



Ghostly Hunger

Stella Baker

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Introduction

This is a book about the central most commonly experienced issue which is central to the human predicament when it comes to living existence - the issue of separateness between self and environment, and also between self and other.

Just to bring to mind what this book is about, I'm going to make a series of statements.

I'm going to ask you to set aside judgment, assumption and preconceived notions.

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 book.

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.

What I'm asking you to do is to join me on a mystical journey through all the different levels of reality and planes of consciousness as I share with you my mystical insights into the nature of our shared predicament and together we will deconstruct this false illusion of separateness. I'm going to give you a set of mystical principles which define our reality and how our environment works. I'm going to be writing about reincarnation and karma, some mystical symbolism through the Tarot and astrological symbolism with some Roman mythology.

Hopefully, in reading this book you will gain a much deeper insight into who you really are, who I am, and who everybody else is to the degree that you should be able to figure out what is real, what is illusion, what is truth and what is belief.

You're more than welcome to keep hold of your judgments, your assumptions, your role playing and identity and also your Ego. I'm not here to tell you that you're wrong, I'm not here to tell you what to think, what to believe, nor am I going to claim any authority over you. All I ask is that you read my book with an open mind and then, fingers crossed, once you've finished the book you can go back to all your beliefs, judgments and assumptions with them in context and enough mystical insight to gain a deeper understanding about your life and what you're doing with it.

Zero



I'm going to start this book with setting up some clear mystical principles using numerology (numbers) backed up with some imagery using some Tarot cards from the Rider-Waite deck of the Tarot. This is so you have an image to work with on the card.

So we start with Zero, which is the mystical principle of space, nothingness, emptiness. As you can see on The Fool from the Tarot, this card is numbered zero. It is the first card in the Major Arcana of the Tarot. On the card we see The Fool, a young man carrying his worldly possessions and a flower about to step off the edge of some precipice. Beside him is a wee doggie.

So we start with nothing. Or emptiness. Or space. But this is where it gets confusing because space is not nothing, but contains everything else. Nor does it contain everything. Space is what defines existence both in terms of consciousness and energy (physical existence) because you do not find either consciousness, the basis of all existence, or physical existence, based on energy, without it being surrounded by space.

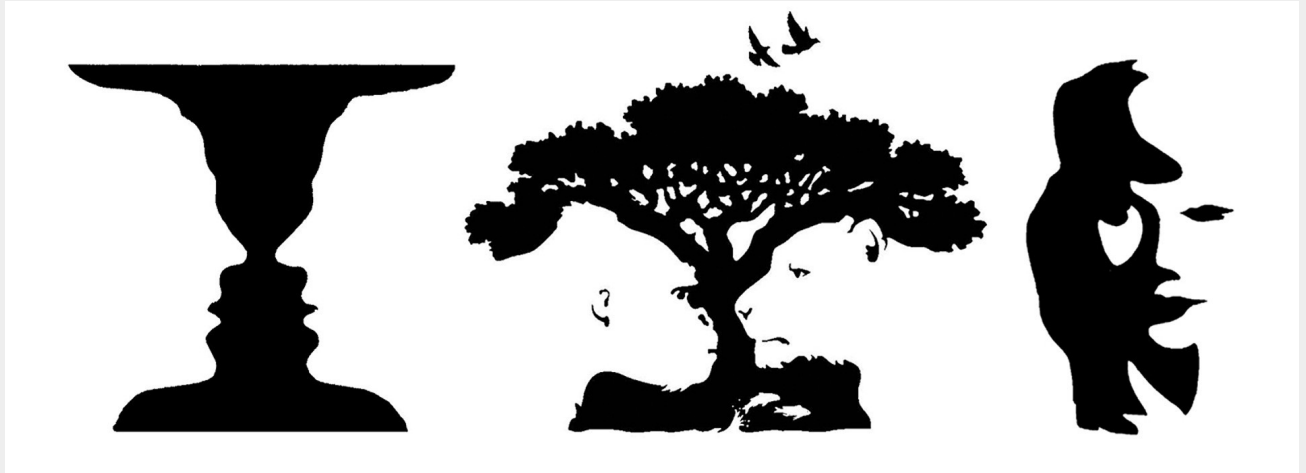
So to keep it simple and clear - particularly when it comes to both space and consciousness, neither of which has any physical existence or is manifest as physical existence, let's agree that:

Space can be defined as reality, because if something is surrounded by space and can be perceived, then it must be real.

Consciousness can be defined as existence, because if something exists then it cannot be space.

Therefore whenever I refer to Zero in this book, when Zero starts with a capital letter, I'm referring to Zero as a mystical principle on the basis of nothingness, emptiness, space and reality.

Consciousness and space



In this chapter we're going to look at the difference between consciousness and space using an image as physical form. I'm going to make use of an image I pinched from Gestalt psychology. It's three simple black and white images rolled into one. But if you look closely a few times you should find six images, even though there's only three.

So, working from left to right, what do you see?

- **[left]** Do you see two white faces in profile facing each other or a black Rubin vase?
- **[centre]** Do you see a white gorilla facing a white lioness or a black silhouette of a tree with some birds?
- **[right]** Do you see a black silhouette of a man playing a saxophone or do you see a composite black and white image of a woman's face?

The first image you notice is consciousness, because out of this you perceive physical form. But see this image you see can only be defined by the other image becoming space and defining the background.

So this brings us to how consciousness works.

You have different levels of consciousness.

You see you are essentially what the universe is doing at your given perspective. We could ask why you exist at all. We could also ask why the universe exists. The answer here is exactly the same. Simply because. You see if there was no universe there would be no Planet Earth. If there was no Planet Earth there would be no 'you' to begin with.

The exact same principles which apply to the universe also apply to this planet and they also apply to you, me and everyone else.

However the universe is coming at you in a vast multi-dimensional continuum of sensation and experience. In other words everything is happening everywhere all the time. Constantly.

In direct contrast the focus of your conscious attention, which is the most basic or fundamental level of your consciousness, can only think of one, two or possible three things at a time without needing to write stuff down, make lists and notes, and brings stuff into your conscious awareness.

This is why I'm breaking stuff down into bite sized chunks and short chapters so you can become familiar with the basic mystical principles bit by bit. Then once you've got a basis we can then start getting into the 'meatier' content of this book.

Hopefully by the end of this book you will have enough solid understanding of mystical principles and a basis for figuring out stuff that's going on in your life. However..

So back to consciousness...

THE FOCUS OF YOUR CONSCIOUS ATTENTION

This is the most immediate and basic level of your conscious awareness. This is what's going through your mind right now and what you are thinking about or what your attention is focussed on.

This roughly equates to your Ego and the basic level of your identity and sense of Self.

When you were looking at a specific image in the Gestalt images above, you were using your focus of conscious attention.

CONSCIOUS AWARENESS

Conscious awareness is all the conscious awareness you have about everything that you can bring into memory and put into language. This is a much broader range of consciousness.

For example, when you were looking at the Gestalt images above, while your focus of conscious attention was looking at the white gorilla and lioness your conscious awareness made it clear that you were also looking at a black silhouette of a tree and some birds which made up the background.

You can be consciously aware of anything which you can bring to mind through your memory, even if it's not there happening in front of your face.

Now unlike energy, which is the basis of physical existence, and which is finite, constant, and can be used up, consciousness is more like space, in that it is infinite, inconsistent, spontaneous, random, and cannot be used up. You cannot run out of consciousness, simply because you're surrounded by it.

The more conscious awareness you have, and the more conscious awareness you use, the more conscious awareness you will end up with.

THE SUBCONSCIOUS

The subconscious is all the conscious aspects of your being and existence that you don't need to think about but which is going on around you and within you.

Let's take a common situation, such as waking up in the morning. Let's start with when you're still fast asleep.

So you turn, and turn over. Turn back. You turn on your back. Open your eyes. Look at the clock to see what time it is. You yawn. You look up at the ceiling. You sit up. You look around the room. You shift your legs out of bed. You get up and stand up. You feel the need to pee. You leave the bedroom to the bathroom. You head for the toilet and pee. You yawn as you turn away and head for the kitchen. You fill the kettle up from the tap in the sink. You put the kettle on. You find a mug. You put tea or coffee in the mug as you're waiting for the kettle to boil.

You do all these things automatically, without thinking. The whole sequence from waking up to waiting for the kettle to boil doesn't take you more than a few minutes.

Now imagine how long it would take if you had to remember everything, bring it out of memory, then decide how to turn your head, how to open your eyes, how to do everything else.

You would never get out of bed in the morning. Or it would take you ages. But see without any thinking at all the basis of your existence is the subconscious.

THE UNCONSCIOUS

Then you have the unconscious. Are you able to use your conscious perception? No? Then you're unconscious. You're asleep, in a coma or possibly dead, or close to being dead.

CONSCIOUSNESS WITHIN SPACE

Now this is where we get an obvious issue, because neither consciousness nor space has any physical form nor energy. For the time being let's just assume that consciousness is what exists in space. This will become relevant later in this book, but I'm just putting this little distinction out there for you to become aware of.

Two: duality and polarity



So we're going to jump from Zero to 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.

So having got the symbolism out of the way, let's dig deeper into the contents of the scroll the High Priestess is holding, marked 'TORA'.

TORA = NATURAL LAW

Natural Law boils down to just two things, dependent arising and karma.

Let's start with dependent arising. Then once we've covered that we can move onto karma.

AS THIS ARISES, THAT BECOMES.

This is the basis of dependent arising. Everything in existence in the universe is interconnected and interdependent on everything else in existence. There is no separateness anywhere in existence in the whole universe.

Let's go through some examples of dependent arising so you get the gist of what it's all about.

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: MEMORY AND ACTION

This is a really important one because karma is the basis of physical existence and thus three of the five dimensions of life (there will be a separate chapter on this later).

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.

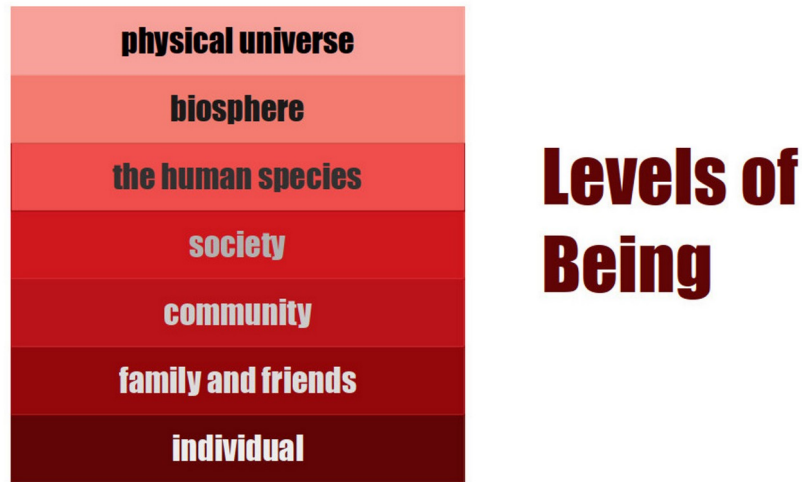
Neither love nor death can cancel each other out. When someone you love dies you do not forget about them, do you? But similarly when someone you love leaves you and the relationship ends, if it was a significant relationship, you suffer a bereavement and go through a similar grieving process as if they 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.

The Five Dimensions of Life



So now we need to get into the Five Dimensions of Life so as to understand the different levels of reality and planes of consciousness we all exist on. I'm going to model a system for you to use. This is what you can use to create your own labels and levels.

Please keep in mind that there are no objective levels and planes of consciousness. It's kind of impossible to come up with such objective levels when half of existence is meta-physical and cannot be objectively observed or agreed upon.

So let's start with the Five Dimensions of Life.

BIOLOGICAL MATTER

So we start with the most basic dimension which is physical matter, the physical body, and what is essentially physical form equivalent to physical mass.

PHYSICAL SENSATION

Then we have the next dimension, which is the second of three physical dimensions, and that is physical sensation and individual thoughts, feelings, emotions, sensations, and so on.

This is more refined and dynamic than physical form and physical bodies, but not quite as refined as physical relationships.

PHYSICAL RELATIONSHIP

Then you have the third physical dimension which is based on relationship between self and environment and other, and this takes in different forms of energy and sensory perception such as light energy, sound energy, heat energy, physical sensation (touch), smell and so on.

Here it's important to understand that through perception we create the universe through our perception, both sensory and extra-sensory.

If there were no ears, there would be no sound. If there was no sight there would be no light. If there was no physical form there would not be any sensation to feel. Most of what exists out there as reality in the universe cannot be perceived by humans, let alone understood or known.

CONSCIOUSNESS AND SPACE

Then you have the next dimension, which is consciousness and space. This is where we're now into meta-physics - 'meta' means 'beyond', so meta-physical means 'beyond the physical' and such awareness is taken to be conscious awareness.

AKASHA

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'.

Qultura



As we're going to be discussing meta-physics throughout this book I feel it's important to agree on what system we're using so that we can find common ground. You are welcome to use your own system to grasp the various concepts, but I am using the Qultura system which I have spent close to 15 years developing.

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

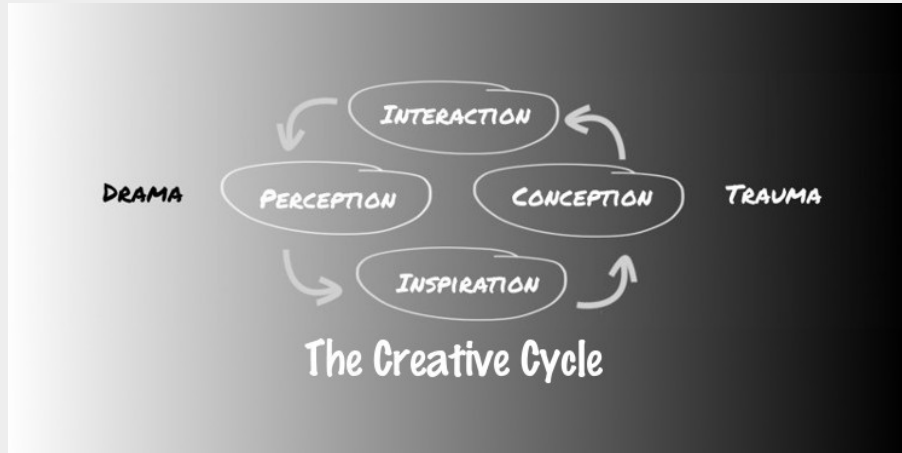
How it works is fairly simple. You become familiar with the mystical principles through Qultura methodology and then you become involved and participate in the Qultura community to participate in dream weaving activity.

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).

So far in this book I've taken you through a sizeable chunk of Qultura methodology. We have covered Natural Law and dependent arising. You are also aware of a couple of mystical principles taken from Combined Numerology (Zero and Two). We will go through the four simple universal principles which make up the second component, each in short, simple chapters.

Then we will move towards the deeper, more specific content of this book.

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.

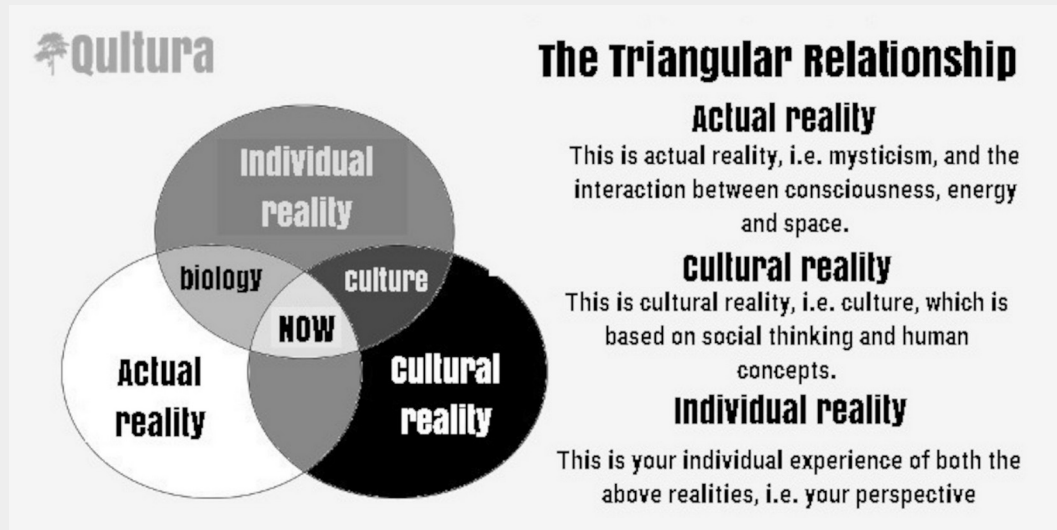
It's important to understand that actual time perception is always made against the life cycle of natural energy, which means that traumatic life experiences shorten the life cycle through burning up more natural energy, whereas more dramatic life experiences prolong the life cycle and conserve natural 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.

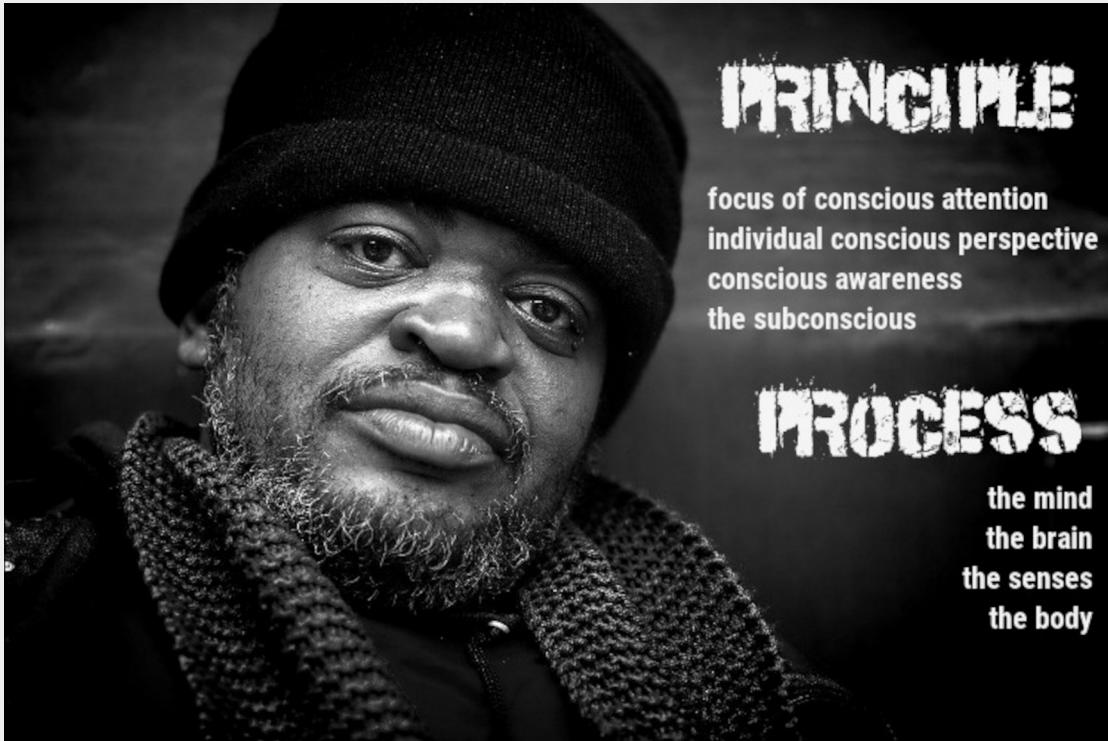
Existence is always defined by reality and space (non-existence) and reality is always defined by the totality of everything in existence which can only be defined as environment.

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:

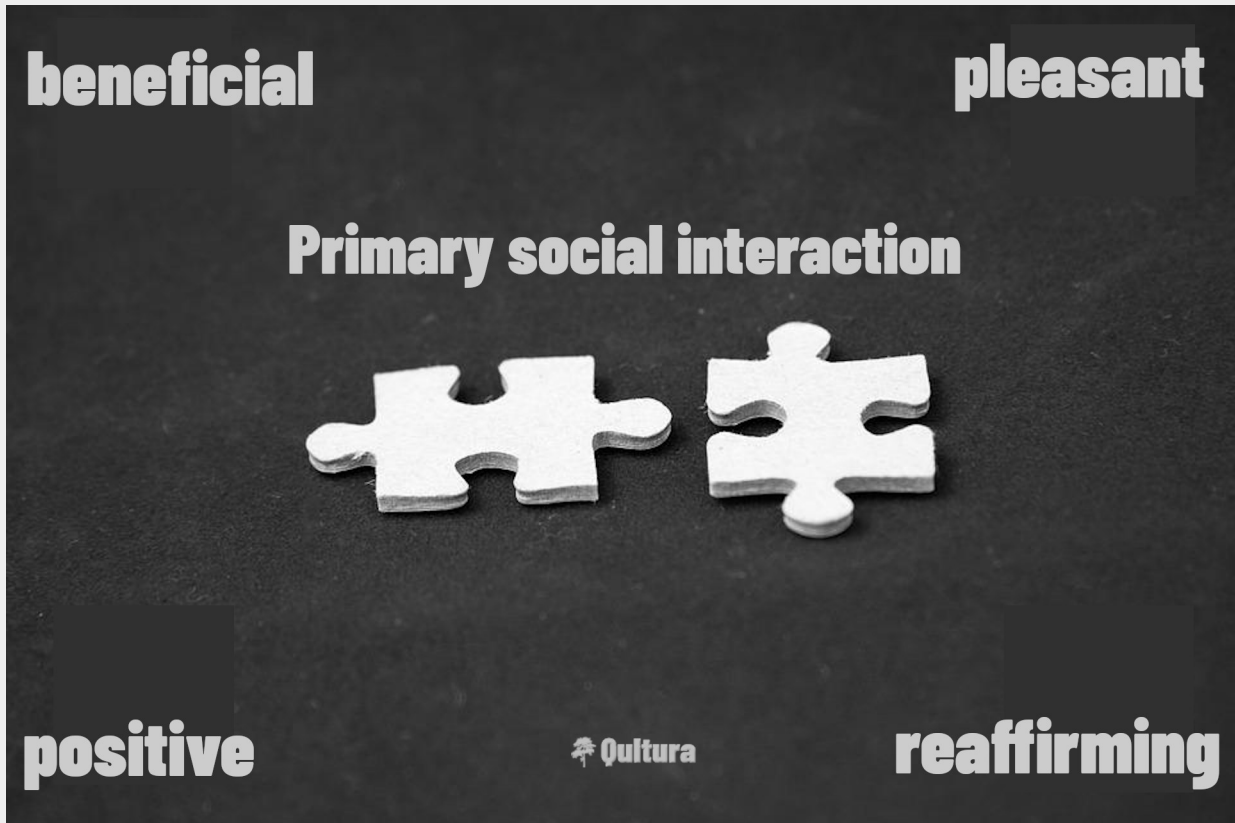
- your physical body
- your sensory nervous system
- your brain and memory
- your Ego and conceptual perception of self and other
- your thoughts, emotions, feelings, beliefs, etc

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

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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.

One



So eventually, several chapters into this book, we reach the point of One - the mystical principle of unity through consciousness.

Once again I'm going to give you a Tarot card to work with in terms of the symbolism. We're still working with the Major Arcana. This time the figure is The Magician.

This is fairly simple and straightforward. The Magician is a young man dressed in white with a red robe. He's standing beside a table on which are four objects - a pentacle, a sword, a cup and a stick. These items relate to the four suits of the Tarot deck and Minor Arcana.

Note the symbol for infinity above the Magician's head, which looks like an 'eight' turned on its side. His left hand is pointing downwards towards the earth, and his right hand is pointing skywards towards the heaven, and is holding a wand.

HERE'S SOMETHING FOR YOU TO THINK ABOUT

The basis of Qultura is an acceptance of Natural Law, Universal Principles, karma, reincarnation and magic - on the principle of unity through consciousness.

Who you are, in physical terms is a complex energy vibration across different frequencies, cycles and waves. Opinions vary, but all the biological cells in your body 'reincarnate' and replace themselves every few months or few years. Your brain also reincarnates. All of it, and as it uses much more energy than the rest of your body, it reincarnates quicker than the rest of your body.

Yet if I were to ask you to remember your experience of going to primary school who your teachers were, and maybe your first day of school, you will be able to remember that far back and be able to tell me about your childhood experiences. It doesn't matter how old you are, whether you're 20, 40, or even 80, you will be able to remember.

This is even despite you not knowing how many times in your life you have reincarnated into a new version of your physical body and how many times your brain has replaced itself. So where are all those memories coming from if not consciousness?

WHAT IS MAGIC?

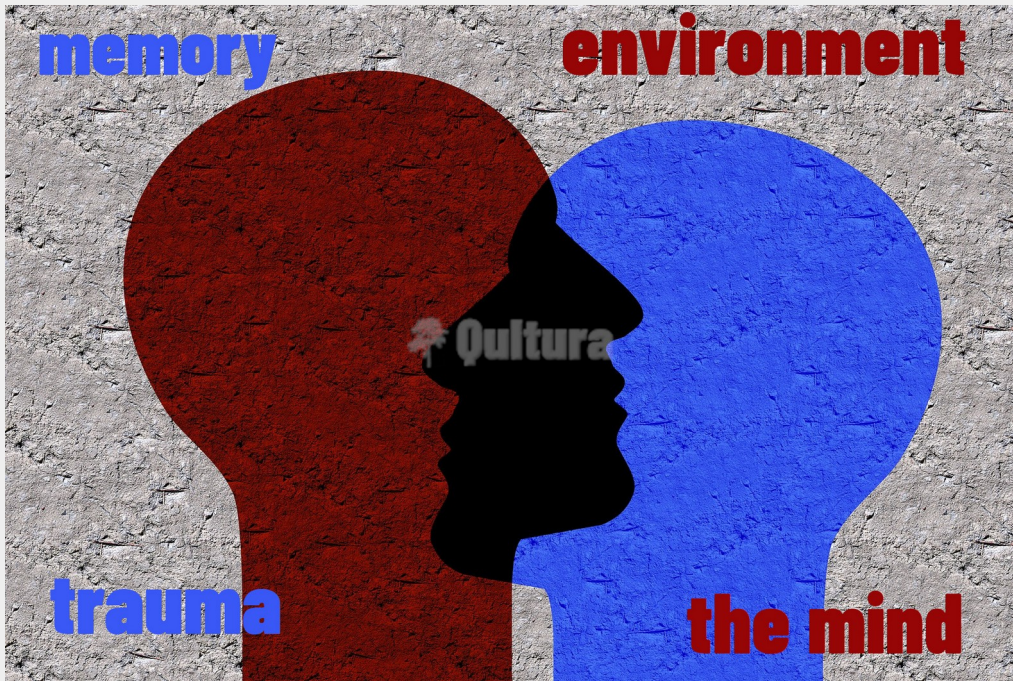
Magic is essentially connection, unity and cohesion with an environment or other through consciousness so there is flow, harmony, equilibrium and balance. It's essentially more or less the same as yoga in this sense, but uses different methods and systems all around language, the mind and various rituals and practices.

A typical magical activity is sailing. If you want to move a boat across a body of water such as a lake you have different options. You can use muscle, hard work and effort, and row your boat across the lake. You can spend money on fuel and stick a motor on your boat. Or you can work with the environment and put up a mast and sails and let the wind propel your boat to the other shore, using magic.

Ghostly Hunger

If you use money then you use magic. Money, especially in the form of cash and currency, is the most widely used magical prop on the planet. However today with most technology today modern magicians are those who can write code and get stuff to work. I've studied ritual magic for 40 years, I'm a 'traditional' magician who uses magic as a shaman for healing purposes. It's called dream weaving.

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 closer to being able to understand reality and create truth.

Ghostly Hunger

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?

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.

My radio frequencies analogy



Earlier in this book, specifically ten chapters ago, we covered the five dimensions of life and living existence. In this chapter we're going to be covering the many different levels of reality and planes of consciousness we all exist on.

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..

You, the Hungry Ghost



So here we come to the penultimate chapter of this book, what can be understood to be the title chapter. However we're going to start with a little confusion. The mystical principle we will be working with here is Ten, which is the mystical principle of risk, chance, opportunity and possibility. It's symbolized by another card from the Major Arcana of the Tarot, i.e. the Wheel of Fortune. This is going to come later when we navigate through the thorny issue of karma, both creating karma and karma resolution.

But for now we're going to work with the symbolism of another card from the Major Arcana - The Devil, numbered 15. This is one of the most widely misunderstood Tarot cards out of the whole 78 cards of the Tarot. But if you pay attention and read carefully what I write, we should avoid many misunderstandings. Hopefully by the end you will have enough awareness and mystical insight to begin thinking about your individual path out of whatever situation or set of circumstances in life you're trying to move away from.

So what you've got on the card itself is fairly simple. You have this Devil figure, with horns, bat wings, perched on a black pedestal. You've got a naked female and naked male acolyte, you've got chains, you've got fire, and you've got an inverted pentagram.

SO WHAT'S THE STORY HERE?

We've gone through about a dozen chapters where I've laid out mystical insight through the Qultura system. Irrespective of what system you're using, we should be able to meet somewhere on some common ground. If you are, you can't keep clinging to the cradle and explanations from others for what you see and perceive of the reality around you. At some point you've got to start opening your ears and your eyes, open your mind, listen to the story and understand the process.

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 infulegence 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.

DESIRE, GREED AND SELFISHNESS

So we've got to properly understand who this Devil figure is. This is not 'Satan'. The 'Devil' in the card symbolizes Pan, the half man half goat god of nature, and/or Dionysius (Bacchus). These are gods of pleasure and abandon, of wild behaviour and raw, unbridled desires. Implicit in all this is the 'golden age' of Mankind, when we left the rainforests and headed out to the grasslands and savannah in North Africa, when we lived simply and naturally in communities, hunting meat, burying vegetables, sacred plants, having wild orgies. This was a period when we overcame such issues as climate change and lived indigenously, close to the Earth.

Where we lost our connection and relationship to the environment is through the development of Ego and a shift in consciousness onto the narrow focus of conscious attention. This evolutionary and cultural shift around 15,000 yers ago created the illusion of separateness from environment and each other, and while much of human history since has been plagued with cruelty, inhumanity, warfare, conflict, power struggles, persecution, genocide, and so on, there have been benefits. Through Ego and our narrow focus of conscious attention we learned that we could care for the future, take responsibility, provide welfare and social security, learn to live in cities, and develop technology and such things as sciences.

This is where we get to one of the major points of this book. There is so much denial and hypocrisy about desires, greed and selfishness out there in society. We live in a society where one of the major objectives is to make money and to work collectively towards corporate profit and economic growth. This is encouraged, promoted, and a major political objective. Yet when you change the object of desire, from money, to something such as alcohol, marijuana, other drugs and substances, sex, porn, work, shopping, and even today through social media attention and getting likes and followers, all of a sudden it's all bad. It's wrong. All of a sudden people with addictions and compulsions, and any addiction or compulsion, is just a strong overwhelming desire for something, the people who have such issues are treated like social pariahs, outcasts, social misfits and rejects.

In fact I would even go as far to state - with a lot of confidence - that as a society as a whole we haven't even reached first base when it comes to such issues as compulsive behaviour and addiction. We are truly nowhere. I come across a lot of instances where such people go into therapy for an addiction or compulsive behaviour, which takes in a lot of mental health issues, and they come into contact with doctors and therapists, and some of the stuff these people go through is truly scary and I have no doubts that many are retraumatized and end up broken through contact with therapists out of their depth and not understanding fundamental issues.

The only thing we know how to treat such people is to throw them in prison for short sentences. Many have to go cold turkey in prison where they become part of a system and essentially a nobody. Then they come to the end of their sentences and get tossed out back into the community with inadequate and bare minimum support. So they come out from the harsh environment of prison out into free society. They don't even develop the chemicals and hormones in the brain to make the adjustment from prison to free society. But they get pushed out into the community. Often dealing with the stress of such a harsh shift from one environment to another with nowhere near support, they end up retraumatized and go back to drugs, alcohol and crime because it's all they know. Let me be very clear here, it takes a Herculean, almost superhuman effort to break out of that cycle.

Please keep in mind here that I'm not writing from an academic, studied perspective. I am a former addict. The earlier part of my life, despite my strict Buddhist mentorship and training, was filled with excess, addictions and living a lot of life on the edges and fringes of society. Alcohol, amphetamines, amyl nitrate, sex, tobacco, food, these were just some of my many addictions. I had doctors at 25 telling me there was no way I would live to 40. I once weighed 49 stone. While I have never been in prison, I've come close on a few occasions. Some of my worst excesses took place during my 'performing arts' period as a Fringe dramatist and stage director. Trust me, I have had my inner demons and know the territory rather well.

But see unlike many former addicts I'm not still attached to my addictions by counting the numbers of days, months and years I've been clean. If you still have to

count the number of days you've been clean then you are not free from the attachments and often the underlying trauma and demons. They're still there at the back of your mind somewhere. You're not cured. You're not liberated. You're not free. You're still attached and chained to whatever addiction or compulsion which enslaves you. You're still having to think about not drinking, not getting a fix, not letting your compulsions and desires take over control of your life, ruin your relationships and mess up your life. I get it. It's a miserable place to be when everyone is congratulating you and patting you on the back, but you're still not free and still not getting the support or understanding you really need to become truly free. I get it.

But see I'm free from most of my addictions. I can still drink alcohol but I'm mindful of my past and while I indulge every so often I never have the desire to go and get drunk. I no longer abuse drugs like I once did. I'm eating much less and losing weight slowly. Much of my energy, desires and focus now are directed towards my spiritual work, developing Qultura, writing books such as this one, maintaining a blog, developing community activities, and my shamanistic work.

I'm not denying the destructive nature of desires, particularly greed and selfishness. If you don't understand what desire, greed and selfishness is really all about then they can turn into incredibly destructive, harmful desires which can destroy relationships, families, futures, prospects and whole lives, even whole communities.

What makes such desires, selfishness and greed so destructive can be summed up in just one single word - separateness. Separateness between self and environment, and separateness between self and other. Any belief in this false illusion can ruin your mind, distort your whole perspective, and turn natural desire into something which can become powerfully destructive both to self and other.

So let's look into separateness a bit deeper so we can understand what it's all about.

SEPARATENESS

This is where I have to give you some fair warning.. Chances are if we get to the end of this journey (this book) together hopefully it's going to result in me pointing you in a new direction for your spiritual journey. I don't believe in playing it 'safe' in terms of the spirit or the spiritual pathway. Please keep in mind that I went through a lot of training and guidance in Buddhism, both Theravada and the more popular Tibetan lamaistic Buddhism. I still write about it from time to time in my blog - for nostalgia purposes mainly - but it's not where I'm at and hasn't been for at least 20 years.

See Buddhism is about addressing the issue I'm writing about - separateness. But the whole Buddhist ethos is about attachment and craving leading to suffering. It's one way of looking at the issue, if you're attached to something let go. Go sit and meditate and do your practice. But see Buddhism and Theravada was developed for monks in monasteries, as were most eastern methods, so while there's a lot of wisdom these systems are too antiquated and archaic to be of much practical use to most people in the modern world.

Besides if you're following someone else's methods, or system, no matter how good it is you are still following someone else's methods and systems. Sure you can follow any method or system up to a point and get so far. But you're still dependent on a system, an ideology, a philosophy, a method, and you still haven't overcome separateness. You're still going to come into conflict either with the environment, with other people, or even within yourself.

So how about we approach the issue of separateness from another direction?

All trauma and suffering arises out of separateness and division.

So now, all of a sudden we see separateness for what it is in reality. It's a lack of connection, a lack of unity, a lack of relationship, a lack of cohesion, a lack of so many other things. I don't know who you are, you could be anybody, but I'm fairly confident that if you're a human being living in any modern society there are things you don't have but need, things you desire, things you wish for, things you dream

about, things you've lost, times you've suffered, and times you've experienced trauma.

Let's get to the very heart and the centre of this issue.

IDENTIFYING AS A PHYSICAL FORM

To the degree that you identify yourself as any kind of physical form, you will be caught up in separateness through believing that the physical form is who you really are and a permanent feature of your identity. There is nothing whatsoever about your physical existence which is permanent, or unchanging, or continuous, outside that of a concept or the product of human thinking or human imagination.

Your physical body, which is always changing, will eventually grow old, decline, become weaker, and you will die. Your thinking and your memories are constantly changing. It's all transient, temporary, impermanent, and most of it is illusory.

I could take everything from you. Take away your career, your job, your car, your house, take away everything in your house, clean out your bank balance, take everything. Leave you with nothing but the clothes you were wearing at the time.

How would you feel about that?

Part of me feels that some of you wouldn't do anything but just shrug and walk away, but that is the part of me that's influenced by living in London and watching people walk past the street homeless as if they didn't exist. However I'm fairly sure that for many of you me taking everything you've got would ruin your life and possibly even crush you.

Not that I would try to take anything from your life at all. I have been street homeless a number of times through my life. Close to 20 years ago, I became street homeless in Poland at the start of a bitterly cold and wintery November. This was the end of my life in Poland. I can remember when it began in the first week of November. It has been snowing for over a week. The snow was at least ankle deep

and temperatures fell to below minus 20 degrees. I had one or two friends, but they couldn't really help me. Most times I was left to the streets or where I could find somewhere to sleep.

I spent most of that month, November 2005, believing that I was going to be dead by the following month. I was alone, isolated, destitute, everywhere was thick with snow, subzero temperatures, and my life was hanging by a thread.. literally. Any day I grew so tired I couldn't move - because you just have to keep moving all the time in such circumstances - or any night when I fell asleep for too long. If I slept for more than an hour or so and let hypothermia set in, I would have died.

But I didn't die. Fortunately in my case I managed to arrive back in the UK shortly before the middle of December 2005 with frostbitten feet, open sores and all that. Unbeknowst to me enough people turned up out of nowhere when least expected and I was able to hitch hike from Poland to London over the course of a week. I had slept outside a slaughterhouse, inside railway tunnels, on night buses, slept in bushes, behind shops, in empty frozen railway carriages and one or two warm ones from Russia.

Being street homeless is the very definition of the University of Life because it teaches you very very quickly what matters and what doesn't in life. You are forced by circumstance to learn about humanity, kindness, compassion, empathy, creativity, community, and you also learn what greed and selfishness are really all about. When you're on the streets you've got to take your chances but see, you also need other people and all too often you have nothing, nothing whatsoever to give back to people.

All too often it's the people who have the least or next to nothing who are the most generous and most helpful. This is where you learn about selfishness, when you understand that if you get to benefit from something, then so too must other people. You can flip this 180 degrees and understand that if you hurt someone else or harm them, then you too get hurt and face harm. I still keep in touch with the homeless community in London. I love such people. I don't have any issues sharing a drink or two and a pleasant conversation with such people.

Now if you're someone of many people out there still caught up in separateness to the degree that your concept of physical body is 'self' for you, despite the fact that I'm writing in English and you're reading English what I write here might seem like a foreign language to you. There's a lot of people out there among the homeless, people with issues involving alcohol and drugs, people who smoke weed, many people who struggle with mental health issues, people who are trapped in poverty, these people may not have much but in terms of spirituality and spiritual progress they're way ahead of the game. A few speak wisdom that I could only dream of coming out with.

But you see most of us, and here I mean 'we' in terms of society, entire communities, we just don't see it, we cannot comprehend it, and often refuse to believe it simply because we have not shared their experiences, we don't know anything whatsoever about how they have dealt with trauma, simply because we're so caught up in separateness and on that level of physical reality, the psychological, intellectual, rational, we just cannot see it, because we're talking about the meta-physical and much of what the meta-physical, esoteric, is not rational or intellectual, because we're dealing with levels of reality which are far more refined and a great deal more ambiguous.

You cannot rationalize or easily conceptualize mysticism and the non-rational states of being. They are as real as physical existence, even more so, but you've got to be there witnessing stuff and phenomena and going through the experiences. A couple of hours a week of meditation or yoga just doesn't cut it if you're living the rest of your life in separateness. Nobody is going to teach you this stuff because nobody can. They're not you. They're not experiencing your reality. They're not living your life. They're not dealing with your karmic process on the daily. All they can do is give you a satinated, rationalized version of their own experiences.

There is a reason for this and this is also something I want to get into but we need to take this up a level into another dimension - I'm assuming that you're familiar with dimensions of life and levels of reality, right?

SEPARATENESS IN THE THIRD DIMENSION

Okay so let's take this discussion up a level to the third dimension, the dimension of relationship, society, community, and so on. Let's look at the spiritual process on a level beyond your spiritual process and my spiritual process. Let's think about the spiritual process of a community, of society, even of human beings as a species.

Now think of all the people we put into positions of authority, leadership, and positions of physical control and security, political control, social control, economic control. What you should find is that you have a bunch of people who are by and large materially and socially successful. Some have wealth that we cannot even imagine, let alone know about.

But all too often these people are blind to the issues of poverty, deprivation, social exclusion, and destitution. This is not necessarily down to wilful ignorance and wilful blindness. Most often it's nowhere near their karmic process. The fact that some people struggle for money or to find work or have nowhere to live is alien to them. If you have no concept of such social issues, then how can you be expected to understand?

So you end up with two extremes of society, one incredibly wealthy, rich, powerful, with full access to the media, to their vast amount of resources and infrastructure, and the other extreme made up of people who have nothing whatsoever and cannot really be said to be a part of society. This community of people who are literally out of society and socially excluded are somewhat larger, because it takes in everyone who is homeless and on the street, many people who do have somewhere to live and not much else, no regular work, no friends, no family, nothing.

I'm not writing a science fiction novel here you know. I'm not referring to some alien species. I'm referring to other human beings, people just like you, people just like me, people who have names and some sort of social identity, but their social and material reality is fiction and all too often they're left with a spiritual process and journey because that is all they have left to work on.

You see most people in society - and you quite well might be one of those people - are caught up in the separateness. Now what I want you to do here is to sit down and think about all this what I am writing about here. What can happen when you are caught up between two groups of people who are fundamentally just like you, but are living out there on the wider fringes of society, but only one group has the control and the power to make change and influence what our social and cultural values really are?

You see words are powerful, extremely powerful, and do you know what? This is what makes the labels we all get assigned to us through social and cultural programming also very powerful. Now imagine that there's someone out there in some university that writes say an academic paper or does a study to state that people who become addicted to say alcohol develop a psychosis and become dangerous to others in society. Let's stick two fairly powerful labels together and imagine the outcome.

So let's imagine that you drink alcohol. At what point does your drinking alcohol become seen as an addiction by other people? At what point does this suggest that you might become psychotic and dangerous to others in society? At what point does the stigma from being an alcoholic and potentially psychotic take over more power and influence about you than anything you can say or do? At what point do you start losing friends, family, positions, access to opportunities, your income, your home and your life over nothing more than a couple of labels and some stereotype and image other people have of you?

SEPARATENESS AND THE POWER OF WORDS

Okay so let's forget my previous example of linking alcohol addiction with psychosis. Not because there might be a relationship, but because I misappropriated the value of such labels to give an example which was more extreme and powerful than it is in reality. But see there's a lot of words that we use in our language with regards to other people which are more powerful when used as labels, and when used ritualistically through the media over and over and over again they can be used to

elicit certain societal stereotypes, certain social and cultural beliefs, elicit even certain emotions and feelings, and through such magic - and it is magic at the end of the day - used to change hearts and minds about individual human beings.

Junkie, addict, illegal alien, migrant, disabled, homeless, alcoholic, refugee, sex offender, transgendered, speculator, black, narcissist, mentally ill, autistic, these are all labels which carry a certain kind of power when used in the media and tied to certain actions and behaviour. Referring back to the story at the beginning of this chapter regarding The Fool and The Devil, on the side of the black mountain, you can see how such words stigmatize and pre-judge other human beings.

But see too these words can serve as chains which can be worn around the necks of other people, just like those acolytes, the naked man and the naked woman, tied to The Devil, to serve a purpose. If you use such words with reference to other people, people who you do not know, then you yourself are wearing the chains to reinforce your separateness and your social identity. You buy the product, use it, and so you must pay the price for doing so. If you participate in the labelling and stigma of other people, then you too are participating in the magic rituals as a willing acolyte. Not only do you take away the individual liberty and sovereignty of another human being, you also take away your own individual sovereignty and liberty.

"You can eat all the wheatgrass...." No amount of praying, no amount of meditation, no amount of yoga, of church going, of mosque attending, no amount of piety or righteousness or doing good or turning to Jesus will save you. Magic is very very clear on its first principles. If you utter the words over and over you cast the spells, you participate in the rituals, and what energy flows to others also flows right back to you. You participate in the separateness, you experience the fear, the illusions, the deception, the insecurity, and the suffering.

There's a certain karma and energy that flows out with the words you use in your relationships which I feel is not written in the First Amendment of the Constitution of the United States and so is not discussed or brought into the realm of everyday conversation. Freedom of speech only extends to your ability to use words and make choices over the words you are using and how you use them. It does not ever equate to freedom from the consequences of the choices of words you are making, the way

you talk, the words you use, the lies you tell, both to yourself and other people, and the thoughts and beliefs you promote through your speech, your action, and your being.

THERE IS NO MIDDLE GROUND FOR YOU TO STAND ON

That what is moral is often not legal. That what is legal is often not moral. That what is right can be moral but not legal. It is also true that what is right but not moral can be legal. But it is also true that what is legal in a human sense is not legal in terms of the planet or the universe itself. Indeed there are differences between man made laws and Natural Law. This is even before we get into the major differences between karma and moral reasoning which are as distinct and different as the differences between thinking and doing.

But we get into karma in subsequent chapters before I take you through the various predicaments you will likely find on your path.

But first we need to deal with the thorny issue of separateness and the point about separateness is that it is rooted in any belief that your Self as an identity is physical in nature. Just as you cannot be spirit without physical form, you cannot be physical form without spirit.

Now we can argue between ourselves back and forth all day every day about the various systems and beliefs and ideologies and philosophies, but the fundamental truth that we all face is that we have been born into a life which is finite in terms of energy and time, both of which will run out and we will all one day die.

Much of our time spent alive is wasted, as is our experience of life, our perspective, on maintaining some sort of physical identity structure and Ego through which we have to live a certain way to access even the basic necessities we need to sustain our lives. Think about the amount of time and energy you spend on reinforcing your separateness and your physical identity relative to others and trying to come up with the words and concepts which accurately reflect your inner truth, the reality of your life experience, your relationships and so on.

But see at the end of the day - the very last day we are alive - all we will leave behind is a corpse, whatever material possessions we have accumulated over the years and a story. Nothing physical on any dimension will go anywhere with you, outside of whatever is recorded onto media such as photos, voicemails, and stuff. It all remains with whoever is alive and survives you as does much of your conscious awareness. Even the basis, your physical body will be either buried in the ground, burnt, or become a pile of ashes to be scattered somewhere.

We all go back to being what we were in the beginning.

JUST ANOTHER HUNGRY GHOST

I'm not sure about you, but this for me is the only place where we can all be one and the same. We cannot be the same in physical terms because, even though we are all similar in physical human form we can never ever be the same. There are roughly 3 trillion trees on this planet, each tree looks different to other trees, even though you still get a trunk, roots, branches, and so on. The same is true of the 8 or so billion human beings out there. Sure we look similar, we have a body, a head, arms and legs, we also think similar or along similar lines, we need roughly similar relationships across a broad spectrum. We all need love and nurturing, we will all die but outside this polarity or duality, we are all different.

If we were all meant to be exactly the same, don't you think nature would have found a way to create replicas of the same human being? Would we have all been either Adam or Eve? But see nature doesn't do repetition because there is no creativity or interaction in repetition. There has to be diversity, there has to be individuality, and this is simply because without the diversity and the individuality there is no relationship and without relationship there is no being.

You see we could get all religious about this and state that the reason we are alive is because we have sinned, and because sinning essentially means falling short and being insufficient or not good enough, then we must be reborn and go through life again and again and again and again until we become worthy enough and deserving

enough to enter into heaven. This is one way of looking at it. It's not my way, but it obviously works for a large number of people.

I mean where is the gold standard here? Who is deserving and who isn't? Who is worthy enough and who isn't? It's all well and good having a God or some authority figure, and a Messiah figure to translate God into a realistic human form, but neither you nor I are ever going to be that Messiah figure at any point in our lifetimes. I admit that I have spent a few years in the past believing that I was a bodhisatva and bound to a life saving the world. For a brief period it was a cool fantasy and something of a head trip but it was never where I was really at. It was just another role play, no more real than a character in one of my stage plays. It was just separateness on a more spiritual level and completely self-defeating right at the very start.

But see, and this is my point here, we have to find the ideal starting place for the spiritual journey or process. We all have to start out from the exact same starting point, and that exact same starting point can only be Zero, nothingness, emptiness, empty space, because it's either through space or out of space that everything else, consciousness, spirit, physical form, emerges.

There is no starting point in life, because life is a cycle. Sure we can take an equinox as the start of a season, and another equinox as the end of a season, just as we can claim your life began the day you were born and ends the day you die, but it's still a moment in time on a circle. But did nobody talk about you before the day you were born? When did you get your name? Where did your body come from? Or did you exist the first time your mother said that she wanted a baby? You see even before your birth your mother spoke of you when she told your father that she was pregnant. Or did that pregnancy result in somebody else who isn't you? I mean at what point were you just a concept, and at what point did you become real? Both concept and physical reality are relatively real, both indicate existence. But see maybe even when your mother was a teenager and messing around, if you are the first born in your family, you would have been spoken about as a reason why your parents chose birth control.

So even when you were nothing and nobody you were still somebody. Likewise, there could be some girl in Asia somewhere learning to play the guitar not conscious of the fact that back in the 1960's she was this man called Jimi Hendrix who set fire to a guitar on stage at some festival. You have no idea who you were as somebody else in a previous incarnation. Your conscious memory doesn't go back that far. You can't even remember back to when you were a baby. But see you can visit a place for the first time and get a sense of deja vu. You can meet someone for the first time and you feel like you've known that person since childhood. You can also fall in love with someone and go through a few years believing that you're soulmates but a few years later without them ever acknowledging your existence. There's the song '[Living next door to Alice](#)' by 1970's band Smokie. Physical reality isn't always where it's at.

You see one of the major issues I had personally with Buddhism, was with 'sunnata' (pronounced 'shun-ya-ta' which means the ultimate void, space, sky, spirit. I spent years in meditation, learning the various ways, first trying not to think (samatha, I think this is called) and vipassana (trying to perceive what is from what isn't) but in between my meditative states, while out walking my path, I often wondered how I would recognize this thing called enlightenment which I was supposed to be working towards. For years I believed that it was a state of mind and a state of being.

But it wasn't. Enlightenment for me personally was a sensation or feeling I got, out of nowhere, which I couldn't always put into words, but which I experienced for a moment, less than a minute, and it always set off a train of thoughts, of thinking, of remembering, and eventually at some point, playing around with words in my head, I would be able to translate it into some form of insight or awareness that I didn't have previously. Always was the sense that I would have to somehow work this insight into my reality and create some kind of truth out of it. Therefore I will admit that for me personally I see no difference between enlightenment and insight. For me they're one and the same thing, and behind this is the notion that I didn't need to go all the Theravada and Buddhism to figure this out.

But see it could just as easily be something else entirely. It could actually be a state of mind. Let me try to put this into words so you might be able to recognize it for yourself. It's that state of mind where you are nothing, nobody, not consciously

aware of being anybody or anything. You're not conscious or thinking about anything, about being, about what you're doing. You're somehow just immersed in your reality, just watching, observing, paying attention to what's going around you. You're in a state of complete non-existence, complete nobodiness. You're not thinking "I am this or that." You're not thinking I have to do this. I need to do that. I need this. I need that." There's nothing, no 'I', no 'me', no 'mine'. It's the empty spaces between all these things.

It's this state of being, or rather non-being, which I'm referring to as being a Hungry Ghost. It's that fundamental, basic, point of existence where all three different realities meet and become one (referring to the Triangular Relationship), where you are the Hungry Ghost, nothing more, nothing less. You and your reality are one and the same. It's at this point in your being (or non-being) out of which everything else emerges. Every thought, every word, every emotion, every sensation, every experience, everything.

Can you accept that state of your existence, your reality, as your starting point always for your individual spiritual point and journey?

THE PRINCIPLE AND THE PROCESS

So starting at that point of ultimate reality which lies at the very core of your being and unites all levels of reality, all planes of consciousness, and all the different levels of your physical existence, we can begin developing on this to create your unique, individual Principle and Process.

The basis of the Principle and Process is always the Mind, which is essentially space, emptiness, Zero, nothingness, the Hungry Ghost, the part of you which is always there but not there at the same time. It's the part of you which is always connected to everything throughout the universe. You don't have to take my word for it here. Just go out there into the night and look up at the sky. Can you see all those stars which are light years away that you cannot reach and cannot touch? If you can see

those stars, and they exist for you, then there must be some kind of space they're existing in, right? What else can that be but the mind?

Therefore the Mind, the basis of who you are in reality, because the mind is always you in reality, is the basis for both Principle and Process. This is the state of mindfulness, of equilibrium, so it's not only your starting point, it's always your ending point at any point in any cycle. It's always your non-existence which always lies behind your existence both in physical terms and meta-physical terms.

But see you don't always have to connect to the universe at night. You can do so during the day as well. You know those days when you see clear blue sky, and clouds decorating the sky? You can pick any one of these days to connect to the universe and the sky. Just go out and say something like "We are one." into the sky and meditate into the sky for several minutes projecting your energies out into the sky. After some time, a few days perhaps, the energy will come back to you, setting up the sensation of flow. It takes about a week to take effect but you should be able to sense or feel a difference. In stating an act of faith to Akasha, the sky, or spirit, you're also affirming an act of faith to yourself.

I'm going to leave the karmic process, and karma, or Process to subsequent chapters because to be honest karma is a big mess and we will get lost in this mess without the principles and different forms of karma. So let's postpone dealing with that until we've completed this chapter. So more later..

So now we move onto the Principle, or Core Being, which is all the amount of consciousness you are able to perceive and make use of through love, truth, beauty, appreciation and such things as courage, intelligence, creativity, empathy and humanity. This is all the existence which arises out of your individual reality, your mind, your spirit, and out of which you create physical reality through karma, energy, and Process.

Now if after reading this book you decide to go into Qultura and dream weaving all you're going to find is Qultura methodology, half of which you've covered already in this book, and the foundations of a developing community. What you're not going to find is a specific method, no beliefs, no standards, no practices such as meditation or

yoga, nothing to conform to, no sense of organization, no donation boxes, no retreats, no rules, no following, no hierarchy, and nothing much more than an opportunity.

It's pointless coming up with a standard methodology or system if you yourself or anyone else is consistently inconsistent. Consciousness isn't the same as energy, which is finite, constant, based on cycles, vibrations and waves. Consciousness is spontaneous, random, infinite, and also consistently inconsistent.

Neither you nor your life is consistent enough to handle a single method shared between other people. When you start applying consistent and standard to human beings inevitably and invariably someone will fall short or fall out with someone else and you end up with separateness. Let's be completely honest and up front with each other here. There is not a religion, philosophy or political ideology that human beings haven't messed up in some way or claimed doesn't work for them. Adding one more belief system or ideology isn't going to make any kind of difference here. Not to me. Not to you. Not to anyone else.

Someone once told me that Qultura was very similar to Taoism and the Tao Te Ching, which may be true - it was never intended to be that way - but see without community and life Qultura is nothing more than a concept. Understand that the Principle doesn't lie in Qultura, whatever you want or believe Qultura to be. The Principle always exists in you and your individual connection to everything. Being is always equal to connection and relationship. You cannot be you without accepting that other people who they are. But see too who you are today is not who you're going to be next year and who you were last week, last month or last year or even 10 years ago.

But see throughout all the changes and the days, weeks, months and years the Principle and your Core Being will always live within you, and maybe the Process is different today than it was yesterday and it is going to be next week, but the Principle and your Core Being is always going to lie somewhere between you the Hungry Ghost and whatever you are and what's happening in your Process.

It's entirely up to you to do as I have done, and take the same desires, choices and actions which you have taken to hurt, harm, and destroy yourself or others and transform them into something which connects you to other people and your natural environment.

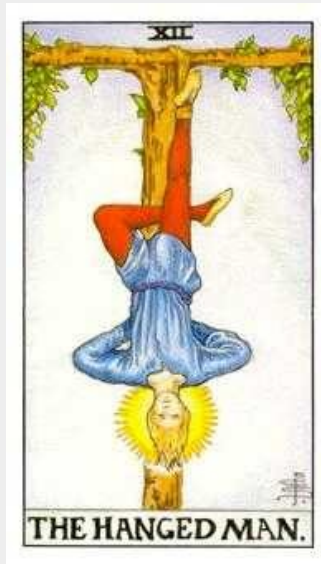
Your reality doesn't always exist within the boundaries of restraint, control, balance, flow, harmony, organization and yin yang. There are times when it gets out of hand, out of control, when it doesn't make any sense to you, when it gets frustrating, tiring, boring, tedious, scary, and just plain stupid. But see the Principle remains, your Core Being is still there, and experience is still experience, even if you didn't wish for it or want it. It doesn't matter what your reality is at any given moment in time, your reality and experience will always show up a possibility or emptiness through which you can always find insight, a connection, a clue, or inspiration.

There's nothing you can go through in life which doesn't find you as the Hungry Ghost with a Principle or Core Being to work with. The Principle and Core Being always live on somewhere deep inside you no matter what and nobody and nothing can ever take these things away from you.

You see such things as truth, love, beauty, courage, intelligence, trust and confidence always manifest from Principle and Core Being and are expressed outwards into the environment. You have a choice, and there are certain powers contained in those choices. But you need to find a way to express all those things deep inside you outwards into the environment and community. It's not going to work if you keep all these things deep inside you and devote your life experience, energies and time to pleasing others, following and watching.

You have to find your rhythm, your flow, your words and your individual expression and style. You have to create your truth which stands alone in a world of lies and illusions. There is no other way out of this predicament.

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.

Ghostly Hunger

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 we come to the end of these chapters on the different forms of karma which make up the karmic process. We also meet our old familiar friend from the defining chapter on the Hungry Ghost. I'm hoping that you remember the story about how everything looks and how everything is in reality.

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 stately 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.

DOES THIS FIT INTO MY MODEL OF HOW THINGS ARE?

In this constant process of judging you sort everything into two categories. The first category is of course acceptable. But what I want to write about is that 'other' category - unacceptable.

- "That's weird."
- "Thanks, I'll check that out later."
- "Very interesting, but it's not for me."
- "That's crazy."
- "I think that's a cult."
- "It's a conspiracy theory."
- "This is mystical nonsense."
- "This is religious bullshit."

Now the issue here is that when you keep doing this you're stifling your flow, cutting off your capacity to change, and you're building up more and more past karma. In other words you're dumbing yourself down. You're developing and building up separateness. You're reinforcing your Ego structure. You're also creating a lot of fear, anxiety and even terror about death simply because death threatens everything, your Ego structure, your model, and your cosmology. If you're doing this a lot in your life then you don't have a clue about death. Trust me.

You see what you're doing is constantly rejecting everything which doesn't fit in with who you thought you were or think you are. You're living in an illusion, believing that the illusion you're clinging to is real, and becoming ever more divorced from reality as it actually is.

This is where I feel to need a statement here, loud and clear.

YOU ARE NOT WHO YOU THINK YOU ARE

What I'm giving you here is a hard truth. If I ask you "Who are you?" and you respond by telling me who you think you are, forget it. You're lying. You are a human being being whatever or whoever you claim to be but that's not really who you are. It's role play. It's all Mickey Mouse. You're claiming to be James Bond when you're in actual fact Roger Moore. Do you see what I'm getting at here?

If this is what you're doing with your life then you're missing the whole point, not just of karma, but also of life. You are no different to the acolytes chained to the feet of The Devil. You're free to leave, and move on, but you refuse to leave and move on because you've got this idea that you've got the whole universe, this planet, society, the world, and people, including yourself all figured out.

Your bullshit will fool some of the people some of the time, but it won't fool everybody. As you get older and older less and less people will accept your bullshit and more and more people will see through it. I want you to go back to The Devil Tarot card and imagine that The Devil is someone like Elon Musk and you're chained to some dark corner of social media posting the same bullshit day in, day out in your little echo chamber fighting the forces of a reality you cannot comprehend. Is this really the kind of future you want?

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.

Ghostly Hunger

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.

The inner light



What I'm going to write about here is the 'inner light' which is Principle and Core Being in the Qultura system. Having just got through the four different flavours of karma which make up Process or karmic process I'm now going to go somewhat 'freestyle' through the remainder of this book to write about some predicaments or situations you may come across in your individual path through life.

So in the system so far we have the Hungry Ghost (or soul if you prefer) which is Zero, and thus the emptiness, space and reality of who we are behind our individual conscious perspective, and we have the Four of karmic process. So now we come back to One, or unity through consciousness. For the purpose of this chapter inner light can refer to divine grace, through which we connect to each other, shine outwards into the world, and illuminate the darkness in our life experiences.

Please keep in mind that my concept of divine grace isn't exclusively religious or even explicitly spiritual. We all need sources of wisdom in our lives, individual people who can get through to us, who we can trust a bit deeper than most other people, people who can guide us, inspire us, but also we need others who can turn to us for guidance, who trust us and have some kind of faith in us, and who can turn to us for insight and inspiration. Not everybody goes to church, hardly anybody has

lived with an elderly sage or mystic as I did, or have a 'guru'. In fact some of the most spiritual people I have come across had incredibly mundane identities but spoke of wisdom that made me stop and think.

What I'm writing about here is something what's known as 'the way of the ancestors' or even 'a counsel of elders'. It's the kind of people who know, they understand, and they understand you well enough to interject and insert a pearl of wisdom that gives you some clarity and some insight which clears the mystical fog, gives you an idea, points you in the right direction or makes things easier or more palatable.

FLOW VERSUS STRUGGLE

There's times in our life when struggle transforms into flow - usually the source is someone else - and divine grace becomes equal to karmic process. You're going through life and for a while everything just comes together and flows. What you do you do gracefully, effortlessly, and everything is in alignment and happenings come through just at the right time, in the right place with the right people. This is when your inner light shines through. It's enjoyable to witness as it probably is to experience.

These are the punctuation points in your individual path through life. We can call them sweet spots or successes. Often it takes time to work through the karma and get everything into alignment, but often what starts such a process or inspires one is the inner light coming out of Principle and Core Being.

Twenty One



I think it's time we take a look at the system we are all born into. I'm giving you another Tarot card to work with. This is the final card of the Major Arcana, numbered 21. The World.

On the card we see a naked woman or hermaphrodite dancing in the sky within a Yoni, an almond shaped wreath. She's not too well wrapped in a purple shawl. In her hands are two wands. Pay attention to the fact that just like The Hanged Man (12) her legs are arranged in the shape of a four (Four).

In the four corners of the card is the 'hayyoth' or the Four Living Creatures symbolizing the four Fixed signs of the zodiac, but symbolizing the Kabbalah and 'Tora' and note that you also find the same 'hayyoth' on The Wheel of Fortune (10). In Christian mysticism these are the Four Witnesses as described in the Book of Revelations.

Now I could give you the Tarot card meaning which suggests completion. However here I'm going to give you the esoteric meaning and that is Natural Law. Therefore The World symbolizes and represents both karma and reincarnation. Thus ends the symbolism.

Oh before I forget, 21 is a magical number as is 84, to which it is related. 84 is the number of the universe and 21 is the number of the world. Note that both these numbers lie either side of 42.

THE SYSTEM

Now I know we think of life in terms of a lifetime, a linear experience, but what I'm asking you to do now is to see life as part of a system, or rather an ecosystem and an entire sequence or vibration of many different incarnations we all have gone through. This system so far has been roughly 40 billion years in the making, in this version only, so the design of which goes way beyond the parameters of a human concept.

We take on an incarnation always from the same place as a Hungry Ghost flowing into a new incarnation. Where we find our incarnation determines our incarnation and our karmic process. Spirit (Akasha, which I've anthropomorphized as a Hungry Ghost) may find life at the point of conception or a point immediately before birth. Sometimes a baby is born with a bit of discomfort and fairly well chilled in the maternity ward. Other times the newborn baby is kicking and screaming as if to yell out "What the fuck are you doing with me? Who are these people? Where the fuck am I?"

The expectant father may be thinking to himself "Has my wife given birth to a faulty burglar alarm?"

So you end up with a new member of the family who can turn out to anywhere between wanting to discuss philosophy with you at age 4 to a kid that's wandering lost through life as if he's an elderly African hermit suddenly and magically teleported to the middle of the New York subway or London Underground's Central Line in the middle of the rush hour.

There are babies that can't seem to figure out life. Awkward kids. These are the last minute incarnates. Imagine a baby born can't figure out its own body, like some lost Hungarian tourist in the middle of Oxford Street where nobody speaks Hungarian

and everyone is going "Coo coo coo!" Hungarian tourist can't even speak because his mouth doesn't work and he doesn't want to be there. He just wants out.

Then you get the other babies who settled into the first month of pregnancy and they're like chilled. They're just sleeping it all off, and as long as they get fed and changed at regular intervals they're cool.

Now this is where I struggle with much of what I understand about rebirth and reincarnation. I struggle with the notion of a consciously chosen rebirth but feel that rebirth is subconscious because our brains are nowhere near enough developed to make conscious choices. My understanding is that the trauma of your death and the level of conscious awareness at the point of death determines the energy and timing of rebirth.

This is like sleep. Some of us are heavy sleepers, and some of us are light sleepers. For example I sleep deeply but I haven't needed an alarm clock to wake up for over 20 years. When I'm awake I'm pretty much awake but I'm aware that some people need more time and energy to become fully conscious. I'm far more convinced that there's a closer relationship between trauma and karma than can be translated into human intellectual terms because there's also an environment and our incarnation into that environment via the womb. (Note I'm just giving my perspective on reincarnation rather than explaining it with any authority).

You see you're going to be reborn God knows where to God knows who and God knows into what environment anywhere on this planet. How you respond to life in each incarnation is determined how quickly you recover consciousness through subconscious memory in the same way as you recover your consciousness after being knocked out or being put under a general anaesthetic. You are of a system and part of the system but you're never equal to the system because if you were why come into rebirth as a human being over and over again?

Please keep in mind here that fundamentally you are spirit going through some evolutionary process relative to this planet and the ecosystem. Where you are born and where you will die in each incarnation is as random as what seed yields a tree, where the seeds from a tree land, and which of these seeds yield another tree. We

humans are a part of a much larger ecosystem on this planet and I'm not convinced that any of us outside of indigenous people seem to have that close a relationship to our natural environment. From my perspective this ecosystem is still a much bigger and far more complex system probably than we humans can fully understand.

You see we are all on a journey either towards unity and equilibrium or towards chaos and further trauma and division (and possible extinction) and we all fit somewhere on this cycle. Maybe you're moving towards further chaos and trauma, more suffering, more trauma, more paranoia, more confusion, more ignorance, more separateness, more acquisition, more physicality, or you're moving towards more consciousness, more unity, more connectedness, more harmony, more equilibrium, more flow, more cohesion.

HOW LONG HAVE YOU BEEN ON YOUR KARMIC PROCESS?

A couple of months ago a scientist, not sure whether it was Neil de Grasse Tyson, or someone else suggested that there have only been around 100 billion human beings in existence from the start of our evolutionary history. From what I remember from Buddhism there's the story that we have gone through at least 100,000 different incarnations. Someone else years ago felt that we humans have all been related to one another and in love with every other human being at least twice in different incarnations.

This is mind expansion because I have about as much idea about the scale and dimensions of existence in human terms as you have, but human life expectancy is short relatively speaking and there is only so much energy on this planet.

So you and me and others have been going through birth after birth after birth going through some process which is a cycle through which you've been working out your karma, as I have, as everyone has.

I will leave you to think about that.

Six



Here I'd like to return to my mystical interpretation of the Book of Genesis. This is based on Six, which is the number representing the Sacred Masculine Principle. To understand the point I'm making I'm taking you back to the Garden of Eden and Adam and Eve.

I'll set the scene by giving you another Tarot card, The Lovers, from the Major Arcana. You have God, the Sun, a mountain, a flaming tree behind a naked Adam, and a fruit tree behind a naked Eve, with the villain of the story, the serpent, wrapped around the Tree of Knowledge, which is for some reason an apple tree. Mmm. Okay.

I'm going to add another level of symbolism because I feel it might help you understand the point I'm making. The story dates back to the oral tradition of Judaism and the Kabbalah. The Tree of Knowledge (behind Eve) is known as the Sefirot, based on Kabbalah numerology.

Six in Kabbalah numerology is Tiferet, or Beauty. It specifically refers to the oral tradition of Judaism and Six is central in the Sefirot as it is in the central position of the Tree of Knowledge, within the central pillar of equilibrium (between severity and mercy) connected with eight Hebrew letters to other numbers. Six is placed

below One (Keter, the Crown) but above 9 (Yesod, or Foundation) and below that 10 (Malkut, Kingdom).

God having created the Garden of Eden and all the universe and the world through the word, told Adam and Eve not to touch the Tree of Knowledge. It was Creation, it was complete, and it was sacred. It was after all God's Creation.

SO WHAT WAS THE ISSUE?

Fundamentally the Sacred Masculine Principle is about sacrifice for love and unity. This is not just about romantic love. Paternity and fatherhood is about making the sacrifices to raise children. It's about making the sacrifices to follow a spiritual journey or process. The Sacred Masculine Principle goes hand in hand with the Sacred Feminine Principle and exists within all of us. Creativity and interaction (empathy)? The Sacred Feminine Principle. Sacrifice and appreciation? The Sacred Masculine Principle.

But the story of Adam and Eve alludes specifically to the Fall of Man and the rise of the Ego, and thus going against God, against Nature, and against Natural Law. As this story originated out of Jewish mysticism God banishing Adam and Eve out of the Garden of Eden is specifically about separateness and the assumption that the Ego and intellect of Mankind alone is greater than or equal to Natural Law and equal to God.

Now keep in mind that there wasn't really a Garden of Eden at all and no male paternal omniscient ruler who actually created the universe. Religion has always been about mystical principles and Natural Law. What the Garden of Eden was really all about was a time when Mankind was part of the system, part of the rich ecosystem of the Earth, living at one with Nature, happy, free, and incarnating and reincarnating completely within the biosphere.

You were not separate at all, because you were not identified with your thinking mind that can only perceive physical existence and physical objects (things). Thinking about existence in terms of things and objects is what immediately makes

you separate, separate from the environment, and separate from other humans. Back in the day you were living intuitively, in the flow of life, in complete harmony and cohesion with Nature, in the Dao of life.

You were living like rivers, and trees, and birds. You see birds don't think 'I'm going to go down stream and what will I find and will it be dangerous in that tree?' Trees don't stand around thinking about how to be a tree or whether they are a good tree or a bad tree. A tree doesn't get pissed off at other trees. When have you ever been attacked by a tree? Have you ever been threatened by a tree? Trees don't think about being trees. They simply are trees.

But see in the Garden of Eden there was a choice that was made, and the choice was made to go against God, to go against Nature, to go against the very system that created Mankind and brought the human species into existence. This was a choice to set yourself to want to know that you know. To want to be separate from the environment and from other species and other human beings. Now here it is important to understand that this is as if God is separating out itself to want to know itself, or in reality the universe and the system wants to separate out form to see if form can perceive and know form.

But see the act of separateness is the act of pushing away and creating division and thus this is the consequence of the choice, the casting out from the Garden of Eden into the separateness and ignorance which arises from the division between Self and Other and also Self and Environment.

This is where one thinks "With my powers of prehensile capabilities my thumb and index finger are much better than the animals. With my huge cerebral cortex I can think better than anything around me. I am equal in power to God, I am equal in power to Nature, equal in power to the universe itself. I shall have power and dominion over everything I can define and label.

You see it was no longer community, no longer a human being like me. The feelings and energies of the trees, the rivers, the birds in the sky, and the fish in the water no longer mattered. Nor were the sensations, unspoken language and insight or inspiration. From that point forward it was my child, my woman, my family, my

Ghostly Hunger

home, my life, my existence, not your child, not your woman, not your home, not your life, not your existence. It was I am better, I deserve better, I can think what I like, and feel what I like. This environment is no longer enough. I can create a better environment.

This led to a new concept of life and human existence which has embedded itself into our language, culture and thinking, and become part of our karmic process incarnation, after incarnation, after incarnation for thousands and thousands of years. Instead of being able to connect physically and meta-physically, sensory and extra-sensory, human existence has become 'thing' based, conceptual, no longer natural.

Out of this we get ghostly hunger.

The cult of Western intellectualism



*Ninety nine Decision Street
Ninety nine ministers meet
To worry, worry super scurry
Call the troops out in a hurry
This is what we've waited for
This is it boys, this is war
The President is on the line
As ninety nine red balloons go by
--Nena, [99 Red Balloons](#)*

Let me give you a real world example of what I'm writing about here. Let's look at a golden child of Mankind - the cult of Western intellectualism. The cult worship of Man's 'powers'. The cult worship of human intellect.

We can put a man on the Moon, but we can't eradicate homelessness. We can successfully develop a nuclear bomb and even detonate it, but we can't understand the root causes of human suffering. The United States has perfected five methods of

execution to kill some of its murderers and even knows the exact dosages for three or four different lethal injection protocols, but cannot provide free at the point of access healthcare for its citizens.

But I think it would be unfair of me to single out a single nation. We talk about 'tackling' climate change, not understanding firstly that climate change is a natural part of the ecosystem in which we live, and secondly that it is we as a species who have forgotten how to live on this planet, and it is not the planet rejecting our culture and threatening human existence. We're not even consciously aware of what we don't understand about our environment, simply because we are unable to connect to it in any other way than to think about this planet as a concept.

I mean, come on, let's be real here. Most of us cannot even understand much about human existence outside our fixed, rigid intellectual concept of society and how it should work. Many of us even quite openly describe other human beings as aliens as if they've arrived here from another planet. We separate the entire animal kingdom into four simplistic categories; food, pets, pests and wild.

The shaman and medicine man in Western culture is the university educated intellectual. We look to experts, studies, thinktanks, focus groups, surveys, not understanding that as an example an expert on New York is on the level of some dude with a Manhattan telephone directory and the ability to look things up.

This is where we're at generally as a species. We don't need to know or understand that much these days because we can go online and Google everything.

You see in all of this we've forgotten how to be human beings. We've forgotten who we really are as a species. We've forgotten our ancestry. We've lost almost completely the harmony of which we are naturally part. We have almost completely forgot the fact that wise are the men and women who are completely in tune with the planet and universe such as the sages and shamen in indigenous communities in Asia, Africa and South America. I'm writing about peoples who've never seen a computer or smartphone in their entire life. These are people who never have to think about the universe or this planet because they are an integral part of the planet and the universe.

You see we would go out and sit with a tree or a river and feel a primordial pull and experience of oneness with the oceans, the sea, the mountains, the forest. It's not quite the same as gazing at the Amazon rainforest on Google Earth, is it?

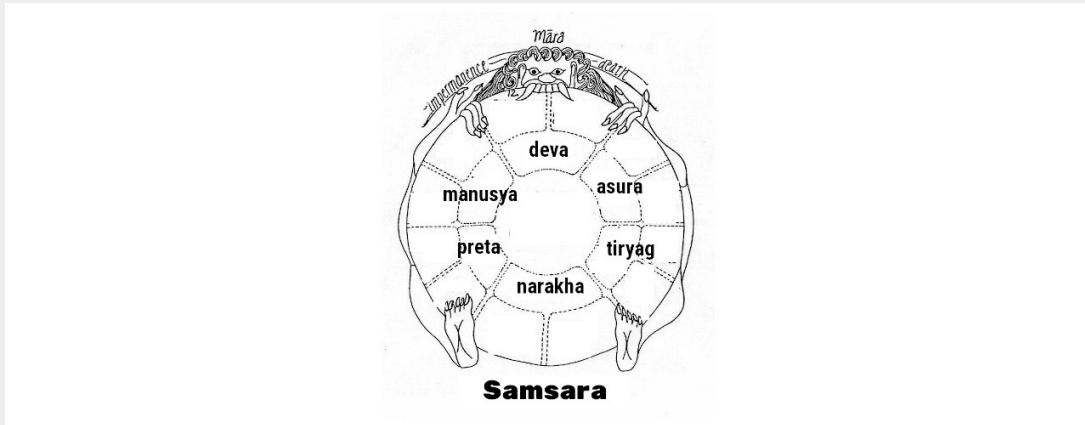
This is where you get the moments of transcendent experience, mystical experiences, and to be able to place your hand on the trunk of a tree and to interact with it and 'feel' the tree experiencing the exact same physical intimacy as you can with another human being. Do you understand the sense of calm and cohesion that you can get just from placing your back against the trunk of a tree and can you accept that this sensation can be felt like a gentle massage? Or is this too much for you to be able to envisage or imagine?

I remember reading some time ago in the New York Times an interesting article about mysticism and the mystical experience. The article claimed that two fifths of Americans had undergone a mystical experience. I cannot remember how many of these mystical experiences were NDEs (Near Death Experiences) or chemically induced (psychedelic drugs) but it was clear that over 60 million Americans had had a mystical experience.

I remember clearly the final statistic in that out of these 60 million Americans going through a mystical experience some 86% stated that they never wanted to go through another mystical experience. Some claimed that "it was the greatest experience of my life but I never want to go through it again." I completely understand why - because it upset the apple cart. Probably took many way way way out of their comfort zone. It threatened the security of the separateness.

But see this is where most people are at. People are pushing away their ancestry and heritage, and with it a great deal of their humanity, and whenever we come out of our harmony and cohesion with others we go straight back into our physical forms and neat little role play scenarios and go right back into our desire systems.

Samsara



So far I've written about separateness only in relationship with desires such as greed and selfishness and how when it's relative to both separateness can transform either greed or selfishness into powerfully destructive social forces or energies. However we still have to cover separateness in relationship to both karma and reincarnation.

Therefore we're going to look at the Buddhist 'Wheel of Life', or samsara. It's fairly simple and straightforward as it is based on six states of being known as realms of existence or simply realms. Going round this wheel clockwise starting at the top we have:

Deva

Deva is essentially Buddhist heaven, it's the realms of the gods and a place of peace, happiness, love and all the good stuff.

Asura

Asura is the realm of demons and demi-gods, a place of wrath, anger and forceful energies, such as in nature storms, tornados, hurricanes, gales and so on.

Tiryag

Tiryag is the animal realm, dumb, practical and non human.

Narakha

Narakha is Buddhist hell, a place of tortured souls, misery and suffering.

Preta

Preta is the realm of 'becoming', full of emerging, recovering souls plagued by frustrations with enormous desires which cannot ever be fully satiated. This is known as the Hungry Ghost realm.

Manusya

Manusya is the real of human beings and a state of complete equanimity. This is the only realm from which perfect enlightenment can be achieved. Perfect enlightenment places you either in the centre or off the wheel based on your perspective.

Preta is where I got the original inspiration for this book and the concept of the Hungry Ghost. I did consider originally giving this book the title of Preta but felt that many people would think this book is about sandwiches, which as you know it isn't. This ties in with my individual take on reincarnation and karma, but more a little later.

Okay so back to Buddhist samsara.... The Buddhist concept of samsara is based on endless cycles of death, rebirth, birth and life where you go round and round the wheel in different incarnations, passing through all six realms. This is until you are reborn as a human and decide to turn to Buddhism, do some meditation in subsequent incarnations, and eventually achieve perfect enlightenment and no longer need to go through reincarnation.

This means that fundamentally Buddhists are trying to get out of meditation because there's a sense, in traditional Buddhism, that this world is hell. But from my individual perspective Mahayana Buddhism is incredibly nihilistic and much of

what it is about is incredibly miserable. I rarely if ever write about Zen because from my perspective it's an incredibly boring mind fuck. But see coming from a former Theravada perspective I'm probably being unfair and prejudicial. Zen might be fine, this is my karma I still have to work through.

However if you stop and think about samsara, and understand what reincarnation really is all about, samsara can apply just as much to individual days in your life process as it can to a complete incarnation. Some days you will wake up and it's a 'deva' kind of day. Other days you might be all 'asura'. Some days will be 'preta' and some days will be pure 'narakha'.

MY TAKE ON REINCARNATION AND KARMA

Now my individual take on samsara or reincarnation and karma is based on the notion that Preta or the Hungry Ghost state of being is always what we all pass through between death and birth. Therefore this Hungry Ghost state is ultimate reality, who we really are and this reality never ever changes throughout all our different incarnations. We start out as spirit, remain spirit, and our spirit survives death being equal to consciousness which is environmental and what brings us back into life just as it is consciousness which wakes us up in the morning and starts off a karmic process which arises out of memory.

This means that I'm looking at samsara as a simple human interpretation of a complete system of existence which takes in all five dimensions of life, spirit, space, consciousness, and energy. This we understand to be the universe.

Now if you take a step back and try to look at samsara, reincarnation and karma you should find, that just like Nature, this is part of a bigger system to evenly distribute life in various forms throughout the planetary ecosystem and biosphere. A human being is not any more or less important than a tree, a fish, a plant, an animal, the leaf on a tree, the falling of a seed, or the growth of a rain forest. Or bacteria.

Physical existence is fundamental to life on this planet simply because primarily our physical existence is part of a predominantly physical ecosystem and biosphere.

Much of what living on this planet is all about is perception of consciousness and outward physical expression of desires which promote interaction and connection to environment on many different levels of physical existence but primarily organic, chemical, based on movement, sensation and experience.

The basis of all physical existence is memory and desire. By memory I'm not just referring to an aspect of mind and thinking, but memory in the form of biological matter. Human evolutionary memory - karmic bonds - are part of wider evolutionary biological memory going back some 3.9 billion years to water and single cell organisms. The meta-physical aspect of memory is the Akashic record, which passes from physical memory through consciousness. This is how you can remember your childhood through the constant changing pattern of your physical existence. This I feel is far more a feature of our ecosystem rather than human psychic power.

Sufferer's culture



*As the snow flies
On a cold and gray Chicago morn
And a poor little baby child is born
In the Ghetto
And his Momma cries
'Cause if there's one thing that she don't need
It's another hungry mouth to feed
In the Ghetto
People don't you understand?
The child needs a helping hand
He'll grow to be
An angry young man someday
Take a look at you and me
Are we too blind to see?
Or do we simply turn our heads
And look the other way?
--Elvis Presley, ['In the Ghetto'](#)*

Michael Perry was born April 9 1982 in Harris County, Texas. His teenage mother, a serious drug addict, gave him up for adoption at birth. Placed in the adoption system in Texas he found adoptive parents who were caring but Michael was a difficult child. He attended a counselling course in the Everglades, Florida. But soon after Michael dropped out of school and began stealing from his adoptive parents.

So he was sent to various reform schools and therapy programs, all of which failed.

In 1st grade Michael was diagnosed with attention deficit hyperactivity disorder. In 7th grade he was diagnosed with oppositional defiant disorder. In 8th grade he was diagnosed with conduct disorder. He was admitted to a psychiatric hospital twice. He did not qualify for special education classes in primary school.

In middle school Michael became a truant. he left home and returned whenever he felt like it. he stole his adoptive mother's jewellery and tried to sell it. He stole the family van and tried to sell that. He burglarized a neighbour's home. Throughout this time he was counselled by different psychologists and psychiatrists.

In 1997 when he was 15 years old he was sent to Boys Town, a reform school founded by Edward J Flanagan in Nebraska. Three months later he threatened an official there. After threatening to kill the official Michael was sent to a locked facility for four months. He did not meet requirements for mental health treatment at the facility.

His adoptive parents sent him to a private residential treatment program in Mexico, but Michael dropped out at 18. He became addicted to prescription drugs and stole pills to feed his habit, returning to Texas. His adoptive parents offered him a room if he could get a job. Michael didn't respond and continued drug dealing and stealing pills to make money.

On October 24, 2001 Michael Perry and his friend Jason Burkett decided they needed new cars and decided to steal two cars from Sandra Stotler and her two sons, one who was Adam Stotler, who Michael Perry knew. The cars in question were a Toyota Camaro and Isuzu Rodeo. Armed with a shotgun Michael Perry sneaked into the victim's home, shot the mother Sandra Stotler, Burkett wrapped the body in a sheet

and loaded it into a truck. They got the Camaro and then returned for the second car, driven by son Adam Stotler. They lured Stotler and his friend Jeremy Richardson into some nearby woods claiming that Sandra Stotler was shot and needed help. Burkett shot Richardson with the shotgun and then shot Adam Stotler three times.

They were arrested October 27 from a traffic violation while they were driving the Toyota Camaro. Under interrogation Perry confessed to the murders.

To simplify the cases against them Michael Perry and Jason Burkett were tried on one count of capital murder only. Burkett had an equally troubled background as Perry.

In February 2003 despite extensive testimony about his life Michael Perry was sentenced to death.

In October 2003 Jason Burkett went on trial. He was found guilty of capital murder. During the second punishment phase of the trial psychologists and family members testified about his dysfunctional background and abusive childhood. Delbert Burkett, Jason's father and a Texas prisoner was brought in to testify. Burkett escaped a death sentence by two votes and received life imprisonment with the possibility of parole after 40 years.

While on Texas Death Row Michael Perry maintained his innocence and unsuccessfully launched an appeal to commute his sentence to life imprisonment for incompetence and mental health issues. He was executed by lethal injection July 1 2010 and died in tears after speaking about the death of his adoptive father who died several months previously.

SEPARATENESS AND KARMA

Michael Perry is an example of what we can only describe as human pathology, an ugly term to describe people whose lives are so defined by trauma and suffering that they never seem to catch a break in life. His case isn't that unique not just in the United States but throughout the West. He is however a fairly extreme case in the

fact that he participated in a murder and robbery in a US state where the stock standard response is to incarcerate and then execute as if this approach achieves anything of any benefit to anyone at all in society. However it doesn't change the fact that Michael Perry was an example of an American citizen who American society just could not deal with in any meaningful or significant way even during his childhood.

Indeed there was a sequence throughout his life running right from childhood where he was either denied or refused help or mental health treatment because he either didn't meet the requirements of a program or didn't fit the labels, or didn't tick enough checkboxes. So what you are left with is a tragic tale of human pathology, human separateness, and a strict, dogmatic cult-like adherence to Western intellectual models and societal labels with nothing and nobody meeting at any point on any common ground.

People like Michael Perry are just the sharp edge of the wedge. There are many, many, many more such people, most of who have no criminal records, but who struggle with addictions, mental health issues, unresolved trauma from past abusive relationships, suicide ideation, intellectual disability, being neurodivergent, and so on who on the whole are valuable human beings just like you and me and everyone else. But they have an issue, or carry a label, they don't fit in with the intellectual models and labels, their reality lies outside textbook examples, casebook studies, and nobody with any sort of qualification or clinical background or experience can deal with them. Either because their needs are too complex to justify spending limited resources on or there is no provision or access to any kind of support system to offer them help and support.

Unlike in other countries and cultures such as Egypt and North Africa, where mental health support is integrated and multi-dimensional, taking in the clinical, the mystical, and recognized faith based components from mosques, our approach in the West is strictly intellectual, rational, and still more than a century later based on Freud and Jung, the gods of Western psychology. This approach fails at the first hurdle because you simply cannot rationalize a mental health issue such as depression, a psychosis or PTSD. Then you have obesity which is another major

health issue which most people, including many doctors, just cannot fathom or comprehend.

But see separateness promotes trauma because fundamentally separateness is reinforcement of division and further separateness. This is what makes separateness together with any such desire - which is a directed or projected flow of energy, and therefore karma - potentially destructive and potentially lethal. As we saw some chapters ago with the example of The Devil card from the Tarot greed and selfishness are not in themselves the issue. Greed and selfishness are just variations of desire. See when you fall madly in love with someone, you're exhibiting greed and selfishness. You want to be with them all the time. You need their love and attention all the time. You need reaffirmation of their attention and desire for you and to be with you all the time. You cannot stop thinking about it easily when it happens.

But it's the separateness which twists everything round 180 degrees and turns desire into social forces which are often predatory, harmful, toxic, destructive, and potentially lethal. What makes the Michael Perry story so interesting and so stand out is that you get separateness and its effects at every single stage of his life from birth to death and you can clearly see the escalation in karma throughout.

Perry's biological mother was a teenage amphetamine addict. I didn't get into amphetamine until my late 20's. If I remember correctly she already had two or three other kids, one of who was older and left to look after the younger kids. I will leave you to speculate what kind of childhood she had growing up if as a teenage woman you can end up with three or four kids. So right off the bat Perry developed a sense of alienation and isolation probably even before he was born.

Then you have the whole issue with Perry's adoption. Separateness again. The Michael Perry case was well documented both in terms of legal documents and media documentaries. His adoptive parents were not poor, nor do I believe that there was any shortage of love. To their credit they gave Michael chance after chance after chance after chance. But it wasn't enough because you could figure out the escalation of desire arising out of trauma and the sense of separateness arising out of alienation and no doubt a profound sense of inner isolation. There was no isolation in Michael's social environment. That sense or sensation must arise from

somewhere because it is still energy, it is a definite sensation and experience, which for me can only arise out of memory and the infinite interior depth of spirit.

Now please keep in mind here that I've spent years in the past involved in the capital punishment system in the US. I did research for defense attorneys, I contributed to clemency reports, I did shamanistic and ministering work for a few Death Row prisoners such as Russell Bucklew in Missouri, and I was part of the movement which led to the abolishment of electrocution as a sole method of execution in Georgia, Florida and Alabama. Capital punishment is the ultimate act of separateness between state and citizen. Much of my ministering work directly to Death Row prisoners was to highlight the fact that trauma and suffering can be a platform and legitimate motivation towards a spiritual process. This was pure karma work and lightworking. I could not prevent the execution from taking place. I couldn't even visit the condemned inmate. But see you can do major spiritual work without any prison visit.

You see part of the issue when it comes to capital punishment is that the entire emphasis is on seeking a sense of justice for the victims. In Perry's case it was the Stotler family. But what nobody thinks about are the other victims of Michael Perry's actions, both direct and indirect. From my perspective his adoptive parents were also Perry's victims though it wasn't intentional. From what I know of Perry's case, Perry was simply responding to his environment from out of his karmic process. If separateness is your environment and how other people treat you, then obviously expressing your desires in more normal, socially appropriate ways probably won't work.

So if expressing your desire through empathy and a desire to connect doesn't work, you either have to let go of the attachment and the desire or modify it, but that requires conscious insight and awareness, creativity and further connection. But if you are not that consciously aware to perceive that different level of reality then all you have to work with is that desire and the other other option available to you is expressing the desire through forceful means. So you get caught up in separateness and division.

So you see how unfulfilled desires can become affected by separateness and turn into socially inappropriate desires such as the greed and selfishness we witness every day through crime. Crime is simply creativity and desire defined by separateness. So Michael started out by stealing his adoptive mother's jewellery and this escalated to vehicles. Looking at Michael Perry's childhood you could see the desire for violence and force, you could see the desire to take property and steal. Looking at Michael Perry's childhood you could see that there was a high likelihood he would end up on Death Row, even decades before he knew the Stotler family.

You see this is another important aspect of desire and the ability to change and modify a desire. You need a learning process and intelligence. Academic intelligence, intellectualism, which is memory based, is based far more on attachment than a learning process. For a proper learning process you need conscious awareness, insight and discipline. Memory in itself has no learning capability. It can only remember and recall. It's karma, it's cyclical, it's learning from trial and error. Learning and intelligence needs consciousness because unlike memory which is constant, consciousness is expansive and infinite. The more consciousness you use, the more consciousness you end up accessible to you to use and from that the more accessible memory you are able to use. This is the basic principle of mind expansion.

But when you base your entire thinking process on one level of reality, i.e. the psychological level of reality, Level 2, and you're working from a fixed, rigid worldview and perspective, say up a level to Level 3, you cannot evolve, you cannot develop, you cannot grow, you cannot create truth, you cannot connect to other people, you cannot even perceive reality because you're so busy creating your own individual version of conceptual reality and constantly measuring your environment and other people by that yardstick.

This is probably why none of the professionals, psychologists, psychiatrists, experts, and others were not able to connect to Michael Perry throughout his short (28 year) life. The way I see this while it was Michael Perry and Jason Burkett who murdered both Richardson and the Stotler family, mother and son, it was the State failure to effectively intervene and prevent crime from happening in any meaningful way which contributed to the deaths of these three people.

Ghostly Hunger

Harsh? Maybe for some. But not for me. Karma is also about perception. If you can perceive something, see something, hear something, hear of something, and understand what you are perceiving on any level, then it is your karma. You cannot pick and choose when you're a member of society and when you're not. You are a member of society and a part of the social system all the time. Your relationship to your society is in most cases a karmic bond.

Us and them



*Down, and out
It can't be helped
But there's a lot of it about
With, without
And who'd deny
It's what the fighting's all about?
Out of the way, it's a busy day
I've got things on my mind
For want of the price of tea and a slice
The old man died
--Pink Floyd, ['Us and Them'](#)*

You might have noticed in the last chapter when we looked at karma and reincarnation through going through the life of convicted American murderer Michael Perry that I didn't write anything about justice. There was a reason for this.

Michael Perry was executed by lethal injection in Texas July 1st 2010. There was no justice, and this is because there is never any justice when it comes to capital punishment - never was, never is, and never will be.

You see when Michael Perry shot Sandra Stotler with a shotgun to steal two cars he placed Ms. Stotler into his 'them' category, ending her life to obtain the cars. This was a fully conscious, premeditated decision. As a consequence Ms. Stotler lost her life, and the Stotler family lost a mother. Eleven, the mystical principle of equanimity and justice, is just as clear as a mystical principle as any other.

No act of premeditated murder ever ends with just a corpse or dead body. There is usually also a family and even if there isn't, there is also a community. There are friends. There are loved ones. Therefore in murdering Sandra Stotler, Perry also placed the entire Stotler family into his personal 'them' category. From that point forward, no matter what happened to Perry, Perry and the Stotler family lived in different states of reality.

Nothing changes that karmic bond created not even Perry getting executed. It does not change the fact that Sandra Stotler is dead and the Stotler family is bereaved. The execution of Michael Perry did not restore any justice or equanimity. It only reinforced the separateness behind Michael Perry's choice. That is the truth which everyone has to deal with.

SEPARATENESS CANNOT COEXIST WITH EQUANIMITY AND JUSTICE

I hope I'm making it very clear to you where I stand and where I am coming from. You see if you steal something from me you are placing me into your personal 'them' category. In order to justify having that what I have, but what you want, I have to live in your 'them' category, outside of your community, your society, your reality. There is no longer any 'us' because I'm not part of your society or community. I am 'them' from your perspective and remain an outsider in your life.

You see you never steal from 'us' do you? You only steal from 'them'.

But see this 'us' and 'them' thinking goes way beyond the criminal justice system, doesn't it? In most cases, and you might be one of these cases, your 'us' category only goes as far as your partner, your family, your children, your friends, and anyone else who you're getting something out of. Everyone else is 'them' and this is how our society works on the whole.

You're nervous to go out past your front door. You've got double locks, maybe a security camera or burglar alarm, you keep checking where stuff is, you keep stuff hidden, because 'them' is everywhere.

You see almost everybody is them. The people walking down the street is them. The bus drivers are them. Staff in shops are them. Your work colleagues are them. Your neighbours are them. You can be friends with 'them' but don't get too close. Pay attention to them because you never know. You can't be too careful these days, can you?

DIFFERENCE IS IDENTITY, IDENTITY IS DIFFERENCE

You see the more you become attached to your physical form and identity, the more you get sucked into your separateness. The more you get sucked into your separateness, the more boundaries and divisions you need to keep creating to protect your separateness and also emphasize your identity and difference from others who you identify as them or other.

The Ego is an incredibly powerful aspect of your being, simply because it's made up of the most powerful aspects of physical existence - words, language, beliefs, cultural awareness, memory, thoughts, and everything else which is physical about you, all backed up by Principle and Core Being, or individual conscious perspective. Direct karma, the kind of karma you create with nothing more than thought, can be just as powerful as past karma.

What makes the Ego so powerful is that it's essentially what connects spirit to physical form. People talk about 'the Other Side' or the spiritual world and there's no shortage of people who, over the years, have claimed that I am extremely psychic. I'm not. A major aspect of my shamanistic work, the basis of my spiritual process and journey, is to make people aware that they have the exact same special powers or spiritual powers as I possess, if only they learn to embrace them and learn about them. There's is no 'Other Side'. There is only existence. The 'Other Side' is just an aspect of separateness. It's an illusion like all the other illusions we create to justify physical identity.

The problems with Ego all begin when we confuse awareness with belief. This usually happens fairly early in childhood. Small kids attach an incredible amount of weight to words, and so too do their parents. "Mummy, Mummy! John called me an idiot and I'm not an idiot!" But see as kids we all have had to deal with external authority and societal expectations, parents, teachers, and so on. So usually by the ages of seven and eight as kids we figure out what works and what doesn't when it comes to the adults in our personal 'us' category. This becomes the basis for our Ego. There's a baseline and as we get older and develop a worldview and individual cosmology, and what we think or believe the world and the universe to be, we develop a yardstick for measuring reality, the world, and society in general.

We have both our inner world and our strategy for dealing with everything else. We have our own little secret societies made up from 'us' people and 'other people' or 'them' out there in wider society or the world at large. Our inner world and secret society becomes our comfort zone, that part of society and the world which always works out a certain way, where our Ego is accepted generally among the other members of this inner world, and we extrapolate from this inner world and our version of society to try to make sense of everything else.

This is how separateness gets baked into our mindset. So in believing that all this is somehow real and reality, we end up having to protect our Ego structure and identity, and our inner world by pushing away everything else and creating all kinds of beliefs, standards, moral principles, rules, boundaries, and conditions. From these beliefs and stuff we create certain expectations of both ourselves and other people.

Ah but you see, nothing is free in life and everything comes with a certain karma, a certain cost and a certain price to pay for the Ego you've created for yourself, your comfort zone, and your version of the world and society. Beliefs all require participation to exist, as do illusions, and the Ego you've created needs work, hard work and effort to maintain all those differences, boundaries, your identity structure and so on. You have to keep reminding yourself "This is who I am! This is me!" by telling yourself the same stories over and over and over again just to keep the world at bay and your own little secret society going.

You cannot have your little 'us' community and 'we' people without having some outsiders to define all this, or 'them', or strangers, or other people. There is no other way but to create a huge mindnet or personal matrix which forms part of the Social Contract The Social Contract has but one rule - "I will make believe that you are who you think you are and claim to be, if you will also make believe that I am who I think I am and claim to be."

But see this is where you get stuck and caught in a trap. To maintain your Ego you need a physical identity. You need a stereotype and model to work from and build off, so you have to make all kinds of changes and modifications to your physical appearance. You have to cut and style your hair a certain way, maintain it, wear certain clothes, maintain certain beliefs, display a certain level of cultural awareness, have certain possessions, certain qualifications, certain experiences, certain relationships, and maintain certain expectations of yourself and others to keep all this going.

The basis of separateness is always Two, and the price or cost of separateness always manifests as conflict and fear. Out of all this conflict and fear you get all the paranoia, anxiety, insecurity, deception, illusions, disappointments, frustrations, disagreements, misunderstandings, misconceptions, assumptions, doubts and confusion. It's all karma. It's all process.

So you end up sooner or later getting trapped or caught up in your own thinking and karmic process. This is a particular issue in a society such as any Western society which can be seen as a cult society based on the cult of Western intellectualism where what you think is who you are. But see herein lies the deception, because

existence always goes hand in hand with non-existence. This means that you are what you think you are, but see it's also true that you are not who you think you are. Just because you believe that the real you is your Ego and your sense of identity and notion or sense of Self, it can never ever exorcise the Hungry Ghost that really is you and which you need to keep pushing away and running away from to maintain the illusion that your Ego is who you really are.

This is what most people have a really hard time accepting and coming to terms with. The 'me' in you is also the 'them' in you. This is the source of the internal conflict which is created out of Ego that always exists inside you. You need the One, we all do, I do, everyone does, but see the reality of who you are is always Two and Zero. Now we can dress it up with fancy terms such as the Dark Side, the Worst Enemy, and call it faults, failures, mistakes, and what not, but it's always that internal conflict within you and the basis of choice and karma.

No matter how hard you work to make your Ego real, no matter how hard you try, no matter how much you keep the illusions going, and no matter how many times you lie to yourself and others and pretend that your Ego is really real and really who you are, the 'them' out there in society will connect with the 'them' in you and show you up to be also that what you claim not to be. To the degree that you claim that 'them' is not you, but 'me' is really who you are, you are in denial. You're not just in denial of what's reality out there in society, you're also in denial of what's reality also deep inside you.

You can try to square the circle all you like, but the circle will always be a circle.

This is why you cannot change either yourself or society, because it's the 'them' in both cases which you have used all along to define the 'me' in you. Part of the issue is that in wanting to be better than you think you are, which is the basis of self-improvement and also to some degree self-love, both of which are illusions, you want the 'them' to be 'me' but you cannot make 'them' 'me' because you need a point of reference. Throughout your life you've been rejecting and pushing away 'them' to define 'me', and because you don't understand 'them' you won't be able to determine when 'them' becomes 'me' because difference is identity, and identity is difference.

Furthermore it's also important to understand and recognize the fact that you didn't get a choice whether or not to develop your Ego and believe it to be real. You did so under authority from others as part of a process of socialization, social, mental, emotional and psychological programming, labelling, fear motivation, threats, coercion, deception, lies, and exploitation. You have been constantly told by others who you are, what you are, what you need to think, what you need to believe, what you should be, what you should do, and what you should have.

You are also dependent on not only having an Ego, but also on others believing that your Ego is really you. You need an Ego to hold down a job or keep your position at work or in an organization. You need an Ego and an identity to deal with organizations, corporations, businesses, government departments, the local council, and so on. All too often you need an Ego to get to know people, make friends, and even to find a partner for a relationship. You cannot not have an Ego, simply because you would end up very quickly as toast in society.

*Black, and blue
And who knows which is which
And who is who?
Up, and down
And in the end
It's only round and round, and round*

*Haven't you heard
It's a battle of words
And most of them are lies
'Listen son'
Said the man with the gun
'There's room for you inside'
--Pink Floyd, ['Us and Them'](#)*

So the karma builds up over and over and over again out of the separateness and taking over your entire Process (the karmic process). You reach a point where you

don't know what's real and what isn't. You're never completely sure who's telling you the truth and who isn't. Often you don't know what's right and what's wrong, because you know in trying to be right it often turns out that you were wrong. Most people out there get confused as to what is really real and what is only relatively real. Many people identify themselves completely with their physical identity and Ego, man, woman, male, female, non-binary, trans, gay, straight, bisexual, demisexual, pansexual, American, Brit, French, professional, someone with a disability, able-bodied, normal, artistic, creative, spiritual, Christian, Muslim, Hindu, Jew, social worker, bus driver, manager, capitalist, socialist, and so on and so on, and so forth.

You wake up each morning and it's the same old thing and you have to keep the pretence, role play, illusion and image going, don't you? It's not always obvious to some people who you are and what you do in life. Think about the amount of time you spend in your life explaining to others who you are, what you do in life, what you are doing now, what you want to do, what you have done, what you intend to do, how you intend to do something, why you are not someone, why you haven't done something, why you don't do something, why you don't think that doing something a certain way will work.

But see also, if truth be told, half the time you're not even sure what you're doing or meant to be doing, or whether you're doing something the right way. You're not sure if that what you're doing is going to work out. Have you done the right thing? Have you made the right decisions? Have you done enough? Have you done too much? Are you going to get everything done in time? Have you run out of time? Can you afford to do what you want to do? Where is the money going to come from? How much is it going to cost? Can it be done cheaper? Is there a better way to do this?

Think about all the time and energy you spend doing whatever it is you do. Does it always get appreciated? How many times in your life have you been doing something and it's not really something you want to do, but feel you have to do, and you're not sure that it's going to be appreciated, or recognized, or even acknowledged? How many times have you felt that you've been taken advantage of? How many times have you felt that you've been taken for granted? How many times

have you been unfairly criticized? How many times have you been blamed for something that wasn't your fault? How many things are you doing right now because you're afraid of how you're going to be perceived by others or what other people's opinion of you is?

You see, this is the one big advantage the poor and the outsiders (all those 'them' people to many of you out there) have over the better off among you. Something somewhere has happened to them in their lives and this Grand Conspiracy and real life version of the board game Monopoly has been shown up for what it is, a grand conspiracy and illusion, a fake arbitrary system which works for some people but doesn't for others. They know that if you jump through the hoops and work hard to do the right thing it can still all turn out to be for nothing. After a few times of getting your arse handed back to you on a plate, or having your life messed up, the message sinks in and reality starts to dawn. See once you've seen the cold hard light of truth it's extremely difficult and often impossible to go back to believing that the lies are real.

This is where we get to a very real and fundamental issue with society in places such as the UK and the United States and in many other places in the West and elsewhere. All these 'us' and 'them' categories create often insurmountable barriers and gulfs of emptiness which are difficult and often impossible to cross. Those who are better off believe they are better off because they're done better than the people who haven't (from their perspective) and maybe, just maybe, just one more choice or stroke of luck can move them up the social hierarchy so they're among those who are perceived as being better off than them. They just have to pay that little bit more attention, make that little bit more effort, put in that little bit more hard work. Those who are better off often cannot see just how deeply they're invested in a system that's designed to use them and exploit them at every available opportunity.

But see this is exactly how the socio-economic system has been designed, especially today, where the poor people, the 'less successful' people, the marginalized, stigmatized, excluded, dispossessed and dis-enfranchized are used as a fairly powerful means of fear motivation to keep the rest of society hard at work with their noses to the grindstone, constantly running in their own little hamster wheel of

living existence, chasing all the many different illusions - permanence, continuity, cause and effect, upward social mobility, and so on and so forth. This all started back in school with marks, grades, tests, assessments, percentages, grades A to F, pass and fail, and it works because no child in school wants to be seen as below average or failing. This is how kids learn to be competitive and this develops as a fundamental part of the Ego structure and karmic process.

But see it's also important to remember that all this maintenance of boundaries, defending your separateness, trying to keep your own individual Ego trip going, and your own little world and mini-society, it's costing you in terms of energy, life force, heartbeats and time. You know? the really important stuff your life is made up of. Every day you wake up it's the same deal. Every day you wake up there's those little voices in your head coming from the Hungry Ghost within you. Often it's also every day you wake up to have to deal with the fact that you're on the wrong path and it just doesn't sit right with you. You know you have to keep it going, and even though you know it could be different and perhaps should be different, but you just don't know how. Or what?

This is what takes away the enjoyment of your little comfort zone and Ego. Sure your Ego gives you that sense of achievement and accomplishment, but you pay for that with the conflicts, anxiety, and suffering which is coming out of separateness. You cannot maintain an Ego and keep it going without suffering, without your karmic process being punctuated by trauma, and without having to deal with and face fear on the daily. Nothing is free in life, and most of all you are not free either. You're imprisoned by your own Ego and believing that it's all somehow real when it isn't.

Sweet spots



*I said dreamer
You're nothing but a dreamer
But can you put your hands in your head?
Oh no
I said "Far out!"
What a day, a year, a life it is
You know
Well you know you had it coming to you
Now there's not a lot I can do
--Supertramp, ['Dreamer'](#)*

You see you can turn round to me and state that your life isn't all about suffering and misery. You have your achievements. You have your accomplishments. You have had your highs, your enjoyable moments, your high spots, your periods of success, and all the other experiences you've had which can all be called sweet spots.

Okay. Agreed. I'm sure you've had more than your fair share of fun and games. Your times of happiness, joy, elation, and so on and so forth. But it doesn't change the fact that life in terms of physical existence is based on cycles, waves, highs and lows, and going up and down and round and round.

It's all still one and the same thing. It's all still reincarnation and karma.

But see there comes a time in your life when you realize that the ups always comes with the downs, and for every high in your life there's a low. How many times have you got yourself into something good, enjoyable, fun, and pleasurable only to reach the point where you say "Is that it?" Or you say "Is that all there is?" Or you even reach a point where you ask "What happened? Is it over?"

There also comes a point in life when you realize that desire alone isn't enough to get you where you feel you need to be and the sweet spots aren't enough to sustain happiness. You know that no matter what the sweet spot or the gratification is that you're seeking looking out there into the world and seeing what's available, it's not going to give you enough and it's also not going to stretch far enough to take you past the emptiness, the lows, the misery and the suffering.

You've forgotten where you came from. You've forgotten what it feels like deep inside when you're fully connected and engaged with the world, with the universe, and living in complete harmony and cohesion with everything around you. You've completely forgotten the sense of One and unity with everything else in existence and that awareness where your life just flows effortlessly. You've forgotten what it feels like to be one and the same with the Dao and the flow of nature.

You don't know anything about that stuff. It's all mystical nonsense. It's not practical. It's got nothing to with living in the Real World. It's all other-worldly bullshit.

But see it's you who's thinking "If I only had a new job, a new home, a new car, a new smartphone, a new whatever else.." I don't think that way. It's you who's still caught up in the illusion because it's often all you have to go on. There is nothing else because you simply don't have that awareness or understanding. It's beyond you.

You see, you could buy that new car or go off somewhere on a trip. Say you go somewhere on the coast or out in the country. You're out there alone with nature. It's like the first day of Spring. You're out there with your companions, your family, your friends, and you go out onto the beach, or into the forest, or out into the hills. You hear the birds. You see the flowers. You feel the soft sand of the beach beneath your feet. You see the sea, you smell it. You feel the sea water washing around your ankles and you feel somehow connected to the sea, the ocean.

Or you're in the middle of the forest among the trees. You hear the breeze rustling the leaves, You hear the calls and the birdsong. There's the blue sky and the clouds. The sun is shining. You feel it's warmth.

Then there's the wine, and the cheese, and the food, the beer, the conversations, the laughter, the jokes, and it all comes together. It's all there. We can all live out the fantasy and live the dream. Fantasy after fantasy. Dream after dream.

This is no different to being down at the pub with your friends. The smell of the beer. The wine. The food. The decor. The conversations. The chance to catch up. That sensation and the gentle buzz of the alcohol running through your veins. You're chilled. Everyone's chilled.

For some people it's also the rituals of smoking weed. You know? Setting up the bong. Skinning up. Carefully crafting the joint, laying out the cigarette paper. Crushing a cigarette for the tobacco. Putting the weed or crumbling the hash on top. Rolling it up. Twisting the end. Lighting it up. Taking a draw. Passing the joint to someone else. Feeling the buzz.

It's pretty much the same deal, just with considerably more intensity, when it comes to feeding an addiction or a habit. The only real difference is the stigma, the secrecy, the need for privacy. But the rituals and preparation are just the same process.

It's also the same deal for sex. The arrangements, the meet up, the initial conversation. The intimacy. Moving it to the bedroom. The taking off of the clothes. Stepping up the intimacy. The timing. Then that moment of release where you go all in and let yourself go.

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It doesn't matter what you're doing, how you're doing it, with who you're doing it, where, it's all a journey to that sweet spot, isn't it? But the only issue is that it ends and once it's over there's the climbdown. What a bummer. It's not just the possibility that it falls apart in some way. It starts raining in the forest or at the beach. You get into an argument with someone. You get into a fight. You say something wrong in the bedroom. or you can't get off like you thought you could. Or you look at the clock and think "Shit! Is it that late?" You realize that you have to go and begin the climbdown back to reality.

It's the exact same experience as you had back in childhood. You were on that coin operated ride in the supermarket, on the horse, driving the car, riding the spaceship, and it all stops and the ride ends. You remember? Do you remember the 'That's all Folks' frame at the end of the Looney Tunes cartoon? Being on a ride at the fairground and everything stops. You reach the last Jelly Baby in the packet. The gurgling sound at the bottom of the straw when the drink runs out in the cup.

It's like I used to go cycling and would often go cycling for a day somewhere. Just for the ride. I'm getting into my stride and am well on my way. It would start raining. I would get a puncture. And I'd be there saying to myself "isn't this fun?" over and over again trying to convince myself but failing.

You see you've got yourself caught up in the predicament of Zero and Two and working between energy, space and consciousness, but in believing that you are your physical form and karmic process you constantly have to deal with time and space, because this is what you're constantly measuring your experience and relationships against.

There's two very clear and distinct examples of issues that this sort of thinking causes. There's a lot of young people who get caught up into the illusion that there's something wrong with them because they haven't managed to find a girlfriend or boyfriend by a certain age. They're single, they've always been single, they're lonely, and as much as they keep trying, and trying, and trying, they can't seem to find love or get themselves into a loving relationship.

They're so caught up in their separateness and Ego structure, i.e. their process and identity, that they cannot see that they are love and it's on a completely different level of reality from that basic and immediate level of their Ego. They cannot see it that way because they think love is something you do with someone else. This is perfectly logical and makes sense. "I love you." In other words I [subject] love [verb] you [object]. So they end up believing that love is something you do to someone else and hopefully, something they also want to do back to you.

In this context love becomes the objective of desire. So they end up looking for love, chasing love, and in not understanding what love is really all about, instead of trying to exist on that level of reality where they become love, they sink deeper into the most basic and immediate reality of Ego and physical identity.

Using the common example of a young man looking for love he gets it into his head that any woman he thinks is desirable is a suitable candidate for the loving relationship. Not understanding that love isn't desire and is incompatible with desire he's busy checking out every woman he comes across and is sorting them into 'us' and 'them' but it's not 'us' and 'them', it's 'fuckable' and 'not fuckable'. Young man spends his time checking out the women and scoring them out of 10. "She's a nine." Or he will be there with one of his mates and say "Look at the tits on her! She's got to be at least an eight or nine." His mate will turn round to him and say something like "Really? With that face? Nah mate. She's no more than a three. You're going to need a paper bag with that one."

What never seems to come across is that fact that girls are raised differently to boys. Appearance matters a great deal. Most women have been objectified at some point in their lives and usually by the time they're wearing bras during puberty they've experienced objectification first hand from a stranger thinking they're available and up for a quick shag. No words are necessary, most women can immediately pick up on whether they're being objectified or checked out or not.

Separateness cuts both ways and generally women are conditioned to be far less direct than men. Nobody wants to be told "I love you." right off the bat by a complete stranger, especially in a romantic sense. It weirds most people out. Most women cotton on very quickly when a guy is trying to fumble his way into a relationship or

dates. Chasing love generally results in ending up with the wrong kind of partner at the wrong time for the wrong reasons. Nothing can mess up your life better than an incompatible relationship.

Then you have the other desire strategy specific to women based on the desire to become a mother and have a baby. It's the same deal, separateness, belief that the Ego and physical body and identity is reality, and that there's some absolute deadline and a 'body clock' which is ticking, and while it's ticking, it's time to make babies.

This is also a fairly messed up way of looking at relationships. Motherhood becomes the objective, a goal, an achievement, an accomplishment, a social status, a success story, and this is despite the fact that any fertile woman over the age of 13 can easily get pregnant by lying on her back, opening her legs, and sticking a penis into her vava. In many cases the baby and child becomes a status symbol, a prized possession rather than a new human being and member of the family. All too often the kid has to move out as soon as they can to get a sense of independence, sovereignty and autonomy.

You see everything you do, and everything you're looking to do, and here it doesn't matter how you live, who you are, and how you go about your life, will always always always bring you back to the exact same common fundamental truth. There is no real sense of separateness. Separateness is fake. Always. You cannot separate the three inseparable aspects of your existence, life, love and death, just as it's not possible to separate energy from consciousness from space or action from time. It cannot be done. It is what it is and you are who you are.

The only time you weren't dying was in the womb because you were still recovering from the trauma of death which is what pushed you into this incarnation to begin with. Conception was just another sweet spot. Just like you reach out for a drink when you're thirsty, or you reach for food when you're hungry, you reached out for another incarnation when all you were was a Hungry Ghost. But see you probably still don't know or understand what connected you to your parents. Something must have. Otherwise why are you alive right now and reading these words?

But see from the moment you were born you started dying. You cannot have a karmic process without an accompanying dying process. This is the deal in life. It's all transient, impermanent, illusory, unsustainable. It's all falling apart and no matter how hard you believe yourself to be your physical form and existence, it's all going to slip away from you and escape your clutches. Your body will wither, weaken and die. Your memories will fade. Your brain will disintegrate. All those sweet spots will fade out and the emptiness and spaces between them will increase and it will get harder and harder to satiate that ghostly hunger deep inside you.

You see if you're attached and identifying with your physical form and also attached to time, then you will suffer. This is the point of Buddhism. Buddhism is all about learning to let go before it gets taken away from you. But see this is where you have to get into the nihilism that this world is a tragedy and you're just an actor in this great global tragedy and that there's never going to be any happy ending. That might seem too bleak for you, and I understand you if you feel that way.

But see there's another way of looking at this and this is why I'm writing this book. You don't have to identify yourself with the physical form or any physical form at all. You can accept the reality that you are a Hungry Ghost and all you're doing is the same as what I'm doing and what everyone else is doing, and that we're all messing around with a physical form, a physical body, playing with a physical brain, messing around and role playing in a physical environment on a physical planet, chasing dreams, creating illusions, having fun, seeking sweet spots, savouring the moments and the sweet spots, letting go again, and killing time till we think up something else to do and some other desire to chase.

Yes I know, being a ghost is another identity, another thing, but it's much closer to reality than pretending your physical body is really you and then having to think up different lies to tell yourself and others and convince everyone that this is all some truth when it isn't and never will be. Maybe you can see the wisdom in this, maybe you can't. No worries. I haven't finished writing this book yet. We still have some ground to cover.

But see it still does not change the fact that no matter how hard you try, how much you dress it up, bake it, fake it, jazz it up, build it, rebuild it, design it, tweak it,

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modify it, change it, your physical body is always going to be part of your karmic process, transient, impermanent, always changing, always transforming, always relative to an ever changing and transforming environment. As much as you try to fight the reality of your existence and the environment in which you find yourself, the environment will always win and you will always lose and end up fading away and dying.

No matter how you slice and dice this, you're still going to end up the Hungry Ghost in search of life, and that's all your future is ever going to be, as was your past, as it is right now for you.

I'll leave you to mull it over. Time for a new chapter I think.

Making a 6 a 9



*If the Sun refused to shine
I don't mind, I don't mind
If the mountains fell in the sea
Let it be, it ain't me*

*Got my own world to live through
And I ain't gonna copy you
--Jimi Hendrix, '[If 6 was 9](#)'*

Okay so we're going to start out with an example situation. You're going through life with someone else. You could be an item with that other person, or not, but you're connected. You're bonded. You connect on different levels of reality and planes of consciousness. You think alike. You feel alike. You share the same or similar perspectives on life. You feel each other's spirit. They get you, and you get them.

Then one day it changes. and you become aware that the other person doesn't see things the same way you see things. So what? Do you have to let go? Do you have to give something up and sacrifice something? What next?

You don't really have to do anything. What you do in the universe is a function of what you want. What you desire, and whether or not you can handle all the consequences of both what you want and what you desire. You see what you want and what you desire is based on what you understand life and existence to be all about. This also comes down to what you feel you are ready for in terms of existence.

You see, this is where we come to an issue that many people experience. Many people want to awaken and develop conscious awareness, they want to go on that spiritual journey and process. But see they can't handle the truth which lies inherent in that spiritual process or journey, and they can't make the commitment necessary, because they know it's going to upset the apple cart, especially if they're sharing a harmonious relationship with someone else.

This is where we get the difference between living a religious life and just following a religion. There is a big difference between these two states of being. It's like the '-yana' aspect of Buddhism. 'yana' in Sanskrit means 'vehicle'. So you have mahayana Buddhism, such as lama Buddhism, Zen Buddhism, tantric Buddhism, which are all 'greater vehicle' flavours of Buddhism. Then you have hinayana Buddhism, such as Theravada, which is 'lesser vehicle' Buddhism. But the vehicle in question is like a bus. When you travel by bus you get on at one bus stop and get off the bus at another bus stop and complete your journey by foot. You don't expect the bus driver to come round to your house and collect you and expect to drop you off right outside your destination.

So like travelling by bus you turn to Buddhism when you need it, and you drop Buddhism when you no longer need it. This explains my relationship with Theravada. I needed it when I was younger, but I haven't needed it for close to 30 years and I wouldn't call myself either Theravada or Buddhist. The Buddhist me is very much a part of my past.

But see it's the same with religion. People who live a religious lifestyle actually live their life according to the mystical teachings of that religion. They can be Christians, Muslims, Hindus, Jews, Sikhs. But the religion itself isn't the basis for their life. Truth

is the basis for their life. These people tend not to mention religion at all. They're too busy living.

It's the followers of a religion who still need the label to define who they are or are aspiring to be who are the ones who are talking about religion.

You see the whole point of a religion, a philosophy, a method such as Buddhism, Taoism or yoga, or even developing a Qultura method and joining the community, is to reach a Nine in your life. Nine is the mystical principle of truth, so what you're doing is developing some kind of spiritual, existential dimension to your life so as to live consciously on the basis of truth and integrity.

Understand here that truth is an aspect of consciousness, as is love, beauty, integrity, dignity, appreciation and humanity. Depending on your perspective these are the deeper or higher levels of reality beyond your physical existence, i.e. the meta-physical which is integral to the physical. It's where energy is equal to consciousness and karma is equal to reincarnation.

NINE: THE MYSTICAL PRINCIPLE OF TRUTH

So this is where we get to Nine, which is the mystical principle of truth. Here I'm giving you another card from the Major Arcana of the Tarot. This time it's The Hermit. What you see on the card is relatively simple. You see an old man on top of a mountain, holding aloft a lantern in his right hand. Inside the casing of the lantern shines a six-pointed star. In his left hand he is holding a staff, which aids him in his walking. He is looking down from the top of the mountain to the bottom of the mountain.

Now if you get into the astrological symbolism behind the Hermit, traditionally you get a Six, which gives you a further astrological symbolism of the sixth sign of the zodiac, the mutable Earth sign of Virgo, and its associated planet Mercury.

I think we've already covered Six previously in this book which is the Sacred Masculine Principle, further symbolizing the Sun and solar power. I associated Six

with The Lovers card from the Tarot and the symbolism of Virgo suggests service to others. So back we come to the Book of Genesis, and the story of Adam and Eve and God in the Garden of Eden. We return to the reason why Adam and Eve got tossed out of the Garden of Eden, the concept of original sin, and of course separateness.

So now let's look at the symbolism behind the objects which The Hermit is holding.

So we've got the lantern which contains the shining six pointed star. This shining six pointed star symbolizes the Kabbalah and specifically Six in terms of Kabbalah numerology, which is Tiferet or Beauty. But what does it symbolize? It symbolizes the beauty of the system, the reincarnation, the karmic process, Nature, this planet, the experience of life and how it all goes together and fits together. The shining star symbolizes Natural Law and the unity between physical and meta-physical existence.

So now let's turn our attention to the staff which The Hermit is also holding onto. This relates specifically to the astrological symbolism of Mercury, which in Roman mythology was the winged messenger of the gods. Now in return for his service to the gods as the messenger, Mercury was gifted with a magical staff called a *cadeus*, which was essentially a staff with two snakes intertwined around it. But on The Hermit card you don't see any snakes intertwined, you just see the staff.

The staff is a stick, which corresponds to the suit of wands in the Tarot. You also have swords, which generally symbolize choices and decisions. But the suit of wands generally symbolize actions and the 'doing' aspect of karma and the karmic process.

So having looked at the symbolism behind the objects that The Hermit is holding, we now need to turn our attention to his environment and also, importantly here, the number at the top of the card, which is a nine.

Now if you're at the top of a mountain, you can go no higher than the top of the mountain. Okay, so putting yourself in the shoes of The Hermit, what is now the point of your life?

The point of your life is this... You have a deep understanding of life and specifically, what your life is all about. You understand the point of your incarnation, you have a

sense of why you were born, and you understand where you as an individual human being fit in within the context of everything. Here I'm not just referring to where you fit into society and what your social role and function is. That's still Six. I'm also referring to where you fit in within the context of this planet, Nature, and the universe.

This means that you have a certain mystical understanding and awareness of your karmic process. Like The Hermit in the Tarot card who is looking down from the top of the mountain, you are able to look back throughout your life and understand why certain events happened, what you were doing or trying to do throughout. You understand what you are able to do, what makes you different from everyone else, what you are good at, and what other people appreciate you doing for them.

This means that you understand that you need to become 'real' and the only way you can live, is by talking your talk, walking your walk, and actually living your individual truth. Understand here that I'm not referring to being 'real' in terms of your Ego, your self-image, your personality, and your sense of Self. There's also your meta-physic and spiritual side, your soul, and the Hungry Ghost within you.

This is where you start becoming aware of the messages, the dreams, the visions, all the stuff you've probably never talked about with other people, because they'd probably think you're insane, crazy, delusional, weird, or whatever. I mean you can't just come out with the fact that you've been listening to some dis-embodied spirit which keeps appearing in odd situations, you can't start talking about that mystical experience you had 20 years ago, the funny dreams you have, and the spiritual, non-rational stuff, can you?

Now you may not fully understand everything about your incarnation and karmic process. But you're at least curious, or even fascinated, and you want to explore, dig deeper, find out, discover, and learn. The only way you're going to be able to do that is by making a genuine, solid commitment to truth and integrity by going through a process of individuation, feeding your Hungry Ghost, and transforming all your karma, actions and relationships so that your individual truth and integrity shines throughout everything.

This brings you to Nine, the mystical principle of truth, as symbolized by the ninth sign of the zodiac, the mutable Fire sign, Sagittarius, which is associated with the planet Jupiter. Sagittarius symbolizes higher learning, mystical teachings and awareness, and the relentless pursuit of truth. Jupiter in Roman symbolism is the god which was the ruler of the heavens.

Now if you're religious minded and want to develop your meta-physic and spiritual journey through getting closer to God, then that's fine too. Being honest I'm not a religious person, but I get it, and I get what God is about (I will come to that later). You see fundamentally this is your incarnation, your life, your reality, your spiritual process and journey, your perspective, your Hungry Ghost, and you get to decide all aspects how you go about living and spending the remaining time of your incarnation and life cycle feeding your Hungry Ghost.

Therefore if you're more like me, and not particularly religious, or spiritual, or whatever, then that's fine too. Even if you don't believe in anything religious or spiritual that's also okay. You see truth doesn't need your participation or belief to exist. Neither does reality. Reality is going to happen anyway and truth exists whether you believe it or not. That's essentially the deal when it comes to existence.

DOES GOD EXIST?

It's probably best if I stick my neck out here and give you my individual take on God. My perception or perspective on God is a feeling that many people miss the point when it comes to God. All too often they get caught up in Two (duality and polarity) and separateness when it comes to God, so what most discussions end up being about is whether there is a God, whether or not God exists, what God is responsible for, reasons why God doesn't exist, and so on.

Everyone seems to have an opinion on God, what God is called, what God is, what God isn't, whether God exists, why God doesn't exist, what God is supposed to have created, what God can do, what God cannot do, and out of all this we get a lot of

arguing, fighting, disagreements, insults, persecution, cruelty, misery, bigotry, and other forms of plain nastiness.

So this is my personal take on God. God is a concept which can be used to develop consciousness, conscious awareness, mystical awareness and truth. God does not exist in actual reality. There is no old man anywhere in the sky controlling anything, the universe, this planet or anything else. That is still a concept.

Therefore as a concept, a symbol if you prefer, symbolizing something real, God still works as a concept. You can use God to represent or symbolize the universe, this planet, spirit, love, truth, whatever you like, because in any given situation or concept it still works.

It works because consciousness does not work like energy. Energy and physicality is finite. In other words it runs out. If you don't have the energy to do something, then you simply can't do it, because energy cannot be created or destroyed. If you use up a lot of energy doing something, then inevitably at some point you become knackered and have to rest or go to sleep.

But see consciousness is different. Consciousness is no different from space, because in reality, consciousness is space. It's infinite. It's something which cannot ever be fully known, understood, explained or defined. You're welcome to come up with an objective definition of something like love, or truth. Define truth in a single sentence. Go on. I challenge you.

The general principle of consciousness is this; the more you use consciousness to develop consciousness, the more consciousness you have accessible to you in terms of conscious awareness, and the more consciousness you can develop. The more consciousness you develop through conscious awareness, the more levels of reality you understand, and the more levels of reality you understand, the more you understand the relationship between both consciousness and space when it comes to energy and physical existence.

This is where I go back to my analogue radio analogy. You remember? Levels of reality being symbolized by individual radio stations on the FM dial. Now imagine

that you can tune into one station on the dial, say Money FM at 106.4 FM, or Physical Appearance at 108.3 FM. Now imagine that you can tune into just one station on your FM dial, but you understand what is being broadcast at that moment on ten, twenty or even thirty stations all at once. That is what conscious awareness gives you.

Many people seem to be able to listen to only two or three stations at once, and so if you talk to them on a different level of reality which is outside their two or three levels of reality, all they're going to hear from you is white noise. They will listen to you, even nod and say "Aha.." but you will see the cloud of confusion descend and their eyes will glaze over, your words will flow right over their head, and no matter what you say they will hear "Blah bah blah blah blah blah blah.."

I get the same thing happening to me. Talk to me about mathematics, say calculus and algebra, and you will lose me very easily. I've tried. God knows I've tried. But I'm just not what you call a mathematical person. Therefore please don't think I'm calling you stupid if you're only able to understand a couple of FM stations. You might be someone who listens mainly to AM radio and you can bounce between different stations on that band.

As I've stated above, consciousness cannot be defined, fully known or understood. I've been studying it for around 40 years and even if I study it for another 100 incarnations I'm probably still not going to be developing conscious awareness that much. The universe you see is expanding constantly. Unlike you and me it doesn't die after 80 years and have to start a new incarnation from scratch.

Therefore it is not possible to know God. If you think you know God, then you don't know God, and still have some learning to do. It's the exact same deal as the Dao in Taoism.

*"Those who speak do not know. Those who know do not speak."
--Lao Tzu, Chinese philosopher; author of the 'Tao Te Ching'*

"God works in mysterious ways." I think is the Christian equivalent of the statement made by Chinese philosopher Lao Tzu. Essentially the Christian way of putting it is telling you that God is mysticism. This is why people who live a religious life don't

talk about religion or talk about God at all. They're far too busy being God and letting the Holy Spirit flow through them. This I believe is the whole point of Christianity as expressed in John 14:6. This for me is the central most important statement in the entire Holy Bible.

So if you're still 'pushing' your religion onto other people and bringing it up into every day conversation you're still caught up in the separateness and Two and haven't found your individual Nine, which is the whole point of religion.

You see I respect religious freedom and the cultural aspects of religion. Let's take the example of a Sikh man who wears a turban. That turban is symbolic of that man's individual spiritual journey. But you don't find Sikh men coming up to you in the street and demanding that you also stop cutting your hair and also wear a turban, do you? A fundamental part of religious freedom is rising above the separateness and respecting the individual rights of others to worship through whatever religion they like or not whatever the case may be.

You see you don't have a church or a mosque to preach in. This is the other aspect of religion that many people seem to forget. If you get involved in a religion then you do not get religious authority unless you become ordained in that specific mystical tradition and show you properly understand the mystical teachings. This means to have religious authority you need to be ordained in some way, as a priest, a rabbi, a mullah, a minister, a preacher, a vicar, and so on.

Or you do as I have done, and you become a shaman. You study mysticism as a whole, you start from some mystical teaching, and then you go your own way and walk your spiritual path and journey totally committed to service to others. However if you walk the path of the shaman, as I have done, you need to come up with something original as a token of authenticity which is indicative of the path you walk through life.

I am not religious because I am free from religion. My individual journey started out in the Christianity of my childhood, a fusion of Protestantism of my mother and the Baptist beliefs of my father, and then progressed through Theravada Buddhism, the occult, ritual magic, Tibetan Buddhism, the Kabbalah, and later theosophy. My token

of authenticity is Qultura, a new system I started creating in 2009 which I've specifically designed to be a 'free' system for the self-study of mystical principles without any religion or philosophy or mystical tradition. It's designed for religious and non-religious alike. It's purely about mysticism and mystical principles.

You come into Qultura specifically to get to Nine. This is what Qultura is all about - starting from Nine and continuing from Nine onwards.

COMBINED NUMEROLOGY AND UNMIND

One of the reasons why I have been developing Qultura as a new system is the simple fact that many people have missed the mystical teachings of their religion but seem to continue following a religion as an ideology and not as a means of getting to a Nine. I could go into the whole evolution of religion (but I won't) but my point here is that no religion is designed to be an ideology or belief system. You cannot reach God or a Nine if you're still living on the basis of Ego and separateness.

This is why I created Combined Numerology and Unmind as two further components of Qultura methodology in addition to Natural Law and Universal Principles. We covered these two components way back earlier in this book but what you might have noticed is that at no point have I ever stated that you need to 'believe' Qultura or develop a Qultura method. I honestly don't care either way whether you develop a Qultura method or not. It's no skin off my nose. It's just a context for sharing mystical principles so you understand the concept what this book is about, which is that of the Hungry Ghost and ghostly hunger.

Throughout I have used Tarot cards and astrological symbolism to illustrate mystical principles which I have associated with a number. This is Combined Numerology, which is based on a Number representing a specific mystical principle. This is further symbolized by a card from the Major Arcana of the Tarot and astrological symbolism.

Whether or not you believe in the Tarot or astrology is beside the point. It's neither here nor there. What matters when it comes to Combined Numerology is whether or not a number or its associated mystical principle accurately reflects the reality of your given experience, relationship or a specific situation in your life. In other words, do the numbers 'stack up' when it comes to what you are experiencing in life?

Therefore the symbolism and the numbers in Combined Numerology do not reflect the actual Tarot meanings of a given Tarot card. There are differences and some of those differences are significant. For example when writing about the four different flavours of karma - past, flow, direct and relationship - I used the original meanings of the cards and their original astrological associations.

For example I used the card The Chariot to symbolize past karma, associated with Cancer and the Moon. I also used Justice, another Tarot card, to symbolize relationship karma and the balance between self and other. However in Combined Numerology The Chariot symbolizes Seven, the Sacred feminine Principle and relationship. Eleven in Combined Numerology - justice and community, is symbolized by Justice (the tarot card) and Aquarius. As you can probably gather from knowing this, the actual meaning of specific tarot cards and signs of the zodiac isn't the point of Combined Numerology. What matters is the number and the mystical principle symbolized by that number.

In Qultura Combined Numerology is designed to get you from the previous components, i.e. Natural Law and Universal Principles, and set you up for Unmind, the final component.

Unmind is the practical, magical component. All practice to develop a Qultura method, which you do on the basis of your own individual karmic process and life experience, is done through dream weaving. Fundamental to dream weaving is having a clear mind through which all thoughts, feelings and emotions flow.

You're constantly working with perception and conception, back and forth, through social interaction, dialogue, community involvement and participation. No separateness whatsoever between you and the other members of the community.

Your physical existence, physical appearance, Ego, social function and role, sense of self and self-importance, none of this matters. Neither do your individual personal beliefs. In community all that matters is how you connect to other members of the community.

GETTING FROM TWO TO NINE

It's probably best if I present you with a common issue most people experience when they attempt to develop a spiritual journey or process. This is so I can illustrate how Combined Numerology is designed to work with Unmind.

Let's say you join some sort of community in order to develop consciousness, and start off on your spiritual journey or process. You go to church, or you go to a mosque, or you join a yoga class, or you get into Buddhism and learn about meditation, the Four Noble Truths, the Eightfold Path and so on. You get really into it. You connect to people. You open your mind. You start to feel good. You get caught up in the experience, being with people, all good, positive, and so on.

So far so good. But see then you go home. Back to work. back to reality. Back to your family. You go back to your everyday existence. You experience a climbdown of sorts.

So you end up going back into your separateness, back into Two, back into duality and polarity. So you end up with a conflict in your life that you somehow need to resolve. So what do you do?

Many people here will make a choice and seek to change their life in some way. You may go all in on your spiritual journey or path. You get rid of everybody from your life who doesn't fit in with your spiritual path or journey. "You don't like me and my new spiritual being? Okay. Goodbye. Have a nice life."

But see then in doing that, you've gone right back into separateness. In getting rid of people from your life you've just created new past karma, new direct karma, cut yourself off from flow karma. Instead of connecting to people or maintaining

relationships you've added a new dimension to your Ego and created another standard or rule with which to beat yourself up over.

Or, alternatively, you give up on your spiritual process or journey. Back to Square One. You would be surprised the number of people out there who turn round in this specific situation and blame the religion, or the practice.

Unmind is very clear that every connection to others is important and that you form what is known as a Figure of Eight kind of connection with everyone in your life so that their Principle and Process (Four) and your Principle and Process (Four) remains always connected. You're also supposed to be familiar with the first eight numbers and mystical principles of Combined Numerology from Zero to Seven.

Combined Numerology is designed to work in sequences. Throughout your life certain numbers will occur and reoccur, dates, years, days of the week, times of the day, specific events, and so on.

The component goes up to 13 (Thirteen) which is the mystical principle of change. I designed the system around the lunar calendar which gives you 384 days in a year and thirteen months. This gives you a complete cycle which can be called a year based on the relationship between the Moon and the Earth.

Now you can move between any two numbers or more and as long as there is no conflict in the sequence, you're good. Often if there is a conflict, for example between Two and Nine, you subtract the smaller number (Two) from the greater number (Nine) to arrive at the missing principle, in this case Seven, lunar power and the Sacred Feminine Principle.

So what you've got here is that you cannot go from Two to Nine. You cannot create Truth from any duality or polarity. But see, you can go from Zero to Nine via Eight. If you see yourself as nothing, or Hungry Ghost, your environment will reveal insight and therefore truth. You can go from One, unity through consciousness, to Nine also via Eight via your Principle or Core Being. You can reach a Nine from Four via Five, or Five via Four and still reach Nine.

What I'm pointing out there is that there is never One True Way or only one option you have to find or figure out here. You can reach a Nine in any one of a number of ways or sequences of numbers and mystical principles. It's down to you to explore, experiment, try out different things to see what works and what doesn't. Any Qultura method should be based solely, only, and exclusively on your level of consciousness, your Principle, your Core Being, your karmic process, your life experience, and your spiritual path.

SO WHY IS NINE FROM SIX IMPORTANT?

Developing a Qultura method is not intended to change your life in any way. I'm very steadfast in my refusal to 'teach' anyone stuff like 'mindfulness, meditation, yoga, or even dream weaving. You don't need to be taught dream weaving, which is essentially all about talking about yourself and your life experiences and memories with other people. I'm not you. I don't live your life. I do not experience your reality. Nor am I - as a mystic, shaman or dream weaver, any better or worse than you, I have no authority over you. It's not my role or position in life to teach you or anyone else how to live your life.

But see this all comes down to a very basic and fundamental mystical principle of life - the environment creates, the individual grows. You in yourself have your own incarnation and karmic process to get through, and throughout your life, right from the moment you were born, you have been developing consciousness from your environment, whether you've been consciously aware of it or not. In fact you could not have become who you are today without developing consciousness and conscious awareness from other people and your environment.

This means that throughout your entire life, you have been a Hungry Ghost playing about with physical body and identity in the physical environment, role playing throughout, chasing dreams, desires, looking for love, sweet spots, happiness, pleasure, but also having to deal with pain, fear, anxiety, misery, conflict, hurt, anguish, anger, sorrow, disappointment, loss, and so on and so forth.

The whole point of developing a Qultura method is to add depth and dimensions to your existing experience of life, your individual conscious perspective, and your karmic process. You have a well developed sense of self, Ego, identity, which you use to give people a concrete, tangible sense of 'you' even if you haven't got a clue who you really are.

You see when you get a sense of how your environment works, when you have a grasp of the mystical principles involved, things start making sense, and through this - because you know what your life has been all about - you can figure out who you are, why you were born, what karma you need to be dealing with, and what role or karma you need to work with to enhance the nature and quality of your life.

Most of all developing a Qultura method is all about appreciation. You have not gone through any experience in life which other people have not gone through, and out of which you can develop a Qultura method. Even if you're someone like Michael Perry, if you remember his life and how he came to be a convicted murderer executed in Texas, even someone like him can develop a Qultura method. I'm fairly confident most people reading this book don't have such a heavy karmic process. But even if you are someone who has spent a lifetime of trauma and suffering, then you can start from that point and develop on some sort of awareness to see things differently about you and your life.

You see through developing a Qultura method you gain access to one of the keys to the mysteries of life. Developing a Qultura method usually causes a shift in your perspective and gives you an opportunity to shift your perspective to see your life differently - everything's still the same, but you see it all differently. You will still experience trauma, suffering, conflict and so on, but seeing it all as process, as impermanent, and cyclical, you begin to understand that trauma transforms into karma and insight, suffering can transform into sight and compassion and empathy, and it's all still part of the process of increasing awareness, learning, and the spiritual journey.

With that insight and awareness you find ways to let go and centre yourself into your Hungry Ghost, Principle and Core Being. With that kind of awareness, you realize that there's nothing anybody can do to you any more. You see this is your

karmic process, your life, your reality, your journey, and it is all based on that other important mystical principle - **all existence is change, all existence is relationship.**

The awakening



*All that you touch
And all that you see
All that you taste
All you feel
And all that you love
And all that you hate
All you distrust
All you save
And all that you give
And all that you deal
And all that you buy
Beg, borrow or steal
And all you create
And all you destroy
And all that you do
And all that you say
And all that you eat
And everyone you meet
And all that you slight
And everyone you fight
And all that is now
And all that is gone*

*And all that's to come
And everything under the Sun is in tune
But the Sun is eclipsed by the Moon
--Pink Floyd, 'Eclipse'*

So we're coming to the end. Well this is the end. I'd like to devote this final chapter to that what holds us back - the philosophical materialism. What do I mean by philosophical materialism? Well in short it's the philosophy based on the notion that physical existence is real and the only reality we can experience. This philosophy is so deeply embedded into our language, our culture, the way our society is structured. It's this philosophy that reality is concrete, tangible, material, physical.

There's no way to avoid this philosophical materialism that you, me and everyone else is caught up in not just in society but throughout the world right now. We all got caught up in this before we had any chance to figure out what it's about, and even if we did, what could we do about it?

The philosophy is a very simple philosophy - the simple rule is get as much as I can for me now. More is better. The prevailing question of our times is.. "What's in it for me?" This is what philosophical materialism all boils down to. More is always better. Me first. Take what you can, when you can, how you can. When you're dead you're dead.

So you start gathering and collecting, acquiring and collecting. You even go through various stages of life to be able to do this - learning, training, working, earning, buying, acquiring, collecting. Through the media you're bobarded with images and stories of people who have acquired more and collected more than you have. Out of this we get the notion that human value can be measured in financial terms. Money is a system of measurement of value, not just of things, not just of experiences, not just of property, but also very much of people.

So there you are, say you have £30,000 a year. But you also come across people who are worth £150,000 a year, £600,000 a year, maybe even £1,500,000 a year. But you look into the faces of these people on £1,500,000 a year and you see blotchy skin, you

see bags under their eyes. You see pained, haunted, miserable expressions. You rarely if ever see someone making seven figures a year smiling. Philosophical materialism is a serious business you see.

This is important, because perhaps for a long time you might have thought that if you had say £500,000 a year, or you came into say £10,000,000 you would be happy, bright, loving life and everything would be rosy. But if you go and spend time among truly wealthy people going about their business, you'll soon discover that it's not all a barrel of laughs.

Is this really it? Is this really what life is really all about? Think about it.

You've got a finite amount of energy, a finite amount of time, and a finite number of heartbeats. Who do you really want to be in life? How do you really want to live your life?

Please also keep in mind that you're not born with just one physical body. Ever since you've been born your body has been reincarnating and replacing biological cells so many times, over and over and over. Your brain has been also reincarnating over and over again at a rate much faster than your body, but still despite all this, you still have a finite amount of energy, a finite amount of time and a finite amount of heartbeats before you're dead and nothing but a corpse. Your life cycle isn't just one long cycle of energy and form, it's a whole vibration and rhythm of different cycles all rolled into one. Think of your life cycle like a song rather than a single note.

HOW FAR WIDE OF THE MARK HAS OUR SEPARATENESS TAKEN US?

Okay. You've got this far in the book. We're nearly at the end. I'm going to set you a bit of homework. Something to think about after you've finished this book.

Energy and physical existence is finite. It's not infinite.

There's currently over 8 billion human beings on this planet. It's estimated that by 2030 we're going to be somewhere between 9 billion and 10 billion. By 2050 there's going to be over 11 billion human beings. The vast majority of these people will be raised to engage in philosophical materialism. More is better. Take what you can when you can. The planet only has a finite amount of natural resources.

There's 100 million different species out there on this planet. This is all part of a vast, complex ecosystem. Not sure if you're aware of this, but the more highly evolved a species is, the more dependent it is on other species for its evolution and survival. The species we are dependent on are also dependent on other species. So further down it goes so that all species are in some way dependent on bacteria for its evolution and survival.

The extinction rate is somewhere between 0.01% and 0.1% a year. This means that anywhere between 2,000 and 100,000 species go extinct every year. All too often the extinction of a less evolved species will usually take a few higher evolved species with it.

Certain species have the capacity to take out all the other species. If earthworms become extinct, most life will die out in a couple of seasons. If all insects die out, all life dies out within 3-5 years. Many vertebrate species are dying out due to loss of habitat.

But see here's something else I want you to think about. As it stands, the current global economy favours just nine developed countries on the planet. Take this down a few levels the entire global economy favours just say a few dozen billionaire families, the same amount of people who live in your typical suburban street. That's from over eight billion people.

The same philosophical materialism has existed for centuries. Even as far back, for all we know, back when the global population was maybe around 1 billion people. Now we're around eight billion people in total, all over the planet.

So back we come to life after death. The exact same theme and subject as throughout this book. Who do you want to be reborn as in your next incarnation? You cannot be

reborn as who you are now. That's the deal here. Nature does not do repetition. Who you are now is a one time only deal. Who you are, and everything you are now, it's all dying. vanishing and not existing ever again is more than likely not an option either.

How do you personally square these different forms of reality so that they are one and the same reality? A handful of multi-billionaire families at the very top of the philosophical materialism pyramid. An ever rising global population currently standing at eight billion human beings. Roughly 70%, seventy per cent of human beings subsisting in poverty. Then you have mental and emotional separateness between self and environment and also between self and other. How do you personally square all this into the same reality? How do you reconcile this?

SATISFYING THE GHOSTLY HUNGER WITHIN YOU

You see, there comes a point in your life where you experience the alienation, emptiness and despair, out of which you develop a desire and a notion that any game we design and play is going to be the one that's going to 'do it'. Any one. You see there are highs, there are lows, but where is the equanimity between all those highs and lows? You see there's no fulfillment, no asylum, no sanctuary, no feeling at being at home-ness.

This sense of despair and desolation, which some people experience these days when they're teenagers, this is what I'm referring to here as the ghostly hunger. You no longer have to live out your life until you're seventy years old and elderly to experience it for the first time. For many people it no longer materializes as a slight but definite sense of being fooled or cheated somewhere in your forties.

This is the moment when you look up, take a look around you, and start waking up. This awakening, which starts with this ghostly hunger, is a notion or fear that no matter what you do, no matter what you plan, no matter what you decide to get involved in, the outcome is just not going to do it for you.

It's not going to be the completion of your education and the qualification. It's not going to be the position in the company. It's not going to be the new car. It's not going to be the relationship. It's not going to be the family. It's not going to be the political stance, the campaign, the election result, or holding political office. These are all fine. These are all well and good on a certain level of reality in this incarnation. But none of this is ever going to fully satiate that ghostly hunger that arises from somewhere deep inside you.

This is the time when you look up, when you begin to realize and start a process of awakening.

When you start to feel that you have this ghostly hunger somewhere deep inside you as a recurring and underlying vibe in your entire karmic process, and you begin to understand that this is something which can never be fully satiated or satisfied by anything you can do in your physical existence.. This is when the whole game changes and some existential process of awakening begins.

Part of the predicament here is that some of you looked up and started the process because you were deceived and fooled into looking up. You didn't voluntarily just wake up, but you believed something somewhere and as a consequence you felt the ghostly hunger and the awakening process started. Some of you looked up and caught the sense of ghostly hunger because of the despair and alienation you experienced.

Some of you looked up, you caught a sense of the ghostly hunger, some awakening or realization happened, and somewhere you wished that you never had the experience. Now you're stuck perhaps trying to bury or mask the feeling. This is a particularly interesting predicament in itself. Sometimes this isn't even an experience you've gone through. Sometimes it's a dream, a nightmare, a vision. It's something you try to bury and keep secret because you're afraid of where following that sequence of thoughts or feelings is going to take you.

Perhaps this is because it happened either during or just after a traumatic event or experience in your life, and you believe it somehow screwed up your life.

Sail away, away

*Ripples never come back
They've gone to the other side
Look into the pool
Ripples never come back
Dive to the bottom and go to the top
To see where they have gone
Oh they've gone to the other side
Genesis, ['Ripples'](#)*

THE PREDICAMENT OF GHOSTLY HUNGER

But see the real predicament of this ghostly hunger is that, once you sense it and feel it, once you look up, once you start to awaken, it becomes part of your karmic process, and you cannot ever forget or go back to the way things once were. This is not possible. Every single experience you go through in life, every thought, every feeling, every emotion, every word, it all fades into space, becomes memory, and becomes past karma.

From that point forward the rest of your life, the rest of your incarnation, and every single incarnation thereafter, it's a completely different experience. You can try as you like to go back and try to recreate the experience, the relationship, the feeling, the emotion, and somehow try to retrace your steps, but it will never ever be the same again. This is where you get the issue, because trying to go back to the past and relive it, it just brings you back into Two and separateness. The past can never become real again, simply because the past no longer has any other reality than a thought in your head.

Just as those who have died and passed away to another incarnation, you cannot go back and relive your life once again. This is not how reincarnation works. The individual can never control the environment. You can never be anything other than the subject of your life experience and recurring cycles of karma. That just takes you against the flow of your karmic process and the flow of your life and existence.

You see up until this point in your life when you looked up, caught the feeling of your ghostly hunger, and started the process of your awakening, it was such a gentle

incline. It was just walking up a slight hill. You go to school, you go to church, or a mosque, you say your prayers, you do a few good acts. It's nice, easy, gentle. Pleasant even. You were still living the dream, believing in the illusions.

Then you look up, caught the ghostly hunger, and started to awaken, and all of a sudden the hill is much steeper. The truth starts to dawn, shattering the illusions, you get a certain cold, uncomfortable feeling, a sense of chill, maybe some confusion, a profound sense of emptiness, despair, loneliness, isolation, and into that space new consciousness and new awareness. First you see the darkness, and in that darkness you start to see the light.

Then you start to think "I'm not going to let this screw up my life too much." So you start to look round and reach out for someone who understands. You decide to join a group or a community, and you decide you have time for a group that meets twice a month on a Wednesday evening. Having gone through the process on more than one occasion I feel I need to let you know how this pans out.

Generally it's sooner than is comfortable for you. It turns out that every single breath you have taken, every single word you have spoken, every single thing you have ever done, every single thought that has gone through your mind, every single emotion and feeling, it's all contributed to the karmic process and your individual evolution as an individual member of the human species and has been consumed in some way by that hungry ghost that lies at the core of your very being.

That's all there is left of your life to experience, the ghostly hunger and the reality of your karmic process. This is all there is that's left for you to experience. You see that is all there has ever been in the past, and that's all there ever will be in the future, you the Hungry Ghost living through an incarnation, trying to find different ways of feeding and trying to satiate your ghostly hunger.

Oh but see, this is the thing. You don't have to take my word for it. Think about it. You see if this is all there is left of your life, the hungry ghost within you, trying to satiate your ghostly hunger, life cycle after life cycle, incarnation after incarnation, then what about all the other people out there in the world?

Well they're all doing the exact same thing as you. They are all hungry ghosts exploring, experimenting, and playing about with a physical body and physical identity in a physical environment, trying to find their own way through another incarnation.

The only difference is whether they realize it or not, whether they've looked up, caught sense of the ghostly hunger within, and have started the process of awakening. But see even if they're living the dream, believing all the illusions, and fighting hard to reinforce and protect their separateness, their physical identity, their Ego, it does not change the fact that one day they're going to fail, that they're fighting a losing battle, and that one day, one better day, when life suddenly gets all dark and lonely and miserable, it will become clear to them.

It does not change the reality that somewhere deep down, deep inside, they're just another hungry ghost trying to satiate the ghostly hunger. They may not be conscious of the fact. It may not yet exist in their conscious awareness, but it's still the reality of their karmic process and part of their subconscious awareness.

You see all this philosophical materialism we're all put through from childhood onwards, it's the illusion we all have to believe in to get to the truth of our being and our existence. We all have to start somewhere in life. It has its place in our lives. We all have to start somewhere in life. But it's still an illusion. There's no amount of money in circulation, no amount of material and physical resources, no amount of material possessions and property that can ever completely satisfy and satiate this ghostly hunger that exists in you, or me, or anyone else.

This is not about how much you have or what you own, or how popular you are. What life boils down to, and what gets you through life are the things you cannot define or easily put into words. I'm writing here about the different levels and flavours of consciousness, such things as love, truth, intelligence, beauty, appreciation, creativity, intelligence, empathy, kindness, compassion, all the connections we have and share with each other, and all the things that death cannot take away or erase from existence. This is what life is really all about. This is what sustains us as a species. This is what really satiates that ghostly hunger inside you.

This is what makes us all one and the same. There is not a human being out there who is totally resistant to that what negates separateness altogether, the notion of unconditional love.

Now please don't misunderstand me here. It does not mean that you cannot enjoy everything that you've been enjoying up to this point in your life. You can still take as much pleasure in that what you take pleasure in, but there won't be as much attachment to it, or sense of separateness and that need to cling and defend your physical existence. You can still head out to the beach, have that lie in on Sunday, have that meal, listen to that music, go out and have fun with your friends, chase your dreams, desires and treat yourself. Enjoy the experience, savour the moment, and let go.

But see life is pretty much all about relationship and connections to both environment and other people. As you can hopefully remember, all karma isn't just about you, your memory, your experiences, your choices, and your actions. It's also very much about how you've connected to other people and relationships, past and present. This includes not just relationships with other people, but also your relationship to your previous incarnations. Who you are or have become in this life time and incarnation is always relative to who you were in previous incarnations.

You might not be able to figure it out, and please don't expect me to be able to tell you, but much of who you are in this incarnation is relative to who you were in previous incarnations. It's all karma, it's all rhythms, it's all patterns, sequences, but see it all comes back to the same exact point as the here and now - your Principle, your Core Being, your individual conscious perspective. It's always been the same, you the hungry ghost dealing with a karmic process to deal with the ghostly hunger. Who you are in this incarnation is who you were in previous incarnations but in a different reality and on a different plane of consciousness.

But see when you take a look at other people and you look at this a certain way, they might be a reflection of you in this incarnation, or they might be a reflection of you in a previous incarnation. You have no way of knowing whether the people who love you now are the same people who loved you previously. You also don't know if the same people who you have to deal with now were also the same people who gave

you shit in a previous incarnation. It all comes back to the exact same point of your existence, the here and now. It's all still hungry ghost, conscious perspective, relationship and karma.

The only thing you've achieved through your sense of separateness and pushing others away, building barriers, is pushing karma back for it to come back on you. This is what you're doing through your separateness. Surely you can see this.

Once again this doesn't mean to say that you must deal with everyone you come across. You still have to have some boundaries and some space between you and others. You are not God, and that's the point. I mean can you imagine what it would be like to actually be God? You wake up every Sunday thinking "Oh shit." You know that you have to get through a day of prayer with billions of people in church telling you what you should do, what you haven't done, who you should deal with, and how. Then there's all the demands and requests, a new lover, a new house, a new car, a new job, all the cures for medical conditions, and then all the billions of people demanding bread, daily bread, and then all the forgiving of the trespasses. Then they have the cheek to tell you that all this is your kingdom. Yeah right.

You won't be able to deal with everyone you come across in life. You've got to break it down. But it doesn't stop you connecting with people either or understanding that somewhere, on some deeper level, they're all hungry ghosts trying to make sense of life, just like you.

This is all there is in the end. This all you have to work with. This is the whole thing about reincarnation and karma. It's not really life after death at all. It's far more the case of death between life, in its many different incarnations.

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 'The Loving Space'.

[Stella Baker's website and blog](#)