we slip into a period of being unconscious and relative non-existence as we sleep, then with the new energy we often go through dreams prior to waking up as we enter a new state of consciousness prior to waking up and starting the new day. It's another example of reincarnation.

If you are at all interested in developing a Qultura method, assuming some of you might be (hopefully), one of the fundamental practices of developing Unmind and your method is taking time to learn how to properly and effectively sleep. There's a period when going to sleep that you 'drift off' through the edges of yin yang, losing consciousness, as your Principle shifts and dies down to let the mind take over, and the mind empties itself of karmic process. This is a wandering, meandering process rather like a river, somewhat mercurial in nature. You can sometimes experience this same process when coming down after a sexual orgasm when you shift back into Ego and focussed conscious attention. But in sleep you drift off into unconsciousness.

This is personally why I don't advocate meditation as a practice and personally refuse to teach meditation. All too often meditation involves trying to drift off through using conscious will, so there comes a point when you start trying to suppress thoughts. But see conscious will can often become force, and such things as space, emptiness, consciousness, they're not physical and are incompatible with force and conscious will. If you're trying to suppress thought and thinking processes, you're interfering in your karmic process and disrupting the flow of thinking, and in this situation meditation usually becomes a self-defeating exercise. Meditation should always be something that happens to you spontaneously and something you let happen and not something you consciously 'do'.

I'm bringing this to your attention because this 'drifting' state between consciousness and unconsciousness is a necessary part of the magic ritual. Magic is connection and unity between your energies and the energies of your environment and if there is no unity and no connection then it isn't magic.

But so far I've been writing here about sleep as an individual phenomenon, and we often think of sleep as an individual phenomenon, as something personal. But what about the social aspects of sleep, or even the political aspects of sleep? Or even sleep as it happens naturally, biologically, across the entire human species? You see there are many different aspects to sleep which go beyond the individual experience of sleep. Is this something that you've ever thought about?

It seems to be, taking into account Gurdjieff's observations, if we look at the human predicament in terms of this planet, the ecosystem, the biosphere, some percentage of the human population of this planet are asleep, and some percentage of the human population are awake. This is always the case. Therefore if we can create a 'soul' as a concept which takes in the collective consciousness of human beings as a species, i.e. 11 8 billion human beings on the planet (or thereabouts) then this 'human soul' is never entirely awake nor is it ever entirely asleep. This means that the human soul would exist in some kind of indeterminate state which lies somewhere between sleep and wakefulness.

This brings to mind a subject which fascinates me about the human condition, and that is why human beings become attached to all kinds of weird beliefs. Why do certain world events seem to trigger a fragmentation and diversity of different beliefs and ideologies?

You see this is somewhat closely related to the question of why we have dreams. Why do we dream? What do we dream about? What is the relationship between our dreams and our actual life experience? What are our dreams about?

What links these two questions or subsets of questions, is how we relate and deal with reality. I'm sure you have had the experience of being fast asleep, but experiencing a rather vivid dream. While you are fast asleep, and dreaming, then from your perspective your dream is very real and seems very real. You're there with people. The people are talking to you, saying things to you, you are there in the situation and experiencing it first hand. But then you wake up suddenly, and in becoming familiar with your actual surroundings, the bedroom, your bed, there is a period of confusion because you are caught up in two completely different realities. You struggle to figure out what is real and what is now only a dream.

Conception is memory, and the way we can create reality from memory and thought. It can be powerful, very powerful. Just as you can be convinced that the family get together in your dream was real, you can convince yourself that a particular belief is real. But often as the dream wasn't real your belief isn't real at all. It's conception and the only reality from your belief comes from your imagination.

From all this we get the separateness and lack of commonality between people which we discussed in the previous chapter. For some people it's something like quantum physics that provides the answers. Others find their answers in religion. Others in philosophy. Others in politics. Others in meta-physics, the occult and mythology, archangels, Archons and such. All too often the attachment to various beliefs matters more than the connection to other human beings.

Then we throw into the mix various technologies, for example digital technology, the internet, social media, where all manner of different beliefs and philosophies are shared and this creates a social reality in which the 'monkey mind' of your average human being just cannot cope. This underlines and emphasizes the profound sense of isolation, alienation, and lack of connection that many people feel and experience as a fundamental part of their life experience.

It gets harder and harder to find a simple story, a simply Creation myth, or redemption myth, or a story of who we are and what it's really all about. There is really nothing out there which can serve as an overlay to the fragmented and increasingly diverse collection of assorted social and cultural beliefs, ideologies, philosophies and conspiracy theories. This is bound to have some impact on human social relationships.

So into this space created by the average human inability to figure out and deal with this fragmented social reality arises yet even more swirly and outlandish theories and belief systems which gain some degree of traction in human culture. Much of this is generated out of the widespread sense of paranoia which arises out of the sense of isolation and alienation which in turn arises out of the widespread sense of separateness between individual and their environment and other people. It is increasingly common today for people to feel alienated from 80-90% of the other human beings out there.

Conspiracy theories are fantasy explanations to cover for some unknown reality. They're something to hold onto much in the same way you hold onto a dream or a vision. In a way they serve a similar purpose to religion. It's so simple to believe that everything is run by the Greys, the Bilderburgs, the Freemasons, the Jews, or some secret council and all we need to do is supply some sacrificial fetal tissue and our issues will be solved. It's somewhat comforting to believe that communists are behind everything, or socialists, or the Church, or bankers, or some other obscure group.

You see while we do have powerful memories and powerful imaginations, and our ability to conceptualize and create myths from our perception of reality is what sets us apart from other species in the animal kingdom, we're still not very good at it.

However we should not let all this distract us from the fundamental truth we all have to deal with.

NOBODY IS IN CONTROL

If anything is in 'control' then it's the environment or ultimately, the universe itself through constant cycles of creativity and interaction. Trauma is the solitary force in the universe which randomly creates chaos, disorder, separation and breakdown, and everything in existence recovers from that through karma - creativity and interaction to a point of equilibrium, balance, flow and harmony.

This is where we arrive at two very important and universal mystical principles:

- All existence is change. All existence is relationship.
- The environment creates, the individual (organism) grows.

This is all covered, if you remember, in the first two components of Qultura methodology - Natural Law and Universal Principles.

It's generally an unwise strategy to seek to control an environment or a group of people because you disrupt the natural energies of your environment, get into greater than usual amounts of conflict and generally put yourself into a position

where you have to struggle and defend yourself just to maintain the position. This is essentially in a way inviting trauma and conflict. This is not the Qultura way of doing things.

I've already gone into some detail last chapter on 'Separateness' on how the instruments we have accessible to us - memory, language, imagination, conception are insufficient to properly or effectively 'deal with' reality. When you deal with all forms of reality, both actual and conceptual (social and cultural) you end with with a multi-dimensional continuum of sensation and experience. Everything is happening everywhere all the time. Your extremely narrow focus of attention (the Ego) simply does not compare and cannot function across all levels of reality and planes of consciousness simultaneously.

There isn't really a Qultura way of doing things, because Qultura is designed to be a complete methodology and system, rather like a toolkit. Imagine having an entire DIY store of different tools and stuff at your disposal. But if there was a Qultura way it would be to find ways of 'navigating' your reality and existence using the instruments or tools you have accessible to you, giving space to your existence and dealing with stuff on whatever level of reality or plane of consciousness you feel is sufficient to create flow, harmony, balance and equilibrium.

What this generally boils down to is being aware and familiar with the complete methodology and then using the principles as part of your individual Principle to deal with your individual Process, i.e. the reality of your living existence. You make use of your different forms of karma, particularly past karma, to give you clues on what you need to be dealing with at any given time in your life.

Please also keep in mind here that - just like we've just done previously with sleep using Gurdjieff's works - karma also has collective, cultural, social, political and natural aspects to it, so part of the social and cultural process we are all part of, and the political processes that govern us, is also a part of the unfolding processes of karma. This is why, unlike other systems such as Buddhism and Taoism, maintaining a connection to both environment and community is very strongly emphasized in Qultura.

You might not see it this way, but the unfolding karmic processes going on in other people's lives is always somehow relative to what's going on in your karmic processes as an individual. We can see this perhaps a bit clearer when we think in terms of family. There is no separateness when it comes to karma, because part of your karma as an individual involves karmic bonds with other people, such as your parents, grandparents, and if you have them, your children. If you have brothers and sisters you will share part of the karma that developed for you all in childhood. This is why when developing a Qultura method it's considered good practice to be involved in community and to learn about karma as experienced by other people and other individuals.

THE COLLECTIVE DREAM

What I want to point out that being awake or being asleep, or developing or resolving karma is never really a simple or linear process. You might be awake in some levels of reality but asleep in other levels of reality. You might be asleep at some times in your life and awake at other times. The same is true for other people.

This becomes important when it comes to being able to connect to other people on some level of reality or a plane of consciousness. You might be able to connect easily to some people but not to others, and others might see a connection between you and them but you don't see the connection. It can also be true that you connect to someone later in life who you couldn't have connected to earlier in life.

Therefore what I'm trying to avoid is giving you the impression that awake is somehow good and being asleep is somehow bad. There is no good and bad about this. This is far too complex and multi-dimensional to start putting simplistic or moralistic labels on complex stuff. There's an awful lot written about karma out there which talks about good karma and bad karma. This is not really what karma is about. Karma is about process, in fact it's always about process and the truth of the matter is that you have to find some way through your karmic process in life where you get your needs met but where you also end up different in a position of where you are more consciously aware of what's going on.

I have a very strong opinion personally about mixing karma and morality. In fact I wrote another book 'Nothing right, nothing wrong' about the differences between karma and morality. Combining the two can easily draw you into separateness, into judging yourself and others unfairly and harshly, and this can very easily get into victim blaming and stuff which has significant consequences. As a suggestion I would much rather suggest combining thoughts on karma with stuff like humanity, compassion and kindness, and leave morality and moral judgments to the past where they generally belong.

But see there's another aspect to all this what I want to bring to your attention. If we look at human karma and also human consciousness in the collective, across the entire species, across a continent, or even across a nation, then you can see a general consensus where the collective dream holds sway. Therefore even if you are more awake and consciously aware you can still find yourself isolated and to some degree alienated from other people in a collective sense. Just as if you are more asleep outside the collective you can also be alienated and isolated.

This is something which has been brought to our attention by various writers of various genres of science fiction, by writers such as Stanislaw Lem, George Orwell, Aldous Huxley. Even by certain world events, for example the Second World War and the Holocaust, we can see how the collective dream can easily turn into a nightmare. It can also easily be determined or ascertained that the rules of the collective dream have been determined by human hands, and that the collective dream itself has been edited by some unknown humans.

This can very easily add a sense of foreboding, a sense of unease, horror, to those feelings of isolation and alienation that many of us feel somewhere deep down inside. You can see the fingerprints and thumbprints of various editors on our reality if you are truly paying attention to what's really going on. If you are a devotee of spontaneity and the random unfolding of events then you have to look very carefully at how predetermined and the lack of randomness the fundamental nature of many people's lives are.

You also have to look at how mythical and archetypal most people's lives are. For sure if you go off somewhere to the Amazon rain forest and play around with

various plants, ayahuasca, psychedelics and various 'healing plants' in some indigenous community the universe can turn out to be your friend and you can live much, much closer to Nature than say if you're living on some social housing estate in Liverpool or somewhere in the States.

But the fact is that everybody's lives, irrespective of where you find yourself on the planet, or how ordinary you see yourself, are touched by a deep sense of magic and the deeper esoteric, more occult aspects of human existence. My primary source for data and knowledge is direct human experience, and I build my awareness from that, working backwards. This is what shamanism is essentially all about, it's the science of individual human life experience.

But see, in contradiction to the collective dream and the momentum of human history, social progress, political changes, and so on, the primary vehicle through which everyone experiences the mystical, the magical, and the deeper esoteric significance of life is through love in all its various forms. You don't have to take yourself off to some distant rain forest or jungle and experiment with sacred plants among communities of indigenous people, you can still connect to the environment and others through deeper levels of reality and planes of consciousness through love.

THE POWER OF LOVE

Through love everyone has the chance or the possibility to transcend completely the physical limitations or barriers of their life. Let me give you an example.

Let's start with a scene, say the corporate boardroom of a multi-national corporation. One of the directors is working at the office. He's just come out of a meeting. He takes a call from his student daughter who wants to meet up. But her car is in service. So father suggests they go out for dinner somewhere or have a drink somewhere. Daughter says she will come by and meet him at the office. They decide on an Uber to collect her from her digs and bring her to the office.

The Uber driver is another young student living in some house share and trying to make a bit of money to pay off some debts and maybe save up for a place. He picks

up the company director's daughter and head off to the office where her father is waiting. A conversation develops. During that conversation young student Uber driver connects to wealthy corporate director's student daughter. They swap numbers. Daughter arrives at the office, meets her father, they spend the evening together. Later she starts texting with the young handsome Uber driver. After texting back and forth over a period of time they agree to meet up on a date.

From that point forward it's just a matter of time. Six months later they're moving in together. He no longer drives for Uber but has a management position with her father's company. Two years later they get married. Four years later they have their first child. A year later they buy their first house.

Now to some of you this might seem like a miracle or a fairytale but to those of us who are students of the human predicament and the happenstance of people's lives it's inevitable.

The key secret or secret insight needed to understand all this is to understand that the unfolding nature of the karmic process and the physical reality of our lives is very much based on role play, drama, and that in many ways we are playing a character in an unfolding story where we know neither the script nor the plot. Please don't think I'm trivializing the serious nature of life, but having worked in the performing arts and theatre for more than two decades of my life I can find no better metaphor or analogy for what we are doing with our lives.

You see a character is a different thing from this model which you inherit that you're somehow a three dimensional animal inside a democracy with a Judeo-Christian heritage and part of an all-embracing social economic system which provides for everything.

It's still the collective dream but on another dimension.

STRUGGLES WITH ENVIRONMENTAL REALITY

One of the things I've always tried to remain mindful of when developing the Qultura system and Unmind was to keep placing Unmind and its principles outside the confines of what we all understand to be environmental reality. This is because most people struggle to deal adequately with environmental reality within what is defined by the Triangular Relationship and the convergence of two different types of reality - actual reality and conceptual and cultural reality.

It's difficult to believe that you exist entirely within the confines of reality defined by science, Newtonian physics, and mathematical probability and the kind of reality that is given to us. You see everything that is really important to us, colour, feeling, taste, sensation, tone, ambition, apprehension, these are all things which are generally described as secondary qualities. They are peripheral. They arise at a lower level of understanding. They are somehow determined by the presence of the animal body and as a result are dismissible in any theory of pure abstraction.

We are taught that what is real is skin, charge, angular momentum, and various other abstractions which are rather 'thin' from the perspective of any living human being. There is the notion that physical form is the basis for physical reality, so we tend to focus on the physical form and discount the space, seeing it as nothingness, emptiness, not that important. As there is a heavy emphasis on the logical, the rational, we get too caught up in linear values and tend to see our reality as linear in nature when all too often it's not.

As time and time perception is relative to karma and energy this intellectual emphasis on physical form distorts our perception of time, and we often fail to perceive the fluidity and elasticity of time. This is important. Let me give you an example of how this plays out.

Let's say you have to wake up early in the morning, say 6am. You go to sleep with the alarm set, and the alarm goes off at exactly 6am. But at that time, 6am, you're deep in sleep and still dreaming. You become aware of the sound of the alarm in your dream and you somehow identify the sound of the alarm and wake up. Shifting planes of consciousness you wake up, see that it's 6am, but feel so tired you want to

go back to sleep. So you hit 'Snooze' (which gives you another ten minutes) and drift back off to sleep.

You either go back to the previous dream or a new dream starts as you go back to sleep. Let's say for arguments sake you dream about a family reunion or a childhood visit to your grandparents. The dream contains everything. You dream of travelling to your grandparents. Everything about the journey is vivid and real. You arrive at your grandparents house. You spend the whole day with your grandparents doing various things. You're participating in the conversations. You help your grandmother with dinner. You have the dinner. You've spent all day with your grandparents and also sat through dinner when you hear the sound of the alarm and once again shift planes of consciousness to wake up.

You see the time on your alarm clock is showing that it's 6.10am. You have been asleep for exactly ten minutes. Yet in the dream you have spent all day at your grandparents' home. I'm giving you this as an example of the fluidity and elasticity of time perception across two different planes of consciousness.

I'm giving you this example to illustrate the fact that time is spatial in nature and is not necessarily dependent on physical reality or physical form. Unlike energy, which is constant, time is fluid and elastic in nature. There are some who are of the opinion that time is an illusion and doesn't exist in reality. I beg to differ, and suggest that time is reality or at least part of what reality is all about. Though I haven't completely worked it out and I don't really want to go too far into this here in this book, but I would suggest that time is relative to human experience and the variable nature of time is indicative of the different levels of reality we all experience in our lives.

Time appears to be a human concept and we are described as a time binding species, because we bind our experiences of life to time. We do this to have a reference point for sharing our experiences of life and living existence with other people. Therefore I would even go as far to say that time is far more relative to language and culture than it is to any kind of hard physical or biological reality.

You see you can look upon history as a kind of unfolding dream because history in itself has no actual reality such as the present moment. It is simply the past and amounts to little more than a narrative or story, a record of events and human experiences bound to time. The basis of human existence and the central human reference point to existence is the same - it's language. When we look at history we are essentially dream weaving, which is essentially trying to create reality or a new sense of reality from a narrative or story.

If we follow this premise and think deeper about it, we come back to the original point of separateness. If the basis for existence, particularly human existence, is language, then why isn't the world much more like the way I want it to be? Well it is, and this is the point of Ego. You see it was you who made the assumption that you were separate from the environment and other people. Admittedly you were encouraged and conditioned to think that way, particularly if you were raised in an English speaking country (as an example) which is predicated on subject verb object. I love you. I hate you. I like you. I do this. I do that.

But then we also have to look at the achievements of the 20th century in terms of science. There were three such milestones we passed towards the end of the 20th century. The first was the discovery that there is no such thing as objective reality. The universe is expanding at a rate far faster than we humans can possibly perceive and comprehend. I think it was in 1998 or thereabouts when astrophysicists gave up trying to understand the universe. This came hand in hand with another scientific admission, that consciousness, not energy, is the basis of all existence.

This led to what is perhaps the greatest discovery of the 20th century as a whole, and that is that consciousness is information and information is the basis of all existence.

INFORMATION IS PRIMARY

What do I mean here by primary? It's this... Consciousness even as a concept goes way behind energy, physical form, space, time, and everything else. Consciousness is somewhere out there with Akasha, spirit or aether. It's like consciousness is so infinite and vast we cannot conceive it in human terms, and yet it is the basis of all information and all existence.

But see here is where we come to another issue or knot we have to untie here. If consciousness is information, and language is also information, if you stop and think about this you arrive at another question. Why isn't the world the way I want it to be? Why isn't my life the way I want it to be?

Ah but you see, you have had it your way to a certain extent. It was you who made the original assumption that you were somehow separate from your environment and other people. You weren't born that way. Admittedly you were way too young to understand the implications of that assumption, and you have always been conditioned to think that way through whatever process of socialization you've been put through.

But see information isn't just language. It's also code. I feel it's important to make that distinction between language and code, because while anyone can learn and understand a language code tends to be far more occult and esoteric in nature. Let me give you another example so we are clear on the difference between language and code.

Let's take a typical smartphone. If you are a typical smartphone user you can use your smartphone as a tool of communication to express yourself through language. You can make calls (speech), you can send texts and messages (written text), you can record speech, you can take photos and attach them to messages and express yourself through images. But all this is only possible through code, and if there is no code or the code is wrong, your smartphone just won't work.

Each and every single app on your smartphone works on the basis of code. Each app has its own specific code. Now imagine someone gave you a smartphone without anything on the memory. Just the smartphone as hardware, a device. No software, no apps whatsoever, not even an operating system. Could you get your smartphone to work? I think not.

That is the difference between language and code.

UNMIND IS ALL ABOUT FIGURING OUT THE 'CODE' OF YOUR LIFE

I think in addition to this unfolding dream analogy I'm using to get across what Unmind is really all about I'm going to have to create another analogy based on digital technology. Unlike other (older) systems such as Buddhism and Taoism Qultura is not designed to change your life by telling you "You have so far been wrong, this method is the right way" because often that is not the issue. Furthermore just because a method has worked for someone else it does not mean that a method will work for you.

The issue is not really about being right or wrong. This is not for anyone other than you to judge. The issue is seeking out and finding that deeper understanding and significance of your life experience. Qultura is designed to give you the key to understanding the deeper meaning of your life experience and to bring to your attention that you do exist on other levels of reality and other planes of consciousness. It's all about raising your awareness to new areas of possibility.

You see it's like, if we return to the unfolding dream nature of our lives, we've been given a new computer or smartphone to use and we've been opening files and apps, such as religions, philosophies, theories of racial superiority, and so on, not really understanding what it's all about and what we're actually doing. We have not addressed or faced up to the deeper levels of our existence.

You see cultures and social values are very much like operating systems. We are like the hardware in our physical bodies and brains. Imagine the most advanced computer or smartphone you can think of. This is who we are in physical terms. Through each incarnation we get 'programmed' with a new operating system and we live on that basis. The human animal is essentially the hardware behind the technology..

We have been in physical terms as much as we know the same for around 150,000 years. At a river delta in South Africa they have excavated homo sapiens skeletons from some 120,000 years ago and you could have interacted with such a human being today in your life and not be able to detect that they were any different to anyone else. This means that the evolutionary pattern of any facial feature you have

such as eyes, nose, mouth, and so on has not changed for over 100,000 years and possibly even 150,000 or 200,000 years.

So our 'hardware', the nature of our biological evolution, has not changed much for a long time. But what has changed more rapidly are the 'cultural' and 'social' operating systems we have been programmed into.

The people who excavated Ur, a city near the mouth of the Euphrates, believed to be several thousand years old, discovered a black basaltic slab in the central plaza of the city. This has been set up by the earliest kings of Ur. This was the cultural operating system. If people had a dispute over say a wife or trading goats, everyone had reference to the central operating system. But see while Ur 1.0 supported goat trading, it didn't support advanced mathematics, it didn't support the rational exploration of nature, nor did it support astrology and the movement of the planets and stars.

As we have gone through time numerous cultural operating systems have either been upgraded or replaced, and with it a lot of nerves lost, hair pulling, aggro, swearing and screaming. If you've ever had to install a new operating system or upgrade your system on a computer or smartphone should be familiar with this process. This often comes with that unnerving, cold feeling somewhere in your gut as you realize that all your files, your data and often your life hangs by no more than a thread.

Then we have another example, say we go off again to some indigenous people, say the aboriginal people in the Amazon rain forest, who are running Wetoto 4.0. Works fine for living with nature and making fish traps and bird traps, excellent also for ritual magic and power rituals. Wetoto 4.0 is a powerful cultural operating system for someone who is aboriginal and indigenous living in the Amazon rain forest.

Likewise today our cultural operating system is Western civilization 7.0 and it supports many different things and is what makes this analogy possible. But see one major difference between human hardware (in this analogy) and actual computer hardware or mobile phone technology is of course connectivity. Unlike older desktop computers and 'brick' mobile phones which were not Bluetooth enabled, even in the

most primitive cultural operating systems human beings have always been able to connect to each other and live in unity through consciousness in its various forms - truth, beauty, love, and appreciation.

THE RELATIONSHIP BETWEEN CULTURE, ALIENATION AND DREAMS

As I've kept maintaining throughout my work and in some of my books belief in modern culture and modern cultural and social values is not enough and is insufficient for a meaningful and fulfilling life. Your Ego and process of socialization is only a starting point in life and there comes a point - fairly early in life - when such beliefs and values start working against you.

There's a certain neoteny about modern human culture and human cultural and social values which starts to take effect in your 20's or 30's - depending on your background, childhood and upbringing - and it becomes more pronounced in your 40's, 50's and 60's. What do I mean by neoteny? Neoteny is the slowing down or juvenilization which is specific to modern human beings. If you look at the physical features of a human being we look like neonatal apes. It's a feature of evolutionary biology not exclusive to humans but can also be seen in salamanders, newts and some insects.

One such example of neoteny in the natural world are aphids. When aphids develop in a rich environment and have an abundance of food and water, such as host plants, they develop to be wingless and flightless because there is no need for dispersal. But when access to resources, food and water is scarce they develop wings and become capable of flight, thus allowing for dispersal and survival. Being relatively hairless in relationship to other primates is an example of neoteny in humans. Neoteny is also found in other mammals, such as dogs and mice. But I don't really want to get into the aspects of neoteny tied to biological evolution.

What I do want to get into is the neoteny inherent in modern culture and social and cultural values. The whole point of our socialization process is to give you a set of rules and values where you don't have to think. You're also given various myths and a certain mythology also once again, if you learn them, you don't have to think. The

whole point of developing an Ego and maintaining an Ego is to show that you have understood and also have accepted these fundamental and basic cultural and social values. There is a point to all this and that is to make you much easier to deal with in society. On this basic level culture and social values provide all the answers and all the solutions.

This would be fine, only we are living longer and also modern digital technology is throwing something of a curve ball to our 'traditional' social and cultural values. We are figuring out far sooner that the BMW and status symbols don't amount to much, that a university degree does not set you up for life. We are figuring out that our political parties are often corrupt, and that many organizations are self-serving and profit seeking. We are also learning that many of those included in the perceived ruling elite are somewhat oblivious to the realities of modern life and often don't know their arse from their elbow.

Now if you are an intellectual, i.e. someone who has figured this out, then you generally find yourself in an interesting predicament, because while you're very much a part of society and the culture into which you were socialized, you are also to some degree alienated from it. Please keep in mind here I'm using intellectual not to describe someone who is learned or educated in some specific field, but someone who has figured out that modern culture and modern social and cultural values don't amount to that much. Just to make that clear.

Being alienated from one's process of socialization and culture is an interesting predicament to be in. It's a very interesting predicament socially, politically and dare I suggest it economically. If you are an intellectual and have figured it out, and are thus alienated, you will have noticed that there's an awful lot of effort and resources spent on trying to bring everyone back into the fold so to speak, and to reaffirm and reinforce modern cultural and social values on everyone. This means that it's implied that being alienated from one's own culture and process of socialization is somehow bad, even undesirable, and that there's a certain pathology associated with this alienation.

But there's the other side of alienation and that is what I would describe as a kind of liberation. You see the illusions behind the social and cultural values which make up

the process of socialization, and within that position of looking at culture and socialization from the perspective of being alienated from it, you're looking at everything from a position of relative truth. Therefore generally this is where you also learn that the process of socialization you went through was a one time only deal. As much as you want to go back and conform and believe in all the illusions again, something somewhere deep inside you screams "No! Don't do it!".

So therefore within this predicament of alienation there is also, going on, a sense of awakening or even a process of awakening. It's at this point you've reached a position of yoga. I'm not a great yoga teacher by any means, but I am familiar with what yoga is, and yoga is essentially the same thing as magic. It's all about connection and unity. If we are to delve into the Hindu Upanishads or even Buddhist texts (Buddhism is a scaled down version of Hinduism) you will come across the concept of self, either through 'omkara' or 'tat tvam asi', both of which refer to Self in the widest possible sense, self as individual, self as the world, self as the cosmos and the universe.

Without going too deeply into eastern cosmology, the point I want to make here is that liberation, particularly in the experience of alienation from culture and socialization, is not taking you into a state of nothingness or emptiness, or some kind of vacuum. There are no vacuums in nature. But what this experience of alienation and liberation is taking you into is space, as in Zero, from which you can access other levels of reality and also, more importantly, other planes of consciousness.

But this is also a place where people come unstuck.

It's important here to understand that the intellect, or being an intellectual, is only a gateway into this state of alienation and liberation. You cannot think your way into those different levels of reality and planes of consciousness. This is because you're going to be going through experiences and coming across stuff which defy logic, which cannot be rationalized, and which cannot be easily explained.

But first I need to get into what you are actually becoming alienated from, because this is also significant. You're becoming alienated from values of philosophical materialism, that more is always better, that hard work always pays off, and from a

lot of outdated social values that are often sexist, racist, xenophobic, classist, socially divisive, and a lot of labelling, stigma and unfounded judgment (or if you prefer prejudice). As you go further through this process of alienation and liberation you should learn the difference between work and play and also between seriousness and sincerity.

You see one of the biggest mistakes people make while in this process of alienation and liberation is that they 'see the light' and begin to reject everything from their past to embark on a new spiritual path or journey. As a result they get caught up in a new kind of separateness and reenter the cultural game but with a different sense of Ego, imprisoning themselves at the intellectual level. All you are doing here is trading one set of cultural values based on neoteny for another. You can do all your meditation and yoga, staring into space and pretending to be some acrobat on your yoga mat, but you're still buying into another set of cultural illusions and deceiving yourself that you are enlightened when you're not.

Trust me, there's an entire spiritual industry out there of different maharishis, gurus, yogi and spiritual teachers who are only too willing to bring you back into the fold if you show willing. They get their followers and their funding and you get your illusion and Ego back on some higher plane of consciousness.

But see the real hard choice you're being asked to make in this predicament of alienation and liberation is some form of existential responsibility, freedom, individual authenticity and what scientists refer to as elegance. This is the choice that faces you and it's the only choice open to you before the grave and the ultimate end of your incarnation and life cycle.

It's this starting point of alienation and potential liberation, within the context of this unfolding dream, which is the starting point for the whole Qultura system. You're somewhere towards the end of the initiation process and learning about the fundamental principles of Unmind. Qultura as a system is neither better nor worse than any other system because this is not the issue here. The real issue and question does not come down to whether religion is better than science or vice versa.

The final question always comes down to aesthetics and Unmind is very much all about aesthetics.

You see being human we are so far from God and divinity we cannot set truth as the basis for whatever we come out with in life. We cannot understand the whole reality of our existence and therefore we are incapable of absolute or ultimate truth. Creation is never ever a finished or completed process, which means that there will always be creativity and interaction, there will always be karmic process. The only standard we can aspire to is relative truth, being real enough, and the true enough.

So this brings us to the question - how do you recognize what is real enough and what is true enough?

Here we need to go right back to Plato, the basis of Western philosophy and the three values - the good, the true, and the beautiful. Okay, so what is good? This is a tricky question and the answer is difficult. Okay, so what is true? This is even trickier and significantly more difficult. Okay, so what is beautiful? This is very easy to discern. The beautiful is very easy to discern. You are going to be condemned to live out the consequences of your taste and your aesthetic choices.

If you have no taste, then God help you.

If you have no taste then you will be condemned to live out a nightmare. You won't get it, all the subtle stuff will escape you while your head is filled with nonsense and foolishness.

ENLIGHTENMENT THROUGH YOUR DREAMS AND VISIONS

This brings us to the conclusion of Unmind and thus of the Qultura system. You do not need to follow a system or method developed by someone else in order to seek or find enlightenment simply because you were born with your own natural system and method - sleep and the ability to dream, to envision, and to conceive. This is why Unmind is called Unmind - because you don't have to think about it.

All you have to do is to connect and develop your own unique aesthetic and style.

Therefore developing on your conscious awareness is not about making choices and basing your actions on some notion of good, whatever that is. It's also not just about seeking out and developing truth, though that is important (because of personal authenticity and integrity), what developing conscious awareness is really all about, and what it all boils down to is basing your choices and actions on aesthetics, beauty and appreciation. It's about attaching much more importance and significance to dreams, visions, because out of that arises hope, love and also truth.

This brings us to the key difference between Qultura and other similar systems. Buddhism gives you a concept - a finger pointing at the Moon - and Taoism gives you the concept of the Dao. These are both forms of virtual reality. But you see the stories your parents told you, the myths of the Tooth Fairy and Santa Claus, Snow White, Hansel and Gretel, the Lion, the Witch and the Wardrobe, fairy stories, Disney, the ancient city of Ur, Stonehenge, Canterbury Cathedral, even major cities of the world, London, New York, Los Angeles, Mumbai, Sydney, Cape Town, Mexico City, these are all based on virtual reality.

But instead of embracing existing forms of virtual reality, Qultura equips you with the tools and the mystical awareness to use your natural tools and instruments, language, memory, mind, imagination, to create your own virtual reality from your life experiences, past memories, dreams, visions, emotions, feelings and thoughts. This is the key difference.

You see liberation always comes with some kind of responsibility and I feel this is something which needs to be pointed out because so many seem to think liberation comes without any sense of responsibility. This also arises out of separateness. Being in Two and wanting something for nothing or something without the other. No. This is not how existence works. We need to remind ourselves of dependent arising - as this arises that becomes - and on this premise liberation and freedom always comes with responsibility and some kind of obligation, both to self and other.

Life design or redesigning one's life through Unmind and Qultura also goes hand in hand with social design or social redesigning. The benefits of development of conscious awareness in one individual cannot come at the expense of other individuals but also needs to serve or be at least accessible to other individuals,

whether it be through a family, a community, or politically through society at large, or even on a grander scale throughout the entire human species. Or indeed the planet as a whole.

There needs to be a greater emphasis on human values which are equivalent to Ego and culture starting from beauty and extending into truth and love. Here there is an imperative to make life more beautiful, and to emphasize the beauty within a community, within society, and globally on this planet, and this is something which can most easily come through dreams and dream weaving. I'm making a point of this here because I am assuming that you are one of the many people who are capable of making this happen and creating new reality out of virtual reality. This is part of our privilege as human beings on this planet and even the poorest among us in social terms have access to such privilege.

Therefore on a planet where hundreds of millions of people are starving and subsisting with next to nothing the obligation of those who are much closer to the levers of political power and social privilege is immense.

I'm hoping that this is not a cliché but with freedom and liberation of this sort afforded through a commitment to beauty and dreams comes enormous responsibility. This might seem paradoxical but what I'm writing about here is a responsibility to dream - and coexisting with this responsibility is an obligation to awaken and seek liberation. What I'm referring to here is an obligation to make sense, be non-trivial, not squander resources in foolishness or on nonsense. This is what an obligation to awaken and also an obligation to dream looks like.

The rational mind of Ego may scream out "But this is impossible!"

But the subtle mind, that of Principle, should understand that we are back to Square One. By openly confronting the necessity for paradox, and by confronting the fact that we can only address our predicament by speaking and expressing ourselves on at least two levels of reality at once we begin to recognize and appreciate the complexity of the situation.

I just want to finish off here by pointing out the fact that any process of awakening - and the primary means of awakening for most people is through relationship and love - it is necessary to go deeper into the dream or dreams for the purpose of cultivating, evoking, experiencing, remembering, expressing, communicating and emphasizing beauty (which is essentially what dream weaving is about) is the vehicle to developing and sustaining both love and truth. As you're working with consciousness here this all feeds back into the awakening process. Otherwise the awakening process will be traumatic and demoralizing.

If you can understand this and how you need to start from beauty, appreciation and the dream (through dream weaving) we can now move onto developing the loving space.

Developing the loving space



*"Don't let them fool you
Or even try to school you, oh no
We've got a mind of our own
So go to hell if what you're thinking is not right
Love would never leave us alone
Ayin the darkness must come out to light*

*Could you be loved, and be love?
Could you be loved, and be love?"
--Bob Marley and the Wailers, 'Could you be loved?'*

So having gone through Unmind and the nature of the unfolding dream with the emphasis on beauty, appreciation we can move on to creating and developing the loving space and also through this developing conscious awareness through relationships. Developing the loving space is part of the awakening process. I'm not going to be introducing anything new here. There is nothing for you to learn. Much of what I'm going to be writing about is stuff you either already know or are conscious of on some deeper level.

The Loving Space

I'm also assuming that you're familiar with the Unmind concept of giving space to existence which is going to be important here because we're going to be going through creating and developing the loving space. The loving space is necessary not just for our unfolding dreams but is also important to allow ourselves to grow and to allow others the space to grow around us. From my individual perspective there is no need to think about enlightenment because we're not separating the spiritual from the physical or material. You are already enlightened, we are all enlightened, and all enlightenment is at the end of the day are those flashes of insight we get from our environment which allow us to create truth.

So many words have been written and spoken about developing conscious awareness through the mind and nowhere near enough is written or spoken about developing conscious awareness through the heart. The heart is as equally capable of developing conscious awareness as the mind and brain. We humans are a time binding species, and we perceive time primarily through the heart rather than the clock. In fact in some ways we can say that one of our primary connections to the universe itself is through the heart and it is no less significant than our other connections through the senses.

I could go into the karma sutra which is the ancient Hindu text about love, sexuality and emotional fulfillment but what I feel would serve us better is the Metta Sutta, which is a Buddhist text from the Tipitaka (Three Baskets).

As a mother would risk her life to protect her child, her only child then one should cultivate a limitless heart with regard to all beings.

This is what should be done by one who is skilled in goodness, knowing the path of peace, being able and upright, straightforward and gentle in speech, humble and not conceited, contented and easily satisfied, unburdened by duties and frugal in their ways.

--The Metta Sutta

I'm giving you the abridged version here.

So what we're going to be working with is loving kindness, because loving kindness is what counters fear (which is part of the awakening process) and which is also what opens us up to the mysteries of life.

We cannot start from One, because One is also many, nor can we start from Two because that drags us right back into duality, polarity and separateness. We have to start from reality, or Zero, which is emptiness, nothingness, space, but see we cannot conceptualize space, despite the fact that mind, or our mind is empty space. Mind is the space which surrounds you, which contains everything, which is why it's Process. You cannot have any kind of process if there's no space to contain that process. So we have to get behind that as well.

So we start with the Hungry Ghost, or spirit, which has no existence and which, conveniently, is also a concept.

Now this is where we get to the tricky part and I'm somewhat hesitant to write what I am writing here, but what needs to happen is that in order to create the loving space, you need to fill that space with loving kindness. This can be very easily misconstrued as self-love or the same as the statement 'to love others you must first love yourself'. In a way this is what I'm writing here, but in a way it isn't.

This concept of 'loving yourself before you can love others' is a good example of what I call a truism. It comes across as a universal truth, and you can be easily fooled into thinking that it's something which can be universally true. But see we cannot as human beings perceive absolute or universal truths, the only truth we can perceive is relative to both individual perception and perspective. Truth is also standalone, i.e. it needs no explanation or embellishment. It just simply is.

My other point here is that you have to 'love' yourself before you can 'love' someone else. This makes 'love' a verb, and equates it with a physical action. There is nothing whatsoever physical about love and if there was we would understand it completely, but we don't. Love is consciousness. It can never ever be physical (which is based on energy, not consciousness), and it can never ever be an action. Love languages falls into the same category here and makes the exact same mistake, translating love as some kind of physical activity. This is never helpful and just confuses everything.

This makes self-love an empty, meaningless platitude on the same level as saying "Blurrgh!" It communicates nothing of value.

You see what the Metta Sutta is really all about is the necessity of happiness as a basis for existence, for all beings, without getting caught up in separateness and the morality of right and wrong, the mindgames of praise and blame, without fear, ill will, malice or deceit. Happiness is a state of mind, a way of being, therefore it's fundamental to Core Being and the only way you can make happiness a basis for Core Being is to create, develop and maintain a loving space which is filled with loving kindness.

As love, which is consciousness, is self-originating, self-sustaining, and self-perpetuating, manifesting out of space and in turn manifesting further out of itself, this is all you really need as a source. This is a source which needs to exist from somewhere deep inside you. But see also, this is a source which already exists deep inside you. It's always been there and it will always be there. You just maybe need to awaken yourself and become mindful of its existence. This is because love is being and it is part of what existence is really all about. Irrespective of what you do in life, it is always there.

This is part of what has always been inside you, ever since you were born and even before that. What I'm saying here is that loving kindness is fundamentally as natural to you as having legs, arms, having two eyes, two ears and a nose. This is distinct from the notions and concepts or beliefs that you have created that there is something that is unacceptable about you, or what you feel is wrong, bad, or which makes you feel uncomfortable, guilty, ashamed, and so on. This is part of your karma, and something you need to find ways of working on or working with in order to achieve peace of mind and happiness.

EIGHT AND THE IMPORTANCE OF TRUST

For those of you still wondering where I have the issue with the concept of self-love this is where I give you my answer. It drags you into cause and effect and problem-solution which normalizes self-loathing, self-hatred, and what I would describe as self-apathy, i.e. those aspects of your being where you think to yourself "Meh!".

Going through life believing that there are parts of you which are unacceptable, or bad, or wrong, or - if you are younger - ugly - is a serious mistake and a lesson to be learned through resolution of karma.

This is where we get to trust, which is the basis of Eight and the mystical principle of power. If you remember Strength, the Tarot card with the lady with the infinity symbol over her head holding the jaws of the lion apart with her bare hands. Within Eight is the paradox that, the more you let go and relinquish control, the more powerful you become.

But see you cannot trust others or the universe or environment if you cannot trust yourself. There's a very delicate nuance here but see without trust there cannot be love. Change self-love to self-trust and you get closer to the truth, but see there is still no 'you must love yourself before you can love others' simply because there is no 'before'. Before here implies separateness and there is no separateness.

It's a contradiction of Natural Law and dependent arising - as this arises that becomes. I think I've already made the point that if the Dao exists all around you then the Dao also exists within you. The separateness between you and both your environment and other is the illusion. Another aspect of Natural Law is delegation of authority. The universe functions completely on the basis of trust.

This is why seeking control and to dominate over another is always a far more difficult path. This is not the desired path when it comes to love simply because love is incompatible with force and control. All too often trying to force love on another ends up turning into abuse. Abuse of love. Abuse of energy and karma.

Turned inwards it's also self-abuse and if there is any shadow of self-abuse anywhere within you or your being, there cannot be a loving space. So whatever it is about you that is unacceptable you need to find acceptable. Whatever you feel is 'wrong' about you you need to find acceptable. Whatever you feel is ugly about you you also need to find acceptable or beautiful. Such is your karma and this is all part of the karma you have to somehow work through.

I think this is very important because Eight as a mystical principle has got a great deal to do with trust and the inseparable nature of self and other. For those who are struggling to remember Eight, it's that lady with the infinity symbol above her head holding the jaws of a lion apart with her bare hands - Strength.

If you subject other to self then it doesn't work because you're subverting Natural Law. The principle only works if you subject self to other. If you remember the principle of dependent arising - as this arises, that becomes - so in trusting our environment and other people you are also trusting yourself. This is the point of giving up control and letting it all hang. For sure you may get it wrong or make a mistake, but you're acting on the exact same principle as Three - biological evolution and natural growth - and bringing something into being which is Five, creativity and drama. As you can see (stepping back into Combined Numerology here) the numbers 'stack up'.

The universe, this planet and Nature all work on this same principle of Eight - complete trust and also delegation of authority. This is the mystical principle behind any living organism. The fact that there are 64 hexes in the I-Ching, each corresponding to a specific DNA code, is no coincidence. 64 is Eight squared. You can think about your own physical body. Which organ is the most important? Is it the brain? Your heart? Your liver? Your kidneys? Could you survive without any one of these organs?

This is where we get to the difference between synergy and synchronicity.

synergy

a connection or relationship existing through space or emptiness

synchronicity

a connection or relationship existing through consciousness

There's a delicate nuance between the two, but in trusting your environment and others you are also trusting a higher or far more refined form of intelligence than your own. This is where we get to the original meaning and significance of God

before the concept was taken over by religious authority and transformed into something different, closer and more akin to rulership.

This is where we get to the unfolding nature of the dream and living existence. This comes back to the all important mystical principle - all existence is change, all existence is relationship - the future is always unknown to us if you move the clock forward. All we know is the past and that what we can perceive from the here and now or present moment.

Now just to dig a bit deeper into the Three aspect here.... All the biological cells in your body conform to a specific pattern or rhythm which repeats itself over and over again in your life, constantly. But see the organization of those biological cells is determined not by the cells themselves but by the environment and this 'higher intelligence' and this is how, seamlessly, gracefully, you grow from being a newborn baby throughout all the stages of your life. You age gracefully in ways which are unknown to both you and much of science. This is the principle of Eight.

But see you're not aware of these changes happening to your physical body until after it's happened. The same is true about any other aspect of life.

THE CHOICES AND DECISIONS YOU MAKE IN LIFE

A good example of this principle in action are the choices and decisions we make in life. Why do you make the choices and decisions you make in life? Have you ever thought about what lies behind this? What I want to point out here is that in reality, you do not have any basis for making choices and decisions.

You have no way of knowing - outside your basic assumptions - what is a big choice, and what is a little choice. I'm sure that in the past you have made really big choices which haven't worked out. I'm also sure that some of the smaller, seemingly at the time less significant choices have turned out to have major consequences.

All choices whether big or small are disruptions to the karmic process and the flow of your life. They crop up randomly, particularly when you are younger. Choices and decisions when they crop up cause many people to feel self-conscious and create a great deal of anxiety. Part of this anxiety comes down to the fact that not all the

major decisions work out and some of the smaller decisions - the kind you make in the bathroom or while lying in bed at night - can have major consequences or even land you in hot water.

I'm sure you've sometimes said to yourself "What was I thinking?" when it doesn't go to plan.

Making choices and decisions involve a considerable amount of anxiety and stress. have you thought about your decision long enough? Have you considered all the available options and taken all the variables into consideration? But see when you stop and think about it all the different possibilities and variables are infinite. So what you do in such a situation is, unless you ask other people, you go through the motions of thinking about it and then when you feel it's time to make a decision you make a snap judgment and just pick an option.

Generally speaking there's usually enough we can recall to make a rational decision or choice but we often forget the many different variables and possibilities which could have resulted in different consequences. This is where we get into worrying. Worrying is where you start considering different possibilities and variables which go way beyond your control and influence.

EIGHT AND THE FLOW OF LIVING

Part of developing the loving space is to try and function on the basis of Eight, trusting your environment and others (also yourself) and delegate authority wherever possible. There is such a thing as 'awareness without choices' and 'going with the flow'. Cultivating this principle will bring a kind of simplicity and beauty to your way of living in a way which other people will notice and appreciate.

The ability to delegate authority is a highly prized business skill. Some of the most successful business people are those who trust those they work for and who know how to delegate authority. They develop businesses in pretty much the same way and along the same principles as a living organism. It all comes down to delegation of authority.

This principle is based on a willingness to let go and not be too attached to anything. The more you let go of something and trust it, letting it go to become something other than you, the more you become consciously aware of the inseparable nature of self and other. It's the exact same principle as the environment. This is where you start to get into the magical aspects of life which again brings us back to $3 + 5 = 8$. But see $4 + 4 = 8$. Once again the numbers stack up.

This same principle has incredibly important social and political consequences and here I am talking about hard political choices. There is a political imperative in trusting people and giving up control to others, delegation of authority. But see in connection with this - and this is another hard political choice - and here I'm writing about hard pragmatic politics - to learn how to enjoy ourselves. This is something which I feel is missing from the political narratives, especially mainstream political narratives, the imperative that one should learn how to enjoy life and appreciate the aspects of living existence.

This is something you can say to just about any mainstream politician who is against this sort of thing, and far more in favour of hard work, productivity, duty, responsibility, none of which makes a blind bit of difference when it comes to interacting with our environment and all too often works against it.

You see we have the technology and I believe sufficient conscious awareness where people really need to know how to enjoy themselves.

I'm not writing about mass consumption or mass consumerism here but something far more natural than this. If we don't learn or put more effort into enjoyment of life or happiness, or what can be called the 'joie de vivre' we run the risk of destroying the future of the entire human species.

This brings us back to the necessity of the dream and utopia. Individually, socially and politically, the imperative in the 21st century is on the ability to dream and all the stuff I wrote about last chapter on Unmind. Trying to live without this, as we are trying to do now, is going to end up as a mutual massacre of scapegoats and victims.

This is especially relevant in the West, particularly in the United States and Britain, where the political narrative is centred around being against someone or against someone else, pointing fingers, laying blame, social stigma, creating new victims, all this toxic left wing and right wing politics, political bickering and squabbling, it's all become irrelevant and does not serve the interests of people, nor the interests of communities, nor the interests of society as a whole.

This disregards the opportunity we have to trust our intelligence, trust our technology, and take the risk of doing what we want which will work to the degree that we become consciously aware of the fact that what I want and need, what I really want and need, is what you want and need, and what you really want and need. But see I don't know what you want and need.

Okay. So go on. Surprise me.

But see Eight is also Seven and One - this is where we can connect to each other and create unity through consciousness through the Sacred Feminine Principle and empathy.

UNCERTAINTY AND THE ABSENCE OF DESIRE

So what we come down to when we follow through on this principle is a kind of uncertainty, a position of not knowing. What do I want? I don't know.

You see you can vary this question a little. Who are you? The exact same principle. The exact same answer. I don't know. Who do you want me to be? It depends. But see when you've reached this point of not knowing what you want, not knowing who you are, you are without desires, without identity, and you are in the loving space.

You see there's different stages of not knowing what you want. There's the initial stage where you don't know what you want because you haven't thought about it. Then there's an intermediate stage when you're asked and you go through various suggestions, maybe I like this, maybe I like that, maybe I like something else. Then there's the latter stage when you think "Yeah this is okay, I wouldn't turn it down, but it's not really what I want."

So we can dig deeper and ask why. Okay so why don't you know what you want?

There's two possible answers to this question. The first, obviously, is that you don't know what you want because you already have it. But see there's a much deeper answer here in that you don't know what you want because you don't really know who you are.

But see outside of Ego, identity, and so on how can you know who you really are? You cannot completely know yourself. You cannot be the object of your own knowledge. Fire cannot burn fire. Water cannot make water wet. Light cannot illuminate light. Who you are, who you really are, is a persistent mystery, just like the universe.

But see it's exactly this "I don't know" is what brings you right back into nothing, into Zero, into spirit, the Hungry Ghost, and the loving space. You see this "I don't know" is the exact same thing as "I love", "I let go", "I do not try to force or control". It's the exact same thing as humility.

What I'm giving you here is the principle of non-attachment. When you stop clinging to stuff, and stop grasping, and trying to hold onto stuff, you have access to power. All those attachments you may be clinging to, I'm not this, I'm not that, I'm unacceptable, I'm ugly, I'm bad, you're wasting energy, time and heartbeats.

Similarly when you're trying to control things, trying to manage stuff, trying to force things to conform to your conscious will, imposing your expectations on other people and what they should do, once again you're wasting energy, time and heartbeats from a position of self-defense.

But see the moment you stop trying to do all that, all that wasted energy becomes accessible to you. This is the whole point of being in the loving space, because in the loving space you are within your Principle and Core Being and are also at one with that divine energy.

But see when you act as if you are God, which means you don't trust anybody and you're the dictator, and you're clinging and grasping for what you can get, and you're pushing everyone around and getting into fights and conflicts, you lose all

that energy and you also lose access to power. You drag yourself out of the loving space and get drawn back into separateness. You see you go back to defending yourself and creating lots and lots of karma which is building up past karma for you to work through.

So see, the principle is simple. The more you give it away, the more it comes back to you.

Okay so you can then turn round and say "I don't have the courage to give it away. I'm afraid." You can only overcome that by realizing that if you don't let it go or give it away then you will lose it anyway or it will get taken from you.

You see you cannot avoid trauma. It's out there all around you. Everything is falling apart, decaying, collapsing, dying, breaking up is a statement to the incredibly fragile and impermanent nature of living existence. Life and death are intertwined and there is nothing you can do about it. There is no way to prevent this.

But see there's another way of looking at this. Love is very much like gravity. No matter how high you jump you will always be brought back down to earth. What goes up must always come down. Gravity is a way of bringing everything together in connection with the surface of this planet. The same is true about love and the loving space. We are all separate, and love is the only way we can reconnect and be at one with each other. No matter what you get attached to in life or cling to or grasp, you will always be brought back to the loving space.

If you can understand this principle then we can move onto the next part and that is figuring out what to fill it with and how.

SIX AND THE PROCESS OF AWAKENING

So the next 'building block' of the loving space is the awakening process which goes on in relationships. This is part of the unfolding nature of life - all existence is change, all existence is relationship. Here what I want to point out is that existence in any kind of relationship gives us an opportunity for a process of awakening. Awakening is part of Three and the process of biological evolution and natural growth.

So where does Six, the Sacred Masculine Principle, come into all this?

It's essentially this... We are all going through life with a preconceived model of reality. The instruments we have at our disposal, mind, memory, language etc cannot function when there is chaos and disorder. We all need some kind of structure, or model, or even a principle to work from. Generally we get this from memory, the process of socialization, various belief systems, whatever against which we measure the unfolding nature of our lives. It's on this basis we create our Ego and sense of self and identity.

But then you go through various experiences in life which challenge your preexisting models of reality and open up your mind to other levels of reality and planes of consciousness. This is where you are faced with a choice. Do you continue to hold onto your preexisting model of reality or do you let go, embrace the changes, and develop a newer model of reality? This is where we get into Six and the Sacred Masculine Principle. Whether or not you embrace this new reality or whether you try to cling to the preexisting model of reality, this determines the nature of the change you are about to experience.

The experience itself doesn't matter that much, because what matters is the process. The experience could be smoking a joint, it could be sex, a sexual experience, it could be meditation or a period of contemplation. It could also be trauma, the ending of a relationship, an abusive relationship, either in childhood or adulthood. It could be a change of environment, moving home, going to live in a different country, or even changing a job. It could be a significant illness or period of sickness, an injury, a disability. If you acknowledge the new reality and let go of the old, preconceived notions of reality, then you are giving space to your process, allowing it to unfold, and this is what places you into a new process of awakening.

From that moment which you have acknowledged that things are different, and that you are more than you think you are, and that your environment is different than what you believed it was according to your previous model, from that point forward all your life is part of that awakening process. It's all process, and all the experiences from that point forward take you in some way towards flow karma. You cannot ever again fall out of the process.

Now you can think you've fallen out of the process, which many people do. They say such things as "I lost it.", or "I blew it." They used to be 'this' or 'that', but whatever you gain or learn from the process is part of the process and part of you if these are real gains or real insight. But if you're only holding onto such gains or such insight as a belief, then you can lose them again. But see the process is always Process.

This means that you cannot go back to sleep once you're on the awakening process. You can try, just as you try to go back to sleep when you wake up before your alarm clock.

But see back when you were 'asleep' (or unaware) you could milk your melodramas and issues for all they were worth. You could 'trip out' on stuff. Will I? Won't I? What if..? But once you've awakened and shifted into that newer model or level of reality you see it all for what it is and you see yourself trying to pull off all your old shenanigans. There you go milking the melodrama again. The problem here is that there are times when you want to milk it some more. You're tempted to go back and get caught up in the old melodrama.

You want to go back to the romanticism of life, or the nostalgia. This is because something dies within you when something new is born. It's Natural Law. Existence and non-existence. Something and nothing. Life and death, or in the context of a relationship, love and death.

This is exactly the predicament and dilemma when it comes to Six and the Sacred Masculine Principle. You cannot gain something without letting go of something else. You cannot move forward without letting go of something from your past. Many people believe that when you enter a new relationship everything stays the same. No it doesn't. Often you've got to give something up to enter into the relationship. Likewise if your awakening process is coming from a position of trauma, then you have to let go of whatever is causing your suffering before you can continue the process and continue the process of awakening.

There's another aspect of this as well, and that is you cannot be quite as heavily invested in your Ego or take your Ego so seriously. See once you experience that shift in consciousness, through insight, through truth, through whatever, it gets harder to

believe in the illusion and while you can try you're still consciously aware that it is an illusion. It's like when you wake up after a particularly vivid dream, and so you go back to sleep hoping to pick up from where you left off in the dream, but it doesn't happen.

You see whenever your perception changes, your perspective changes and everything else changes, both within you and around you. The Process updates the Principle and the Principle remains changed. But see the same is true each and every time there is a change, irrespective of whether it is a high, irrespective of whether it's a low, it's still all change and what can be seen as grist for the mill. Through every elation, every depression, what you feel is lost, and what you feel is gained, it's all change, and it's all still awakening. It's all part of the process.

This is where I have to devote a paragraph or two to fake spirituality. What I'm referring to is where, in intellectual terms, you start to see where you need to be, and instead of letting the process unfold by itself and giving space to the process, you start to conceptualize the process and reaching out for new models, be it religion, messianic figures, getting into Buddhism, Taoism, or other forms of spirituality. Then you start to try and emulate and fit yourself into that new model. You start thinking of yourself as a bodhisattva, start emulating Jesus, Mother Theresa, whoever and whatever.

It doesn't work like that. You start coming across as artificially spiritual or chipper, start inserting the spiritual stuff into everything, so you end up projecting your spirituality from Ego, and what will happen is that many people will see through it, or at least sense that the energy is off. Even if we're not consciously aware of it, we are all empathic, we all project out vibes, and we all pick up on each other's vibes, and when it is off it's off.

Sooner or later you will see through the deception. Sometimes you get this with people who will later turn round and tell you that "religion doesn't work", or "it was all a cult" or even "I was just going through a phase". It's all still part of the process, but instead of just giving space to the process and evolving naturally through it, you chose to jump two or three steps ahead, developed additional karma, and end up one or two steps behind.

There's no way out of the awakening process once you've started it. But furthermore there is no way you can control it or direct it either. This is part of the predicament. You can only give space to it and let the process unfold all by itself.

The other thing is that once you have started or become consciously awake of this process of awakening, it will 'fill out' and touch other areas of your life. It matters not how you see everything which makes up your life, family, relationships, work, friends, trauma, pain, the past, health, and so on. The process of awakening will expand and touch everything. All the different things you see as making up the experience which you call life, the process of awakening will touch everything.

It will also enter into your relationships.

You see any act between two human beings together in a relationship can be unifying, and bring them closer together, or it can be divisive, and set them further apart. This comes right back to Natural Law and dependent arising. If I am writing these words, and you are reading them, then I am the writer, and you are the reader. Whatever role you adopt in a relationship defines the role of the other person in the relationship as well. If they change their role, your role also changes.

I'm just pointing this out because any process of awakening you go through in life to resolve whatever past karma you're dealing with also impacts on other people in relationship and their karma. Therefore in order to not have issues with past karma in the relationship you also have to work on your past karma (for example) outside the relationship. Whether or not you are in a relationship with someone or not does not change the awakening process. It's still the awakening process.

What this means is that any karma arising in a relationship between two people this karma falls into the loving space and becomes shared karma. It doesn't matter from who the karma arises from, it's still karma which needs to be addressed. There is no either or, or your's and mine even, because it's also part of the relationship. Say if you're part of a couple and have a child between you, and the child is hungry, then that's part of the karma that arises.

Let me give you another example just to further illustrate this principle and how it manifests into reality. Let's say you have a couple, two children, and the woman says "I could do some spiritual work if it wasn't for the children." Do you see the predicament? She's missed the fact that motherhood is part of her awakening or spiritual process, and being unable to figure that out she's gone right back into separateness.

I'll get into another aspect of this a little later. But my point here is that the process of awakening, the spiritual process if you prefer, it's all Principle and Process, it's all falling into the loving space, and no matter where the karma is originating from, from who, why, it's all part of the unfolding, awakening process. You can take any experience, literally any experience you can think of, and make use of it in some way to get you towards flow karma - or the flow of life.

What you're looking to do is to make use of the loving space and your evolving or developing conscious awareness, i.e. the awakening process, to guide you in ways to make use of your instruments as a vehicle - the process or Process - language, memory, energies, imagination, conceptualization, and dream weaving, to get you to where you feel you need to be in terms of flow karma. While the Process determines and updates the Principle, the Principle should always be steering or guiding the process.

As you become more familiar with the process, whatever process you're going through, your Ego is part of the whole process. You can pick up or drop off your Ego as much as you need to. Your Ego is the drama in the storyline, it's the character or role you're playing in the unfolding drama. You created it all by yourself in childhood, only now in the unfolding process of awakening and as you're becoming more consciously aware, you shouldn't need to cling to it or become attached to it so much. You should know by now that it's not your entire identity, it's just a role you play to get kudos from other people.

TAKING STOCK OF THE ISOLATION AND LONELINESS

Another aspect of the awakening process is to simply take stock of the amount of loneliness and isolation that's out there.

See one of the defining characteristics of the unfolding dream and human culture is that we tend to focus on and emphasize energy and physical forms without ever really paying too much attention to the spaces or emptiness which defines the physical forms and energy. We often see space as emptiness or nothingness, or simply as nothing, but see this is often just as much a mistake as seeing space as everything. But if we understand that consciousness is often what lies beyond the space, we can begin to understand that space is simply what connects everything in existence.

What I'm writing about here goes back to the mystical principle - the environment creates, the individual grows - which can be further extrapolated as a further principle - the environment shapes the form. In popular cultural terms what I'm writing here is that context matters. All too often people often concentrate and place an emphasis on the form and the energy and, often missing out the context they also miss out on the very subtle nuances.

Many years ago, in fact decades ago (let's just leave it at that) shortly after my 'training' I threw myself very heavily into ritual magic. This as when I was heavily into spell casting and creating and developing rituals. I had my 'stuff' (wands from hazel wood, pewter goblets, and so on) and I would create various rituals. One thing I learned from all of this was the sheer importance of environmental awareness. It wasn't just the ritual or spell, it wasn't just the preparation or the level of reality or plane of consciousness that mattered, it was also very much the location that mattered.

Stonehenge wasn't just plonked in some random place in the Wiltshire countryside in England. Without getting into stuff such as 'ley lines' there was some actual divination going on and such a practice which is known as 'mirroring' - an important skill in magic - in that one needs to learn how to align oneself with environmental energies so as to be able to accurately reflect back through one's mind energies arising in the environment. If you dig deep enough you will find that pretty much any sacred site in the world has been identified and chosen through some elaborate process of divination and mirroring.

The exact same principles were followed quite often when it comes to sacred trees. Throughout human history trees have a very long mystical and magical significance to humans and this is something which is prevalent throughout all cultures in the world and is found on all continents. One such example comes from the Kabbalah native to Judaism which is based on the 'sefirot' or Tree of Knowledge, which many in the West are familiar with from the Book of Genesis in the Bible. Consider also the significance of Buddha meditating under the shade of a tree to attain perfect enlightenment.

However moving back to isolation and loneliness, it's important to recognize the fact and understand that isolation and loneliness is a side effect of developing and maintaining an Ego structure. Ego is simply this concept or image you have of yourself, the story you keep telling yourself about yourself. It's something that's taken a lot of sacrifice and struggle to develop and maintain. This is because the Ego is always in a position of compromise between your innermost feelings and desires on the one hand, and the outer, wider external forces of your social environment. As with any compromise there's always going to be some degree of sacrifice or struggle.

Out of this isolation and loneliness we get fear, insecurity and anxiety, and from this there can be confusion and misunderstandings between people. Some of this is baked into our social and cultural beliefs and attitudes, such as distrust, social stigma, racism, sexism, xenophobia and so on. Out of this we get the desire to somehow find a way or learn how not to live in such a social environment. We can sense in ourselves that there are different levels of reality and also different social environments where we can exist.

There is nothing natural or inevitable about all this divisionism or prejudice, whether it be racism, sexism, xenophobia, or some other societal prejudice, because this arises out of the loneliness, isolation, and ignorance, and such things are taught or conditioned. This is no different from young men being trained to kill in the military. It's something which is learned or a part of conditioning.

As this is the case all of this social stigma and societal prejudice which arises out of fear, isolation, loneliness and ignorance can be unlearned simply through following the desire to experience a different level of reality and development of the loving

space. This is all backed up by science, by neuroplasticity, and that is you can uncondition yourself back to a more natural state of being which is much closer to that what is innate or inborn about you.

"PLEASE, PLEASE LOVE ME"

Love is no different from death. It's a mystery. Nobody knows what happens after we die, just as nobody knows where we really came from or who or what we were before we were born. It's just like nobody can really define what consciousness is or what lies behind space. Love is no different. It's something we all feel we need to experience even though it's something we cannot put into words or describe. There is nobody out there who is totally 100% resistant to unconditional love.

What else is there to do in life but to connect to one another, love one another and share experiences with one another and go through life together? It's important not to get too caught up in the philosophical materialism of life, or to get too caught up in our desires and expectations. Getting too caught up in our desires and expectations often only serves to bring us that bit closer to despair and the cycles start all over again.

But throughout human interactions and a desire to connect there is this subtext which is essentially a statement which says "Please, please love me." It's not always explicit, and it shouldn't always be explicit. You see many people have weird, preconceived notions of death. It scares them. It's also important to understand that love and death exist on some duality and polarity, so explicitly expressing that you love someone too quickly or in the wrong context is likely to scare them, disturb them or make them suspicious of you.

It's often better to understand that this is something of a subtext, be it subconscious or otherwise, that is often implicitly there behind our human interactions and desire to connect to others. You can turn this round on yourself. Think about it. Think about the many ways you seek to connect and interact with other people in your life, across all different contexts, and try to recognize the same universal subtext of "Please, please love me." throughout. Then admit it to yourself and embrace it as some kind of fundamental truth.

SEVEN AND THE WIDER SELF

So understanding that love is somewhere mixed up in all this desire for connection and interaction for human beings another concept I want to lay on you here is that of the narrow self, the one which we have defined through our process of socialization which fits within that point of reference or model we use to explain reality. Beyond this is the wider self, that part of self which is common to all existence and which connects us to both environment and others through incarnation and what we understand to be life.

I'm using 'self' here within the context of the Sanskrit word 'atman', borrowing somewhat from the Hindu Upanishads, the ancient, sacred, poetical texts which form the foundation of Hinduism and which were adopted into Buddhism. Therefore I'm not just referring to 'myself', 'yourself' or even 'ourselves', but self in the widest possible meaning of the word, i.e. self as the basis of all existence, so this planet as self, the environment as self, and this universe as self. It's all self.

Therefore if we take that Hungry Ghost within us to be reality and the basis for the loving space, we can also perhaps understand that Principle or Core Being is source, not just the source of our consciousness but also the source of what we describe as beauty, truth, and love. Given the fact that consciousness is behind all the constant unfolding of the dream, existence, and what we understand to be life, we can also understand that as source Core Being is where we understand the unfolding nature of love.

Therefore we can see the loving space as the source of love, and the constant unfolding of consciousness through the many different types or varieties of love - kindness, empathy, compassion, sympathy, friendship, community, romantic love, devotion, spirituality, and so on. This is something that exists deep within us, it's innate, natural, something we are all born with, life after life, incarnation after incarnation, and it permeates all aspects of our existence.

At some point there has to be some kind of yielding. We cannot love when we are stiff, numb, and distracted, or caught up in the energies of our desires, our expectations, because there is nothing physical about love. There has to be a

softening so that we are limber, fluid, and responsive because love, like death, requires a yielding of the centre or the core. But if we get into the imagery here we can call it the love light, the centre of consciousness which can be seen in every being, and which shines forth through the eyes.

We give up and sacrifice all we have for this, because love needs to exist at the very centre or core of our being (Core Being again), this is the love which exists within us, touching everything about us, and pouring out towards others, shining forth through our eyes. Therefore we can understand the loving space to be the fountain, the source of the spring, or the river which becomes eventually part of the sea and the ocean.

Within this centre, or this loving space at the core, the yielding comes in the giving up of all our treasured and cherished struggles, suffering, distrust and fears, all that precious loathing and suspicion, all the triumphs and withdrawal. See it is important in life to bend with the wind, like the tree, like the plant, like the flower.

Developing the loving space takes all one's strength but it also takes all one's weakness too. Sometimes it's only by having all one's strength taken away that one is brought to a position where one has to yield. It takes the power of nature which is neither strength nor weakness - it's simply life. Being strong or weak, or dominant or submissive isn't what love is really all about. It's about being. Think of a tree, a flower, a mountain, or a rock with lichen growing on it.

Love isn't a doctrine. Peace is not an international agreement. Love and peace exist as possibilities which exist somewhere deep within all of us. So what you need to think about or consider is what will awaken this ability within you, this capacity for love? What is it that touches it and brings it to life? What nourishes it?

You see love is an expression of freedom because we are free to love. This is our freedom right there. You are free to love no matter what. You always have the ability to love and express yourself through love. But see 'metta' from the Metta Sutta which we looked at back at the start of this chapter is a Sanskrit word for 'friendliness'. You can befriend yourself and every other human being you come across. There is friendliness of heart and also friendliness of caring.

You see this can become a spiritual practice, through development of the loving space, extending it both towards yourself and to others.

SELF-EMPATHY AND SELF-FRIENDLINESS

So how do you turn this into some kind of practice? It's simple. You start with yourself. In doing this you're reminding yourself that all that you seek and need to find in life can be found within you, rather than somewhere or in something or someone other than you.

There's a couple of points I wish to make here.

Whatever you cannot appreciate or cherish within yourself you will not be able to cherish or appreciate in another person. This is often a flat contradiction of so much of the messaging we get from the socialization process in the West, where we are conditioned to believe that anything worth appreciating or enjoying can only be gained through struggling, suffering, hard work, and a lot of effort.

As a result of this messaging and conditioning we are often hard on ourselves, too judgmental, unforgiving, and in turn we are also hard on other people, we are also judgmental, and we can also often be unforgiving. There's a lot of people out there who have negative or distorted perspectives of who they are. There's a lot of self-hatred, a lot of self-judgment, people who always seem to be judging themselves, putting themselves down, not giving themselves space, or time, or compassion or kindness.

Many of us are walking round with secrets, a dark side, notions and beliefs that there is something bad about us, something unacceptable, a sense or feeling that we're unworthy, not good enough, not deserving, ugly, not attractive, not intelligent enough, too fat, too thin, not educated enough, and so on and so forth.

The notion of being kind to yourself, being compassionate, being happy, and giving yourself time and space feels wrong, it feels egotistical, selfish. It kind of jars with who we believe ourselves to be. But see belief is just a habit of thinking, it's just who you think you are. It's just Ego, that story, character and role play you convince yourself you really are when you're not. You're just being that character in that

moment in time, for that period. It's not Principle, it's not Core Being, it's not spirit or Hungry Ghost. It's Ego and Process.

But see developing the loving space is dependent on showing yourself self-empathy and self-friendliness. The loving space has to start somewhere and it always has to start deep within you at the core of your being, hence Core Being. This is a necessity because you're starting where it's easy.

Developing the loving space as a practice is nothing like the practice of mindfulness, where you adopt a position as being at the centre of the universe from your perspective and just let everything come to you. You know? Where the outside comes inwards. Developing a loving space you're working in the opposite direction, you're starting inwards to express outwards.

The outcome is still the same, the connection, the magic, the yoga, and relationship between self and other, and the unity through consciousness, but you're starting from deep within.

You see, when you stop and think about this, everything you think is you is also someone else. This comes right back to Natural Law and dependent arising. You cannot be you if other people aren't who they are. You cannot think of who you are unless you're thinking about other people and who they are. Not unless you're slipping back into separateness and a traumatic mindset.

But you start to develop the loving space from where it's easiest for you. You're essentially plumbing deep within yourself to some plane of consciousness which draws your energy away from your focus of conscious attention. You work it out from that point to include other people. Always remember it's got to flow from within outwards as a form of expression or energy. You see once you've accepted yourself and appreciate yourself and your being, you get a sense of connection and connectedness with your environment and others around you.

This is not the same as self-love, and it's also not the same as 'love everybody'. It's far more a sense of connectedness and being, being at ease with oneself, and being at ease with your environment. It's hard for me to put into words, but it's developing a

sense of the wider self as opposed to the narrow self. There's unity between you and your environment, and also a sense of unity between self and other. What you should find is that it's a sense of flow, unity, harmony because this is what the wider self is really all about, the unity between you and everything around you.

You see the problem with the 'love everybody' approach is that you're going to come up against people with who you won't feel that sense of unity, for whatever reason, and you can easily be pushed back towards Ego and separateness and a traumatic mindset. Developing a loving space takes time, practice, and needs to be approached as a discipline. Consider that if you get too caught up in separateness or Ego - narrow self - the energy changes and you start pushing away or back towards your environment. Then it starts to become all about fake spirituality. You don't need that, and other people will pick up on it.

So you start from within and work outwards.

But when you feel yourself being pushed back towards separateness you can perhaps go back to RAIN methodology and investigate why you're feeling that way. Find a way of non-attachment, and also find a way of including that person in the loving space. It's also important to understand that your practice isn't going to be a constant, because you're working with consciousness, and so it's going to be variable in terms of energies, emotions and feelings. Sometimes it will be all warm and fuzzy. Sometimes it will be cordial, friendly, and sometimes it will manifest as a kind of respect or even acknowledgment.

You see love has to manifest from somewhere and it can only manifest from the centre, i.e. the loving space, touching everything it comes into contact with, both within you and all around you. Therefore the loving space is always the source.

Developing a loving space also requires maintaining a connection to both environment and also community. You cannot choose anything about the people you come into contact with, because people are people, but you can usually choose the kind of environment you live in, the kind of community you're a part of, and even the aspects of culture and subcultures you're a part of. If we were discussing traditional yoga we would be discussing the 'grihasta' state of being, the householder,

with 'artha' community participation and social responsibility, and also 'dharma' which is another Sanskrit word which roughly translates as 'right' or 'lawful' which is essentially appropriateness.

This is essentially developing what is known as 'sadana' another Sanskrit word which can be translated in different ways. I personally tend to translate it as 'toolkit' or 'skillset'. What I'm referring to as meaningfulness, or relevancy. All too often people get caught up in their separateness in their lives and while we don't have a caste system as they did in traditional Indian culture, people have a certain freedom of choice when it comes to occupation and working for an income, but many people either don't get the opportunity or don't exercise their freedom enough to properly explore and find out what they were born to do in life.

This needs some further explanation, because if I don't explain further what I mean here some of you will take this to mean some kind of fate or destiny. That's not what I'm writing about here. There is no fate or destiny. That's just you pinning your personal beliefs on external circumstances and putting an emotional or psychological overlay on everything as a weird form of self-validation.

What you're doing here is drawing yourself back towards separateness and developing a new, fixed model of reality. Reality is never fixed, it's always variable, but see being born into karma and a certain physical existence means that you project out a certain rhythm or pattern of energy, give out certain vibrations, and have certain resonances around other people and your environment.

Going back to the mystical principle the environment creates, the individual grows, you're always born into a system into which you need to fit. This means you need to find a way of fitting into two systems:

- the conceptual human social and economic system

The first system you need to find some sort of alignment with is the conceptual or cultural social and economic system which we understand to be society.

- the planetary natural biosphere and ecosystem

- The second system is the natural biological system, i.e. actual reality, in other words the planetary biosphere and ecosystem.

Please keep in mind that your choices will always be limited not just by the possibilities and opportunities that you yourself can perceive, but also by other people's perception of who you are and what role other people can see you being in. I'm getting a bit ahead of myself here, because this is essentially Five and what you can create from your Ego. But it's also very much a matter of Seven, the connectedness between self and other, and also the Sacred Feminine Principle.

*"Now I understand what you tried to say to me
How you suffered for your sanity
How you tried to set them free
They would not listen
They did not know how
Perhaps they'll listen now..."*
--Don McLean, ['Vincent'](#)

Please keep in mind that I'm very much aware of the societal restrictions on opportunities in say the Western society which emphasizes too heavily the intellectual over other forms of reality and philosophical materialism and the profit incentive. However I can give you an example of the point I wish to make here from the Italy of the Middle Ages and the times of Michaelangelo, the famous artist and sculptor.

Of course during these times there was the kind of feudalism where people, mainly peasants, weren't happy. Being an artist and sculptor Michaelangelo was busy creating new sculptures out of stone. At some point there was a great protest organized, and the people urged Michaelangelo to give up his sculpting to join them in protest, but Michaelangelo refused. But see society needed people to protest and speak out against the injustice. It also needed people like Michaelangelo to create beautiful sculptures out of stone.

This also comes back to Six and the Sacred Masculine Principle (giving you the further example of Vincent Van Gogh via the song quote). What you do or choose to do in life needs recognition and appreciation, because this is also part of the connectedness, the empathy and the Sacred Masculine Principle. You see in the process of socialization, education and upbringing you have been put through you were always told who to be and who you should become. You can call it 'Somebody Training', i.e. you were taught to be a Somebody in society.

However as part of this discipline or practice of developing the loving space, if we're going to be honest with ourselves and develop a loving space properly, there is an imperative to question or even challenge your process of socialization and embark on a process of individuation to seek out, explore, experiment, learn and discover exactly how you connect to other people, what you do for other people that they appreciate you doing for them, and also learn about what it is other people appreciate about you in life.

It is always necessary to go beyond the labels and the stereotypes. Let's say for example you have been born with a disability, a chronic health condition or illness, you struggle with a mental health issue, or say you are placed on a spectrum through autism or Asperger's. Sure these are all labels, all conditions, but I want to make it very clear that there are no such people as 'useless eaters'. Nature does not make mistakes. There are no human beings born or alive today who are unnecessary to the human species as a whole. Every single human being alive and who's out there can be valued, appreciated, and loved and the only reason why they aren't is a profound lack of human empathy, imagination and humanity.

Let's be very very clear on that point.

Vincent Van Gogh was considered insane by the people of his time, yet turned out to be one of the most celebrated Dutch artists of his time. Piotr Ilyan Tchaikovsky, composer of 'The 1812 Overture', was considered a madman, and died destitute and penniless, yet today is widely celebrated internationally as a composer. None of your labels define you. You cannot be defined or labelled in any way and if you are by other people, then those people are wrong and all too often you are a fool for believing them.

You might be bedridden, unable to leave your house, unable to work, it doesn't matter, you're still a human being who can be appreciated, valued and loved. Your time spent alive in this incarnation is never wasted. You can still be connected in some way to others, and even if it's giving information or insight into a health condition, disability or illness, it's still something. You can still develop a loving space. You can still connect to others. Your path to some fundamental understanding about your incarnation might be harder, but it is always possible.

The key here is to develop out of the loving space what can be described as a mature oceanic feeling of connectedness between you and your environment and others. This is something that psychologists and therapists don't like to talk about very much, because they associate the oceanic feeling with early childhood and see it as something regressive. But the mature oceanic feeling is nothing like the oceanic feeling we experience in infancy, but is rather more a sense of inner peace and calm which gives forth what is known as the 'love light'.

The love light is the sign of life which can be perceived within someone's eyes. It's one of the first signs empath's spot in people's faces and is the basis of the well known saying 'the eyes are the windows to the soul'. This 'love light' is essentially the flickering sense of love which is shining forth out of the loving space.

Now that you have (hopefully) a grasp of how to develop the loving space we can start to wrap things up by moving onto the principle of Five and the somewhat thorny issue of what to do with the Ego.

FIVE, THE EGO AND THE DREAM WEAVING PROCESS

So we return to the subject of the Ego, which traditionally has been seen as the basis of self, or personality or character. In terms of Qultura and Unmind it's part of Process as the basis for self is Principle, not Ego. Ego is just the front, the packaging, the role play, the image, and is how you present yourself to other people in society. Very much in the same way as a professional actor plays a character in a scene to tell a story, through your Ego you are also playing a character in society to tell your story.

The story you tell others, and yourself, through Ego is the story of your life - your background, your education, your experiences, the various roles you perform at work, and in society. The Ego is essentially your 'grihasta' (if you remember) and your being a Somebody, as you have been conditioned to be. It's real in the sense of being relatively real, because it is socially real and culturally real, but it's not really real - like the universe, the sky, this planet, or your physiology.

Now having gone through a process of awakening, which you might have done simply by reading this book, but more than likely you've done at some point before you even became aware of this book or my work, you will realize that there is no need to take your Ego so seriously because it is part of your process, which in turn is part of your awakening process. In turn your awakening process is all part of Three and the natural process of biological evolution and natural growth.

Now there are some in the spiritual community who will try to convince you that the Ego is something bad and that you need to get rid of your Ego and somehow resolve all your past karma. Pay no heed to such people. Karma is the basis of all physical existence, and you have about as much chance of erasing your past and your memory as you have of stopping the rain from falling or stopping a river from flowing. You have about as much chance of erasing your Ego as you have of erasing the society you're a part of. I don't advise that you try to live without your Ego. You will very quickly become toast in society.

Instead, when it comes to your Ego, personality, character and sense of self, what I suggest is that you treat it exactly as it was intended for you to treat it, as a means to get you through life and through your awakening process. This is no different to the way a professional actor uses their various roles in various productions to develop their career. They go from one role to another role. When a professional actor attends an audition for a role, all they are interested in is what role they are playing in a production and what experience they will gain from that role. It's only the director who is interested in how the different roles come together in the story or plot. Professional actors are only interested in their role and their part in the production.

But see when we stop and think about what the professional actor does, we understand that it's not the roles themselves which are the tools of the actor's trade, but their body, individual experiences of life, skills, knowledge and awareness. Similarly your Ego is not really where it's at. It's just the image, the presentation. It's everything else which makes you you - your physical body, your life experience and past karma, your relationships with the environment and other people, your spirit, your Principle and Core Being, the loving space within you, everything across all the different levels of reality and planes of existence.

Another thing I would like to point out is that in the system or grand scheme of things, i.e. the biological ecosystem, Nature, the universe, and existence, i.e. the real system, there is nothing left over. There's no missing pieces in the cosmic jigsaw. Everything in existence has its own place in the cosmic puzzle, its own significance, its own relevance, and its own importance. Every tree, every flower, every insect, every single cell organism, it all fits somewhere.

To give you another example of what I'm getting at here, every single biological cell of your body is in some way relevant to your whole organism. Every skin cell, every brain cell, every single hair - even the short ugly ones which grow out of your nostrils and ears when you get older. Neither existence nor Nature is wasteful. Everything is recycled, repurposed, transformed, and changed.

The exact same principles applies to your experiences of life. Everything you do, everything you say, even everything you think, it all has some significance or relevance. If you're going through life sifting through or sorting your experiences into good and bad, acceptable and unacceptable, right and wrong, even pleasant and unpleasant, you're cheating yourself out of anywhere between 40-60% of your karmic process. Please keep in mind that I'm giving you the basis for dream weaving here.

Dream weaving, as the term implies, is literally the 'weaving together' if different memories, experiences, thoughts, feelings, emotions, ideas, notions, choices, conversations, and so on to create a new reality. You see the mindfulness and spiritual journey gurus are only giving you half the story when they talk about non-attachment. They talk about letting stuff go. But see the experiences and the stuff

you let go doesn't vanish or disappear. Letting go simply means letting it go from your mind into memory. It's still there, but you're shifting it from the focus of your conscious attention and your mind into memory.

See what most people try to do is that they try to think of all the different variables when they try to make a choice or decision, and so they crowd out their mind with different variables and because they do that they either overwhelm themselves or end up feeling anxious, nervous or insecure. We have already covered this in previous chapters, in that you don't have the mental bandwidth to do that. In any situation where you have to make a choice or a decision the possibilities or variables are infinite.

The whole point of dream weaving, in fact what dream weaving is really all about is making connections. It's a creative process. Let me give you a few examples.

If you know someone who is into sewing and embroidery you will find that they keep a collection of different pieces of material, different threads, different needles, and different patterns. Some will even keep different scraps of material. Similarly if you know someone who does DIY or woodworking, they will have different tools, an entire collection of different nails, screws, bits of wood, half empty bottles of wood glue and so on. Likewise if someone is serious about cooking they will have vast collections of different spices, ingredients, stuff like flour, eggs, baking powder, and also a collection of different trays, tins, pans, pots, and so on.

In all these cases such people, in fact all creative people start with something small and simple, and usually nothing more than a rough idea or concept of what they want to create. Out of this they develop a creative process and as they go along they keep adding bits and making modifications. As they're working through the creative process they are constantly making connections to stuff they already have and trying different stuff out to see if it fits or not. Then they may take a step back to see if what they are working on fits in with how it all looks conceptually, and how it fits with everything else.

Then once they've got so far with one piece or part of their project they then forget about it and move onto the next part or component and again they start from

scratch there. Once they have a basis or a frame they then go back to a small component and fill in some more details, and then another component or part, and so on and so forth until the project is completed.

In a similar way all your experiences of life are in some way significant. However there's a catch here. Just like with choices, you never really know when your experiences are going to be significant or matter, and you can never really be sure how or in what way they will matter. It could be that you find yourself in a situation at the age of 35 - to give you an example of the point I'm making here - which brings to mind an experience or something you did when you were 15 years old, or maybe even younger.

Often when people go through a lot of trauma early in life, say for example childhood trauma, or something in their teens, as they go through life their perception of their past trauma changes. This is partly down to the karmic process of healing, recovery and growth. But they can hit 'plateaus' of insight and wisdom later in life which changes their overall perception and feelings about the past trauma. Also often their perception of their experiences changes once they're in middle age or older, and sometimes it seems that some people seem to want to revisit their childhood memories in their 50's in a way which reconciles everything.

This is where self-empathy becomes very important in any process of awakening through the practice of dream weaving. This is another very important part of developing the loving space which is also part of the dream weaving process. This is something I feel I need to share with you in order to conclude this chapter.

THE LOVING SPACE IN RELATIONSHIP TO DREAM WEAVING

We mystics talk about 'planes of consciousness' often in relationship with levels of reality. But see consciousness is neither physical nor energy. We can only perceive space and consciousness through energy and physicality, primarily through our sensory perception.

For example we can perceive physical objects, for example a table, a chair, a brick wall. We understand that all these things are physical objects and that they are

surrounded by space. Similarly if we move up a dimension we understand what it means to sense or feel fear or anxiety. We feel our emotions and our energy. We recognize thoughts and concepts, also on the psychological plane of consciousness and that level of reality. Take this up a further dimension to the environment and relationships, we understand the differences between sound and silence, between light and darkness, between heat and cold. We can tell the differences between summer and winter and between day and night.

But once we get into the meta-physical, this is where it starts to become much more mysterious and vague.

Let's take a common example of what I'm writing about here. You get two people who meet, say a man and a woman. They like each other, they want to spend time together. They become friends, but they want more. So at what point do they continue with the belief that what they're sharing is friendship, or maybe dating, and at what point do they start calling it love?

Think about this from your own experiences of life. How did your loving relationships start? At what point did you feel that you were loved by someone else? At what point did you decide that you loved them? Did it always work out? Have you ever gone into a relationship with someone believing that you were in love, only to discover that you were wrong? Have you ever been so completely infatuated with someone, or had a crush on them, but later realized that you didn't love them at all, or they didn't love you?

This is part of the mystery I'm writing about here. None of us really know what love is, or how to really recognize it without some karmic or physical reference points, be they from our own experiences or our cultural beliefs.

It's the exact same situation when it comes to other conscious experiences, truth, beauty, courage, and intelligence. Think about how often people confuse intelligence with Ego and perceive intelligence as a character trait when it can just as easily be conscious awareness and the ability to find the answer from memory. Science cannot define truth, it can only seek it from a position of ignorance. Similarly beauty is also based on individual perception and taste. There are no objectively beautiful

people just as there are no objectively ugly people. Often what we regard as beautiful and ugly is based on conditioning and the culturally defined beauty standards against which we measure ourselves and other people.

So back we come to my assertion that in order to be able to perceive the meta-physical, we need individual reference points from physical reality.

The mystery becomes even deeper when we think of Akasha or spirit.

Many years ago, when I was in my 20's I threw myself into the paranormal. Back at the time I believed that I needed to understand the paranormal and the spiritual in order to understand mysticism, magic and all the other occult subjects. A number of people have claimed that I am psychic, a few have even claimed that I am extremely psychic. I have never thought of myself in this way. Yes I've had my periods when I believed that I was deeply spiritual, but I have never really claimed to be a psychic or to have psychic powers.

To be honest - while trying to remain open-minded - I see being psychic in much the same way as being intelligent. I don't believe in being psychic as a character trait as such abilities defy numerous mystical principles and Natural Law. But what I do accept and believe to some degree is that we are all psychic and highly intuitive in specific situations and when and how is relative to our individual karmic process. We have all been touched by the non-rational and have gone through experiences which we cannot rationalize or explain. We have all become aware of things or gained knowledge in some way which we cannot explain or even identify from where we gained such insight or knowledge.

Which leads me to my next point here. For sure we can figure out the differences between the focus of our conscious attention and conscious awareness. But I suggest to you that the difference between conscious awareness and the subconscious is far more mysterious. Most of our brain's activity is subconscious and relative to this larger subconscious activity of our brain the focus of our conscious attention is insignificant. Yet we attach so much importance to our extremely narrow and limited focus of conscious attention to the degree that many of us assume that we understand perfectly reality, including our environmental reality.

My point here - which I want to make very clear - is that we don't.

In fact I would even go as far to state that we have no way of knowing whether the subconscious we are experiencing arises out of the biological activity of our brains or whether it is purely environmental and has got nothing to do with us at all. So how does the subconscious relate to the paranormal? This is just my personal take but much of what can be called or referred to as paranormal is activity arising out of the subconscious. If you experience the paranormal you have no way of knowing whether the phenomenon you are experiencing is environmental or psychological, or coming at you through your extrasensory perception.

Earlier in 2023 I put out a Qultura community newsletter to residents in the local community where I live. In one edition of this newsletter I wrote a short article about a ghost who I called Jack who was seen on my estate. Some of my friends and people who visited me in my flat had spoken about seeing a ghost of a bald man a few years ago. I had never seen this ghost myself, although I did sense some paranormal activity and once or twice felt a chill wave.

My psychic ability is mainly clairsentient, in that I can reliably detect psychic energy. For example I can smell ketones and detect 'portals', which means I can walk into a building and not only sense if someone has died in a building, but also the general spot where they died. This ability would be useful say to the police if someone has gone missing and they need to find the location of a dead body, but so far the police haven't offered me such work.

But anyway for the ghost story in the Qultura community newsletter I developed a character called Jack based on what my friends had described. A bald man in his forties, dressed in clothing from the 1940's or 1960's, looking somewhat distressed, and often seen wandering around the housing estate where I live. I published the newsletter, printed out enough copies for my estate and spent a couple of days delivering it.

At the time the local council were running a warm hub in the local community space on the estate. Little did I know that this ghost story in the newsletter created a debate among local residents with many of them claiming to have seen this ghost.

Some even contacted the council and local councillors talking about a haunted estate.

I leave you to draw your own conclusions here.

Then we have the relationship between consciousness, the subconscious and memory (karma). Most of your body cells replace themselves every seven years or so but not all. Your entire skeleton replaces itself every decade. The heart every 15 years, your skin and your liver every few years, your digestive system much sooner, and parts of your brain even as little as every few months. Only a small part of your brain and a few other parts of your body survive throughout much of your life. I'm using an article I found on the LiveScience website as a reference here.

Yet if I asked you to recall an experience from your childhood, or even ask you what your earliest memory of life is, you will be able to tell me and maybe remember an experience as far back as when you were say two years old. Your age here doesn't matter. You could be 25 years old, 30 years old, 60 years old, maybe even 80 years old, but you will still remember your childhood.

This is a mystery science cannot explain and doesn't look likely to resolve in the near future.

So now we come to one of my fundamental premises as a mystic. Here I want to write about something which I haven't seen mentioned or talked about anywhere else (which doesn't necessarily mean that nobody has ever thought of this) but which I feel is super important when it comes to mindfulness and developing a loving space.

If you are going through life believing that separateness is real, and constantly judging your experiences in terms of Two and duality or polarity, so good and bad, right and wrong, pleasant and unpleasant, and playing the societal games of praise and blame, personal responsibility and other people's responsibility, instead of cycling through your individual karma, you are pushing roughly half of your karma away and not gaining much benefit from the experience of your karmic process.

It's important here to understand that any experience you go through in life, or even witness, becomes part of your karma, be it direct karma, relationship karma, or whatever, but it all ultimately becomes part of your past karma.

Please keep in mind that karma and morality and moral reasoning are two completely different things. While morality is conceptual, and mainly serves to distort your perspective or Principle, karma is very real and always comes back on you. The point I wish to make here, and which I feel is important, is that you never know just how far you are pushing your karma away. Non-attachment only works so far, and if certain experiences or situations keep coming back on you, there comes a point when you need to do things differently.

It's also important to understand here that one of the most popular ways of pushing away karma is asking 'how?' or seeking a short cut and a method of doing something. Let's take for example Buddhism, which is a popular eastern method of inquiry. Please understand that when I got into Buddhism in my late teens I was rather 'messed up' with an incredibly distorted perspective. I had plenty of inner demons. Even going through lots of training and guidance, reading books did not really resolve any of my issues. It just served as a model of reality which was different to my previous model.

All I got from Theravada (Buddhism) was a different model of reality and some additional years, plus of course the ability of meditation. Buddhism didn't resolve any of my issues, but just gave me some additional insight. Whatever karma I resolved during almost two decades of my life I was practising my 'dharma' (Sanskrit for method) came from my own direct life experience, my relationships with others, and the karmic process of learning and investigation. The key thing to understand here is that I was seeking answers from somewhere other than me, when in actual fact all the answers came from somewhere within me, and it was only through direct experience of life and learning from connections and relationships with others that caused me to understand what were the answers and what was truth.

Therefore when I was developing Qultura as a dream weaving system throughout I have been adamant never to offer anyone a method or even suggest that Qultura methodology is a complete method, because that would be like saying that you need

to buy all the products on sale in a large supermarket just to bake a cake or cook spaghetti bolognese. Throughout the methodology behind Qultura has always been a set of mystical principles - which we have covered in the earlier chapters of this book. There is no point in developing a 'one size fits all' method for everyone, simply because the field of human existence, karmic processes, and human living existence is so vast it cannot be addressed by one single method.

You see in following a method which is developed out of someone else's experience and perception of life you are denying yourself both direct experience and opportunities for further insight and experiences. You're accepting another model of reality, another explanation, and simply adopting it, so eventually it becomes just another belief system. What you need to be doing throughout is figuring out your own methods, your own philosophies, your own belief systems, your own religion, and using all these things to get to the fundamental truth, figuring out what connects you to other people and what makes your life flow. In the context of your experience of life and living existence you are the ultimate mystic and there is nobody between you and God.

This might seem a bit counterintuitive, but when it comes to dream weaving practice, it's not so much the stories and narratives you tell other people in community that's important. While the insights you gain from others and their stories and narratives is also helpful and beneficial, the actual benefits you derive from dream weaving come from what you learn about yourself and the answers you find within yourself. This is always the real value of dream weaving.

You see the stories and narratives you tell to others in community, or even outside the Qultura community, i.e. the stories you tell other people about yourself - which is fundamentally what the Ego is - what you're doing is pretty much the same as asking questions and seeking to connect to others to learn more about yourself and who you are in reality. This is a continuous process which goes on and on and on throughout your life.

It's also important to understand that truth is a fairly traumatic creative process. Truth is not something we are told or given. Truth is always relative to individual perception and individual perspective. While the Ego is equivalent to the focus of

conscious attention, truth can be taken to be equivalent to conscious awareness. Truth is what changes or modifies your Principle or Core Being. People often mistake the process of awakening for a process of enlightenment, but this is actually an outdated 18th century ideal. As consciousness is actually space and vice versa, the process of awakening is actually about seeking out and discovering truth. Truth is therefore equivalent to reality.

Where the process of creating truth becomes traumatic lies in the letting go of beliefs and previously held models of reality. What we often do - and this is part of development of the Ego and therefore Process - is that we personalize various things and perceive them as part of who we are. We personalize our clothes, our footwear, inanimate objects and we also personalize our beliefs, our ideologies and models of reality, simply because we believe that all these things make up part of our identity.

The trauma comes in the letting go and having to give up these beliefs, models of reality and assumptions we make, about ourselves, about other people, and about everything in general. Often people have difficulty in accepting that they were wrong, misled, misguided, or they simply made mistakes or an error of judgment. But see if you have allowed yourself to become so attached to a belief, an ideology or a way of looking at everything and reality, that you are in a position of needing to defend that belief, are you not drawn into separateness?

This is where the loving space becomes important. It's very human to make mistakes, to get things wrong, to misunderstand and to get the wrong end of the stick. This is also part of the process of awakening. You cannot go through such a process by clinging to beliefs and ideologies, and if you try you will invariably end up in conflict both within yourself and other people. But see when you understand that you are, like I am, like everyone else is, infallible, liable to make mistakes and get things wrong, you become not only vulnerable, but you also become human.

This is what humanity is really all about. Our humanity lies in our ability to understand that we can be vulnerable, we can be wrong, we can make mistakes, we have our times of stupidity, we have our weaknesses, and we also have our 'stuff'. We have our emotional baggage, our paranoia, our freaky or weird thoughts, our illusions and our delusions. Rather than going back into separateness and feeling

guilty, shameful, and trying to expiate all this and beat ourselves up over it, we need to accept it, embrace it, practise empathy, kindness, and compassion towards ourselves, let it go and move on.

Awakening is a constantly unfolding process, it is the basis of Process is it not?

Rather than beating ourselves up over 'stuff' in the past we need to accept our shortcomings and mistakes, our weaknesses and misunderstandings as part of the process. This is not a case of seeking that 'higher' self - because that 'higher self' already exists deep within us. If you give this 'higher self' too much weight and importance you will end up going on an Ego trip. Trust me. I know. I've done it myself in the past. The way to understand this is accept it for what it is - it's Three, it's Process, it's the unfolding nature of living existence, it's a journey and process of learning, and along the way there are going to be mistakes, misunderstandings and getting the wrong end of the stick. Just accept it for what it is, keep on developing that loving space, and learn to enjoy the process and when you feel the urge, have a good laugh at yourself.

I just want to remind you here that what applies to you applies to others as well. There is no separateness anywhere in existence, the humanity that you're developing within you can be shared outwards and - if you're developing the loving space, which is an important part of the process of awakening - part of the process is learning to accept other people for who they are, to understand that they too are on a journey or process of awakening, and also to learn to recognize and appreciate the times when they share their loving space with you.

This is where I will draw things to a conclusion here. Now that we understand the loving space we can now move on to the next stage, which is using our relationships as part of Process and the process of awakening.

Love and fear



So now let us move on to relationships. People come together and form relationships for a wide variety of different reasons. But generally what people do is meet one another and on the basis of a set of complementary, compatible, physical characteristics they develop a predominantly physical relationship based on symbiosis. This is what people generally call love. It seems that there is some kind of chemical response pattern and organic process which leads them back to a situation where they have no physical form.

On this basis they say "I am in love." or "I feel love." or even "I am experiencing love."

But what you have here is a method. It doesn't look like a method or seem like a method. Far more likely we see it as a relationship cycle, in that we develop relationships in cycles and patterns on the basis of our previous relationships but it becomes a method all the same. You see we often think of 'types' of people and 'matches'. You even have some people asking "Am I your type?". If you're categorizing other people and seeking only certain types of people to become your partner you're still following a method.

But see, as I alluded to in the previous chapter when I was writing about pushing away karma, all methods are traps. You keep identifying your method (in this case a relationship cycle) with where it brings you and what results you get. So instead of saying "I am in love" what you end up saying is "I am in love with you."

This is no different to say, if you're using meditation as a method you say "I am in love with meditation, because meditation brings me to a place of love." But see if you're identifying another person as a method to get you back to being in love, because it's part of the system, and we are all after all members of a species, at some point you will want to possess that other person, simply because you have identified them as your method to getting back to that place of love. If you become separated from that person for whatever reason you will probably see yourself as being out of love or estranged.

This is simply because you're making that other person your connection to love. You're going to want to know where they are on Saturday afternoon. You're going to want to be exclusive to them, and them exclusive to you. You're going to want them to be your exclusive method to love, and not somebody else's method to love. You're going to perhaps want the password to their phone so you can go through their phone and make sure that they really are exclusive to you. So when you're convinced that you two are exclusive you say "Come on, let's build a nest together." So you start collecting twigs and leaves. This is an obvious metaphor for living together and getting married.

But see, you're finding your way back to your One, your Principle, your Core Being, but you're doing it through another person and physical form, and you know somewhere deep down inside of you physical form is impermanent and all physical forms change. So the whole relationship is doomed or condemned right from the start. This is where we get to fear, to insecurity and anxiety because you know that sometime, sooner or later something is going to change. No matter how good you are at trying to plan or prevent it.

THIS IS WHY LOVE AND FEAR ARE NOT POLAR OPPOSITES

Of course you or your lover or partner could die, but that would not change anything about the connection or unity between you and your partner. The love between you would still remain, despite their physical death and your grief and bereavement. Death would simply remove the physical levels of reality from the connection.

The fear and insecurity is coming from the method, not the connection itself.

You made the assumption of separateness by developing your Ego very early in childhood. You made the various assumptions to believe that physical form is the basis of your reality. You chose to develop your relationship from a position of Two and from physical desire. The fear and insecurity is karma and is inherent in the desire to be together, because despite what you believe existence always goes together with non-existence, physical existence is defined by it's reality which is emptiness and space, and you became conscious of the space, the emptiness and the possibility when you bound your relationship and connection to time.

Consider that fear, all fear and anxiety, arises out of the perception of possibility through projection into the future, and measuring either past memory, past trauma, against time and projecting into the future. If you are not thinking about the past or the future, but are entirely within the present moment in your Principle or One, there is no fear or insecurity.

Fear and insecurity only seems to be in a polarity with love because of the perceived loss of the physical relationship in the future, which brings you up to the sharp edge of your humanity. This is not directly relative to love, but is a consequence of your method back to One and your Principle, and is the direct consequence of possession.

You know the relationship matters to you, because you say "MY wife, MY husband, MY girlfriend, MY boyfriend", and in this physical reality you are conscious of the possibility of the ending of the relationship, out of which the fear and insecurity arises. So any suggestion of cheating, of a connection between your partner and someone else, a lack of interest in sex or sexual desire, a lack of intimacy, and even

quarrels, disagreements, conflicts and so on are all going to stimulate a fear response and anxiety.

In that position of Two, when you're basing your concept of Self on your Ego and physical form, deep within separateness and personality and role, ever mindful that something can change, you're constantly bouncing back and forth in your mind between past and future, suspicious and watching out for signs of change. This is what often erodes the trust and confidence in the relationship and connection. You end up policing yourself, policing your partner, on some level trusting and hoping that the relationship stays the same, but at the same time suspicious and wary of anything that changes the relationship.

In most relationships, and I'm talking about the vast majority of human relationships out there, not just romantic relationships and marriages, most people settle at the point of Two, at the point of physical desire, method and symbiosis.

It's like the original sweet spot at the start of the relationship is the high point, there is little or no growth into each other through unity and One or oneness. Change is inevitable, and usually the change comes in the form of a gradual, karmic decline in the relationship from the impermanent, failing nature of the relationship. So what happens is that both partners slip back into their Ego mode and separateness and it goes downhill from that point forward.

Some people stay on this level. Some people get off on the initial energy rush, hitting the initial sweet spot, the falling in love parts, the romance, the tension, the melodrama, and then when it starts to decline and fall apart they simply shrug and walk away.

Or they go off and start again with someone new leaving the other partner to deal with the carnage and wreckage of a failing relationship which isn't giving them that buzz. Serial cheating is not much different from other forms of addiction. You get the buzz and the high but the self-deception involved, that's what causes the issues.

Caught up in the separateness and deception you fail to develop the integrity and commitment, you leave behind a trail of hurt, emotionally broken victims. You reach

a point quite often where someone sees through your game and that what you dished out to others gets dished out right back to you. It can be quite a harsh lesson when someone teaches you that you can't always get what you want.

Yes there does seem to be a certain polarity between love and fear and love and hate, if you're looking at this from the position of Two, from a position of physical reality and separateness - and so much romantic poetry is written from that of the beauty and tragedy of love, the horror and the beauty. But what it all comes down to, and the vast majority of ballads and love songs, is the cyclicity of karma and physical desire, of getting what you want, and not getting what you want, of finding that special someone, and losing it all. The misery and the loneliness. The anger and outrage. The fears and the insecurity. The bitterness and regret. But also the attraction and new love interest.

Desires: unfulfilled and otherwise



So we come to the difficult part of all this - desire. Please understand I'm using desire as an umbrella term which can mean many different things, from needs, wants, wishes, to motivation, to greed, to addiction, to compulsions, to habit, and even to thoughts, dreams and fantasies. I'm choosing to lump all this under the umbrella term desire to cover a wide variety of different energies and forces which we experience both within us and all around us.

You see mind is in itself space, emptiness through which we experience what is known as conscious awareness. Mind is the basis of perception and also perspective but within this there is the focus of conscious attention which compels us to know what is arising and how it is relative to us. We often don't recognize the openness of mind, the deeper levels of our conscious awareness - within which we find the loving space - because we get distracted in many different ways through some established thought patterns, belief attachments and tendencies. What I'm referring

to here are habits of thoughts and thought processes, habits of moods, emotions and feelings, and we get caught again and again and over and over.

All too often these patterns or cycles are so familiar to us and are part of who we assume ourselves to be that they usually remain invisible. It's like we become so identified with them that we don't even see them. However in order to be able to develop the loving space and even to a large extent mindfulness we need to become aware and conscious of what is going through our minds and how our minds work. This is so we can become aware and learn to recognize the energies, forces, the conditioning and the habits that are at play within us and to which we are subject.

While this is a necessary undertaking, it is not an easy one. Beyond trauma and the naturally occurring forces of trauma, to which we are all subject to varying degrees, and the issues we pick up from other people, there is also often an inner struggle or battle going on within ourselves which is no less important to overcome. This is just as fundamental to the process of awakening as learning to be relative to our environment and other people. This is part of what some occultists refer to the inner battle between light and dark within us and which some say is the most important of all the struggles we face.

Often this inner struggle is affected by our conditioning and by moral reasoning, and often instead of recognizing our desires for what they are we tend to label them and see them as something 'bad', mistakes, or something wrong, but what we need to recognize is the fact that desire is a major part of karma, and in recognizing desire as karma, we are undertaking work which is both difficult and profound.

The first thing we need to understand and recognize is that the duality or polarity between happiness and suffering, between fulfillment and despair, are the energies and forces which flow through the mind arising out of desire. All too often we look around us in the world and our environments and we see so much misery and suffering which is out there. We see how such suffering and misery takes on different forms, e.g. the suffering connected with injustice, with exploitation, that which is connected with abuse, with violence, and so on.

Behind all these karmic outcomes of suffering are the forces of greed, fear, hatred, bigotry, often arising out of ignorance, and so on. What is essential to understand is that these forces and desires are not only out there. They can often be found within ourselves.

Desire, especially when it is arising out of ignorance is one of the major reasons which we are constantly cycling through karma and this is a kind of karma which often traps us or forces us into various predicaments resulting in pain, heartache, sorrow and misery. Therefore this is something we need to understand very carefully and work it into our conscious awareness, especially as it has the power to stifle and negate the loving space. All too often when our hearts cloud over, and close up, it is because of desires cloaked in ignorance.

It's also very important to recognize and understand exactly what we mean by desire. Desire - particularly in the English language - can mean so many different things. Desire can manifest as greed. Desire can also manifest as motivation or a desire to do something or achieve something. Desire can be something wholesome, or something which isn't wholesome. Desire can also manifest as the satisfaction of basic human needs, for shelter, for food, for water, for companionship, and so on. It's always important to recognize desire as an energy and to pay attention whether that energy is dramatic or traumatic, how it manifests and where the desire is taking us. How is desire manifesting and how do you want to label that desire? How do you really identify it? What do you see as the fulfillment of your desire, and what do you see when the desire goes unfulfilled or is frustrated?

What is also important is the sensation of the experience of desire, which usually manifests within us as a craving or longing for something. What will satiate or remove that sensation of craving or longing? Will the fulfillment lead to connection, or will it lead to an attachment? How does the energy affect our behaviour? Does the craving or longing manifest as a desire to cling, to grasp, to destroy, to fight, to struggle? Or is this something we can let go of, or fulfill in more gentle ways? Then you have the issue of time, and patience, and this arises out of determining exactly how much space are we giving to our cravings, longing and desires? Are we

prepared to wait? Or do we need something now? What conditions are we attaching to this craving or longing?

You see when we stop and think about it the existence of desire, longing, craving affects our natural energies and also the frequencies of those energies. In so doing this affects often directly the nature and the quality of our life experience. This is determined by just two things - how we feel about life in general and what is going through our minds. Therefore the existence of craving and longing can affect our baseline emotions and feelings, and all too often drag us back into separateness and a traumatic mindset. What this means is that it can affect the delicate balance between energy and consciousness, between Principle and Process, and cause us to be 'off centre' in terms of Core Being.

There are three basic desires or cravings we all have:

the craving for sensory pleasantness

This is the craving for sensory pleasantness, which can be pleasure, fulfillment, the so-called 'sweet spots', happiness, success, and so on. This is one craving which we can see manifest in the world.

the craving for rebirth

This is the craving which is manifest from the desire for rebirth, either through reincarnation or to be reborn into some kind of heaven or after life.

the craving for non-existence

Then you have the craving or desire for not being reborn and a craving for non-existence.

The first of these three basic cravings should be self-explanatory. However these other two basic cravings come across as being too abstract or philosophical. But see we all have some kind of awareness that one day we are going to die, and we all have some notion or concept of what is most likely going to happen to us after we die. Now you might not think these basic cravings apply to you all that much, apart

from say the first, and you may not see the connection. But when you stop and think about it you might actually realize that such cravings are indicative of something which is really quite profound.

But you see despite the fact we haven't died, we all have some kind of relationship with death. This relationship is usually manifest as a conceptual awareness or belief, or even an attitude to death. But see life and death are two aspects of our existence, and so our attitude to death often betrays our attitude to life and our basic assumptions about living existence. It also indicates not just our attitude to life, but is often also manifest in how we choose to live, and how we want to spend our time here on Earth.

Therefore these three basic cravings are all pointing to something which is very deep within us. On the one hand it points to a belief or an assumption about the nature of living existence and it's continuity (or lack of). Is this something in our worldview? Do we believe that we have eternal life, or we have access to eternal life or existence in some form? Or are we living our lives in the belief that this is our one and only life and once we die that's it - it's all over?

You see all of us (me included) are living our lives with one of these two basic assumptions and beliefs or the other. Either we think life is going to go on and on, in different incarnations, or we think that it's going to end. These beliefs, even if we're not fully consciously aware of them and what they're about, conditions us, our outlook on life, our worldview, and the choices we make. But it's also important to recognize that these are assumptions we make, both present challenges and difficulties, and then you have the likelihood that what happens after death is far more nuanced than any of us can conceive, let alone believe.

All of these three basic cravings or assumptions are all clustered around another assumption, and that assumption is that there is always going to be someone being there. They are all based on the assumption of self, which essentially brings us back to Ego. Therefore much of what makes up these basic assumptions is illusory. What I'm saying here is that we have no way of squaring the circle in the relationship between the Ego and death. This is in itself all based on permanence and continuity,

which are illusions. There is only what is in the here and now. Everything else is mere possibility.

PSYCHOLOGICAL AND EMOTIONAL ATTACHMENTS

We can often see desires at work when it comes to our psychological and emotional attachments. For example we can look at the attachments we have to our physical bodies. Most of us are very strongly identified with our bodies. We don't like it when we fall ill or sick, and we also have opinions about our bodies and our physical appearance. We also don't like aging, getting older, as we get closer to death and become more and more incapacitated.

Are we free of such attachments or are we clinging in some way or another? What about our beliefs and attitudes to our physical bodies and appearance? How attached are we to those opinions and beliefs?

Then we have our attachments to other people and our desire for experience of relationships with other people. This of course doesn't just mean familial relationships within our own families, but also friends, lovers, partners, children, employers, neighbours and so on and so forth. But see also within this are our attachments to people who we don't want any relationships with, the people we wish to avoid, the people we struggle to deal with, the people who rub us up the wrong way and even people we are afraid of meeting.

Arising out of our attachments to other people, for many of us, are our attachments to our various beliefs about other people, within this our conditioned fears, assumptions, prejudices, and the various '-isms' and phobias we are attached to. These are also psychological and emotional attachments which arise out of those three basic cravings and assumptions we make.

We can also even extend this category to other living beings, because many of us are attached to various animals and other species, including plants and trees. Many of us are very much attached to pets such as cats, dogs, various birds, fish, reptiles, plants, and so on, though we might not have quite as many prejudices and assumptions about them. Few, if any of us are that worried if our dog is gay or if we

have a right wing cat, and I haven't heard of anyone seeking to convince their African grey parrot to believe in God. Just wanted to point out that many of our prejudices and assumptions about other people often arise out of conditioning. Something else for you to think about.

We are also attached to inanimate objects and even spaces and environments. We are attached to our clothes, our shoes, our phones, inanimate objects and what can be described as 'stuff'. We often identify ourselves with such inanimate objects as a basic expression of style and taste. We are all in some way attached to money. Then we have our attachments to spaces and environments, such as the environment we call home.

Notice that home is not just where we live. It's also where we come from, the place of our background, our roots, and this is something we very strongly identify with. To some degree we all identify ourselves with a place which we regard as home, and it's not just where we live, but is usually the place where we spent our childhood or grew up. We even have labels for such attachments, such as Londoner, Geordie, scouse, Manc, or a country or continent such as Caribbean, Asian, African, Nigerian, and so on.

DESIRE AND INTENSITY

The next thing we need to take into account when it comes to desire is the intensity of our desires. Desire is one of the things which can consume us and take up much of our energy and attention. This can work out either way. It can be a force for liberation, change and freedom, and conversely it can be incredibly destructive.

You see we can kind of grade the intensity of desire from a strong desire, which can in turn lead to a psychological dependency, a compulsion, and ultimately an addiction where you cycle between intense cravings and equally intense pleasure and relief. You will also notice that the nature of different addictions conform to the three basic cravings I gave you in the beginning. For example an addiction to say crack cocaine or amphetamines or 'speed' tend to conform to the craving for sensory pleasure or even rebirth, while an addiction to alcohol or heroin may conform more

to a craving for annihilation and non-existence, whether it be of you, past trauma, or some form of pain.

While I'm on this particular aspect of the subject I would like to point out that desire and intensity - going right through to psychological dependency, compulsion and addiction is something which we all have somewhere deep inside us. We are by our very nature as a species a compulsive species of ape, and I hope to destroy such myths as substances being addictive and also that only certain people are affected by addiction. Both of these fairly popular myths are complete nonsense and arise out of conditioning and stigma.

Much of what addiction is really all about is a response to trauma and traumatic experiences. This brings us back to those three basic cravings but on a much deeper level. When we stop and think about this, and I mean really think about this, what usually lies at the root of any addiction - and the object of the addiction does not matter, whether it be alcohol, or drugs, or pornography, or video games, or sex, or even food - the base craving at play here is a craving for rebirth, a craving to experience a different reality, or to escape one's current predicament or circumstances. It's not always as many of us are wont to assume a desire or craving for sensory pleasures and it may not always be, on this level, a desire or craving for non-existence and annihilation.

At the risk of labouring the point here how we get from a simple desire to a psychological dependency and through to an addiction is the lack of fulfillment of other desires. Let's take for example if we lose our homes and become street homeless. Becoming street homeless is an incredibly traumatic experience. It's an experience that I personally would not wish on anyone. But when you become street homeless you lose the ability to fulfill many desires and have many needs that go unfulfilled, some of them basic, such as access to shelter, to a home environment, to privacy, to a sense of asylum, to basic comfort. That in itself creates an inability to fulfill at least two of those base desires and cravings.

But when you're on the streets and without anywhere to live you still have to meet your physiological needs. You still have to sleep, you still need rest, you still need to use a bathroom, you still need water, you still need to eat. But you also need to keep

struggling to survive as well because if you don't, you could end up dead. One of the biggest challenges when you're street homeless and rough sleeping is finding somewhere to sleep and to be able to go to sleep when you're consumed by various fears, anxieties and insecurities.

Often what gets you to sleep is alcohol, be it from a couple of strong beers or a bottle of cider and often this can be the only way you can get some sleep. Keep doing that often enough and you will end up dependent on alcohol and eventually addicted to alcohol. This is simply because alcohol has become your method for getting sleep.

Another example is obesity and putting on weight from comfort eating. Once again we get the basic predicament of a lack of fulfillment of some desires, which could be stress relief, emotional support, or even companionship and friendship, and comfort eating takes away the misery of loneliness or is even used as a crutch. There's an awful lot of people who have to make difficult choices and they get caught up in the thinking that they can eat more, put on a bit of weight because they can lose the weight later. But that's not how it works because while it's easy to put on weight - and there are people who can gain weight just by looking at doughnuts - it's not so easy to lose weight once you've put it on.

But even if you do manage to lose the weight through dieting and exercise, you can often find that you have developed a new compulsion or addiction to exercise and working out. Often with such a compulsion comes new attitudes and prejudices and a different attitude and relationship to your body or the bodies of other people. Besides the potential for body dysmorphia and perhaps, in extreme cases, an eating disorder, there is also the potential for fake spirituality that we covered a few chapters back and the assumption that just because you lost the weight other people can lose weight too but they're just not making enough effort.

This is an example of how too often we can lose our mental and emotional equilibrium when our desires become much more extreme. This is something I want to make very clear. Being addicted to alcohol and drinking is an attachment. Not drinking and staying clean or sober is still an attachment. Getting back your psychological and emotional equilibrium is liberation from the attachment. You can rinse and repeat for any addiction or non-addiction. It's all still an attachment. Now

you see why I don't put much faith into the so-called 12 step programs and anti-addiction measures because quite simply they don't go far enough.

Another example of the manifestation of our desires and cravings are our dreams and fantasies, sexual and otherwise. These are not unrelated to compulsions and addictions, and they often follow the same patterns relative to those three basic cravings and desires. Within this example are our various kinks, fetishes, and what some people call perversions. This is where we come up against another myth that is bandied about in society in that we like to think of ourselves as 'vanilla' (not kinky) and only certain people are kinky or perverted.

Actually from my own personal experience, of having erm.. been intimate and slept with both men and women, I find the reverse is true. It might be mild, or it might not, but I am fairly confident that most people are - once they get past their social conditioning and stuff - quite kinky and probably unlikely to be fulfilled from a lifetime restricted to missionary and doggie style. Nothing to feel ashamed about provided it's SSC (safe, sane and consensual) or RISK (I can't remember but something to do with being risk aware) and you're not harming either yourselves or other people.

It stands to reason that if we identify with even inanimate objects as part of our self and Ego we're going to perhaps pick up a few kinks and fetishes along the way.

But not all our desires are extreme or that intense. If we stop and think about our lives during the course of an average day we can observe that we actually go through a steady stream of desires which are much milder and which come and go. We could simply just want something. We could wish for something. Wish things were different. How many times have you turned up at the bus stop to find the bus you needed is moving off from the bus stop and wished you'd left home a few minutes earlier? How many times have you made your way home from the supermarket and wished you'd bought the ice cream on special offer? How many times have you woken up early to go to work and wish that you had a day off and the chance of a lie in?

You may also notice a relationship between desire, possibility and environment. I'm not sure whether you've noticed that if you are short of money you tend to have more desires. You can still have desires when you're not in a position to meet or fulfill your desires. What you might have noticed is that your desires arise and come and go independent of your circumstances and where you are at a given moment in time.

DESIRE AND EXPECTATIONS

So we move on to the next step of understanding this sizeable chunk of human behaviour which is when we get desire caught up with time perception, how it influences our behaviour, and how all this interacts with the loving space.

See generally speaking desire tends to counter the loving space. A couple of chapters back we identified that such things as humility, love, empathy and so on being predominantly conscious experiences (experiences which are more refined and more associated with consciousness) manifest primarily through an absence of desire, then it stands to reason that desire tends to arise in the mind and either interfere with or even subvert the loving space.

This is where we get to the very subtle differences between connection and attachments. This is my personal subjective take on the difference between connection and attachment. Generally speaking connections are far more conscious than attachments, which tend to be more physical and even tangible in nature. Connections are more closely aligned with synergy and synchronicity. You perceive a connection, the connection seems real, but you have little or no physical basis for connection. You only have a sense of truth, but often you have no logical or rational way of explaining the connection.

Attachments are more physical in nature. Take for example gravity. Through gravity you are attached to the dry surfaces of this planet. That is, unless you can fly or somehow spontaneously float off into the air like a balloon. You are attached to your physical body through the simple desire to experience living existence.

Desire is also something which affects our moods, our emotions, our feelings, our behaviour, and our relationships. It does so across all three of the physical dimensions of living existence. Some of these differences are subtle, some of these differences are not so subtle. You may reach your front door a bit quicker if the postman is delivering a parcel or you're getting a pizza delivered than if you were normally leaving your home.

Then there's also that saying - 'The attention goes where the energy flows'. It's very easy for a desire to take over your attention and distract you. Let's say you're doing something in your home, and suddenly out of nowhere you get a craving for a Topic chocolate bar. As you ponder why you're suddenly craving a Topic chocolate bar you realize you haven't had one since you were nine years old. This somehow intensifies the desire for a Topic bar enough for you to want to stop what you're doing and head out to the shop and buy one. So you get ready to go to the shop, telling yourself that you need a walk anyway.

So you head out to the shop and you make a beeline for the confectionery section. But there are no Topic bars. Further enquiries reveal that the shop hasn't sold Topic bars for years as they've been discontinued. So your little trip to the shop has ended in despair. But you rationalize this by compensating for the fact that you crave chocolate so you buy a bar of chocolate and head home again.

So what does this tell us?

It tells us a number of different things. First observe how a simple desire can distract us and divert our attention. It also tells us that we sometimes also create other desires to seemingly back up or corroborate an existing desire. We're relatively safe in small corner shops. But when you go to a supermarket you're surrounded by all sorts of triggers and potential distractions, and all the products are arranged psychologically to try and elicit as many desires as possible within you. I'm sure you've gone to a supermarket with a budget and a shopping list and come back having either overspent, picked up a couple of additional items, or bought something different to what was on your shopping list.

But what it also tells us is that while desires are often impermanent, and we can go through many simple and often subtle desires during the course of a day, what we often have to deal with is the energy arising out of the desire. It's all well and good saying let go of your desires and give up your cravings but the reality is that this is usually easier said than done, and I have a considerable number of ex-smokers and former addicts to back me up on my assertion here. Once desire reaches the intensity of a compulsion or an addiction, the desire often becomes too strong to let go of without embracing a great deal of craving, misery, despair and suffering.

This can become a particular issue when we start projecting our desires into the realm of possibility and the future, so that we transform the energy of the desire into an expectation. This is a major part of our social conditioning because part of our social conditioning has much to do with such things as responsibilities, obligations, telling other people who and what they are, being told by other people who and what we are, and imposing expectations both on ourselves and other people.

We all do it. Including me. Consider that I am writing this book on the basis of my expectation that other people, including you, will read it. In this way I am telling you that I am a writer and I'm also telling you that you are a reader. If you go down to the shop for groceries you are telling the person behind the counter that they are a shopkeeper or shop assistant and you are expecting them to sell you anything in the shop through which they are obliged to accept payment. They in turn are expecting you to buy things in their shop and pay for them according to the marked prices.

While you're also considering this, consider also the assumptions and expectations you are applying to yourself. This also goes against the loving space. How many times have you eat yourself up for being wrong? For making mistakes? For failing to do something? How much time have you spent blaming yourself or other people for things that went wrong or didn't turn out as you expected? How many times have you considered that maybe, just maybe, your expectations were a tad unrealistic? How much time have you spent judging yourself and others for not meeting your expectations?

This is also how we get caught up in our melodramas and past belief attachments and from this separateness. Sometimes we want to relive the past or even recreate it,

and sometimes we get involved expecting a different outcome which often doesn't work out. But see this is also what gets us involved in such things as gambling, sports, games, and other activities creative and otherwise.

THE LOVING SPACE V. DESIRES AND EXPECTATIONS

As you've probably figured out, our desires and expectations can be especially problematic when it comes to relationships, creating the potential for disagreements, conflicts, quarrels, cheating, and other factors which can often undermine the whole relationship and lead to its breakdown, estrangement, and separation.

One of the biggest underlying issues, and one which I'm writing this book to address (and why I'm hoping to sell you on the concept of the loving space) is the fact that we often develop relationships - in terms of direct or relationship karma - on a certain symbiosis of compatible characteristics, traits and what we believe to be aligned karma. Often, as I've alluded to in the previous chapter, instead of developing a loving relationship organically out of the loving space from within outwards, we instead start with a desire to be loved and in a relationship and we use the other person as a method to achieve that specific outcome and objective.

The fundamental flaw with this approach is that all too often we attach far too much importance to our own individual desires and expectations and far too little importance to developing the connection through the merging of the loving space, allowing it to form the basis of the relationship. What you often end up with is two people, each with their yardstick for measuring and judging the other person based on desires and expectations, leaving the relationship wide open and vulnerable to potential conflicts and disagreements.

It's a relatively insecure way of developing such an intimate relationship and increases the risks of the relationship not working out. Sure the love is there, it develops, because deep down we all have some idea or notion of how we want to be loved by someone else. But in identifying the other person as a method to get what we want, and effectively holding them ransom to our desires and expectations, it's

often these desires and expectations which take precedence in the relationship when everything really needs to be far more balanced.

Desires and expectations can also be problematic in relationships based on past or given karma, or karmic bonds, such as parent-child relationships, sibling relationships, relationships with other members of the family. Often such issues in such relationships also boil down to desire, expectation and Ego.

In some families we see the same karmic patterns of parents identifying their children as an extension of their Egos and using them as a method. Indeed there are parents who impose their own models of reality and belief systems on their children through parental authority rather than nurturing their children through the loving space. This is a serious parenting mistake or flaw, which arises out of the misconception that children are extensions of their parents.

I feel this is something which is necessary to flag up and at some point we need to face up to the reality. Children are not only new members of a family, they're also new members of society and also ultimately of the human species. The only real difference between a parent and a child is that the parent was born earlier and has more experience of life. That is the only real difference between parents and their children. By imposing one's own model of reality and belief systems, rather than allowing children to develop their own models of reality and belief systems, parents raise children with somewhat distorted perceptions of reality.

I'm not saying here that parenting is easy. It's not. In many cases parenting is one of the biggest challenges that adult human beings face. You have a new human being entering into a new incarnation, starting out in life with no conscious awareness and relatively a blank slate (at least for the first five or six years) and you have to somehow teach or nurture your child to become a maturing, evolving socially responsible adult human being within the space of eighteen or so years.

All around you, as a parent, you have wider societal forces, demands, obligations and societal expectations. You have a developing human being, or more than one, and you have to teach them the skills and awareness you feel will serve them in their lives. You're going to make mistakes, plus you've also got to allow for the

mistakes that your children make, plus of course any shortcomings or other issues they encounter during their education process.

But see using this example in the relationship between the parent and their child where the parent is projecting their expectations on the child through authority rather than nurturing and guiding the child through the loving space we can see how expectation can easily be mistaken as doing the right thing. It's a very very subtle difference and it's not one that every parent, often who has to juggle raising their kids with holding down a job and looking after a home, is able to spot. This is something which can happen in any relationship and it also highlights the subtle differences between desire, expectation and karma.

So therefore you can be easily fooled into believing that you're doing the right thing, but what is actually happening is that you're projecting an expectation (desire) and it just looks like karma or action.

You see how this usually manifests as wanting something to happen. You see the desire here, given that want is desire? That might seem obvious once we examine it. But what about when we make comparisons? It's even more subtle but often when we make comparisons, either between different people, between two ideas, two choices, or even between ourselves and other people, we are actually expressing desire through expectation.

What you need to be especially mindful of when making comparisons is that you are shutting down the loving space and through fostering competitiveness and competition you're bringing yourself back into separateness. The divisive component here is the expectation expressed through comparison and this is what works against the loving space, which is far more about collaboration, cooperation, cohesion and unity. Competition is all well and good in a game or a sport, where collaboration and participation in the game or sport is implicit. But in any sort of loving relationship? Not so good.

You see all too often when you're in a relationship with someone comparison, often between yourself and someone else outside the relationship can easily take you out of your Core Being and the loving space and push you right back into a traumatic

mindset - usually sceptical doubt - which leads to feelings of unease, insecurity, anxiety and potentially distrust of your partner.

While this is an issue for both sexes it's a potentially significant issue for women who have often been conditioned to accept and embrace societal beauty standards to which to some degree they're expected to conform and often they are led to believe, quite erroneously, that their physical appearance is the be all and end all of their attractiveness. So it stands to reason that they're going to compare themselves with other women and get insecure when they perceive their boyfriends or husbands around other women they perceive as being prettier or more attractive.

Such comparisons can also lead to such examples of behaviour, particularly in this modern digital age, of policing social media spaces, various content and apps on smartphones, and such actions further sow the seeds of distrust and disharmony in the relationship. Such actions always mitigate the loving space and lay the foundations for potential conflict because if you police your partner's social media and smartphone content you're breaking a boundary and do it a few times and you're developing a habit which only serves to create division in the relationship and insecurity within yourself. It's a slippery slope.

You see we can look at a clearer example of this when we think about how much we project or impose our expectations on other people. You see when we get into a mindset of expectancy or desire, particularly when we're using another person as a method to meet those expectations and desires, we can very very easily run into conflicts.

Let's take another example here to make this really clear. Husband and wife are leaving for work. On the way to work wife takes the kids to school. She tells the husband that she's stopping off at her mother's with the kids on the way home and asks him to prepare something for dinner around 6.30pm. They both leave. In the evening she comes back home with the kids around 6.40pm. No dinner on the table. Husband is sat on the sofa looking at his smartphone. He's surprised that his wife and the kids have arrived home and gets up offering to get dinner.

Too late.

Wife tells him not to bother as she will cook dinner. She's pissed off. She snaps at the kids and father ushers them into the living room and keeps them occupied while his wife is cooking the dinner. The evening routine goes ahead as normal, only dinner is an hour later and there's an air of tension around the home. The kids pick up on it and recognize the atmosphere where their parents are going to have an argument. They keep themselves to themselves and go off to bed.

It starts shortly after the kids go to bed.

Wife is upset that once again, she's asked her husband to 'do a simple task' and he hasn't done it. Husband explains he had a busy day at the office and he forgot when he needed to get dinner ready. He believed that it was arranged that dinner was for 7.30pm but this sets his wife off even more. Did he think to check with his wife when he forgot? If he believed that dinner was for 7.30pm, then why wasn't he in the kitchen at 6.40pm when she and the kids arrived home? he struggles to find the answer.

This is just an example of how things can often play out when you place expectations on other people and they for whatever reason don't follow through on those expectations. You get upset, disappointed and sometimes resentful. Sometimes you take it personally because desire and expectation is very closely related to Ego - much in the same way you get hurt and offended when someone attacks your personal beliefs. It starts out with despair, because this is what happens when desires and expectations aren't met. Despair is often what brings you right back into separateness and a traumatic mindset and can lead to anger, frustration, resentment and so on.

So now that we have looked at desire and expectation let us now move on to how we can find ways to mitigate both desires and expectations and also look at the awakening process within the context of relationship.

Awakening through relationship



We're going to start out with an example from arguably the greatest ever teacher of life - Mother Nature. Let's transport ourselves to early spring, when the buds for leaves are starting to appear on the bare branches of the trees and the flowers are starting to grow in the parks, the gardens and flower beds.

Now if you pay attention to the flowers you will find that some of them are just starting to come out of the ground. Some of the flowers will have grown a little taller and the buds are forming. Some of the other flowers will be fully grown with buds opened and they will have already flowered. But if you take a step back and think about it, each one of the flowers is going to grow, blossom and flower in their own time. Similarly all the leaves on the trees will grow out each in their own time.

So let's move on to another example.

A horse chestnut tree has an average life cycle of 350 years, the same as an oak tree. London Plane trees, one of the most common trees in London, live for 400 years on average. Hazel trees have a much shorter life span, anywhere between 60 and 80

years. Nowhere on this planet do you find trees that grow instantaneously out of the ground. Most trees generally outlive human beings.

The point I'm making here is that life is not a competition. Life is not a race. There are no prizes for being the first to die. Life is a constantly unfolding process and everything happens in its own time, in its own way, so it is necessary to give space to our existence and to the unfolding nature of our lives. Letting everything unfold naturally is the Qultura way, giving space to existence, to life, chilling out, relaxing, while being connected to others and your environment.

But in order to be able to do things this way you need to be prepared to let go of your desires and expectations. In letting go of your desires and expectations by giving space to your existence and allowing life to unfold as naturally as possible you bring yourself back into Principle, into Core Being, and back into the loving space. In so doing, you reconnect with your environmental reality.

You see if we return to the example from the previous chapter of the husband and wife and the argument over dinner. Let's see how the scenario if instead both had let go of their expectations. The wife gets home with the kids at 6.40pm, husband is sitting on the sofa staring at his smartphone. He gets up surprised.

"Oh, is there no dinner?" she asks.

"I thought you were going to be coming back at 7.30pm. I was just texting a friend and then thinking of what to make for dinner." replies the husband, "What do you fancy?"

"Dunno." says the wife. She looks at the kids?

"Can we have pizza?" one of the kids chimes in. Husband offers to order a pizza and shortly after 7.15pm the family sit down to eat the pizza that was delivered.

You see the difference? When you let go of your expectations and how you expect things to turn out, and instead deal with the reality of how things actually are, you can often create a completely different outcome.

Keep in mind that this approach works with both types of expectations people generally walk around with. First there's the expectations we impose on other people and ourselves, then there's the other expectations that we project onto our reality from our memory by expecting things to turn out exactly as they did before. This is something we often do over and over again. I know I've done it many times. Often in imposing expectations from our memory onto reality we can oh so easily slip from the rational to the irrational and lose track of our reasoning.

Trying to recreate the past from the present reality and the here and now - another symptom of an attachment - involves the subversion of the natural order of things. You cannot recreate the past just as trees don't shrink, water doesn't flow up hills, and the sun doesn't shine in the middle of the night. The past is past, it's memory. It's gone. It's over. Let it go.

There is no way round this. Desires and expectations, especially when they remain unfulfilled, will generally take you out of your Core Bring and the loving space, and drag you towards separateness and a traumatic mindset. This can go any one of a number of ways, into restlessness and anxiety, into insecurity and sceptical doubt, into lust, sometimes into enmity, and sometimes into apathy.

If you're looking for a practice you can go into Unmind and do a Water ritual, which is essentially examining your thoughts and memories and trying to figure out what is past karma, what is desire, what is expectation. If you're not sure how to do this you go into RAIN methods and follow the four steps of recognition, acceptance, investigation and non-attachment.

If you're in a couple you can do this as a couple and sit down together and do a bit of dream weaving between yourselves. Simply sit down and do a bit of back and forth expressing your thoughts, feelings and emotions outwards into an environment, as a form of a dialogue and just sharing perceptions, stories and narratives, and see what you can come up with. You've got pretty much the whole Qultura methodology in the earlier chapters of this book. You never know what you can come up with together. This is also a good practice for developing the loving space.

Now we've just spent some time here examining desire and expectation in some detail and it would be unfair of me not to mention the enchantment we are subjected to - as well as the magic that surrounds us - and are constantly bombarded with every waking moment of our lives. I guess here if I were writing a book about religion (which I'm not) I would need to write a separate chapter on temptation but I'm assuming, if you're reading these words that you're smart enough to figure this out and what I'm writing here, and as we're thinking about marketing, advertising and promotion.

Truth be told we're constantly surrounded by magic, much of which is bad magic, and whether we like it or not this is all part of Five, Ego, and creativity. A couple of years ago I wrote a book called 'The Capitalist Illusion' which drew some criticism from people arguing that capitalism is real and natural, unaware that they were reinforcing my point. Understanding the Ego and how it came to be is an excellent example of the mystical principle of Five and the whole summoning and bringing to be a concept into reality. Yes you created your Ego back when you were maybe a year old and assumed that there was separateness between you and your environment and other people which took you out of your natural oceanic feeling (a psychologist's term) and sense of connectedness with everything. But your whole concept of Ego and self has come out of a lot of conditioning, reinforcement and education.

So let's have a Wizard of Oz style 'behind the mask' moment here, the loving space is essentially a practice to recover that oceanic feeling but in a much more mature way. You see in order to get to the truth, and once again this is my personal take on everything, you have to believe the illusion, or more crudely, the lie. I guess this comes down to the difference between what's really real and what's only relatively real, but you cannot get to the truth without illusion because all too often the truth is that what lies beyond the illusion. Just as a concept is not actual reality, a lie or an illusion can never be truth. Lies and illusions always fall short of the truth. There is no way you can ever make a Five a Nine.

Much of what all the advertising, marketing, and promotion is all about is explained by psychology, but this is not the whole story. Not everything can be explained by

psychology, you cannot think your way into the loving space, nor can you get to the truth by a method, you really do have to do some soul work, some intuition, some feeling and some sensing. Knowledge isn't always awareness or understanding,

Yet we are constantly being bombarded by messages "If you do this, buy this, subscribe to that, be that, you will get this." In our culture we are obsessed with the psychological and the intellectual - and it is often this obsession which holds western culture back, we are constantly being bombarded by such messages. There is an entire industry which is nicknamed the 'colour magazine culture' which plasters itself throughout advertising, broadcasting, social media and the internet which tells women who they are, how they should look, what to wear, how to style their hair, what shoes to wear, and so on.

But it's not just women either. The rise of digital technology and internet culture has brought men into the mix and now men are also being bombarded by similar messages. Take a look, for example, at the entire industry which has mushroomed in recent years over shaving and how the simple razor blade has been developed by technology into various expensive systems with three, four, five blades. The messages may be different, but men are almost equally bombarded with the same amount of messages, do this, buy that, be this, subscribe to that, and you will get this.

I've placed this all here because Ego is all about relationship because without relationship why would anyone have a need to develop an Ego? All this marketing affects all of us, and it affects us in so many different ways. Parents are constantly bombarded with such messages and are placed under considerable societal pressure not only to behave a certain way but also to raise their kids a certain way. Teenagers also get hammered by marketing messages and so it goes on and on throughout our entire adult lives. As it does, it starts getting scarier the older you get. Have you made a will? Have you planned for your funeral? Sign up to one of our plans so you don't leave your family destitute.

Then you have the whole subject of romance, romantic love and the whole she-bang of Valentine's Day culture. Not so many years ago people wrote each other love letters, poems, but now it's all become digitalized and commercialized, often to the point of staging marriage proposals and filming it for TikTok, Instagram and sharing

it with the world. There is an entire culture around dating, with different stages of a romantic relationship, whether or not it's exclusive, or whether you're friends with benefits, fuck buddies, or have a 'situationship'.

But see what isn't and maybe cannot be defined is attraction, but it's through attraction that the levels of projection and expectations which takes place between people - coming out of nowhere other than their imagination - is truly staggering. It's like our minds get captured, or.. I'm struggling to find words here, kidnapped or taken hostage. But can you kidnap yourself or take yourself hostage? Can you see the kind of difficulty I'm having here? You might of experienced this for yourself. You have a crush on someone, you sense what you feel is attraction, and it all kind of explodes out of that. Have you ever gone out of your way to be somewhere or to be doing something just to catch sight of that other person or maybe get the chance to speak to them?

If you have then you can maybe understand the sheer power of our desires and expectations.

THE IMPERMANENCE OF DESIRES AND EXPECTATIONS

If you stop and think about it, desire and expectation are impermanent and often cyclical in nature. But often the way we are conditioned and trained to think - where we focus primarily on the form, the sound, the shape, the pattern and not the emptiness or the space - we may think our desires and expectations are constant. But see desire is physical just as pain is physical, and everything physical is based on energy. Energy as we know is a matter of wavelength, cycle and frequency.

It is this constancy and continuity which is the illusion.

You see we are bombarded with constant stimuli and triggers - some obvious and some not so obvious - that we go from one desire to another. Most advertisers and marketing specialists are aware of the fluctuating nature of our desires and expectations, and they play on them by fluctuating the messages through the medium and how they present the messages through each medium. That what is

seen on the billboard, usually an image, is different to the banner ad on a website, which in turn is different to a commercial or video of a commercial.

So we go from one desire to another desire, to another desire, to another desire, or we go from one aspect to a desire to another aspect of the desire and on to another aspect. Use of memes, the smallest unit of an idea, is very popular and common in both marketing and advertising. Imagery, phrases, symbols, patterns, rhythms, colours even, they are all significant. This is all magic.

So this sets up a rhythm or a pattern, and so we go through life, going from desire to desire, expectation to expectation, and we can see these desire patterns reflected in our choices for everything from food, to clothing, to politics, to shopping, even to how we furnish and decorate our homes and living spaces.

So it follows that the outcomes of our desires and expectations are also impermanent.

Doesn't matter whether we're talking about eating, drinking, smoking, sexual activity, excitement of a major event, or any other activity we experience moments of satiation, moments, of pleasure, sweet spots, warm fuzzies, buzzes, and these are all transient. The same is true of the darker moments, the comedown, the despair, the disappointment, the frustration, but often we prolong these darker moments by rumination and trying to create further expectation and desires, or we overanalyze everything and seek answers and explanations, often for why we cannot determine everything in our environment.

ABUSE: EXTREME DESIRE AND EXPECTATION

I think to fully understand the nature of desire and expectation within the context of relationship we also need to consider abuse. Abuse is essentially relationship as defined by desire and expectation, attachment and clinging. The relationship is always the same - you have an abuser, abuse is the basis of the relationship, and then you have the object or target of the abuse. The object of the abuse can be another person, a child, it can also be oneself, or it can be a substance such as alcohol, a drug, or other substance or an activity.

Often in the case of a substance such as alcohol or a drug, or some other substance, the substance becomes a method and the object of the abuse is the abuser themselves. The same is true of an activity, such as sex, porn, video gaming, work, exercise, shopping, and so on.

But what lies at the root of the abuse, besides a lack of conscious awareness, you have an attachment, and out of this attachment you have a desire or some kind of expectation. This is often something which arises out of past trauma and has developed through past karma. Abuse being traumatic escalates. There is a very strong relationship between abuse and addiction simply because both share the same karmic process, and the process is characterized or marked by some sort of insufficiency. Therefore abuse builds up through time and past karma, or memory, and as it builds up it escalates.

This is essentially the basic pattern and rhythm of abuse and you can apply this template to pretty much any form of abuse or addiction. You see in a way you can see domestic abuse as an addiction to violence. It really is that close.

But can you control the abuse or somehow bring it under control? Not really. Abuse has existed for as long as religion has existed. In fact there is often a relationship between abuse and religion which betrays the utter nonsense and fallacy of trying to control and/or suppress desire or expectation. Sure a serial domestic abuser can suppress such attachments and desires, and many do at the start of a new relationship, either knowingly or unknowingly, but there comes a point in such relationships when past karma takes root, old cycles become current cycles, and the abusive behaviour manifests once again to define the relationship.

The issue here is that love is incompatible with force, violence and control. So sure you can have alternating periods of love and abuse, but you cannot have a loving abusive relationship. That is just nonsense.

Abuse, like addiction, is a bit of a taboo subject in religious, spiritual and mystical circles. There is a reason for this. You cannot overcome abuse or addiction by trying to control it. You cannot overcome abuse or addiction by trying to suppress it. You cannot overcome abuse or addiction by letting go because you're still caught up in

similar desire systems and attachments. So you're left with willpower but see trying to beat abuse or an addiction through willpower alone results in additional trauma, suffering, misery and prolonged and exaggerated cravings and desires.

There are no methods to overcome abuse or addiction. This is a hard truth.

Let's take the example of alcoholism or alcohol abuse. So you go to AA or some other 12 step program. So you eventually go through all the steps - following the methods - and you eventually become clean and sober. You've got through the program, you've been clean and sober for weeks. You're counting, weeks into months, months into years. But has the attachment gone away? Has anything changed about the desire patterns or systems you've developed through a karmic process?

No. They haven't. All you have succeeded in doing is shifting to the other pole in the polarity. When once you were addicted to drinking and alcohol, you're now addicted to not drinking and avoiding alcohol. the attachment is still there. While it may be buried, the same desire pattern or system is still there, rooted in your past karma.

You're still not free of the attachment or the desire system.

If you remember we covered the same predicament or dilemma several chapters ago in 'Separateness' and it's the exact same predicament here. You're fighting physical desires and attachments through physical means, which essentially means you're fighting desire with desire. Wanting to drink alcohol and get drunk is a desire, and just as much a desire is not wanting to drink alcohol or alternatively, a desire to avoid alcohol. You see? You're caught in a trap, a conundrum, because you're essentially fighting fire with fire.

NAVIGATING DESIRE SYSTEMS AND PATTERNS

So now we come to the question - why do you want to overcome or control a desire? Why do you want to control anything? I think I have covered this in previous chapters. In trying to control something, anything, you subvert the natural order of things and you end up in some kind of conflict or struggle.

You see all these systems, patterns, perceptions of desires, expectations, just like beliefs, patterns and models of reality, are all like the Ego and our ideas and assumptions of who we are, who other people are, what society is, who or what God is, and everything else that arises out of human thinking and human imagination is an illusion. It's all relatively real.

What is really real, i.e. actual reality, is space and everything within that space, atoms, molecules, biological cells, electromagnetism, space, energy, consciousness, spirit, that is reality. This is what really real.

Next I want you to think about all the people in the world, try to imagine all the things everyone thinks about. Try to imagine just how many desires there out there in the world, each and every desire different. Sure you can classify them, sort them into different categories, sexual desires, financial desires, emotional desires, and so on. But they are all unique and individual desires. Billions and billions, even hundreds or thousands of billions of different desires out there. All being expressed through over eight billion human beings on the planet.

Okay, so understanding that all desires and expectations are impermanent, and they rise and fall. Now imagine the space between all those desires. Can you imagine it? That's how much freedom and potential for liberation you have accessible to you. Please also keep in mind that desires don't need to be fulfilled to fade into nothingness.

It's also important to keep in mind and to understand that it's often not the specific desire that is important, but the sensation and experience we get from having that desire fulfilled. This takes us once again to one of the basic desires we covered in the previous chapter, i.e. the desire for sensory pleasantness or pleasure. Take one of our most simple desires, the desire for happiness. Is happiness not pleasant for you as a sensation or experience? Okay so what about health? What about friendship? What about love? What about respect? What about recognition and acceptance?

Furthermore - referring back to several chapters ago and the importance of appreciation, and the development of style and taste.. how are you going to develop all of these things without seeking to fulfill desire?

You see within the Qultura system you have Unmind, and within Unmind you have RAIN, the simple method of investigation of anything - recognition, acceptance, investigation and non-attachment - through which you can look deeper into any desire, any expectation, any attachment. Then you have dream weaving, as a practice, done with other people, so you have the means at your disposal to learn, to understand, to get to know, and to get access to insight and in going through such processes you're actually evolving and developing greater conscious insight and conscious awareness.

You see within this is the illusion that lies behind the statement 'practice makes perfect'.

You see you can try learning different methods, different techniques, and you can practise, and practise, and practise, and go on practising never seeming to get anywhere. Then all of a sudden, one day, spontaneously, it all comes together. When it does come together in such a way, you're often amazed that you have succeeded. Have you ever been in that situation? You have succeeded in doing something, you've achieved something, or you've obtained something, and you cannot explain how.

But see on the other side of the coin, we can practise and practise, and practise, or try doing something over and over and over again, and then we reach a point where we realize that we cannot do something. We realize that something is beyond us. We give up and let go. Often when we do give up or let go it's not because of a conscious decision. All too often it comes as a realization. Something comes to us somewhere, which again we cannot explain, and we say to ourselves "This is just not worth it." Ever been in that situation?

Often when you realize that you can't do something you've reached a certain point of despair.

You see you might have been that one weird kid who couldn't swim, or ride a bike. But then a moment comes when you were swimming, or riding a bike. But what you arrived at was a moment of insight. Usually your decision, your will, your conscious will, did not play any part in the equation.

You see it was this insight, which came from somewhere other than you, is what you needed to know.

Which brings us back to that simple basic mystical principle - the environment creates, the individual grows.

*"There was a man, a lonely man, who lost his love through his indifference
A heart that cared, that went unshared, until it died within his silence
And solitaire's the only game in town
And every road that takes him, takes him down
And by himself it's easy to pretend, he'll never love again
And keeping to himself he plays the game
Without her love it always ends the same
While life goes on around him everywhere, he's playing solitaire.."
--The Carpenters, ['Solitaire'](#)*

THIS IS WHERE WE COME TO AWAKENING THROUGH RELATIONSHIP

So we start off again from that other all important mystical principle - all existence is change, all existence is relationship. You can have all the desires and expectations you like in the world, you can form all the attachments you like and keep them buried somewhere in your heart and in your memories, and you can have the world's biggest Ego on the planet, but it will never ever amount to enough to be able to sustain you through life.

You see there is a big difference between actually living on the one hand, and thinking about life, measuring life and remembering life on the other.

You see it's often during the times of despair, rather than during the times of desire and expectation, where you are open to the insight and also the awakening. This is why generally methods don't work, because methods are essentially tools and we associate tools with desire and expectation. This is why many mindfulness techniques don't work because they get you to use your mind to free your mind. This is why they tell you to get rid of your Geo and stop thinking. But this often makes

about as much sense as trying to stop a river from flowing, or the rain from falling, or trying to put out a fire with a box of matches.

This is why methods are generally traps which set you some kind of puzzle or conundrum.

You see every single question "How?" is a question relating to process. The question "What?" relates to existence or Principle, but "How?" is always about process or a process. Oh for sure you can get an explanation for "How?" from someone else, and this will give you a concept. You can file the concept under all the other concepts you are juggling in your memory or between your memory and your mind. But the other way is to switch on your perception, pay attention to what's going on around you, put aside your desire systems and patterns, your attachments, your preconceived notions and prejudices, your Ego, and just connect to your environment.

In other words what I'm telling you here is to focus on relationship and take your eye off the ball. Insight can only work with an open mind and a connection.

You see we cannot 'seek' consciousness simply because we don't know what consciousness is. It's like death - it's a complete mystery to us. Consciousness comes to us through insight, truth, love, and beauty and usually it comes to us when we least expect it. This is because all these things, which are all based on consciousness, are actually part of who we are. We are all love. We are truth. We are all beauty. We are fully conscious beings and all of this resides in our Principle and Core Being.

So what we are seeking through relationship comes down to just one word - **COHESION**.

Cohesion is something more than resonance or vibration, cohesion is complete unity and the basis of synchronicity, and it occurs through consciousness. You see when we come into contact with other people because we are all projecting out different energy vibrations based on what's going through our minds and how we perceive life - to share the secrets of how so called 'empaths' know so much about you - and through these vibrations we get resonances from other people some of which run very deep.

This is not something I can easily explain, because this is something we can all feel or 'sense' in others. We can all sense vibrations on a higher frequency, we can all feel tension, a lack of cohesion, resistances and we can also sense when someone is rubbing us up the wrong way. But see there are also people who give off a certain energy, or who project energy outwards, and there are people who when we're around them cause us to feel comfortable, relaxed, ourselves, or even positive.

This energy rubs off us into our spaces, our environments, and onto inanimate objects. Not sure if you've ever tried to wear someone else's clothing and you've picked up on their vibration or energy. Or maybe you've picked up their smartphone by mistake and it just kind of feels funny. Psychometry is a kind of divination which involves sensing and feeling vibrations from inanimate objects. It's linked to other areas of psychometry which we are more familiar with - the people who devise personality tests. It's a major form of divination used to measure and evaluate trauma, risk, behaviour patterns and learning disabilities.

THE SAME BUT DIFFERENT

So let me point out to you another term which can be used when it comes to Qultura. You see this whole process of awakening has been going on throughout your entire life ever since you were conceived. Please keep in mind here that for me conception is a process which involves relationship, rather an event such as birth or indeed, a sperm cell reaching the ovum to trigger a pregnancy. If you care to look at the Creative Law meme conception is opposite to perception, to further emphasize the point. Therefore conception is a process just as much as perception is a process.

Only we don't often see it like this, simply because we have been conditioned to focus on the physical form and not the relationship between the physical form and the space. So when we look at just the physical form using only our extremely narrow and limited focus of conscious attention (which always equates to the Ego) we can very easily get caught up in the various illusions, such as separateness, such as permanence, such as continuity, such as cause and effect, and so on.

You see when you get caught up in separateness and believe that all these illusory beliefs are real, or somehow defined as logic or reasoning, you can very easily get

sucked into a kind of mental and emotional vacuum where everything around you is variable, changing, often failing and falling apart but you for some reason are always always the same. This is why such things as being 100% sure, assertiveness, and complete self-confidence often work against you. You need a certain level of self-doubt, anxiety, insecurity and even fear to make you pay attention to what's actually going on around you.

Often it's that little bit of self-doubt and insecurity - small amounts here - which not only cause you to pay attention but which also cause you to open your mind and let all that insight and awakening process in. But for that to happen there has to be attention to relationship and some degree of receptivity to both possibility and change.

This is why I'm at pains when it comes to Qultura to tell people not to rely on methods or belief systems but to focus on developing a balanced perspective and a balanced lifestyle. You actually don't need any method or ideology or belief system if you have a developing meta-physic and are aware of the awakening process that's going on in your life. You simply have to develop ways of feeling and sensing your way through life and figuring out all your concepts and stuff from what you sense and what you feel. It's even better to assume that you have some half-assed perspective on reality rather than assuming that you understand all of reality, because in this instance you're constantly allowing for space, and therefore consciousness to 'fill in the blanks'.

At some point, which comes usually when your previous 'karmic' relationship cycles no longer work or aren't giving you what you want and need, you start to settle and this starts off a process of awakening. You reach a point where you're no longer so needy and you're no longer prepared to take such large risks or jump both feet first into a new relationship. The needs and desires are still there, because behind all the social conditioning and Ego, you're still part of the human species but you're not so long identified with that part of you. The mechanisms and methodology to line you up with another being still exist, but you're more settled within your non-existence or Principle, in your non-existence and loving space.

Please pay attention to what I'm writing here. Just as trauma sets off a new karmic process or a new dimension to a karmic process, awakening always starts out from a point of despair, disappointment, failure, and so on. There's a principle at play here, a very important mystical principle.

This often comes up when we enter into a new loving or intimate relationship. We experience the awakening, but also the fears, the anxieties and the insecurities. But now, as you're reading this, you've built up an awful lot of mystical awareness and insight so I'm kind of hoping that you don't go off at the deep end into love so you become completely blind, and you're also not ferreting through your partner's smartphone trying to eliminate all your insecurities, anxieties and unspoken fears that they're cheating or just about to dump you.

Keep in mind that you need to give space and opportunity to allow the loving relationship to unfold and develop. It's not something that's just going to materialize at the snap of your fingers. It's all still part of the awakening process. Just as you need to learn how to be open and receptive to their loving space, they also need to learn how to be open and receptive to your loving space. At some point the loving spaces will merge into the same space and things will even out and settle.

Now you're experiencing love with another person, but without too much fear or insecurity. You don't need that other person to be in that loving space. You are already in it. It's a completely different experience. As long as you need the other person to feel what it means for you to be in love you are vulnerable, you are not centred, you are off balance, you are scared, you're grabbing, and grasping, and demanding, and pushing, and angry, and coming up with expectations and models of how the other person should be. You're creating melodrama, division, separateness and suffering. It's built into the karma.

The minute your love is flowing out of love and that loving space within you, well that's where you're in a new game and it starts becoming different. It's the coming and going, the ups and the downs, but see it's complicated for those of us who have come through personalities, and characters and the whole Ego identification thing, and also the whole unfulfilled needs and deprivation culture. You're within your loving space and you meet somebody and you're feeling that love. You feel that the

The Loving Space

two of you have just come into that oneness, have connected through One together, and it's sweet, what can be described as a sweet spot.

It's like you're moving into some kind of alignment across the different levels of reality and planes of consciousness. You see out of the loving space which you're in you're hitting all kinds of sweet spots and getting all kinds of energy rushes. So you get the feeling that out of say a level 6 which is consciousness, that deep space within you, you're also moving into alignment outwards across the more physical energetic planes and dimensions of life, worldview, psychology, physical appearance and so on.

Playing the relationship game



*"A little hope, goes up in smoke, just how it goes goes without saying
There was a man, a lonely man, who would command the hand he's playing
And solitaire's the only game in town
And every road that takes him, takes him down
And by himself it's easy to pretend, he'll never love again
And keeping to himself he plays the game
Without her love it always ends the same
While life goes on around him everywhere, he's playing solitaire.."
--The Carpenters, ['Solitaire'](#)*

So as we're coming to the end of the book it's important to start doing some clean up here. You see when you've developed the loving space within you, you can go back to your Ego and your games of Two (polarity and duality) and 'play the game', but end up with completely different results.

You see when you yourself are at One, at that Zero Point within the loving space, you're connected to everything in existence, so too is your partner or beloved, and also, which is just as important, as a pair or a couple you also merge into each other, blend and mesh. But see you're both still physical, you're still both existing on all the different dimensions of life, and all the different levels of reality and planes of consciousness.

In physical terms your relationship is going to be just like any other on the planet. There will still be chores to do, bills to pay, you will still have to get up and go to work. Socks will still go missing. The toilet seat will still be left up or down. You'll get the same crap on television. You will still fall out, disagree, piss each other off, argue, one or the other will still get the hump. You'll still get the Cold Bum or Cold Feet in bed. The relationship will still have its ups and downs and pluses and minuses because that is the nature of physical existence and karma. Karma - without going into it too much here - is what happens between trauma and equilibrium, between the tragedy and the crisis and the joys and the sweet spots.

But see, in the loving space you're still part of the world, but you're also outside the world. You're deeply involved in life, but also simultaneously you're not. The karmic process and what's going on in your life is all still real, but then against it's not real. You see sometimes couples can fall out and fight, and I mean really fall out and fight, as in a good old ding dong. Hate, animosity, stony silences, flying crockery, upturned furniture, the whole works. But see you both got your loving space to retreat back into. Either or both can let go of this at any time.

You see, assuming that you both stay out of your Ego and separateness, but remain consciously aware of your loving space, it becomes like sport, say a tennis match. Yeah for sure, one wins, the other loses. But see also if you both didn't agree to play each other and turn up on the court, there wouldn't have been a match to begin with. Likewise you both agreed to become a couple and both agreed to call it love.

An awful lot of people, among them couples, forget the collaborative aspect of human relationships and focus far too much on the competitive side and the winning and losing. For some even winning the conflict isn't even important, because they want the other person to lose so badly. A bad sport is someone to

forgets the collaborative aspect of the relationship and focusses on the competitive. That's when it starts to turn nasty, hostile, vindictive, abusive. There's a fine line between trauma and drama, especially if you get caught up in your Ego and separateness again and your 'me first' attitude.

Good sports are equally good winners and losers because they're always mindful of the collaboration and the coming together. When they're part of a marriage or relationship they understand that when one person wins both have to win, and when one loses if there's no talking out or making up then both lose. They understand that being in the loving space also means that hurting one partner hurts the other.

Please don't underestimate the collaborative aspect of the loving space, because it's also the space into which your partner grows through love and the development of conscious awareness. This comes back to that principle right at the start - the environment creates, the individual grows.. Remember?

Love isn't just romantic love, that's just a tiny shard of the whole spectrum. There's also empathy, appreciation, sympathy, kindness, devotion, loyalty and so many more different forms of love. Just like a flower, a plant, a tree, you have to love and nurture your beloved and see them grow and often heal and recover from unresolved past trauma. The more you can make your love unconditional, the more mystical and magical power (remember Eight?) develops in the relationship, the stronger the connection, the bond, and the more trauma it can resolve.

But see you also cannot be too collaborative either. The loving space is still space, and even though you can both merge back into unity and nothingness, and your Oneness, and what you need to remember is that aspects of your togetherness and relationship are still physical, the relationship has its own identity and that identity is karmic. You still need Process, discipline, direction, flow, boundaries, and some degree of effort and work. Particularly if one or the other has unresolved past trauma and issues arising out of that such as mental health issues, addiction, compulsive behaviour, or you missed out on stuff or what is known as 'savoir vivre' (life skills) through a shitty, neglectful, traumatic or abusive childhood.

There's none of this 'accept me as I am' bullshit or 'if you can't handle me at my worst' nonsense. Forget it. Physicality is transient, impermanent, illusory, besides whatever happened to the Principle and Core Being? You can forget all about the illusions of permanence, continuity and cause and effect as well. You're changing, your beloved is changing, the relationship is changing, everything around you is happening constantly. You've got to keep it moving to keep up with the flow of life. You've got to push each other, inspire each other, sometimes say 'No' to each other, support each other, carry each other, and put in that bit more effort for your beloved.

It's on you, yes you, the reader, to be completely subversive and stick to the truth in your relationship and be as beautiful as you can possibly be, even if you're a 6ft 4ins bloke with a hairy body built like a brick shithouse.

Please always keep in mind the following...

When you stick to the truth you always add that truth to your past karma and you always have it within you to liberate yourself. but when you lie and cheat, you create more unnecessary karma which somehow will always come back on you at some point in your future.

Marriage



*"Well there's no easy way to understand it
There's so much of my life in her, it's like I'm blinded
And it teaches you to never let go
There's so much love you'll never know
She can reach you no matter how far
Wherever you are
Two hearts living in just one mind
Beating together till the end of time
You know we're two hearts living in just one mind
Living together until the end of time..."*
--Phil Collins, ['Two hearts'](#)

Final chapter, and one where we deal with the thorny issue of marriage.

I'm going to start off by referring you to the image above, which is that of a window. How the window itself looks is not important. What is however important about a window is the amount of space it has and the amount of light it lets into a room.

We can follow the exact same principle with a bowl, a cup, a pan, a bag, and even with our shoes and our clothing. Notice that it's not the physical appearance of any of these items which is important, but the space within such items. If there is too much space in your shoes they will not fit you, and also if there is too little space for your feet in your shoes they will not fit you. The same goes for your clothes.

The principle, which is quite clear, and which we have been following throughout this book, is that space defines relationship, and not physical form. This is why when we talk about love, we can only do so in terms of the loving space. The reason being is that space is what connects everything in existence, everything which is physical and has form exists in space. Everything which we perceive through energy and physicality we also perceive through space - consciousness and spirit.

This brings us almost back to the beginning and Natural Law and also back to those three Gestalt images which I used to introduce you to consciousness and space and how they influence our perception of form. We can expand on that to consider space as intervals in time and such things as silences between different sounds and even different tones and notes - for example in music.

So please keep this in mind as we move onto the more familiar forms of marriage and also the implications of marriage in terms of karma.

Marriage is essentially both a convention and an institution. Just like a meme is the smallest possible unit of an idea - for example the Creative Law meme - we can see marriage as the smallest possible element of society and the basis of a family. In a way marriage is rather like going into business with your loved one, particularly when we think of a ceremonial marriage. You're forming a partnership in the eyes of the law.

This is what a wedding is, the formal presentation of a loving relationship in the eyes of the law to society, through which you form a partnership. You have a

ceremony, an official, you exchange vows, rings, you sign documents, agree to a contract, and receive a marriage license. This is all very similar to what you do when you set up a new business.

The form your marriage can take is highly variable in terms of formality and convention. In traditional cultures in the East you would have a formal arranged marriage. Your parents would consult an astrologer to figure out your life and your parents would find you a marriage partner. The wedding would be arranged and you would first meet your husband and wife at your wedding. This is what gives us the convention of marriage between families as the smallest unit of society to develop connections between families.

This was a form of social progress. Even less than a century ago in the West engagements were formal affairs which started off the civil and religious process of marriage, and families would announce engagements formally through a newspaper. This was a major part of women's liberation, when women no longer wished to be seen as chattels to be exchanged between families for the purposes of procreation and domestic and sexual servitude.

We can see the remains of this old convention or tradition of marriage in divorce. There have always been divorces, this is nothing new in terms of marriage. But traditionally divorce was both made difficult and costly, and carried a lot of stigma, because being divorced was seen as going against both society and God.

Today we have a wide variety of different marriages and the formality of marriage is highly variable - from an arranged marriage (which still exists in some cultures in the world) to what is known as a common law marriage. There is no ceremony involved in a common law marriage, you simply live as a married couple and it is assumed in law that you are married. But for most people marriage still involves some kind of ceremony.

MARRIAGE AND KARMA

Therefore marriage is something which is also variable in terms of karma. Most modern marriages today would fall within the realms of direct karma and

relationship karma which together constitute chosen or acquired karma. You choose your marriage partner and thus the karma of the marriage itself is - in this instance - based on chosen or acquired karma.

But see - taking the example of an arranged marriage - the karma of an arranged marriage is often seen as given or assigned karma, just like the karma you share with your parents and your family. Therefore your marriage partner from an arranged marriage takes on the same status as your parents and siblings - it's all part of the karma you were born into. In the West I supposed we could see this as destiny or fate, even though personally I have misgivings about the whole concept of fate and destiny because it strays too far into determinism.

I guess whether or not you choose to see a marriage as either chosen or given karma all depends on the kind of commitment you want to make to each other as partners in the marriage. Keep in mind that outside of the law, the actual form of a marriage (and the wedding) and cultural expectations, there are no 'rules' to follow. This is the key difference between a marriage and a business. Of course a business has to follow the law, but it also has to provide some kind of value to other people whether it be a product or a service. A marriage doesn't. All marriages are defined by the love, the commitment and the unity through consciousness between two partners.

But that is not to say that the physicality and physical aspects of a marriage are of lesser importance or not important at all. That is not the case. There also needs to be a certain alignment of flow karma between the two partners. For sure it is possible that an impoverished Uber driver can marry the daughter of the CEO of a multinational corporation, but generally karmic differences are not that extreme and there is also the issue of relationship karma and what karma each partner brings to the underlying relationship behind the marriage. What I'm saying here is that in terms of physicality and karma, there has to be a sort of symbiosis. No marriage can really work if both partners are going in different directions or trajectories in terms of karma.

There also needs to be a balance between style and substance. One of the most frequent mistakes I see - based on my own observations - is that couples seeking to get married do so on the basis of matching identities or Ego, having similar

backgrounds, career paths, lifestyles and so on. The physicality in the relationship is over emphasized and on the basis of matching together in terms of Ego does not guarantee a successful marriage. Similarly to business, half of marriages do not work out and fail, and end up in divorce. Therefore it's very clear that basing compatibility on Ego alone, as many people do, is insufficient and you're both taking a risk in such a situation.

Again this is my personal view, but Ego is insufficient to get you through a successful marriage, if this is what you want. What any marriage needs is substance, it really does need some existential or meta-physical dimension simply because as you get older it's going to be those existential or meta-physical dimensions of life, emotional maturity, as well as the loving space, which keeps you together and underpins the whole relationship.

All too often young people rush into marriage when they are younger and often marriage is seen as one of those societal check boxes to tick off in what I would describe as a kind of race or competition through life. You complete your education, you maybe complete a course of studies, you get a job and develop a career, you find a partner, you get married, you get a home, you start a family, and people rush through milestones to get to a place expecting that life is going to be one long series of sweet spots and a life of fulfillment.

This is not the case. Life is neither a competition nor a race. Nor should your life experience ever be just an experience of ticking off various boxes. Life is not some major To Do list. Understand that your life is only ever going to be a unique experience and your Ego simply isn't sustainable for all of your life. When you get older you become less conventionally attractive (I'm talking beauty standards here). You learn things you wish you learned earlier in life. You need a certain amount of emotional maturity and wisdom in order to raise children, because rest assured as a parent you are going to make mistakes and you need to be mindful of the fact that any mistakes are going to potentially impact on the childhood experiences of your children. Any such impact they will have to carry throughout their lives.

What sustains marriages isn't what you do or don't do, what sustains marriages is the space which defines the relationship, the space you give each other into which

you both can grow, and what you do together as a couple. One of the most beautiful aspects of a marriage is when you come across an older couple and you can see, if you get to know them, just how well they 'fit' together. It's always a delight to meet a couple who have properly grown into each other and you can tell that in every conceivable aspect of their relationship they are together but not just an item, but a unit. They fit together and combine in the same way as your two hands go together and combine with each other.

It doesn't mean that you have to have a long successful marriage, you can be on your second or third marriage even, but what keeps these older couples together is a certain amount of wisdom and conscious awareness. This can only be gained by not just resolving karma, but creating new karma and also new karma together, and that takes not just life experience but also conscious awareness. Which again brings us back to the loving space.

THE NECESSITY OF A LOVING SPACE IN A MARRIAGE

But I think it's also important to think about why we feel the need to get married in the first place. Where does the need to get married arise from?

We all want or need companionship. Then you have the need for sexual relationships and the fulfillment of a basic biological necessity, which means for many people the need to procreate and have children. Then there's the need to be able to trust someone, someone who we can rely on and in who we can find emotional and psychological security. We need to be with someone in who we can find a sense of comfort and support, because most of us cannot stand alone on our own two feet.

This comes back to those three basic desires and the need to have someone there. For many people home is not just a place, it is also a person, someone else who we can feel at home with. Many of us struggle to be completely and totally at home with another person because too often we are wrapped up in our own Egos, our own beliefs and models of reality, our own ideologies, our own problems, our own ambitions and so on.

Many of us are frightened to stand alone, we fear loneliness, isolation, exclusion, despite the fact that this is a set of circumstances or a way of life which is often forced on someone through social stigma or exclusion by others. There's an awful lot of loneliness and isolation out of there, too much social stigma and judgment, and so it happens that not by choice some people end up alone, lonely and isolated through nothing more than the social and cultural beliefs of others.

This is something just like the enormous amounts of misery and suffering there is in human society but we often don't like to talk about that because all too often it presents challenges to our personal beliefs and ideologies so we often pretend, as with so many other things, that such things don't really exist in society or we try to come up with explanations and excuses.

You see life is incredibly complex. It might not start out that way because relatively speaking childhood is simple, but once you start hitting your teens and getting older life becomes progressively more complex and complicated. You need that someone in your life who you can turn to and talk to just about anything without needing to measure what you say. In a marriage you need that symbiosis in the bedroom, when you have children, and also when you sit down to dinner. You need that space within which you can express yourself and yes, the point I'm making here is that the space in your marriage between you and your spouse is of equal importance to whatever space you care to call home. There is no love in your marriage, and none of that loving space, the way it will end up is that you will use your marriage partner and they will use you. This is what invariably happens without love in a marriage or that loving space when you just have a kind of symbiosis or you're using each other as a method and your needs fulfilled. You will end up exploiting your partner and they will exploit you. This is a hard truth.

This means that at the very least you need your humanity or to have established some contact with your humanity before you even think of getting married. Understand that the basis of the loving space, the very foundation of the loving space, is humanity and empathy. If you don't have either you cannot talk about legitimately talk about love without lying or deceiving yourself and others. There is nothing, repeat nothing physical about love.

This does not mean that you need to replace your Ego with the loving space. We're talking about different levels of reality and planes of consciousness. You still need your Ego so people have a reference point and story for understanding what you're about, but you also need your humanity and you also need to be able to recognize humanity in others and be able to share it. Sometimes it takes my breath away how people who are married and claim to love each other can be shockingly cruel and inhumane to one another. So please, before you get married, or engaged, or get involved even in proposing marriage to someone, make sure you have established some form of contact with your natural humanity and you have created space for it in your relationship.

Learning to live together is a very complex issue and you cannot do such an endeavour justice without your humanity.

You see marriage just like a family should give you a sense of stability, security, and safety, even a sense of asylum. See from a marriage you can still have that process of awakening and spiritual journey, you can still have practice, the only difference is you can do it together rather than by yourself. Marriage is the smallest unit of society, and there is nothing to stop you extending and working out that loving space into your family, your community, into society, and beyond. Just because there are divisions, boundaries and conflicts does not mean that you have to conform to the separateness and follow them like rules.

So many different things can arise and develop out of the loving space. Now that we have reached the end of the book, I will leave it to you to decide how you bring it into reality and work it in your life.

Thank you so much for reading.

About the author



Stella Baker is a mystic, shaman, dream weaver, former Fringe dramatist and stage director, a writer, the author of Creative Law and surviving co-founder of Qultura.

In the early 1980's at the age of 17 she entered into training in Theravada under the guidance of Bangladeshi mystic Babu Rashid in London to become a Buddhist shaman and was encouraged to study mysticism, the occult, magic, the Kabbalah and other esoteric subjects.

In the 1990's she emigrated to Poland and worked in Polish alternative theatre as a Fringe dramatist and stage director. She has written 15 stage plays which have been produced in 30 countries worldwide.

In the 2000's she quit society for a couple of years to undergo The Forest Tradition to become a shaman, living alone with nature among trees and going through a process of 'mauna' spending weeks in deep meditation so as to learn first hand the differences between actual reality and conceptual reality. The Forest Tradition is a part of Theravada Buddhism and is shamanistic tradition.

In 2009 Stella Baker developed Creative Law and began working to develop Qultura - a complete methodology of mystical principles together with the Qultura community. Qultura is a freely accessible system for developing consciousness and mindfulness based on dream weaving activity and practice.

Qultura is a modern system for mindfulness and transformation of consciousness alternative to more traditional systems such as Buddhism, Taoism and yoga. Existence is a principle, creativity and interaction is a process. This is the fundamental basis for all existence. Everything and everyone in existence has their own unique principle and process. The universe has a principle and process. This planet has a principle and process. So too do you and everyone else on the planet.

Unlike other systems such as yoga, Buddhism, Taoism you do not learn and follow Qultura as a method. You create your own unique Qultura methods through the complete Qultura methodology which is a set of mystical principles arranged into four components published in a 97 page book, 'The Principle and the Process'. You develop your own Qultura method on the basis of your own life experience and perspective on life through dream weaving in community. Therefore you develop your own Principle and Process in community.

In addition to 'The Principle and the Process' Stella Baker has written several other books including 'Nothing Right Nothing Wrong', 'The Omega Principle', 'The Invisible Prison', 'The Tears of a Clown' and 'Ghostly Hunger'.

[Stella Baker's website](#)