



"the original"

**BRUTAL
BEGINNINGS**

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**Brutal
Beginnings**

by

The Ruthless Arena

Published by Ruthless Press Ltd

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www.ruthlesstruth.com

This book is dedicated to the memory of Bill Hicks.

Introduction

What you are about to read is evidence of a discovery.

On the 13th of July 2010, after 15 years of work, a man worked out a way to disrupt the core mechanism that underlies human misery. In the months that followed, he set up a website to publicise this, and a forum to spread it.

What you are about to read are conversations taken from that forum, which is called The Ruthless Arena.

This book, although we believe it to be important, is not pretty. It contains a simple, single truth which, once seen, will enable you to interrupt the central feedback process which traps human beings in pain, misery, anxiety and despair.

Being able to do this will also allow you to live in a manner that is massively more free than before. Most people live their lives on a kind of tightrope - they do not throw themselves too deeply into passion or the pursuit of what is right, because it is so easy to slip into obsession and fanaticism. With that process under your direct control, you can live to a much more intense degree, and experience the full abundance that life has to offer.

The core truth that - once seen in real life - will allow you to interrupt this process is not complex. It does not require any previous knowledge, or reading. It requires only honesty. One simple second of honest looking. That alone.

We are well aware that claims such as these seem outlandish on face value. But then of course, we have evidence. So do not trust this. Test this.

The conversations you are about to read are often extremely vulgar and profane. This is because there is a method in this book also, as well as a truth. A method which, while very nasty, is very effective at spreading this freedom.

We hope that you will have the courage not to be put off by the language used, but will examine these conversations genuinely, as well as the truth to which they point. Good luck.

Chapter 1: Not An Inch Spiritual

The best thing is ...

by *deadzior* » Tue Sep 14, 2010 9:32 pm

The best thing is - that it's not an inch spiritual.

Re: The best thing is ...

by *Ciaran* » Tue Sep 14, 2010 9:52 pm

Don't tell me you've cracked it. Fernandez, check this guy out.

Ok, deadzior, if that even is your real name. Take some time, push it through. Move into it, and kick all hell out of it from every angle you can think of. Prove to yourself it's concrete.

I'm as giddy as a schoolgirl.

That's a nice thing to start the Arena with. One liberated in the very first day.

Fernandez - nice work mate. Put a notch on your belt. Sick.

Re: The best thing is ...

by *deadzior* » Tue Sep 14, 2010 10:12 pm

When I started studying and applying Tolle's stuff like 2 years ago, I knew it was 100 times more real than all the other new age shit.

But there was some doubt in me deep down inside.

I learned to see things in more clarity – what Tolle calls "presence". That was about changing quality of perception. To see things as they are in reality, not through filters.

Tolle often used a motif of bird in his talks: children see a bird as it is, without labelling, but then they learn labels and looks at it lifelessly.

But when you follow Tolle's steps it's still fucked up. You look at 'self' through all this spiritual bullshit. Identify, and discard, then what? You see no labels, you see no opinions, you see no thoughts, you see... nothing!

And you're always reaching for some super-self, some kind of you-as-true-reality magic download that will save you. But that's ridiculous. There's no you to save.

And now? Spiritual aspect - gone. Being subject to supernatural cause? Gone. Having foundations in something beyond possibility of your comprehension? Gone.

Getting to know what's down there in the depths of metaphysics isn't even a part of our endeavour. We ain't playin' quantum physics, ain't we?

Re: The best thing is ...

by *Ciaran* » Tue Sep 14, 2010 10:16 pm

Well, not yet – but don't get lost. Focus on the core - the absence of you. The absence of self. Of cause, of a cause for your life. The absence of an experimenter behind the experience. Describe that.

Re: The best thing is ...

by *deadzior* » Tue Sep 14, 2010 10:59 pm

Many words apply.

This realization neither should provide confusion nor joy or any other feeling. My written expression of it is absolutely unnecessary.

It can be described in many ways, but again effort of doing so may be called nonsensical.

Things pop in 'my' head, explanations of this from different standpoints, but I also see that all that enormous knowledge that it can be surrounded by.

Even those puzzles that now seem to fall into place are nothing.

The last one is special. THE PUZZLES DON'T NEED TO FALL INTO PLACE ANYMORE.

Re: The best thing is ...

by *Ciaran* » Tue Sep 14, 2010 11:08 pm

Nice. Very nice. Welcome to the war.

Re: The best thing is ...

by *deadzior* » Tue Sep 14, 2010 11:14 pm

I noticed all the time I was feeling interchangeably "good" and "bad" about what and how I've written, what I thought, and what my thoughts' relation("opinion") to this.

And now I wouldn't describe this as "feelings that I'm above of" as fellow practitioner of Tolle would say. Rather just mere disappearance and reappearance of realization in memory.

Re: The best thing is ...

by *Ciaran* » Tue Sep 14, 2010 11:18 pm

Yes, that is exactly right. Pitch perfect.

Re: The best thing is ...

by *Kevin* » Wed Sep 15, 2010 6:59 am

THERE IT IS!

Well hello there! I didn't see you before.

What I call the experiencer is part of the experience itself.

What's it like? Everything is spinning. It's all just, going round and round and round. Sort of like... Bad Wolf. Writing itself. I'm still sitting here, typing and thinking and doing like I do. Only now it's all happening and I isn't apart of it. Not a part, but apart! I is it, and thus I isn't.

I is the experience, and thus I isn't the experiencer.

What is called I never existed. This is true in a testable and demonstrable way. This is true in every way that you can understand it, even if it seems incomprehensible. This is absolutely, irrevocably, and unequivocally true. I refers to nothing.

Re: The best thing is ...

by *deadzior* » Wed Sep 15, 2010 8:40 am

Well written.

"I" is a part of life but isn't apart from life.

By "it" I mean experience, content, just the stuff that is perceived.

"I" is no different than the rest of the content.

You can't give it special place, it's just "something" as everything else, it doesn't have special quality to it.

You can just easily discard it. Holding a belief of it is just like holding a belief of anything else. Of course - you can do it, like every other person in the world.

Re: The best thing is ...

by *Ciaran* » Wed Sep 15, 2010 7:23 pm

HEY. HEY HEY HEY.

That's another one. That's another one. Stick the fuck with it Kevin.

Now listen - DON'T LET YOURSELF BELIEVE IT. BELIEF IS WORTH NOTHING. SEE THE REALITY OF IT IN REAL LIFE, OR THIS WON'T MEAN SHIT.

Bad Wolf motherfucker, come on - push it hard. Look at it so deeply your eyes bleed and your heart breaks. Come on, man, hit this shit. Hit it to fucking pieces.

Re: The best thing is ...

by *Ciaran* » Wed Sep 15, 2010 7:24 pm

Come on Kevin, break free, you're right there. Come on.

COME ON.

Re: The best thing is ...

by *fernandez* » Wed Sep 15, 2010 7:33 pm

Stay with it, Kevin

Don't flinch not one bit.

Re: The best thing is ...

by *Kevin* » Thu Sep 16, 2010 1:11 am

"There is no you."

That little reaction right there, distancing or denying this statement, where is it coming from?

Your thoughts are writing you.

The experience is writing your thoughts.

You are being written by the experience.

Thus, you are inseparable from the experience. If you are inseparable, who's experiencing?

Come on man, think! Look at it, hold it up, see it!

The thinking that you call yourself, is created by the experiencing. The thoughts you're having right now, those are the experience. NO, you're not the experience. The experience is. You're not at all.

You, isn't. I is not. That's not ghetto talk. The subject of those sentences, "I" and "You", are not.

That's why you said it as "There is no you," isn't it Ciaran. "I is not" would only make people think that you're crazy. There is no you would have the added factor of causing them to defend themselves.

How else can I use this? How else can I say it? What more does it do?

Re: The best thing is ...

by *Ciaran* » Thu Sep 16, 2010 1:13 am

I think we're about to find out. That's a confirmed. Kevin, you're in.

Chapter 2: I'm Full Of Shit

I'm full of shit.

by *Kakistos* » Mon Sep 20, 2010 3:15 am

In fact, I'm so full of shit that I spent 3 days almost constantly rolling this "no me" thing around in my head and all it got me was that I don't ACTUALLY think it's true.

Honestly I was more open to the idea before I started thinking about it. I had a 5-hour session of sitting down.

Thinking, writing what I thought was true down, to then scribble it out because when I read it again, it just stank of rehashed other people's bullshit and flat-out lies to myself.

I've done all I can with the cogito = distraction

Brain in the grass = distraction

Baby lying on a blanket = distraction

I got fucking angry, so I dove into that, I twisted it around into "there is no 'I am angry' there is only anger" = Fucking distraction

Even remembered something I heard: it may be a myth, but some philosophy paper in America, there was only one question: "Why?" The answer that got an A on that paper was, "Why not?"

Fucking distractions.

I'm so mired in bullshit that I can't see fucking truth. No matter how clear it is in front of my stupid fucking face.

I made more progress in the 30 minutes prior to writing this than I did in the 3 days before that. And ALL I came up with from that was literally, "I am".

When I challenged that with the assumption that there is no me, there WAS no reply.

Not a single response or challenge. This is being so far from knowing, that I look at that notion and it's like... "That's a stupid fucking thing to say and I have no words for you".

10 minutes working on the cogito while drunk my first night on the forums got me, "I am not," retarded thing is, that I was so drunk that I don't even remember what got me there. I don't forget shit from drinking.

But that's not something I should have dealt with in that condition, and now I'm just stuck with MORE of other people's bullshit.

And you know something? With my track record on clarity of purpose and consistency of thought this could easily slingshot back to the other extreme tomorrow. Believe nothing I say. Because I fucking don't.

Re: I'm full of shit.

by *ivanhernandez* » Mon Sep 20, 2010 4:06 am

Your theories have no use, man. They are irrelevant to recognizing there is no you.

Don't be fucking lazy or a pussy.

You're not your bullshit. Just look.

There is no you in any sense. Have the courage to crack it or die.

Re: I'm full of shit.

by *Rikki* » Mon Sep 20, 2010 1:41 pm

You're thinking too much. Trying to understand. Don't worry; you'll understand fully when you're on the other side, so to speak.

I use the riding a bike analogy. You've read how to do it. You've questioned how to do it. You've asked everyone how to ride it. You've even gone out and bought a brand new fucking bike. But you're sitting there looking at the bike.

Thinking. Trying to comprehend.

Get on that saddle right now and just go for it. Look deep inside at the possibility that you don't exist. There are thoughts. There are sounds. There is sight. There are feelings, etc... But no 'you'.

It's a mind-made fiction, an illusion, a phantom self.

A lie you believe in because no one ever told you not to. Well, I'm telling you, pleading with you, to abandon all beliefs, all thought structures, even all questions, and do this:

Take a good, hard, deep look inside. Look, as hard as you can into the possibility you don't exist. You never did. It was all a lie. I don't want you to believe me.

In fact, I want you to be so fucking livid at me you're going to look as hard as you possibly can to prove me wrong. Prove me wrong. Make me look the fool. It is my invitation to you.

Re: I'm full of shit.

by *Kakistos* » Mon Sep 20, 2010 7:50 pm

There are no connections anymore.

All this shit I relate to each other, it's all individual shit that exists individually. Caring, loving, hating, anger, fear, frustration.

When I try to look at it, there's nothing there TO look at it with. I'm trying to see nothing with nothing.

Then other shit pops into my head and I think, "THAT'S a distraction" I'm seeing the lies. Every fucking one of them. It's like my mind has been designed to distract me from asking the one simple question of, "Is it true?"

So I throw shit at it. Test the fuck out of it. My past experiences: was I ever there? No. I wasn't. It was the experiences; it was the emotions.

DISTRACTIONS.

There is no me. Is it true?

Chapter 3: If You Want Some, Come Get Some

If you want some, come get some.

by *Rikki* » Mon Sep 20, 2010 1:55 pm

Another invitation to enlighten you.

Bring your lies. Bring your delusions. I challenge you to make me look the fool.

Please, someone fuck me over.

Re: If you want some, come get some.

by *Kakistos* » Mon Sep 20, 2010 5:46 pm

Believe me, I would bombard you with question after question if it would do any good. But it won't. I already have all the answers I need.

The only thing I know to be true is that I have to figure out what is fucking true in all these "answers".

I see no purpose in asking facile questions to force truth down the throat of those too cowardly to ask their own.

Re: If you want some, come get some.

by *bobby* » Mon Sep 20, 2010 7:46 pm

Well... we've given you all that you need. So why aren't you free yet?

Listen. You don't have to find an answer; you have to see the truth. You have to see it. You can not be given anything but direction. That is what we are here for. You have to work this out yourself. Work it out. It's the only way.

We are not forcing the this belief down your throat. If it worked that way, I would shove it down your throat. That's how important this is. We are telling you that you have to see the truth yourself. You are the lie. You have to see through that one lie to see the truth.

This is freedom. Nothing is more important than this. Nothing.

Re: If you want some, come get some.

by *Kakistos* » Mon Sep 20, 2010 8:33 pm

The "answers" I was talking about is my bullshit. The satori I practised for months. Christ, I even went to a dojo for fucking zazen. I went to a church for the first time in 8 years.

I fucking wept at the lies. I weep for the lies. All the "answers" I have are wrong. IT'S ALL A LIE. There are NO right answers. Only one truth. Truth isn't in an answer. It just IS.

I need to do what I've been doing for the last 4 days. Sitting down. Shutting up and working it out. Then reporting about how much bullshit I find in myself to you, you judgemental prick.

Re: If you want some, come get some.

by *bobby* » Mon Sep 20, 2010 8:58 pm

Fucking Christ. That is what we have been telling you from the beginning. Now do it.

We don't want to hear your bullshit. We want to hear the truth in your words.

Re: If you want some, come get some.

by *Kakistos* » Mon Sep 20, 2010 10:22 pm

Nope. No you, not even a fake one.

There is an illusion that your mind created. It's just not there. My original assumption before I got here was that the universe doesn't exist outside of YOU.

What I'm saying is that the universe and everything in it exists (I mean, there are atoms and shit = exists) What doesn't exist is YOU.

There are atoms in your brain (it's made of them), performing their function, sending signals around, telling x part to do y thing. But it's all biological I am a response by my mind to the question: "What label am I?" This created the fallacy of SELF.

I didn't label it, there was no me to do the labelling. The mind did. As it labels everything else it labelled a "ME". It created something that never existed and gave it a name and that name was "ME".

"I AM" a computer program, as real as a computer program in every sense. The processor is crunching away, sending its signals around, telling shit what to do, and it creates the program.

Who wrote the program is the next logical question. The mind, as a response to its own need for a label.

Re: If you want some, come get some.

by *bobby* » Mon Sep 20, 2010 10:46 pm

Now THAT was interesting. I think you may actually have it. You might actually have it here.

All right motherfucker. Let's hear some more. Describe it. What do you see / feel? Talk. I want to hear YOUR perspective. Be clear. Be concise.

Re: If you want some, come get some.

by *Kakistos* » Mon Sep 20, 2010 11:16 pm

The mind wanted a tag to put on something simple JUST so it could relate it to the sensory input around it.

The tag made it self aware. So it started taking fucking everything. So there is no hunger, "I AM" hungry. There is no loving, "I" love. Everything gets consumed, sucked into this 'I'. It wasn't the fucking mind's fault. It was just doing its fucking job.

I've been so pissed off at my fucking mind for getting in "MY" way. I've known the potential for years, and "I" haven't lived up to it. Because there is no fucking "I" involved. There was just doing. Or not doing.

This is why this is the root of all fucking suffering. Instead of doing stuff for the sake of the action and result. I was doing it for "myself".

How does it feel? Right now? It feels fucking stupid is how it feels. Nothing looking at nothing. THAT makes me fucking laugh. I didn't even know what I was saying when "I" said that.

Now I see how fucking ironic that actually is. Because it's the truth.

Re: If you want some, come get some.

by *bobby* » Mon Sep 20, 2010 11:27 pm

This is really good.

You fucked it up though. "There is no loving, "I" love?" I have no idea what you are saying.

Focus.

Be fucking clear man. Stop fucking around. What wasn't the mind's fault? You've gotta convey your shit clearly. I was hoping to have you confirmed by now, but now I'm just not sure if you're there.

Clarity. Focus. I shouldn't have to ask follow up questions. Pick one or two things and stick to that. Describe in detail. You've done well, man. Really well. But you've gotta convince me.

I want to see you free, dude.

Re: If you want some, come get some.

by *Kakistos* » Mon Sep 20, 2010 11:47 pm

There is no hunger, "I AM" hungry. There is no loving, "I" love THIS is what Self did when it took over. It took away the actual thing – love, hunger – and made it a possession of self.

It wasn't the mind's fault that the self took over and raped fucking everything in life.

This is me being pissed off that I didn't know this already. Word vomit. You asked "What is the root of all suffering?" SELF! You fucking dolt. *You asked "Which part feels stupid?"* The whole thing. This self-created self shit. It's not only true that there is no self. It's retarded to think otherwise.

NOTHINGNESS is what everyone is scared of here. What is stopping them from really breaking this shit apart.

It's not fear of the truth, or any of that shit. THAT requires a self (which by the way, doesn't exist). THE MIND is scared shitless that there may actually be nothing.

The nothing that I'm talking about, is the absence of self in place of the empty space that the mind assigned as occupied by the self.

You don't even fucking look there. THAT'S why you scream it at people. Why Ciaran fucking HAS to shout it at people. WHY the same message HAS to be drilled over and over again. And THAT'S why you do it. THAT'S why there's no choice but to.

Your mind simply won't look there if it isn't absolutely forced to. It's protection of self.

Protection of self. That's something that self gets very good at once it's infested every part of your life. Hiding completely in plain sight.

You'll hate me for saying this (but fuck you anyway). I was always looking at the finger pointing at the fucking moon. Now I'm just looking at the moon.

And there's no me looking. There's just looking.

Re: If you want some, come get some.
by *Ciaran* » Tue Sep 21, 2010 12:25 am

Confirmed. Beautiful.

Chapter 4: How To Become Liberated

How to become liberated

by *adiakritos* » Wed Sep 22, 2010 12:52 pm

Show me the way. Lead the fucking way. Fine, you're irritated that I don't see it yet. But use some proper vernacular.

Re: How to become liberated

by *Kakistos* » Wed Sep 22, 2010 1:28 pm

How to crack it?

They've been doing it for thousands of years. They've been sitting on mountain tops, going into deserts, into caves. Everyone that's ever done it, did it the same fucking way.

SIT DOWN, SHUT UP, WORK IT OUT.

THIS is what they didn't have:

"There is no me..."

"...IS IT TRUE?"

Don't believe it. Don't put faith in it. Don't do anything but ask yourself:

"IS IT TRUE?"

(EVERYTHING ELSE YOU'RE GOING TO READ HERE IS A DISTRACTION. YOU HAVE ALL YOU NEED.)

Incidentally, because I know you'd ask this (fucking Americans). those people that have been doing all that time, for those thousands of years? They just didn't know what they were trying to look at.

Then when they figured it out, they had no fucking idea how to communicate it.

Actually they didn't even know what they had figured out because words don't encapsulate it.

"There is no me." It's a sign post to what you need to see. It's much more, and much less than it seems.

I have no fucking idea how to communicate it - other than to see truth, see lie, and fucking demolish the lie with the strength of my fury at it's lack of existence.

You ask that people be nice to you. If that's what you needed, you wouldn't be here. It's as simple as that. Now fuck off. Fuck RIGHT off.

GO figure it out.

And come back when you have something worth saying, you complete fucking cunt. Not when you get it. JUST when you have something worth saying. And I'll tear that down for you too.

THIS is the shortest distance between your bullshit and actual fucking honesty. If you want people to be nice to you, go live your fucking lie of a life.

Re: How to become liberated

by *Ronztrek* » Wed Sep 22, 2010 1:54 pm

You need to be shown the way and you want to be led? You got to be fucking shitting me. Will it help if I hold your hand and spoon feed you the truth? What truth? My truth? Why?

WHY?

So that you can believe it?

This is NOT A FUCKING BELIEF. It is not a belief any more than the colour BLUE is a belief.

Shit for brains, do you think you 'know' this? Do you believe this? You don't know shit.

Proper vernacular? Liberated, just get a load of this one?? He's afraid of words. Afraid of getting hurt. He thinks perhaps his truth comes with its own polished-up, personal vernacular???

For the love of God, we really get the best of them here, don't we?

Well, adiakritos, considering you're very special, sensitive needs, I found this advice for you in my very own little handbook guide towards liberation for the elite:

First take your right index finger and stick it all the way, the fuck up your ass. Curve it slightly, pull it out very slowly trying to cup any lumps you may feel. Now take your finger and stick it deep into your mouth and try to say, "Thank You Ronztrek, I am now liberated!" Wait a year or two and see what happens.

Or . . . Shut the fuck up, and get to work. Now. Is there anything else you 'believe' I can do for you?

Re: How to become liberated

by *maverick09* » Wed Sep 22, 2010 2:37 pm

The only way you can get to see the truth for yourself is through honest inquiry.... Inquire with laser like intensity and honesty clean as a mountain spring - are **you** real ???

The mind will give tons of reasons why **you** are true.... Bullshit.... Don't believe anything...

Do you need reasons to believe there is a sun??... You know because you know... No reason needed...

Don't look for any reason/symptom for **your** existence.... Just look if there really is a **you**...

You are a fiction created by the mind to give itself some context; nothing more than that...

Re: How to become liberated

by *adiakritos* » Wed Sep 22, 2010 6:07 pm

Maverick, how will I know if I'm headed in the right direction?

Kakistos? Thanks for the first half of the first post.

As for the 2nd half of it along with Ronztrek, it seems like you're fluctuating between helping and just venting shit I cannot understand yet.

I'm not sure if it's helpful at all. It just seems like I'm sifting through a barrage of belligerent bullshit. I'm not personally affected by it, I just like to take things straight to the point, and I want to hear something that seems helpful in nature.

Re: How to become liberated

by *Kakistos* » Wed Sep 22, 2010 6:14 pm

Truth, so soon? I'm impressed. There is one thing that I've noticed. And I think this is actually why Eckhart Tolle and all them other cunts are so useless.

It gets fucking hard to understand that people are accustomed to living the lie. I mean, this is an absolute game changer.

There isn't a single thing in life that I see the same as I did before. Everything is so rich and simultaneously purposeful and meaningless. But that's another digression.

You hit the nail on the head. Stuff you don't understand yet. It's not your fault or anything. You just don't see it yet. What is your fault is that you're not looking. REALLY everything you need is in my first post.

Roll it around for a while and come back when you have something to say.

Oh, and your thanks are less than necessary. They are contemptible. GO SEE, then come back and say thanks. I have done NOTHING, and I can do NOTHING. This is entirely up to you.

Chapter 5: The Work

The Work

by *adiakritos* » Wed Sep 22, 2010 7:22 pm

What's the "work" I keep reading about?

Right now I'm at the point where I want to question every fucking thing. I have the phrase. "Prove it!" echoing any time I make a statement or hear one.

Re: The Work

by *Startears* » Wed Sep 22, 2010 7:25 pm

You 'see' you don't exist ...there is no you steering the bandwagon.

That is the work being referred to. So do it.

Re: The Work

by *Kakistos* » Wed Sep 22, 2010 7:34 pm

Ooooooooooooo. Someone's actually questioning the bullshit they've been swallowing down their whole life. Props.

Without context, I can't actually say what "work" you're referring to. But it is probably the "work" of liberating the human race.

I know it sounds lofty. But, well . . . When you see what we see...You'll know. In the context of, "Get back to work," or, "Start working on it." We're talking about what I told you to do.

Sitting down, shutting up, and working it out, then coming back when you have something worth saying. You just came with something worth saying. That's good. But did you do the sitting down and working it out?

Though I suspect the idea of "working it out" is another thing that only liberated can actually know how to do, because we've done it.

Basically, that just means stare at the one assumption that you've carried through your entire life and ask yourself if it's true.

Do you actually exist?

Working it out is the process that you go through. I don't mean number crunch it, just look. Is it true? In your actual life? Find out. I mean, it's not rocket science.

You wanna know if something is true or not? You just look at it with total honesty and truth becomes self-evident. Discard beliefs and understandings; just look at that one isolated object and see.

Friend of mine asked me, "Do I exist?" I could only answer, "I can't really say – you tell me."

Then she asked, "Do you exist?" To which I replied, "What? No. Of course I don't; don't be fucking stupid. Eww. I wouldn't want to exist if I could." This is what we mean when we say find your own answer.

When you have your answer, whatever that may be, you'll know you looked with total honesty.

From where we are, the thought that we exist is fucking preposterous. Probably about as preposterous as our idea that we don't is to you.

ALL of this is distraction from the one thing you need to do.
Sit down, shut up, and work it out.

Ask this question - and ANSWER it - I don't exist. Is it true?

Re: The Work

by *adiakritos* » Wed Sep 22, 2010 7:48 pm

Is the "existence" you refer to physical or cognitive?

Cognitively, I know that any sense of "I" is a constructed one. For example it's more accurate to say, "Nick has leadership qualities," instead of saying, "Nick is a leader".

The "working it out" part to me so far simply means sitting down and placing each assumption that I have in my mental spotlight and questioning it.

Re: The Work

by *adiakritos* » Wed Sep 22, 2010 8:14 pm

The negative reaction I get, the impulse to say, "FUCK YOU!" to Ciaran comes from existing. This is fucking genius. I see now.

Re: The Work

by *Kakistos* » Wed Sep 22, 2010 8:31 pm

You see fuck-all. No, the reaction you describe comes from an emotional response in that mind you falsely think of as yours, to responses and actions of the mind and body you falsely think of as Ciaran.

We're talking about the actual existence of a 'self' that is experiencing life. Ciaran's just part of life; there's nothing standing before that experience, experiencing it. It's just an experience, it's just there. Same with you. Or 'you' if you want to get technical.

I mean, look. On some level everyone knows there is no "I" when they say, "I am this," or, "I am that." But the point is that people LIVE through it.

Like literally. They think >I AM< actually means something.

YOU are not American, because YOU don't exist. There is indeed 'being American', but there's no

you. Right? America refers to a patch of land, a set of written principles. You, on the other hand, don't refer to anything.

And you might say that America is just a label on that patch of land, sure. But there is actual land there; there are actual principles. But with you? There's nothing there; nothing that can be called you in any sense.

It's not a label for the body; that's not how we use it. How we use it is very specific. It's a specific term with a highly specific meaning – that thing which experiences reality. But there's nothing experiencing reality, because nothing can be contained outside it.

There is only a body that was born.

The mind, as a response to looking at life itself through a matrix of cause and effect, assumed a cause and an effect for life, as such. But there's no cause, no effect. Nothing happens outside the present moment, so there can't be anything outside it experiencing it.

So you get this label - "self" - for something that wasn't there – it was never there.

But that was just the brain doing what it does. Labelling and associating. Throwing up patterns. Showing you the world in terms of cause and effect.

It's not real.

YOU live through this. Your mind creates what is essentially a lens for you to look through where there should be no lens. YOU, YOUR life, YOUR feelings, everything YOU own. All the stuff is real - but that YOU... It is a lie. It is wholly a lie.

All that shit's there – life, feelings, everything – but it's not yours; there's no you to own any of it. This is what I see, and I implore you **DON'T BELIEVE OR ACCEPT IT.**

Look at it.

We're saying it harshly because there are 1,000 different ways to fudge this, to get lost, to build a little world of freedom-themed bullshit, to tell yourself you're looking when you're just spinning bullshit and stressing out over some crap that you've fucking invented.

And plus? The self is so embedded in everything that means anything to you that you don't want it to be true. Your instinct is to 'protect the self,' to ignore this, to go back to sleep, to keep accumulating things and live your days comfortably, safe in the knowledge that YOU exist.

And if you want to live a lie, like a fucking coward, fine. Don't look; fuck off back to your lie of a life.

Don't look; just keep bringing more pain and suffering into everything you touch. Don't look; just watch as everything that matters in your life gets twisted and destroyed. Don't look; don't even bother to see if there is truth. Don't look; don't even bother to know that there can be truth. Don't even try to see it if you just look. Fine. Be that coward, if you can stomach it.

There is stunning beauty, clarity and truth in life that you cannot see because of that fucking lens. But fuck it. Who needs a better life anyway?

Chapter 6: Robotic Mind

Robotic mind

by *adiakritos* » Thu Sep 23, 2010 8:40 pm

The more I think this way the more it occurs to me the thoughts in my mind become somewhat robotic.

"I am nothing more than matter."

"The man I call my father."

"There is pain/an itch/sensation on this part of the body."

"There is no me, there are thoughts, emotions, ideas within the brain. Just like everyone else."

"Meaning is a product of language. Language makes it possible to create abstract mental creations. Without language the only meaning to guide would be sensation, pain, pleasure...etc."

"Who is thinking/breathing/feeling? No one, it's just happening within the mind."

The question "What am I?" becomes irrational. It's more accurate to say "What is this?" while mentally pointing to my body. Then the answers would proceed to be -> A Man -> Human -> matter -> atoms -> energy -> ?

There are just thoughts. There are just bodily sensations along the shoulders.

It's like to say "I", "my", "me"...etc is inappropriate now. Logically it's more accurate to simply state what is since, unlike before, there is nothing possessing it.

Instead of saying I am feeling stressed, it seems more precise to say I feel strange. There is tension, there is uncertainty within the body...

What is there to make of this?

Re: Robotic mind

by *adiakritos* » Thu Sep 23, 2010 8:47 pm

Another thought was, "The cursing and insults from the Arena hold no value since they are not directed at anything. They are meaningless words."

However I still feel a little tension at the thought of it. I suppose when death seems meaningless, when insults and ridicule is incomprehensible...etc. that can be a sign I've arrived.

Re: Robotic mind

by *bobby* » Thu Sep 23, 2010 8:53 pm

Okay, then what is "you?"

You can't just SAY you don't exist; these are not magic words, and you can't just take our word for it - this is not a magic belief.

And don't say, "It just makes sense."

What is this illusion of "you" then?

Re: Robotic mind

by *Kakistos* » Thu Sep 23, 2010 9:07 pm

I call smell bullshit on this one. Meh, he can either keep deluding himself or actually see truth. Up to him. I've entertained this long enough.

Adiakritos, you're full of shit. You're describing what you feel that the idea of no self SHOULD be like.

I've seen this before.

"I'M LIKE A ROBOT!"

It's irrelevant fucking cowardice. You're deluding yourself, and this is a load of cock. See truth.

This is you wanting to believe it. That's like doubly pathetic; you don't even honestly disagree. You're convincing yourself you see it so you can join the fucking freedom club.

THIS IS REAL. THIS IS REAL FREEDOM.

You SEE it, or it means SHIT. If not just you're fucking with us. Everything you fucking say here is totally seething with lies.

You don't fucking exist to feel like this. There is emotion. No one to feel it. JUST the experience.

Don't try to convince yourself of anything. This is fucking Science 101. Stop trying to prove that it's true - as if you had a self to convince - and just see if it is or not.

Look at it. That's all. I don't exist. Is it true?

Re: Robotic mind

by *adiakritos* » Thu Sep 23, 2010 9:14 pm

I don't clearly know yet. I believe I partly understand it conceptually. However I do not yet see the 'me'.

Re: Robotic mind

by *Kakistos* » Thu Sep 23, 2010 9:25 pm

What the fuck is wrong with you? Are you totally fucking stupid? Are you just not fucking reading this? What the fuck?

Why are you even telling us this? What the fuck is wrong with you?

Of course you don't 'see the me' you stupid, worthless piece of shit. It's not there to fucking see.

"ME" is a pointer that points at nothing. You have all you need. Now fuck off, and work it out.

Come back when you have something worth saying. KEEP coming back when you have something worth saying.

Re: Robotic mind

by *adiakritos* » Thu Sep 23, 2010 9:25 pm

I'm trying. I really am.

Re: Robotic mind

by *bobby* » Thu Sep 23, 2010 9:41 pm

For fuck's sake, stop trying and just look.

Re: Robotic mind

by *adiakritos* » Thu Sep 23, 2010 10:48 pm

K, walked around for a lil while, and was like, "FUCK! Ok, I'll pay attention to what's in my mind. And find the 'self'"...

And then I heard music. I kept paying attention and when I'd look up I'd see all the trees out in front of me.

At some point in my walk, the beginning of it, I started to feel that satori-like sensation but I was like, "FUCK that, I keep hearing that it doesn't mean shit"

I expect to feel a "oneness" with everything. I don't. It makes sense to me, even though I've heard it articulated before, that I don't think. There are just thoughts. I found myself thinking this.

Re: Robotic mind

by *bobby* » Thu Sep 23, 2010 11:06 pm

What's in your mind is irrelevant. You will get lost in thought.

I repeat... YOU WILL GET LOST IN THOUGHT.

If you feel some bullshit sensation like that. It means...

YOU ARE DOING SOMETHING WRONG.

FUCK. FUCK. FUCK. FUCK. FUCK. FUCK.

This is your motherfucking problem right here... You are expecting a fucking Zen delivery from on high, this is fucking bullshit. REALITY. LOOK AT REALITY. THERE'S NO FUCKING YOU.

You're reaching for some bullshit fucking dream, and you're leading yourself astray.

And, no, you will not feel at oneness with everything. That is a fucking myth. Just like the Tooth Fairy and the Loch Ness monster.

FUCK. WHY AREN'T YOU LISTENING?

IT'S NOT A MAGIC PUZZLE BOX..

YOU HAVE TO SEE IT.

HOW MANY FUCKING TIMES DO WE HAVE TO SAY THAT?

YOU DO NOT EXIST.

Re: Robotic mind

by *Kakistos* » Thu Sep 23, 2010 11:39 pm

Don't think, look. Don't pay attention to all the feelings and shit; it's distraction. ALL of it is distraction.

You'll see how stupid the expectation of 'feeling a oneness' is when you're liberated. It's irrelevant.

Ok, look. You've got a lot of thoughts, right? Were you thinking them? Was there a YOU thinking them? OR was there just thoughts?

Don't let yourself get distracted. Don't expect or believe anything you find. Just ask - "is it true." Nothing else is relevant. LITERALLY nothing else is even slightly relevant.

You can build your opinions and beliefs and association when you're free. But right now YOU are a slave and YOU can't be trusted.

So you have to stop with the distractions, OK?

I don't exist.

Is it true?

Simply;

NOTHING else. NOTHING more. NOTHING less.

Stop trying to see what you think you want to see. Look for the truth of this matter:

Only one of these two things can be true.

- I exist

- I don't exist

Just look until you know which one is actually true.

Re: Robotic mind

by *Kakistos* » Fri Sep 24, 2010 12:32 am

You say you're doing all this thinking. Let me ask you a question.

Did YOU find YOURSELF thinking?

Yes. There is a mind thinking things. Yes. But it's not your mind, and it's not you. There is no you. So... Is there a thinker, thinking these thoughts?

Or just the thoughts? ONLY be honest.

Re: Robotic mind

by *adiakritos* » Fri Sep 24, 2010 12:58 am

There's only thoughts.

Re: Robotic mind

by *Kakistos* » Fri Sep 24, 2010 1:08 am

Keep looking. You don't exist. Is it true? Dive into it. Nothing else matters now. IS it fucking true? Come bring it. You're really close.

IS IT TRUE? When you look, what the fuck do you see?

Re: Robotic mind

by *adiakritos* » Fri Sep 24, 2010 1:16 am

I see nothing when I look, yet I feel like breaking. Like denying something.

Re: Robotic mind

by *bobby* » Fri Sep 24, 2010 1:22 am

Elaborate. And don't fucking talk about how you feel. How you feel is irrelevant.

Re: Robotic mind

by *Kakistos* » Fri Sep 24, 2010 1:26 am

Do you know how much lie I see in that last short post?

You're trying to believe. THAT'S not the point. STOP TRYING TO BELIEVE IT.

You LOOK with HONESTY.

"I don't exist" isn't some fucking mantra or some shit.

We drive it in so that you'll actually look because you don't really want to look. You just – like everyone else – want to wallow in ideas and believe certain things because, like everyone else, you think that if you get your beliefs in a certain order, that makes you a better person.

Which is ridiculous, because there is no you.

Believe NOTHING we say. LOOK.

I can give you no answers. This is totally about you finding your own.

LOOK TILL YOU SEE.

That's all.

Re: Robotic mind

by *adiakritos* » Fri Sep 24, 2010 2:33 am

Something that totally trips me up is the question, "Who drives the mind?" WTF?!

If there is no-one to drive it, then there is only instinct.

Emotions mean nothing in this process. Ok. I'll ignore emotions.

All that is left is... this body. The sky, the solar system. It's the same shit. The mind is what creates significance; meaning. In all honesty, I see the self as a malleable changeable mental concept of self, constructed loosely by reference experiences.

Those "references" themselves are created by a pre-existing lens of interpretation. Where the fuck does this "interpreter" comes from? I have no clue. Is it even real? I do not know either way.

This is the point where I want to just fucking look and see. Looking earlier today, I saw thoughts. I saw ideas. That's what I failed to articulate. I walked around the house knowing that these are simply thoughts.

I don't like to refer to myself at all because, again, it fucking is irrelevant.

Later on I posted some shit in this thread where I mentioned "I found myself thinking this." Once called out on it there was second guessing. From knowing to guessing...

I don't want to be parroting either. God damn I don't want to stop until I am free.

Re: Robotic mind

by *bobby* » Fri Sep 24, 2010 2:41 am

What the fuck is this about instinct? No. You're still looking for some cause. Next you'll be saying "the self is really instinct" or some shit.

Instinct is just another part of reality, of life. And there's no cause for reality, for life. Everything just is. There's no you experiencing it.

You say - "The mind is what creates significance; meaning."

Irrelevant. And NO.

Stop FUCKING AROUND trying to BE A CLEVER PERSON.

Just FUCKING LOOK. There IS NO YOU.

Your thing about the 'malleable content of self' is good - it is. Much more solid, a much better response – but you still assume the mind needs an interpreter.

Imagine what it's like to be a baby opening its eyes for the very first time. A blank slate.

No you to sense; just senses.

No you to think; just thought.

No you to name or label things; just the naming and labelling.

Really actually do this. Don't just consider the idea of doing it, and analyse whether or not you think it will do anything. Instead, ACTUALLY DO IT.

Now get to work, motherfucker. I want to see you on that list.

Re: Robotic mind

by *Kakistos* » Fri Sep 24, 2010 2:47 am

Who drives the mind? No one.

You wrote - "In all honesty I see the self as a malleable changeable mental concept of self, constructed loosely by reference experiences."

But you're getting hung up on all this thought shit. It's just thought for the sake of thought. Ideas for the sake of ideas. That's it. It's just patterns, that's all. Patterns the brain's throwing up. It's not your brain. There is no you, fuck, just look.

So much of what you say is irrelevant. Keep clear. What's irrelevant is how we talk about this. Getting all hung up on grammar doesn't mean shit. So don't. Just look at the reality of actual life as you experience it – there's no you experiencing it, there's just the experience. Look.

EVERYTHING you know is in question here. IT CAN'T BE TRUSTED TO BE TRUE.

There's only ONE question. Everything else CANNOT be considered part of this, and is irrelevant. JUST keep going. Fucking own it.

IS IT TRUE?

1 Purpose.

0 Distractions.

SAY SOMETHING TRUE, I fucking DARE you. SAY IT. What do you see when you look?

DON'T FUCKING LET ME DOWN NOW, YOU CUNT. JUST FUCKING LOOK.

Re: Robotic mind

by *StepVheN* » Fri Sep 24, 2010 3:31 am

Ahh, shut up and pull your hand out of your pants. We don't need internet hard men hanging round wanking all over the truth, we need actual honest courageous people.

If you're not honest you won't be liberated... You seem to be keen to prove your liberation..... I've never met a liberated who gave a fuck what I thought.

How about FUCK your Jed McKenna shite ... thank fuck I never read this shite.

FUCK Eckhart Tolle.

And more importantly, fuck any pussyfart who thinks reading this shit is equal to liberation.

I have no trust in your bullshit and will test you at every fucking turn fuck head. Hit me with some graceful truth or fuck off. I will haunt you till you are wiped from this Arena. I cannot abide a liar.

Re: Robotic mind

by *adiakritos* » Fri Sep 24, 2010 4:49 am

When I look, satori happens. But so do thoughts. Then nothing. Then I'm just fucking staring at my hands. Then I notice a vein in my hand.

Then a realization that there is no one behind the thoughts, just the thoughts happening. There's a distinction between thoughts and nothingness, sorta. Just this computer screen.

Then fucking Katy Perry's songs resonating in the background of my mind.

Then noticing some weird noticing a kind of fluctuation from thinking to seeing.

A question to ask "What really is true"

Back to thoughts happening and seeing them instead of believing them or listening to them... asking "is it true?" then "what is true?" Then "what is definitely real?"

The fan is spinning, my heart is beating.... < ahhh! there's no 'my' ... is it true?

Feel frustrated... know it's irrelevant... there is presently frustration.. then space.

Wondering if the thoughts will stop and knowing will be primary...

Re: Robotic mind

by *StepVheN* » Fri Sep 24, 2010 4:54 am

Oh great another babbling idiot on the cusp of liberation who needs one of the "liberated" to push him over the edge.....

It doesn't work that way.

Fuck off and pick up a pen and paper.

Write with no intention of holding onto the document you produce and chronicle this shit; draw conclusions, work it out.

Then throw that piece of paper away, get back on here, and do something worthwhile with your liberation. Until then I don't want to hear any more of your self-indulgent, schizophrenic, half-baked, pseudo-spiritual bullshit.

Re: Robotic mind

by *bobby* » Fri Sep 24, 2010 5:09 am

facepalm

Just when I thought we were getting somewhere I see this crap. That's what this is, crap. And if I hear the word satori one more fucking time... Fuck. Go back and read my last post

Re: Robotic mind

by *adiakritos* » Fri Sep 24, 2010 5:35 am

I just recited what was happening. That's not the same as seeing I suppose. Where do I direct my focus?

Re: Robotic mind

by *StepVheN* » Fri Sep 24, 2010 5:37 am

Microsoft Windows (95-7) : Top Corner Left. Click the X button and fuck off. Mac (osX) Top left corner. hit the X button and fuck off

Re: Robotic mind

by *adiakritos* » Fri Sep 24, 2010 5:38 am

Okay, so just looking at stuff is not the same as seeing truth...

Re: Robotic mind

by *Kakistos* » Fri Sep 24, 2010 5:43 am

No. Shit.

What you're seeing is a first glimpse of honesty.

I stared at my hands for a fucking hour in absolute awe of the honesty in the experience.

It was a distraction. It was a step forward but not one I should have stayed with. Probably the first honest experience of my life. **BUT A FUCKING DISTRACTION.**

You're done with the first half. All you need is the second.

Is it true?

THAT is where you "shift your focus".

Is it true?

Is it true?

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Is it true?

Re: Robotic mind

by *StepVheN* » Fri Sep 24, 2010 5:44 am

It's the difference between understanding the concept of genocide, and the feeling you get when a nationalist general pumps a slug into your gut and drops you screaming into a hole on top of your dead, raped sister.

Re: Robotic mind

by *bobby* » Fri Sep 24, 2010 6:02 am

FUCK FUCK FUCK.

Now I'm just fucking pissed. Are you fucking listening? We have told you all you fucking need, and we have fucking told you that.

All you need, you need nothing more. Nothing.

Anything else we tell you will only serve to distract you.

Sit down, shut the fuck up, and work it out.

DO NOT COME BACK UNTIL YOU HAVE SOMETHING THAT'S NOT GOING TO PISS ME OFF.

I am not your mother, I am not going to fucking spoon-feed you.

Re: Robotic mind

by *Kakistos* » Fri Sep 24, 2010 6:02 am

Excuse me while I pick my fucking jaw up off the floor. StepVhen, that was just fucking glorious.

Adiakritos, go away. Stop asking questions. Stop reading this shit. Go out of your house.

Stare deeply into the place that your mind doesn't want you to see. There is a space there.

An empty space where your mind says there is a YOU.

This is THE TRUTH. DON'T TAKE OUR WORD FOR IT.

This is what I saw. This is the only way I could put it in words. You will see when you see, when you LOOK. You STILL haven't fucking LOOKED. WHY?

When you see, it will stay. You cannot UNSEE what you've SEEN.

If it doesn't stay, you didn't see. So fucking look, and see the fucking thing.

Is it fucking true?

Is it fucking true?

Is it fucking true?

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Is it fucking true?

Re: Robotic mind

by *adiakritos* » Fri Sep 24, 2010 12:48 pm

What did you stare into, that your mind didn't want to look into?

Someplace in this thread someone said something like, "It's fucking Science 101"...

As a result I'm looking at what I'd hate to happen, or things that have happened that I retch at more deeply. Seeing it with a "Science 101" place. Looking at [myself] from a Science 101 place.

Re: Robotic mind

by *Kakistos* » Fri Sep 24, 2010 1:00 pm

You'll see when you see.

It's just looking to see if that one assumption that you've had for your whole life is true or not.

Looking to see if this is true from a Science 101 place ain't bad. Just make sure you actually fucking do it, instead of just talking shit at us, which is what you've done since you got here.

You're still getting bogged down in distractions and I'm afraid I've added more than my share. But when you see that something's distracting you, call it that and move on.

I swear to god you can crack this on your own.

You've bought the bicycle. You've put it together. You've read the instructions. You've watched the videos about riding it. You took 2 days of theory classes on riding it. The only thing you haven't done is get on the thing.

Just get on the bike.

What do you see?

Re: Robotic mind

by *adiakritos* » Fri Sep 24, 2010 1:34 pm

Just now I see everything as just passing through the body. Ideas, emotions, the drive behind I speak, I feel, I hear, I think...etc are just separate things passing through.

The collection (recollection) of these things seem to unconsciously become like a stack of paper and thus form a singular thing called "I"....

I'm working it out, and it seems like it's falling into place. With what I've got now I'll explore and come back when I see things more clearly.

Re: Robotic mind

by *Kakistos* » Fri Sep 24, 2010 1:45 pm

NO ONE POST A FUCKING THING NOW.

HE'S ON HIS OWN

FUCKING NO ONE!

Re: Robotic mind

by *adiakritos* » Fri Sep 24, 2010 2:12 pm

I'm like a vacuum cleaner, picking shit up everywhere I go. Then saying, "Look! Look at this unique lump of trash! This is me! This is what defines me!" When in reality I'm just a tool, sucking it all up and storing it. The vacuum is and always stays the same. It's the same as any other form of a vacuum cleaner...

The trash can get cleaned and replaced over and over until I realize it's not the trash that is me. I'm the fucking vacuum. So instead of wandering aimlessly and picking everything up and making sense of it, I can be more like a light, wandering as I may, seeing the walls, the floors and the particles of trash along the way for what they are. Particles of trash. Walls. Floors. Carpet. Etc.

Be back later today. Probably sedated. I'm getting my wisdom teeth removed. I feel lighter. I don't

really "think" this is how it is now. I just see it as it is. This is what it fucking is.

Question me. Refine me. Make sure I'm not fooling myself.

Re: Robotic mind

by *Kakistos* » Fri Sep 24, 2010 2:28 pm

Now, this is interesting. Getting a little off the wall, but ok, I can see what you're saying.

Bring it into reality. Not just some concept in your head. Talk about specifics.

Stop talking about what YOU can be and just start being. The veil of lie is SOOO fucking thin now I can smell the truth here. This is what it fucking is.

TRUTH!

There is no you to fool. There never was. Pick something and talk about it. Something real. Go wax lyrical. Less allegorist bullshit. Just real and true. Simple.

The only question I can ask that really encompasses it is...

What do you see?

Re: Robotic mind

by *adiakritos* » Fri Sep 24, 2010 3:00 pm

Ok, everything is just passing through.

Like these thoughts, these ideas, concepts . . . Everything is just passing through.

I don't own it because it's just passing through. There's nothing to own it. It just is what it is.

I want to use more metaphors but fiiiine. Still I mean, damn, I've already said it.. Like say my family fucking dies. Yes, they died. Yes, I feel sad. But – there is just sadness. It's fucking sad. No one owns it, and so it can be felt fully, but it doesn't crush you.

There is no, "I'm sad," because there's no I other than the body that feels it. And it's not my body.

So when you guys were saying something like, "Oh hey, do you exist? -> Eww Fuck no! I wouldn't exist if I could! -> Do I exist? hmm well I can't really tell yet."

I was listening to my mother talking on the phone and thought, "Does she exist? How would I know? Listen to the words that she speaks because it's all in the mind anyways."

I feel comfortable saying whatever now; I don't have to speak about it in a special way – because it makes no difference when I refer to me as me or I or what-fucking-ever because I just know that there isn't anything other than this human that's being referring to. No-one owns the human. There's just the human.

Like I'm free to conceptualize while simply knowing they are just thoughts, concepts, in and of

them selves.

I do not own them because that is impossible. They just exist.

They are created and forgotten but never owned, just . . . carried. Held on to like trying to hold sand in a bag with holes.

I realized that without a self, it's possible to be unbiased as long as there is focus.

I was like, "How can I test it? What do you people FUCKING MEAN BY "IS IT TRUE?"???!"

And then I realized... with any statement I make, if that question were to follow, it would lead me back to its source . . .

"I think that blah blah blah" IS IT TRUE? As in do *I* think this? Or is it just a thought?

What is?

Fuck man . . . Everything is. It is as it is. There's no owning it, Because there's nothing to own it. LOL - it just happens, passes.

I don't feel hyper-focused, per se. Just clearer about shit. I don't know - everything is just passing through. hahahahaha

Re: Robotic mind

by *Kakistos* » Fri Sep 24, 2010 3:18 pm

Every expectation you've had about what this is, is totally erroneous.

That said... yes. That's it. You got it.

Welcome to the war.

Bathe in truth. It's the only advice I can give you. The lies will twist you with hatred. But you have to know they are lies.

Read through the Arena again. Let the words of every liberated that's ever posted resonate through you. Truth is beautiful. But it's FAR too rare.

But I'm talking like a cunt again.

Take a break; settle down. RELAX. You're done.

Re: Robotic mind

by *adiakritos* » Fri Sep 24, 2010 6:35 pm

I wish I'd have read that earlier. the part about relaxing. God.

I'm gonna go to bed. Just got my wisdom teeth removed, and, holy fuck; it's beginning to hurt.

Re: Robotic mind

by *Kakistos* » Fri Sep 24, 2010 8:54 pm

Grand. You've found truth now.

I expect a big rant about what it's like and what you're insight is asap.

It's kinda a tradition. Make it glorious.

Re: Robotic mind

by *bobby* » Fri Sep 24, 2010 9:36 pm

Slow down there, Kakistos.

Adiakritos, let's hear it motherfucker... I want more. Speak truth. Spill your guts.

I want you on that list. Convince me that you're not just parroting

Be clear now; none of this back and forth shit.

Also, credit your liberator.

GO NOW.

Re: Robotic mind

by *adiakritos* » Fri Sep 24, 2010 10:39 pm

Sure thing, sir.

Everything is simply happening. Thoughts, emotions . . . They all run through. There's no ownership. The lie is that there is a self. There is no fucking self: just emotions and thoughts, ideas or whatever - it's just mental shit.

A story? Just that. A story. No one owns it.

The best way for me to articulate it is like a vacuum. I can go around sucking shit up off the ground and collect a bag of garbage and in an attempt to identify my self I can say, "This here is what defines me," when in reality all that shit can get cleaned out with a hard enough crack to the head, and I'm back to zero. I'm really the goddamn vacuum. With the capacity to suck shit up. Just not point at the collection and using it to be anything more than what is.

There is no thinker, just an awareness. Just a body, and a brain for rationalizing. But none of that is unique. The thoughts, emotions, ideas, concepts or whatever is equivalent to the trash that gets picked up through a vacuum. I'm not the trash, I'm the vacuum.

Now it makes sense that thoughts and emotions and all that shit is irrelevant. It's more like tracing the source of all these things. They exist but they just happen within the body. That's about all it is.

I've articulated this over and over already with some of the people I know and so I'm a bit tired of

going over it again and again.

Another topic . . . If my family all dies... That would be sad. But I'm not sad, There is just sadness.

I see how viewing everything through a self creates a life of a lie. It's so sad because I see my friends, so scared of what people think, pretend to be macho n shit. Constantly grasping at new things to add to their self-esteem. There is no self to esteem. If only they could see that. They would be free of all the unnecessary suffering.

Possessions, I realized how content I am sitting in the car, allowing all these thoughts to pass through me. Some Eckhart Tolle tidbits passed through and I understood what is meant by it whoever I chose to simply let it pass.

I still feel emotion. I still think. I still get angry or whatever. I just know that those simply exist. They are what they are, and that's it.

About 5 and half hours ago I got my wisdom teeth removed and was in a fucking world of pain when I got home. I took a pill, grabbed an ice pack, and tried keep my mind off of the pain for some time.

It's like everything is the same and yet I see it so differently.

It's nice being able to sit and simply allow everything to pass through. But right now I don't really enjoy the pain happening, so I've been trying to direct my focus onto sound or a candle, or whatever . . . Anything to reduce the pain from my consciousness.

I was reading this book called Fire in the Belly, and, after this, I realized how there is no need for a "rite of passage" because there is no self that's turning into 'man'. That's pretty much what the beginning of the book is about. Mentally becoming a 'man'.. There is nothing but experiences, references to collect and use to say, "This here means I'm a man."

I feel sharper, different from people who hold a self on references. Like it's why I stay quiet when they talk about things through a lens. I cannot relate because it's a lie. It's not real, what they are saying and believing.

I don't know if it's the drugs or what, but I'm drawing a blank mind.

Another thing is that I'm no longer afraid to refer to myself as I, me mine, or whatever because I inherently understand that it's a reference to this mind, this body. There is nothing more than that. Everything else is just a passing occurrence.

There is no self. Everything just fucking IS! There's not much else to say. Ask away.

Re: Robotic mind

by *bobby* » Fri Sep 24, 2010 10:50 pm

Fuck yeah. Welcome to the motherfucking war.

Credit your liberator. We need to know who freed you.

Well done. Well done.

Re: Robotic mind

by *adiakritos* » Fri Sep 24, 2010 11:11 pm

Kakistos freed me. He stuck with till it happened.

Re: Robotic mind

by *bobby* » Fri Sep 24, 2010 11:16 pm

Done.

Re: Robotic mind

by *adiakritos* » Fri Sep 24, 2010 11:49 pm

Woohooo!

Re: Robotic mind

by *Phaedrus* » Sat Sep 25, 2010 10:25 am

This is one mother-fucker of a liberation piece.

Amazing to see the wisdom that comes out of people as soon as they are liberated.

There is fucking a thousand times more quality here than you could ever get from a lifetime of church, reiki, or Tolle seminars.

"There is no self to esteem."

Just brilliant.

Chapter 7:
Would liberation affect humanity's progress?

Would liberation affect humanity's progress?

by *Jona* » Mon Sep 27, 2010 8:51 am

Hi

I've been pondering about the idea that there's no you for a couple of days now, and I'm starting to shift my perspective from "me doing this" to "this happening".

But I can't help to feel a bit of irresponsibility in this. Something like: not owning what I do = "It's not my fault!" / "It wasn't me!"

Plus, we all know that the ego is the biggest motivator to attain money, relationships, fame, etc. and that moves humanity's knowledge forward.

So, if everyone gets liberated, would progress get slowed down?

I sense that clearing this bit out would help me get closer to realizing the truth.

Cheers.

Re: Would liberation affect humanity's progress?

by *Ciaran* » Mon Sep 27, 2010 9:17 am

To quote something I said somewhere else that you didn't read before posting this stupid fucking question:

"Saying that liberation cuts your motivation to do things assumes that the only reason you would ever have for doing anything is that you were emotionally trapped by it."

There are other cool reasons to do cool things than this fucking bullshit. This lie wants us to think we need it. We don't. It adds nothing and takes from us everything. Fucking burn it down.

Re: Would liberation affect humanity's progress?

by *Jona* » Mon Sep 27, 2010 9:27 am

Ok, getting closer.

So basically there's nothing I **have** to do? Because **I** doesn't exist in the first place. Is it more like things the body needs to do in order to survive? (eat, crap, sleep, etc) Cheers.

Re: Would liberation affect humanity's progress?

by *Ciaran* » Mon Sep 27, 2010 9:33 am

Yes, closer, but still too 'intellectual'.

This isn't a puzzle you solve like the Lament Configuration from Hellraiser. No pins in the head, no custom leather.

It's very undramatic. Just one simple, literal truth that initially sounds absurd. You just have to see it for your own self (so to speak) and that's it.

Don't get confused; don't try to get clever with it. It's so simple; it's maybe a little subtle, but that's all.

Literally, there is no you. Just look.

Re: Would liberation affect humanity's progress?

by *bobby* » Mon Sep 27, 2010 9:39 am

This is interesting. Survival.

You did not exist before you were born; therefore, life was not given to you.

But for some fucked up reason you think you exist.

Re: Would liberation affect humanity's progress?

by *Jona* » Mon Sep 27, 2010 11:14 am

So basically, the mind created "me" to distract me from the fact that I'm just a bunch of needs and automated responses to stimuli?

Warmer? Colder? haha.

Anyway, what is for sure is that since I started thinking in "you don't exist" terms I'm more aggressive and less tolerant to bullshit. Both my personal life and work.

Thanks for responses.

Re: Would liberation affect humanity's progress?

by *bobby* » Mon Sep 27, 2010 12:13 pm

Yes, the mind created you. But NOT to "distract me from the fact that I'm just a bunch of needs and automated responses to stimuli?"

FUCK. NO.

Listen to what you are saying. "The mind created you to distract you."

This makes no fucking sense.

Your level of aggression or intolerance to bullshit is irrelevant. This is not a mantra that enhances certain faculties. It is the ACTUAL truth. Look.

Re: Would liberation affect humanity's progress?

by *Jona* » Mon Sep 27, 2010 1:19 pm

Yeah, just realized it is stupid. And that stupidity shows that I haven't got it yet. :(

Gonna spend some more time staring at it.

Re: Would liberation affect humanity's progress?

by *1000* » Mon Sep 27, 2010 1:35 pm

It doesn't mean you're stupid. It means you are not looking.

Intelligence has nothing to do with this.

You are trying to understand it rather than looking at it. Now go look.

Fuck reading this shit, fuck the Arena, fuck what anyone has to say ... stop reading. Go.

Re: Would liberation affect humanity's progress?

by *Jona* » Wed Sep 29, 2010 1:37 am

OK, the past 2 days I've working quite hard on this.

I started re-reading Radical Honesty (read it a couple of years ago) and it takes on a whole new meaning when read through the "you don't exist" lens.

Everything makes more sense.

I think this book gets pretty close to the main idea of liberation, but misses addressing the point of, if you're not your mind, then what are you? It kinda leaves it open to the reader. If you smash "you don't exist" into this book, I imagine it would be one of the best to communicate the truth.

This morning, while I was about to get into my car after taking out the trash, I had a very weird moment.

I kinda noticed the mind and body "executing" the orders necessary to get into my car. Walk, see, take out the keys, etc. I felt something similar to a void somewhere inside, but different, mmmm.

Help me with some guidance, please.

*Sorry if I sound a bit 'intellectual', it's a bit hard to express what I want to say since English is my 3rd language.

Re: Would liberation affect humanity's progress?

by *bobby* » Wed Sep 29, 2010 2:57 am

Good. But you are not free because you have too much distraction... Belief, preconceived notions, mental images. Don't read any other books right now. This is not something you need to study for, anymore than you need to study to open your eyes. SO OPEN THEM.

Stop looking for something to feel. Your mind is playing tricks on you.

I'm fucking serious, stop looking for something to feel. Stop looking to get a really, really strong belief. Just look for the ACTUAL TRUTH.

Re: Would liberation affect humanity's progress?

by *Jona* » Wed Sep 29, 2010 5:19 am

Fuck. Just went for a swim.

While I was in the pool I saw a dude in the adjacent line and caught the mind labelling, "He's not that good, I'm bett..." FUCK. I said out loud, "FUCK". I just fucking caught you, labelling fucker.

Later, while I was floating in the water facing the ceiling I was trying to realize that I'm one with the water. Looking hard. Again the mind interrupted, "I wonder why my GF doesn't show more kind..." FUCK. Again out loud, "FUCK".

Catching the mind is just the surface, right? You guys are pushing to look deeper than that, correct?

Re: Would liberation affect humanity's progress?

by *ivanhernandez* » Wed Sep 29, 2010 5:36 am

Ok man, let's get this done. Right now.

You're on the edge.

Firstly, there is no you. That's it. You don't need to read anything. Don't be a pussy. There is no you, so there is a mind but it is not you, a body but not you. How much deeper do you have to push?

That's a question only you can answer. But I'm going to give you a clue.

If you go from saying: "I am my body" to "I am the energy" you're just changing from more mundane words to more elaborate illusions.

If you say I'm my soul or my spirit it is the same as if you say I'm my body or my notebook.

You're only going to exchange words. But you will never be able to say I'm this or I'm that. Whatever you slot in there, it wouldn't be you. So there is no you. There is awareness, but not you. Feelings, but not you.

There is no you. Really.

Re: Would liberation affect humanity's progress?

by *Jona* » Wed Sep 29, 2010 5:50 am

OOOOK. It's not me catching the mind, because there's no me. It's just awareness that the mind is labelling.

Really appreciate the help. Give me a couple of days to look at this.

Re: Would liberation affect humanity's progress?

by *ivanhernandez* » Wed Sep 29, 2010 6:54 am

There is no one to catch the mind, YES.

You're not your thoughts, except in the sense that the idea of you is a fictional thought.

The idea of you is a fictional thought.

About the mind? See, the mind is like a body organ, like your legs. It is not you.

If you say you're the totality of organs plus energy and holy matter or whatever? This isn't true, because you're not any of them. And if you joined together all of that shit - it still isn't you.

There is labelling but not you. Not a labeller. There's just labelling happening.

And you're not awareness.

"I am the awareness?" No. You're not. It's obvious awareness isn't you. Yes, there's awareness - but not you.

Re: Would liberation affect humanity's progress?

by *ivanhernandez* » Wed Sep 29, 2010 6:56 am

"There is no you"<---- fucking burn yourself here, please.

Re: Would liberation affect humanity's progress?

by *Jona* » Wed Sep 29, 2010 7:25 am

Nobody is aware. It's just awareness happening.

The lie is that there's a "me" that makes the awareness happen. The lie is the presupposition that if something is happening, it must be because someone/something is making it happen.

The lie is that, in order for something to exist, it must have a creator, an owner.

It's like Cause -> Effect. The awareness is the effect, and the mind created "me" to take the role of the Cause.

Oh fuck.

Re: Would liberation affect humanity's progress?

by *ivanhernandez* » Wed Sep 29, 2010 7:32 am

The mind created who??? Is there a you????

Feelings, but not you. Awareness, but not you. Come on man, you're almost there, don't give up
There is no cause. Not you. No cause, no effect. Stop trying to be clever.

The mind can't create shit, man; it's not magic, it can't imagine a thing into being. It's just an organ,
for fuck's sake.

Re: Would liberation affect humanity's progress?

by *Jona* » Wed Sep 29, 2010 7:55 am

This shit is imploding, whoa.

Re: Would liberation affect humanity's progress?

by *ivanhernandez* » Wed Sep 29, 2010 7:57 am

So is there a you??? Describe it. Who's looking/noticing?

Re: Would liberation affect humanity's progress?

by *bobby* » Wed Sep 29, 2010 8:03 am

Dude you are right on the edge. This is it right here. Spill your guts man.

Re: Would liberation affect humanity's progress?

by *Jona* » Wed Sep 29, 2010 9:51 am

Nobody is noticing, it's just the noticing happening. Noticing doesn't need anything to happen.
Noticing doesn't need a "me" to happen.

Like when I was born, the crying didn't need a "me" to happen. It didn't need a name, a ego or a
personality. It didn't even need awareness of why the crying was happening. Knowledge of what
milk is wasn't necessary for the drinking to happen.

I see the lie now, but not sure if the click has happened yet. What's missing, what's missing...?
Fuck, I don't want to use the word "I" anymore in this Arena, (lol) but it seems impossible. It seems
like language is designed to protect the lie.

Re: Would liberation affect humanity's progress?

by *bobby* » Wed Sep 29, 2010 10:13 am

What is "you?" How did this idea of "you" come to be?

Re: Would liberation affect humanity's progress?

by *Jona* » Sat Oct 02, 2010 2:42 pm

Fuck, I think I got it. I was just being lazy. Now I understand the two notes at the bottom of the site:
"Have courage" "Don't give up".

Have courage as in: have the balls to be honest and put beliefs/preconceptions/rationalizations away and look.

Don't give up was simply keep at it regardless of the insults etc. being thrown at you.

This shit was so simple to see, it was just right under the nose. It wasn't as spectacular as I expected, it was just like "Oh . . ."

Last night I had an argument with my GF. Kept the "you don't exist" lens on and noticed the thoughts popping as a reaction to what she was saying, to what the body was feeling and the words coming out of my mouth. Like a feedback loop of uncontrolled anger/etc.

Then it hit me.

The mean words that were meant to hurt me were like bullets. And I was creating layers of steel between my GF and me made of rationalizations, excuses, denial, etc. to protect me from the bullets.

Then I looked and there was NOTHING behind the layers of steel.

There was nothing to protect.

I was just fucking wasting time building an empty fortress. It felt lighter, specially the chest area.

The funny thing is that I feel like I knew this already, like it's nothing new. A weird sense of familiarity.

What you think?

Re: Would liberation affect humanity's progress?

by *Ciaran* » Thu Sep 30, 2010 3:21 pm

I think you're free.

Chapter 8: Free Me

Free Me

by *sheep* » Mon Sep 27, 2010 10:10 pm

The "there is no you" thing has been bugging me for 2 days now and I still don't get it. I don't even know if I do this "looking" thing correctly, but I came up with some thoughts.

So there's this universe and in this universe is a thing that is my body and there is this experience that the body has. The mind of the body filters this experience somehow, and it gives it a meaning. It's a bit hard to describe for me what I think.

"Seeing" becomes "I see". So after the mind has filtered it, identification is added to the experience so it's not the real deal. The "I" is therefore an illusion created by the false experiences.

So when I walk down the street and I think I move my body, it is really my body moving by itself with the false experience of "I" added. I only think I have control even though everything happens by itself.

But how far does this go? If my body is moving by itself it should make no difference whether I think I move it consciously or not.

If there is no "I," whether I'm liberated or not, it should make no difference to my actions whether I'm liberated or not.

Hate on.

Re: Free Me

by *Mr. Hyde* » Mon Sep 27, 2010 10:40 pm

It's already harpooned into your mind. It's only a matter of time.

Find your own answers. You're more than capable.

Re: Free Me

by *maverick09* » Tue Sep 28, 2010 1:34 pm

Just seriously consider the truth of it.

Stop trying to understand what God did and what he did not for right now... just fucking concentrate on getting the job done here.

Re: Free Me

by *sheep* » Tue Sep 28, 2010 11:19 pm

I won't sleep till I get this out of my head... so the mind labels everything; it tells you: the ball over there is red. Cars are fast. Water is liquid. Etc.

This information is as close to truth as words need to be to communicate and to enable logical thinking, so these labels are kinda good. Because the ball, the cars and the water are real.

But the mind also tells you: I am big. I have a car. I run.

These labels are exactly the same as the above but the lie is that there is no "I". These labels are as real as the other ones for you and you don't question them . . . Even though the "I" isn't real, like the cars, water, etc.

So you look for the ball, and there is a ball; it is true. You look for the "I," but can't find it; so it's a lie. The only questions that this thinking leads to for me is always the same:

WHO THE FUCK GETS TRICKED BY THE LIE? And why ain't I liberated, although I didn't find an "I"?

Re: Free Me

by *Mr. Hyde* » Tue Sep 28, 2010 11:28 pm

Saying, "The ball is red," is easy because you know to a reasonable extent that the ball does exist.

Saying, "I am red," is hard because you don't know to a reasonable extent that you do exist.

"You" don't have a physical property. Are you your body? No. Your mind? No. What then? Point to "you". "You" doesn't have a physical property.

It's very straightforward. It's hard to break it down further because the lack of "you" is just something intrinsically true in reality. So what do the following things mean?...

I am big. I have a car. I run.

They mean that there is an entity that is big, has a car, and runs.

Defining the characteristics of a physical entity, does not mean that there is something ("you") within that pulling the strings.

You're not liberated because you haven't actually looked yet. You understand it logically. You've discovered you can't find it, and so then REASONED that because of that it isn't there.

Yes, this is true. But - that's not the same as actually seeing it.

You're stand at the cliff edge with all of this information pushing you forward. Jump.

Re: Free Me

by *Ciaran* » Wed Sep 29, 2010 11:02

Look, it's not a bad way to look at it, Hyde, fine, sure. But let's not overstate our case.

How the hell do we know that, "reality is physical?" I mean, shit, come on. There are more thing in heaven and earth, Hyde, than are dreamt of in our philosophy.

Let's stick to what we do know – that the 'self' doesn't refer to anything, there is no you, and the absence of it is highly visible.

Once you see it, you can never unsee it, and that means that if you see the truth of that absence, you will always have a way out of chronic emotional pain and intense negativity.

And having that ability means that - although you don't have to - you can live honestly, and to the hilt, without being crushed by the emotional turmoil that involves.

That's enough, man. That's enough. We don't need to start launching large-scale philosophical speculation into the whys and wherefores. I mean, I'm sure we will - but it's not Job 1. Job 1 is freeing this planet before humanity just fucking implodes.

Also - think about it. Saying something "all reality is physical" is going to bring up the defences of anyone who has any spiritual beliefs of any kind. And we don't even know if it's true - and even if it is, it's wholly irrelevant to the seeing of simple truth that there is no self.

I mean, shit - that's a lot of people who we're alienating, a lot of people who WE are erecting barriers for.

There are enough barriers. More than enough. Let's not build anymore.

And on top of all this? I didn't crack this shit because I dismissed all the beliefs that didn't fit in my little science box. I cracked this shit by looking at everything in serious depth, finding clues, chasing leads, testing, testing, testing, and checking out all the 'superstitions' for myself.

And do you know what? I fucking found something. In real life. You know all this enlightenment bullshit? There's something real right at the heart of it. There's no you.

Sheep, there's no you. Look.

Re: Free Me

by *sheep* » Sun Oct 10, 2010 9:09 am

There is only life, and there are all these experiences in it.

Some of the experiences seem like there is an I, but they're only experiences which seem like there is a me. When I look for truth, there is an experience which says I look for truth; it doesn't mean there is an I.

I can't recognise the truth because there is no I. But I'm still not done. What am I missing?

Re: Free Me

by *Tecknixia* » Sun Oct 10, 2010 10:05 am

What do you mean?

There can be recognition of truth. It doesn't need an I. Nothing does.

There is recognition of the truth because recognition is real. So is looking. You aren't real. There is no you. Recognise it. Look.

Re: Free Me

by *sheep* » Mon Oct 11, 2010 2:12 pm

Reality itself has no cause - it's just there. The assumption that a cause is needed just because our mind says there is one is retarded.

Re: Free Me

by *Kakistos* » Mon Oct 11, 2010 2:24 pm

OK, there goes causality.

So.

Do you exist? Be specific and clear. You can't agree yourself into it.

Re: Free Me

by *Robert* » Mon Oct 11, 2010 4:06 pm

I think he's cracked it.

(Which is natural if you think about it . . . My friends that haven't cracked it haven't TRIED. Or they just didn't give a shit one way or the other. Sheep has been pounding away at it for ages, so it's only natural, really. It's easy if you look. Especially THAT hard.)

Re: Free Me

by *Kakistos* » Mon Oct 11, 2010 5:49 pm

Don't set expectations. Wait till he says something.

This post was both pointless and potentially harmful.

Re: Free Me

by *sheep* » Mon Oct 11, 2010 5:56 pm

Still don't get it.

Re: Free Me

by *Kakistos* » Mon Oct 11, 2010 6:06 pm

I know it's weird.

Sit in your experience, in this very second.

As you read this and experience this current moment. This very current moment.

Nothing is absolutely true in the whole universe other than this moment.

And in this moment, as you sit there, is there anything of you in it? Any you sitting there, or is just the sitting?

Do you exist? Elaborate.

Re: Free Me

by *maverick09* » Mon Oct 11, 2010 6:34 pm

That's good. Now roll with it.

Re: Free Me

by *sheep* » Mon Oct 11, 2010 6:49 pm

I think I know what looking is. It's like imagining something to be true, then the awareness shifts. I've had four satoris with this since I discovered this site, but nothing seems to stick.

I'll just have to work harder.

Re: Free Me

by *Ciaran* » Mon Oct 11, 2010 6:53 pm

No, looking isn't imagining something to be true, and then the awareness shifts. That's called LYING TO YOURSELF. I think we may have pinpointed the problem. And you don't need to work harder, you just need to actually fucking look, in real life, like actually real life. Actual life. Like normal, actual life. There is literally no you. Look.

Re: Free Me

by *maverick09* » Mon Oct 11, 2010 6:58 pm

Now get this.

Life exists without any cause. Like Nature. Although the laws of nature are governed by the cause and effect; nature itself exists beyond cause. In other words, nature itself exists without a cause - but it is internally governed by cause and effect.

Similarly, any action done by the mind and the body give the idea to the mind of having a doer behind it.

A doer needs to be there for a doing to happen - that's what the mind thinks.

But this is just an assumption.

If the above thing of 'having no doer with respect to any doing' is true like established above - is there really a doer?? Is there really a *you* that does anything??

Is there a *you* which has ever done anything???

Try to work this out. You're getting closer - you won't be lost for much longer, mate.

Re: Free Me

by *Ronztrek* » Mon Oct 11, 2010 7:07 pm

You've twisted and contorted your brain enough now.

You don't need to understand this anymore, it's so simple a child could understand it. Some probably do.

DO YOU EXIST?

All that is left is to see it. You are standing on the threshold.

Re: Free Me

by *sheep* » Mon Oct 11, 2010 7:53 pm

There doesn't need to be a doer behind the doing.

Re: Free Me

by *Ciaran* » Mon Oct 11, 2010 7:57 pm

No shit.

Re: Free Me

by *maverick09* » Mon Oct 11, 2010 8:11 pm

Good!

Now tell me. Is there a *you*???

Re: Free Me

by *fernandez* » Mon Oct 11, 2010 8:20 pm

Wow, strong username and thread.

Not. You're so weak.

Username: sheep

Thread: Free Me

The FUCK. Free yourself, bitch.

Re: Free Me

by *sheep* » Mon Oct 11, 2010 9:50 pm

Maybe the problem is that I'm stoned all the time.

Re: Free Me

by *maverick09* » Mon Oct 11, 2010 9:59 pm

Seriously, sheep?

I'd hoped you would have come back with something substantial in your next post.

But to come back with this? You're wasting our fucking time. This is a fucking joke.

Re: Free Me

by *Ronztrek* » Mon Oct 11, 2010 10:27 pm

Get your shit together or fuck off.

Re: Free Me

by *sheep* » Tue Oct 12, 2010 9:08 am

I don't know if weed is stopping me from seeing this. All I know it has fucked up my mind, and a healthy mind could be beneficial for this, so I'll quit.

But I don't think you guys can help me anymore. I'll let you know when I'm free or have some serious things to talk about, not just shit.

Re: Free Me

by *StepVheN* » Tue Oct 12, 2010 9:53 am

After you dry your eyes and pull your panties back on be sure to check out Catholicism.

It's a great little cult where they all go to "heaven" in the "afterlife".

Stick in here, and you'll be out in no time. Consider the last few moments before death. Lying on your deathbed. Looking over your life. Realising that all you are doing is reviewing old thoughts (most of which your mind has made up). That it has always been this moment in your life; the past is in your mind.

As you consider what type of person you were, you realise that you were good, bad, neutral, happy, content, sad, up, down, in the middle, you were all of it all along. Your definitions of yourself were accurate only part of the time. Personality-wise, you covered the whole spectrum; you had all different colours of personality. The person you told yourself you were is not who you were.

As your sight begins to fade and your breathing wanes, you look for that self: that driving force, that "actor" playing his part on the stage of life. As the life slowly drains from your limbs and the twilight of death creeps over your body, you realise: there was no me.

You were not this mind which is reviewing the slideshow of "your" life. You were not this body which is slowly slipping into the abyss. Life was never personal; it just was. As you enter death realising that it in fact is no big deal, your eyelids get heavier and heavier as the realisation that your death will not derail "life." How could it? It's not your life to derail; the world will go on without you because you were never there.

It had always gone on without you. You just hadn't realised. But now as you exhale your last lungful of gaseous nitrogen/oxygen, you realise. It wasn't my life. It was just life.

There was no me.

There is no me.

Flatline.

Re: Free Me

by *sheep* » Tue Oct 12, 2010 10:44 am

When I read what you wrote, I felt nothing. When I consider death, I feel nothing. When I consider "there is no you," I don't feel any fear.

I know that when I'm doing something, it has nothing to do with me; it's just the doing happening. Free will is just happening, there's no one to have free will. Sometimes I have to remind myself of that, sometimes not. I saw that reality doesn't have to be what it looks like; it could be something that I never thought of.

I would call this state I'm in 80% liberated, well knowing that number is probably bullshit. I just thought reading this wouldn't help anymore. But if you say I should stay, I'll stay. I'm willing to die for this, but have no idea how. My "plan" was to just have this thought in my head and give it some time (not a good plan maybe).

Life looks more chill than a few weeks ago, yeah, but something's telling me I'm not done still. Shouldn't I know 100% when I'm done? How do I know? Test the freedom? Test whether I can do anything?

Hmm. I almost just broke my hand by punching in the wall.

How do I know I'm done? There's still a sense of self, thoughts about "me," pain and "not liking pain," fear + "chickening out," daydreaming, decisions, reacting to people, etc.

But under it, there's a little constant reminder that says, "Look, there is just what happens now, only that before your eyes, there was never anything else." Sometimes, like when I feel negative emotions or thoughts about "me," I get lost in them and forget. But then the reminder comes and the world is 1% different and I don't care. Because there's just life.

I didn't think about the past without a validate reason lately. The weird thing is the thoughts about liberation are still there, but most of the time I think about god and the universe. Look into how

things work, the lie, life. "Is there a me?" My thoughts sometimes are like the things that you liberated post, thoughts like in 315's "I Virus" thread.

Still no total freedom, though. No rush of freedom. I thought this would mean I would be able to do anything without caring about consequences, like in a lucid dream but it isn't like that. That's what bothers me.

My ego (the ego, you know what I mean) still gets hurt sometimes and doesn't like it, but at the end of the day everything is just the same.

Re: Free Me

by *maverick09* » Wed Oct 13, 2010 9:23 pm

Don't lose focus, mate. Just forget everything - past, ego, universe, what is liberation etc - forget everything.

Just focus for now. Forget everything. Just focus.

Try to find out the exact thing which is **you**. Don't look for what **you** likes/does/thinks/feels etc. Look for the exact thing which is **you**.

Look - and tell me is there really is a **you** that exists.

Re: Free Me

by *sheep* » Wed Oct 13, 2010 9:52 pm

No, but there is the thought that it exists.

Re: Free Me

by *Ciaran* » Wed Oct 13, 2010 9:58 pm

No shit. Of course there is. There was never a self at all, it was always a fiction. Right from the start, and all the way through.

So what does that mean? It means that all the thoughts of self, all the feelings that you thought were you - they NEVER needed a real self refer to. Look, you're not removing anything. It's not like you're 'destroying your self'. There's nothing there to destroy, and there never was. That's the point.

So no, the fiction stays. You just know that it's fiction, and you can see the big gaping void of nothing whatsoever where a self should be. So no, the thoughts of self don't go when you see that they don't refer to anything, anymore than Lord Of The Rings vanishes magically from the bookshelf when you realise there's no such thing as hobbits.

So yes, the thoughts of self remain. This is not about wiping your brain clean. It's about seeing one truth, and that truth is that all these thoughts, no matter what they are, do not refer to anything. Look.

Re: Free Me

by *sheep* » Wed Oct 13, 2010 10:11 pm

But then there is a thought that neutralises the "me" thought.

Re: Free Me

by *Ciaran* » Wed Oct 13, 2010 10:11 pm

I swear to God, I will kick you in the face. Is this REAL? Is it REAL?

There is no you. LOOK. IS IT REAL?

Re: Free Me

by *maverick09* » Wed Oct 13, 2010 10:11 pm

It is just a thought. There's this thought which says there is a *YOU*... falsify it. Look at the truth. Look at the truth of things!!

YOU are made up! Don't take thoughts on face value - verify them.

Don't be lost in thoughts, mate.

Verify this statement -- There is No *YOU*.

Just verify it. In REALITY. A thought might suggest there is a *you;* another might suggest that there isn't.

You can't trust EITHER of them. Don't believe in what the thoughts might seem to suggest.

Just see first-hand whether there is a *you* or not. Come on.

Re: Free Me

by *StepVheN* » Wed Oct 13, 2010 10:26 pm

This is just thought. And no matter how profound, because it's thought it doesn't matter at all. Check. Check in life. Check in reality. Is it actually the truth?

Re: Free Me

by *Kakistos* » Wed Oct 13, 2010 10:27 pm

You get it. Intellectually, you REALLY get it. In quite a detailed way, too.

There's just one last thing you have to do. Not read anyone's shit. Stop reading this post, if you know what I'm gonna say.

Try it on.

Make the wild assumption that YOU don't exist. That it's not YOUR life. It's just life. That it's not YOUR computer. It's just a computer. That it's not YOUR stuff. It's just stuff.

Last shift is really subtle, so just be aware. You know too much about this. NONE of the knowledge you have is useful. Just try it on. Get on the bike so to speak.

There is literally NOTHING stopping you.

Re: Free Me

by *sheep* » Fri Oct 15, 2010 9:15 am

The knowing that "there is no me" gets stronger every day. Does it have to be a 10 minutes thing, or can it also be a slow process?

Re: Free Me

by *maverick09* » Fri Oct 15, 2010 9:48 am

Have you actually seen that in real life there is no *you*??? This is a 10 SECOND thing.

The state gets deeper as time goes on, but there is only ONE entry point. THIS one.

Recognize that there is no *you*. Come on. It's real. Look.

Re: Free Me

by *Ronztrek* » Tue Oct 19, 2010 11:06 am

Like you, I imagined that a slow process of realisation was a possibility.

I read the book, *A Gradual Awakening* by Stephen Levine, after my own liberation.

I fucking hate all this Eastern Mysticism bullshit. It's bullshit. A 'gradual liberation' is the mind imagining that it will grasp something over time, conceptualise it. Find the mathematical formula. This is total crap. It's just something real that you see.

How long does it take for you to see the room around you? It's instant, as long as your eyes are open. Same thing here. 10 minutes is just the time it takes to snap yourself out of the daze and actually look. Once you're looking, seeing is instantaneous. There's really no you. Look.

It has nothing to do with thought, thought can only bring you so far. Seeing the actual reality that the self is entirely fictional is going the rest of the way. And you don't do that (like you're trying to) by building a case of evidence.

Who's going to listen to the evidence? You? Nope.

See it. Seeing, like all things that are real, does not need a fiction cause (you) to make it happen. So see it.

It would seem that you've momentarily caught glimpses of it a couple of times, looking into this as you have, you can't do otherwise. But then you just jump back in to all your preconceptions about this or that? Stupid. And then you start analysing it? Stupid.

Just look. It's just actually true. That's all. Yeah, it's that, that simple, almost nothing. Actually almost appears as nothing. It's not this Grand Truth, it's just real. In real life. It's just something quite subtle that you see is actually true, regardless of what you believe. It's like a pinhole.

No one needs to tell you what's on the other side of that pinhole (so to speak),

Expectations don't serve you at all. Just see it for yourself.

If your "seeing" is wrapped up in this mess of expectations or beliefs, you'll miss it, or you won't recognise it when you see it. Because even if you see it, you're not looking for something true. You're looking for something magical.

Think about that. Your problem is this - you're not looking for something true. You're looking for something magical. Stop that. Look for something true.

You're circling the plughole of actually looking - now stop expecting it to magically save you. Just look for the truth of things.

Keep throwing shit out there . . . Keep writing.

Re: Free Me

by *sheep* » Sat Oct 23, 2010 1:42 pm

There is a body which sits in this chair and is typing this.

It has a mind which is programmed to respond to different situations differently and think thoughts to program itself.

It thinks about liberation, about the future, what it would like to do/hate to do and so on. The programming is still there, the body still has an ego.

The program controls the body in every situation. There is no me behind this.

I don't think what to type; the mind thinks.

I don't type; the body types.

Conclusion: I'm not the body/mind combination (lets call it "I") that does what it does, but there is an "I" that does what it does.

This knowing takes awareness one level higher where it doesn't care about the problems that the "I" has, because it's just an "I". But the problems and feelings of the body still exist.

For example: "I" would like you to tell me I'm liberated, that's why "I" write this post. But one level higher. it doesn't matter.

Re: Free Me

by *StepVheN* » Sat Oct 23, 2010 4:12 pm

How could there be? Where is this "I"? I don't think you can find it. You are clinging to the last vestige of a wasted potential that was never even there.

The only "I" in this is a function of language, because our language is built around ownership and assumes a self that in fact does not exist.

What you are saying here is that you believe that you are the word "I" ...

That is stunningly stupid. That's like saying a chair IS the word chair. Fuck, man.

How did you come to that conclusion?

Re: Free Me

by *sheep* » Sat Oct 23, 2010 4:33 pm

I used "I" to refer to the mind/body combination, maybe it wasn't clear enough.

Read it like this:

Conclusion: I'm not the body/mind combination that does what it does, but there is a body/mind combination that does what it does.

Re: Free Me

by *Ciaran* » Sat Oct 23, 2010 4:42 pm

Stop trying to describe in words something you have not had the balls to look at.

Focus. Why are you jumping through all these bullshit philosophical hoops? Why can't just you just LOOK AT REALITY? There is ACTUALLY NO YOU.

What fucking 'higher level' are you fucking talking about? This isn't fucking Dungeons and Dragons! You are not a Paladin; I am not an Orc.

Stop talking crap. Stop it. Stop it. Stop it. You are boring the shit out of me. Stop boring the shit out of me. Look. Look at REAL LIFE. There is NO YOU. LOOK.

Why are you such a FUCKING COWARD?

So we answer your stupid fucking questions. Then what? THEN WHAT? WHEN WILL YOU FUCKING LOOK? WHEN?

Re: Free Me

by *StepVheN* » Sat Oct 23, 2010 5:48 pm

Ok, you understand what a child could understand. Well done. Now look.

It's not that 'the mind and body don't matter' – it's that the experience is all there is.

And we're not asking you to agree with us. You've been agreeing with us since you got here. We don't care if you believe this. It's not about believing anything. Why are you trying to alter your beliefs? Why aren't you looking?

Re: Free Me

by *sheep* » Sat Oct 23, 2010 6:26 pm

But it doesn't matter what kind of experience it is. It's always the same anyway, only the form differs.

Re: Free Me

by *StepVheN* » Sat Oct 23, 2010 6:35 pm

Why are you vomiting this half-baked spirituality crap? Is this something else you've tried to agree with?

We're not talking about that. What do you think of this "I" thing?

Focus.

Re: Free Me

by *sheep* » Sat Oct 23, 2010 6:54 pm

A program which "tells" the body and mind how to act and what to think in different situations.

Like in a hungry situation=> think: I'm hungry, go: find food, make emotion: hunger.

Or when a hot girl is seen=> think: damn she hot, make emotion: horny, go: to her.

Re: Free Me

by *StepVheN* » Sat Oct 23, 2010 7:04 pm

That's a little sleazy, but I'll work with it. Do you see where that emotion of "horny go:to her" came from? It has nothing to do with yourself. It just arises, right? It just is there.

It's not actually you, it's a conditioned response. It's something coded into your DNA, and it's not even your DNA.

The hunger thing? The same. It's hardwired into your brain and body. It was put there by evolution.

There is no you telling you to do these things, and you're not doing them.

Attack it. Assume it's completely wrong, that I'm an insane man and this is a cult.

You are destroying the foundation of this cult of maniacs by destroying the heart of what we "believe" (lol).

Take it apart. Give it your best shot, right to the heart. Prove that we are wrong and there is in fact a you.

Be aggressive. Throw everything you got at it. Every fault you find with it write it out and post it.

Re: Free Me

by *sheep* » Sat Oct 23, 2010 9:11 pm

Ok, haha.

Reasons why this is a lie:

1. It is impossible to argue against. You have a simple explanation for everything that could prove you wrong. When I say: "when I move my hand there is a feeling that I move my hand", you say: "it's just a feeling that you move your hand, the feeling can exist without an I." When I say, "I feel that it's me who thinks," you can say: "the feeling that you think can exist by itself without a you."
2. The fact that I agree could just be a belief that I got from surfing this site. The ideas brainwashed me into believing that I don't exist, and it's not the real deal. And because it's the, internet all the the liberated people here could just be Ciaran in disguise.
3. liberation from self is often described as a wonderful treasure that surpasses everyone's imagination in terms of awesomeness. That it includes acceptance of life in it's every form.
4. You can't say that, "there is a me outside reality," is impossible due to the laws of physics. Because saying that, "experience doesn't need an experiencer," goes against the law of cause and effect, and this world works with cause and effect.

Re: Free Me

by *maverick09* » Sat Oct 23, 2010 9:29 pm

1. It is impossible to argue against.

It is not an argument. There is nothing to argue. We are not trying to prove this with logic. This is not an equation. We are saying that it is actually true in reality. Why are you still telling us this is an argument?

Are you mad? Have you sustained a serious head injury? We're asking you to look at something. We're not trying to win an argument. We're not trying to convince you, or persuade you. This is not about logical buttressing. There's precious little to think about or analyse. It's just a very simple statement - it's either true or it isn't.

Listen very carefully. What you believe is ENTIRELY INCIDENTAL. We are asking you to look at something. So look. No beliefs are involved, we've said this to you over and over.

"2. The fact that I agree could just be a belief that I got from surfing this site.

Ha - this is in fact what has actually happened. You have brainwashed YOURSELF. You have decided that this belief is the one which will help you, and you're agreeing with it NOT BECAUSE you honestly have seen the truth of it, but because you place your wellbeing above your integrity.

“3. liberation from self is often described as a wonderful treasure that surpasses everyone's imagination in terms of awesomeness. That it includes acceptance of life in it's every form.”

The difference is that the vast majority of those liberated in the past have decided to wallow in the peaceful emptiness where their self isn't, because they had no way to communicate this. We have not discovered a new truth, it's just been boiled down to the core so it can be transmitted fast. IF the person is HONEST. And you are not.

“4. You can't say that "there is a me outside reality" is impossible because the laws of physics, because saying that "experience doesn't need an experiencer" goes against the law of cause and effect, and this world works with cause and effect.”

How can there possibly be anything, ANYTHING, outside of reality? THAT contradicts the laws of physics. And of basic human intelligence, as well.

There is no YOU! Not in this reality or any.

Laws of cause and effect dictate what happens in reality but reality itself is un-caused.

There is no you dude! This is the truth. Check it out first hand.

Re: Free Me

by *StepVheN* » Sat Oct 23, 2010 10:04 pm

Cool points maverick.

1. It is impossible to argue against. You have a simple explanation for everything that could prove you wrong.

That doesn't make it untrue. In fact if anything, that might be a motivation to open your eyes and check it.

sheep wrote:

“2. The fact that I agree could just be a belief that I got from surfing this site.

I didn't believe it and I still cracked out.

It doesn't require any belief, it's kind of strange like that, whether you believe it or not it's just kind of there anyway.

And to be honest, if the things you believe are more real to you than actual reality, your beliefs are dreams in which you are lost, no matter how pretty, precious or profound.

“3. liberation from self is often described as a wonderful treasure that surpasses everyone's imagination in terms of awesomeness. That it includes acceptance of life in it's every form.”

Yeah, this isn't some golden doorway into a magical pixie land. This is tiny. This is the door that opens, liberation is what your life transforms into after you pass through this little door.

It is subtle, it's also real. Do not be persuaded. It is not your conviction that will save you, but your curiosity. Get curious. Curious about the reality of this. If I were in your shoes, I'd be pretty curious.

Just one moment of genuine curiosity, that's all it takes.

sheep wrote:

"4. You can't say that "there is a me outside reality" is impossible because the laws of physics, because saying that "experience doesn't need an experiencer" goes against the law of cause and effect, and this world works with cause and effect."

If we're getting technical on it you might say that the Big Bang was a cause. You might say that it has been the cause of everything in your life my life our children's lives their children's lives, just everything.

But even the Big Bang isn't really a cause, because there's no dividing line in reality between then and now. It's just one flow. It's more accurate to say that we are the Big Bang, we are the explosion that's still happening.

Even with this Big Bang, it is still a stunning oversimplification to say it is a cause.

Dude, that was your best shot? Hmmm.

I know you got better, man, you can destroy this thing. Hit me with your real best shot. Take us down.

Re: Free Me

by *sheep* » Mon Oct 25, 2010 7:53 pm

Can't find anything to argue with that.

Had a realisation today.

There's no need for an I if everything else that I experience exists.

Experience just creates an illusion that I exist, but the experience of the illusion is just what is is, experience of an illusion.

Identification is just what it is, no need for me in it. It's just identity. It's not my identity.

My next point is hard to describe.

Inventing an I as cause for experience doesn't really make sense if the experience is what it is.

No matter how the experience is, it's just an experience. It's all there is. It's perfect in itself without "I". Do you know what I mean?

There is nothing to get or to lose through this whole thing. Experience is what it is, doesn't matter either there is identification or not. Nothing matters before truth. Truth just is, it is always there. What's to realise is that it IS the truth.

Re: Free Me

by *StepVheN* » Mon Oct 25, 2010 8:12 pm

It looks like you're out, so just give your most clear description of reality through "your" new eyes.

Clarity and simplicity. Give it "your" best shot

Re: Free Me

by *sheep* » Mon Oct 25, 2010 8:29 pm

It feels however I feel at the moment, nothing has really changed.

"My" life still feels like "my" life – but I know it's not mine. It's almost impossible for my own mind to see what's going on, that's why it's so hard to talk about.

The experience is what it is, there's no I. It just seems illogical somehow. Like when you watch a movie, you wouldn't say there's an I in it, it's just sort of happening - even if the movie is in the first person and has monologues of feeling and thoughts. It's real, there's nothing here, it's not just that there doesn't need to be a me, there isn't one. I've spent all my life worrying about who I am, defending it, attacking it for being not good enough, but there's nothing there.

Re: Free Me

by *Ciaran* » Mon Oct 25, 2010 11:27 pm

Finally. That was nice, came across clear. We'll keep our eye on you. You like to believe things.

Life can get pretty messed up, and the desire to adopt this belief or that (or even to convince yourself you have, or whatever) can be extremely strong sometimes. But never, never compromise your honesty, your integrity. This has to be real, the real seeing of this real thing. Sometimes it's a hard call to make. But I feel that was pretty fresh so I'll confirm it. Credit to StepVhen unless anyone disputes?

Re: Free Me

by *Ronztrek* » Tue Oct 26, 2010 11:44 pm

Hey, sheep - welcome home, bro!

Re: Free Me

by *StepVheN* » Wed Oct 27, 2010 12:10 am

Congrats, sheep. Great to have you out and onboard. I'm proud of ya, man.

Re: Free Me

by *Kakistos* » Wed Oct 27, 2010 1:24 am

Welcome home bro is much better than 'welcome to the war'.

Re: Free Me

by *Ciaran* » Wed Oct 27, 2010 1:49 am

I don't think so. It cannot fall to us to rest, to sit back, to relax. This cannot be our driving force, we cannot focus on the peace, the emptiness of no-self, to motivate us for what we have to do.

There is too much lie, too much deceit, too much weakness. I'll not have this spoken here. We do not welcome people home. If they can sit among the screaming of this planet and feel at home, they have either made a virtue of ignoring the pain of others, or worse.

It is monstrosity that we see if we are clear in our vision. This is a rude awakening. As StepVhen said a few weeks back, because this can be communicated so quickly, this liberation is like waking up in the maternity ward of a burning hospital.

Grab a baby, make yourself useful.

And there is no level of compromise we can make with this deepest of deceits - that the indolence of the free somehow helps the enslaved.

The slumber that humanity is in is not benign. It is the thing that makes the worst among us the most powerful and strong, and the best among us weak and riven. We need this thing dead. Dead on a global scale, and no level of peace, comfort or homecoming can be had by any honest human until this is done.

Chapter 9: Just "Liberated"

Just "Liberated"

by *fenderim* » Wed Sep 29, 2010 3:08 am

Okay, I think I cracked the thing.

I had been reading a lot of shite on the Arena, the blog, and Ciaran's book.

Decided to take a look . . .

I had been staring at it for some time to no result. Then I started thinking about the whole idea of "identification" and how my idea of "self" was kind of this transient thing that took residence within different things. Like I would think that it was me seeing or me thinking...but really it's just like this phantom process that doesn't actually have any real identity. It just identifies with already existing things and tries to make it seem like that is what it is.

Like you look at a reflection in the mirror and there's this compulsion to be like "that's me". But there is no you. There is no substance to it. It tries to wear the clothing of things that exist because it doesn't exist itself. But let's be clear about something...

Knowing this does not give someone philosophical knowledge. I have seen a lot of wack beliefs mentioned by people on this Arena that have no basis in reality.

OK, yes you have stopped the process of "identification with form", but this doesn't suddenly mean that your philosophical foundations are correct by any stretch of the imagination.

Re: Just "Liberated"

by *bobby* » Wed Sep 29, 2010 3:20 am

Awesome. Right out of the gates.

Chapter 10: It Makes Sense Now

It makes sense now

by *Unison* » Thu Nov 11, 2010 7:44 pm

First off, an introduction. I am Zach, age of 18. Was raised Christian, though at a young age decided it is unsustainable. Don't want to delve too deeply into a life story, but a summary never hurts.

Another summary is in order, that of my "spiritual" progression. Long after rejecting Christianity, I sought other avenues for "spiritual truth". You could say I was still caught in a "fuzzy thought" cloud. This went on for a few years, and I became the epitome of good morals. I was no saint, but reasonable and fair. I was proud of this, I was great.

My main drive was logic. Finding logical reasons for good morals, logical reasons to do the "right thing". For the most part it was a success, I found a deep understanding of human morals. Again, I was no saint, and I could be a dick at times, as everyone else. But I was highly reasonable, and I wanted to develop further. I had happiness itself down to a science. This marked the beginning of my love for "philosophy", as I called it.

Later, at one point, something inside me just didn't "click". The level happiness and righteousness I had achieved...it was there, but why? This brought despair, somewhere I knew that this happiness was built upon lies. I could not let that realization surface, I had no choice but to feed it more lies.

Much as I found Christianity unsustainable, I began to feel my entire psyche, and everything I had become proud of, was unsustainable in the same way.

This created a state...I can't even call it a depression. It was more of an anxiety, directed inward. At rate the lies were falling apart, I was adding lies, to sustain the perpetual lie I called myself. I'm pretty sure I began to lose some of my sanity. There was nothing I could do to feel comfortable. I could not sit and relax, all I could do is fight to sustain my collapsing mind. This went on for two years.

Eventually it became too much, and I could not keep fighting it. In an instant, I involuntarily allowed my delusions to collapse. Or they simply collapsed on their own. Doesn't matter. Then what happened? Interestingly enough, nothing.

Except that I was no longer fighting. Suddenly I was no longer filtering negative emotions, or "bad energy". I was experiencing all of it. I found my own key, and that is to simply allow, accept.

Simple enough. The following years I looked further into what I had experienced, and took a serious interest into the works of Alan Watts. I was quickly drawn to Buddhism.

Not to be a Buddhist, myself, but to understand their principles. Something rang true about them.

I had successfully found that there is no "I", that the self is an illusion, all that exists is sheer experience. But there was something missing. They had the real key, but I was unable to get it to turn. I was unable to feel the overpowering bliss of what they called enlightenment, what you call liberation.

What a crock. After reading the post "The Thunder And The Sunshine" by Ciaran, it makes sense. Freedom isn't freedom from negativity and hate. That's abstinence. Freedom is freedom to experience. That's it. That last piece I was missing, was so subtle. Right in front of my face.

I would like to add . . . I plan to remain on this Arena. It is clear to me, that the human mind, as a collective, is deeply flawed. I want this to change.

Re: It makes sense now

by *Kevin* » Fri Nov 12, 2010 12:27 am

Kay.

Here's the deal.

Is there a you?

Is there a you in any sense?

Why?

That's all your next post needs to be about.

Go deep into detail. Give me as much of what you know as possible. Wax lyrical, but don't get too poetic. Be crystal clear; your focus is on communicating your meaning. "Why is there no you?"

Spill the beans.

Re: It makes sense now

by *Unison* » Fri Nov 12, 2010 12:41 am

To answer the question simply, no. There is not. The thoughts and experiences do not have any origin. They are not happening to anyone, they are merely there and can be experienced.

There is an experience of self, an experience of "Zach", but it's just that. An experience. Zach is an experience, or an event, if you will. Zach is not something that happened to something/someone else, and Zach is not what something/someone has become.

Zach is not an entity experiencing the experience of Zach, Zach is merely an experience which is.

Re: It makes sense now

by *Kevin* » Fri Nov 12, 2010 12:53 am

You're still a little fuzzy around the edges. Make it sharper, make it clearer. Cut to the heart of the matter. It took double takes on your sentences to understand. Be crystal clear. Okay?

This is your tool: Occam's scalpel.

You zero in on lies of self and assumptions of I, and you cut them out. You ignore everything else. You do not need to destroy, challenge or even involve any belief or idea any more than you involve your beliefs and ideas when you look at a plate of food.

And your reason for doing this is to keep a straight, open line to the gateway: there is no you and it is something that needs to be honestly engaged with. That's your key. That's the only key.

Alright.

Once more.

Is there a you in any sense? How is this true?

Secondly, what is the difference between the unenlightened and the liberated state?

Most importantly, what are you gonna do with your freedom?

Re: It makes sense now

by *StepVhen* » Fri Nov 12, 2010 9:00 am

Okay this is cool.

You never existed, you imagined that you did, then worked up a load of conclusions about that thought, but these musings in your mind are not the self, they simply point to a self that was never there, you just thought it was.

As Kevin said, this is a little fuzzy. It doesn't mean you're not free, but you're still tripping yourself up. Just think out logically what it was that caused this illusion of self and post about it. That'll give you some practise.

Re: It makes sense now

by *Unison* » Fri Nov 12, 2010 1:06 am

The heart of the matter...

Now this is tough. When I (you know what I mean :P) try and explain the heart of it, all that's there is silence.

Is there "I" in any sense? Nope. There are thoughts, some of which have "I" attached to them. But this "I" is not the origin of the thought. In fact, "I" is a thought.

I want this to stop. The world is chasing its own tail, looking for happiness for itself where there isn't and cannot be one. I want to change this.

Re: It makes sense now

by *StepVheN* » Fri Nov 12, 2010 9:09 am

Here's the thing about self – it doesn't EVEN exist as a thought.

There are thoughts ABOUT self but no thought is the actual self all others refer to.

Because thoughts are just thoughts, no thought can exist as a self.

That "I" thought they talk about is just a 'description of self' not the actual self

You follow?

Re: It makes sense now

by *Unison* » Fri Nov 12, 2010 1:10 am

I do follow, and I agree entirely. :)

I apologize if I'm being too vague or beating around the bush.

To be frankly honest, I'm finding this too simple to explain. Get that! Too simple to explain!

When you asked me to get to the heart of the issue, I attempted to look for where the thoughts are originating. The answer is just silence. It's not coming from "me"....it's not coming from anything.

Re: It makes sense now

by *Kevin* » Fri Nov 12, 2010 1:38 am

Not at all, mate. I understand entirely. I know where you're at. I'm just giving you one more push.

RANT.

What you did right now there with that? That was honest. That was honest engagement.

That's what works. That's what'll free the world.

Use it.

RANT, right here, right now. Keep bloody typing, and fucking be incoherent if you must, but say something. You're a newborn, flailing about, but you have to get the message across.

One more, Ace. Give it a good fuckin' shot. I want to see you breathe fire.

Re: It makes sense now

by *Unison* » Sat Nov 13, 2010 1:32 am

There is no self. We are fucking one. There just is. God dammit!! The one is struggling over trying to find it's identity. It's right fucking here. It's so goddamn fucking simple.

I want to say the world is fighting itself, but no, I am fighting myself. Experience itself is acting as it's own parasite. It's trying to separate itself to develop it's own identity, when that cannot be, because reality is a UNITY.

FUCK! Animals understand it. They see through their eyes as do humans, but never project a self. Humans boast themselves, with the ability to "project" emotions, and to share sympathy. That is an extension of the self concept. It is a mechanism humans are using for their survival.

I WANT A GOD DAMN PLAN. I want this to spread. I want to devote myself to making this real. I feel restrained where I am living, that no one will accept what I am telling them. I see every fucking day, my "self", the universe, damaging itself by trying to separate from the whole. It cannot happen, but the very attempt is detrimental. There can be no progression. I want a way to make this happen, to make this big.

I'll do anything I can to work with you all here.

-- Sorry if that seemed a bit incoherent. I just typed everything that came to mind.

Re: It makes sense now

by *Unison* » Sat Nov 13, 2010 1:41 am

I just want to add that I'm fucking pissed.

Re: It makes sense now

by *Kevin* » Sat Nov 13, 2010 3:17 am

Good. Glad you're in. There's a plan. There's a way.

Here's what you do.

Don't get locked on by the self; you have to outpace the stim. You need to be whatever the situation calls for you to be.

You do that by deep looking; that honest engagement that got you free, is what will free the world, and keep you out of trouble.

You look deeply into the truth of the situation, so that you'll know, specifically, the what, and the why.

Then, you use Occam's Scalpel to cut out the self from the situation.

Alright?

You use Deep Looking to navigate your way, and once you've found the lie of self, carve it out.

You don't attack anything else. Just remove the lie of self. That's how you don't trigger defense mechanisms, that's how you don't lose too much blood.

This is surgical.

No need to start fucking around with beliefs. This is important. Many beliefs, even quite wacky ones, have some actual truth in them. Like liberation, for instance. That's a wacky belief, but as I think you've probably noticed, that doesn't stop it from being real.

Just the 'self'. That the only thing that you cut out. Occam's Scalpel. You look deeply, then you go in and pull out the self. In every situation.

Then you point to the gateway: there is no you.

Deep looking is what gives your actions the weight of truth behind them. Occam's Scalpel is how you remove obstacles. Continuing to do this is what gives them the open line to looking at the thing that will free them.

See what you're doing there?

This is good. This means you care. This shows you that it's important.

But cut out the self.

In what you're doing, and in what's going on around you, and in people.

That's how this ends.

Got it?

Remove your self from the equation. You become whatever is needed.

Don't get locked on to a self; expand your freedom with deep looking and Occam's Scalpel.

I'll do anything I can to work with you all here.

Glad to have you here, mate. We get a lot of people walking away once they're free. Glad to have you. Really.

Never lose that honesty.

Keep pushing that; raise the bar of your honesty as high as you can.

Align your compass to truth, and you'll be untouchable.

And yeah, it's ok to be pissed. Anger is the honest response to untruth.

Understanding eliminates the useless flailing of anger whilst keeping the fuel it brings.

Seek to understand. Seek truth in what's going on. Then your anger will be useful.

Good job on getting free, mate. Welcome.

Now, get here on the forums, get out on the internet, and start fighting like a madman. Deep looking, Occam's Scalpel, Gateway. These will serve you. Learn to wield them well. The Pit is your training ground now. Get good. Get better than Ciaran.

Be the best out of all of us. Make the hard choices no one else will make. Be that person that'll end this. And remember, kids;

"The enemy gate is down."

Putting you on the list. Credit Ciaran, unless you say otherwise.

That puts you on 36, you crazy bastard.

Re: It makes sense now

by *Ciaran* » Sat Nov 13, 2010 5:55 am

I'm not crazy, I'm just big boned. And this isn't mine, this is yours Kevin. You get credit on this, you took him over the edge.

And fucking how. That was beautiful, from both of you. Unison, that was clear as crystal, and you really took the time to delve into it. And Kevin, yeah, that was just pure. Great stuff.

Re: It makes sense now

by *Unison* » Sat Nov 13, 2010 8:54 pm

Thanks for the help.

Chapter 11: "I" Need A Push

"I" need a push

by *JohnnyZampano* » Mon Nov 08, 2010 10:03 pm

I stumbled across this Arena last night and like what I found.

Read "The Thunder and The Sunshine" today, Ciaran's big piece about all the shit he went through to crack this - long but good. I am not the smartest or most intellectual person about so bear with me.

I "understand" the concept of no-self. Obviously I don't realize it yet, and there is a big difference. The body and mind are separate, but rely on each other and are interconnected. As for the self, there is no self.

I understand that when "we" are born, it is just a baby, a human form emerging into the world. That baby does not have a concept of "I" when it cries it does not think "I am hungry, what the fuck is going on, I'm crying" rather the form of the baby cries and that's that.

Somewhere along the line that form is told it is (name) and it is this body, these are your parents... so and so on, throughout life every single thing that form encounters as it grows feeds into the lie that the child has an identity.

Grades in school, status, society, parents, everything reinforces the idea of self.

Here I've read to try and see there is no self. I see there is and never has been a need for the self, in every action the self is not necessary, more like extra baggage. There is what is going on, and the awareness of what is going on... Then this "self". The self really has nothing to do with what happens, it just thinks it does.

Today while in the middle of The Thunder and The Sunshine I took a break and walked outside. "I" feel "I" got pretty close.

Doing slow meditative laps around the backyard though the leaves I came to the conclusion self has never been needed in any part of my life.

Putting my bare foot down onto the fallen leaves, I realized "I" was not experiencing this. Rather my foot was crunching the leaves, which produced sensations which then travelled to my brain, there the brain processed what was going on thus the body made sense of what happened. In that moment no self was needed or present, possibly a moment of clarity.

But nothing lasting, no sense of self dropping out, or a loss of me. My head hurt from all the thinking and when I went back inside the feeling eventually went away.

I have had moments of pure awareness before, and often after meditation am more easily able to be that awareness without the thinking mind, simply be aware of the sensations of what ever I am doing, walking brushing my teeth etc. But the self is still there, always there.

Push me, bitches :)

Re: "I" need a push

by *StepVheN* » Mon Nov 08, 2010 10:40 pm

Johnny, you're on the edge, what you need to do is just focus. Look for the real.

See that no there is no you and what is left? Life. You are not real. Life is real. That's both sides of the coin.

Focus on the fact that you is a label put on thoughts. You're so close, explore this, hit it from different angles.

There is no you - so what does that mean about the meaning of life? There is no you – so what does that mean about relationships? There is no you – so what does that mean about reality?

Re: "I" need a push

by *Ronztrek* » Mon Nov 08, 2010 10:51 pm

Push yourself motherfucker.

You seem to have this all figured out already.

Push YOURSELF.

Re: "I" need a push

by *Loomis* » Mon Nov 08, 2010 10:51 pm

Ask yourself the following: 'If there is no you in the first place, how could it ever drop away?'

Re: "I" need a push

by *JohnnyZampano* » Mon Nov 08, 2010 11:01 pm

When there's no me what's left? Everything. Life being lived, interactions of forms, forms rising and falling. A body and a mind coexisting and interacting, life being expressed and lived though this form. No bullshit, just life.

In pretty much every thought, or every thought that goes though the brain there is an attached "I". "I" am sitting here, "I" am typing, "I" am being. For as long as "I" can remember, all thoughts have had this "I" attaching itself to thoughts.

There is no meaning to life. Meaning is created by self. There is just life being lived and experienced now. Birth, life, death.

If there's no self what does it mean about relationships? There are no relationships? There are interactions, but "relationships" arise out of identified thought patterns created over time. Only beings interacting with each other in the moment is real. When you take these interactions and personalize them memories are created, memory upon memory is complied and identified with. The self relies on these memories to create a relationship and thus views the other form in the current interaction based on these memories.

Reality is not how the self sees it. The self views reality though it's illusion. Everything relates to the self in one way or another based on past experiences, not how things truly are.

I almost feel as if I am just reciting crap I've read from Tolle or other "spiritual" books and teachings, also that this is being over thought / analyzed. Sometimes when I try to think about it hard my brain shuts up, quiets down - almost like the desired effect in meditation, except when I meditate the mind chatters, but now that I want it to process this it refuses to.

Re: "I" need a push

by *Ciaran* » Mon Nov 08, 2010 11:07 pm

You are reciting crap.

Look at the what you're saying: *"There is no meaning to life. Meaning is created by self."*

This is total shit.

Meaning is NOT created by the self. How can the self create meaning, when it isn't even there? I mean, seriously. This is just incoherent. Look. THERE IS NO SELF. IN REAL LIFE.

There's just nothing fucking there, mate. Nothing. And because there's nothing, it can't create shit.

Meaning is real.

Life is real.

Everything is real.

Everything except you. Your 'self' is something that just isn't fucking real. It is a fucking invention. There's nothing fucking there, nothing. It refers to nothing.

And you didn't even invent it, it's just a kind of interference pattern because we look at life through the lens of cause and effect. We just assume there's a cause to the life that's being lived, and a 'thing' that causes it.

We assume that there's an 'effect' to life itself, and a 'thing' that is the recipient of that effect.

That seems to be the origin of this lie. There's no you.

And yet you'll deny every thing but this, even going so far as to state that life itself is devoid of meaning. Mine isn't. What kind of life do you live?

No. Life is meaningful, it's just not meaningful TO something outside life because there's nothing outside life. There's no you. Meaning doesn't need anything to own it for it to be real. NOTHING DOES.

Now look, look at life. Look at real life, right now. All the things happening - they're just happening. Look.

Re: "I" need a push

by *JohnnyZampano* » Mon Nov 08, 2010 11:21 pm

Ok. focusing on that. Writings help the process. Stomach grumbles. "I am hungry". No. Body is hungry. Need to poop. "I need to use the bathroom" No. Body needs to get rid of processed waste.

Look at keyboard mouse. "That's my mouse". Wrong again, it's a computer mouse that has been used by "me" or this form. Though this use the mind has identified it as "mine".

"I think I am getting close" HA! More like this brain is getting close to the truth, getting close to seeing it has been attaching an "I" to everything for as long as the memory go back and that's all it knows how to do.

A familiar headache is forming... :)

Re: "I" need a push

by *JohnnyZampano* » Tue Nov 09, 2010 12:12 am

Wait a second. Loomis - if there is no you in the first place, how could it ever drop away? By golly I think I got it! But I will let you be the judge of that. This whole thing was feeling kind of trippy.

So I started writing in a notebook. This is what I wrote, bare with me as it's rambling but I feel it gets the point across:

There never has been a self.

There has been the illusion of self created by the mind and sustained by the mind.

In every thought the mind has attached an I which was believed to be true - by the mind.

In reality there have just been thoughts as a result from stimuli produced by the body. Once processed by the brain it adds on the self. This happens so quickly the mind believes this self experienced the stimuli. When, in fact, the stimuli just happened; that's it. Something was stimulated. and the brain processed it. End of fucking story.

"If there is no you in the first place, how could it drop away?"

How can something that does not exist cease to exist? There is no self now.

Re: "I" need a push

by *russell88* » Tue Nov 09, 2010 12:17 am

The mind is a projector, but nobody feeds the screens. Thought just comes. Consider this: what is a river without a riverbed? What is a body without the environment it subsists in?

There is no separation - because there is no you to be separate. There is the body. There is thought. There is no you. Push it.

You're almost there.

Re: "I" need a push

by *JohnnyZampano* » Tue Nov 09, 2010 12:21 am

The self only continues to exist because the mind continues to attach a self to thoughts. When the mind stops attaching a self, a self ceases to exist. Self is based on continued reinforcement from the mind.

There is no self.

See the truth.

You are a figment of the imagination.

"You" don't exist. Never have, never will.

You only believe you exist because the mind has reinforced this illusion since near birth. Never questioning. Just accepting that the self is all.

See that you are not real.

This body is real.

This mind is real.

This thought is real.

This writing is happening, but "you" are not doing it. You are not the one who is writing. No one is writing. Writing is happening because the brain is sending signals through the body to the hand to "write" what the mind is thinking. No self is involved whatsoever.

You are an imagined creation of the mind based on previous experiences - experienced by this form and stored in the mind with a self attached - attached by the mind. That's it. You never were.

Who knows how it started, but at some point the mind attached a self to an experience that happened to this form. For some reason that does not matter the mind attached a self to an experience and stored it in the memory vault of the mind.

Then another experience happened and the mind once again attached a self. Experience after experience the mind processed, and instead of letting the process be processed and let go it attached a self to the experience and stored it.

So when a different experience happened the mind may have drawn upon this stored experience with the self attached and used the memory to affect and change the perception of the current experience.

So now the current experience is not being experienced and processed in reality, as it happened. Instead it is being processed based on previous experiences that the mind stored with a self attached thus changing how the experience is perceived based on the past and identification of self.

This builds and builds and builds with no questions asked. Soon it is taken as fact. now every single experience that is processed though the mind first goes though these stored memories with self attached and is processed based on old self identified experiences.

We no long see and experience things as they happen in reality - but experience them based on past interactions.

Phew, well that's that.

Re: "I" need a push

by *StepVheN* » Tue Nov 09, 2010 12:53 pm

It's not that there's no self 'now' - there was never a self at all. Can you see that? That the self never existed? It's not just that it doesn't exist – it never existed. You just thought it did. Those thoughts were wrong, though. There was no you; there never will be.

You say that self is based on continued reinforcement from the mind. The point is that it's not based on anything. It doesn't continue to exist. Your mind is not attaching a self to thoughts. I just thinks it is. It is not possible to attach a self to a thought; it is only possible to attach more thoughts to thoughts.

There is no self, there are only thoughts ABOUT self. And those thoughts do not, in reality, actually refer to anything.

All your mind is doing is creating daisy chains of thoughts and hanging them around your neck. These thoughts are not a self, they are about a self. They are no more a self than thoughts of a unicorn are an actual unicorn.

HUGE difference. There is no self. 'The Self', like a unicorn, can ONLY be thought about, it does not exist, it can only be imagined. It can not be realised.

There is no self, realise there is no self.

Do you see now how you never existed? You just thought you did? Can you see it?

You are right there, right on the edge. Look deeply into the truth of it, see how real it is. That's the only step left, the only step possible, the only step there ever was.

All these things that are being attached – they're just thoughts of self. Not actual self. There is no self it's all just thoughts. You're clearing back those thoughts now to see the truth.

And so people form personalities as weak, strong, loud, funny – whatever. These feelings arise, get labelled (that's fine) but then get ascribed to this 'self' thing, and we think they define us.

We defend these feelings or attack these feelings – it's like defending waves in the sea.

FOCUS, Johnny – don't let go of the core of this till you have seen it, you can explore the side streets when you're free.

Push, man, see this: see that there is no you, only thoughts about a self that cannot exist.

Re: "I" need a push

by *Ciaran* » Tue Nov 09, 2010 12:59 pm

Holy shit, StepVhen, you just grew a howitzer.

Johnny - this is right on point, you must see that. Work with Stephen here; really push yourself to look at what he's saying as deeply as you can.

Look for the reality of it, for the truth of it in your own life. Don't just work the numbers, look at real life, your real life, and look at what he just said just there.

You cannot need more than this, no-one can.

Re: "I" need a push

by *JohnnyZampano* » Tue Nov 09, 2010 4:52 pm

My God.

The key word I was missing was 'imagining.' The mind was never attaching a self to thought, it was attaching the thought of self to an experience.

The mind believes this attached thought of self to be the truth, and goes from there.

The mind continues to attach the thought of self to new experiences, believing the idea of self it attached to be truth.

The mind does not even see it is attaching an idea of self to thoughts, but rather it sees the thoughts as coming from the self. Thoughts cannot come from self, because self is a thought based illusion created by thought. The idea that the self can create thought is absurd.

There is no self now? Better said as there is no self in the now.

The now is all there is. Past is just thoughts stored by the mind that it can draw upon to base its reaction to the present moment. If there is no self in the now, there never could have been a self, ever. All there was, was the illusion of self.

The mind made up an identity based on input, and believed it to be truth. After years of never questioning, just believing the massive lie and illusion that modern life is built around, has allowed this imagined self to grow and grow.

By grow I mean the mind has continued to think of the illusion as fact and base all thought around that.

But it never was. There is no self. Never has been a self. The only "self" that has existed is layers and layers of thoughts created by the mind.

Of course this changes everything. "I" have never existed. When my body was four and running around playing, there was no "me", just a smaller form existing.

During high school, all the desires, wants, needs, feelings, everything... they were not mine.

There was an imagined self very attached to all that which created unnecessary feelings, which may have led to depression. In truth there were desires, wants, needs, feelings, but they were not "mine" as there was no "me" to have them, all that just happened to this form - and the mind interpreted them based on it's own creation of the "self"

Everything "I" have worked for, beaten "myself" up over, done in the name of "self advancement" or the pursuit of happiness has been based on a lie.

All of that was done under the illusion of self, of wanting to make better or change the "self".

But it goes deeper then that, everything, every action and inaction, every thought has been under the belief of "self".

Everything that is fucked and wrong in the world can be attributed to the illusion of self on a massive scale.

Racism is a lie based on differences of self.

Everything. All of it. It has all been filtered though the illusion. Everything is bullshit based on belief in an illusion created by the mind.

In reality it's just forms. A body and a mind working together to exist in the here and now. Minds think, in fact that all they do, think. They interpret was the body experiences. This form was born and this form will die.

There has never been a self, ever, in anything. The mind had thoughts of a self, and more thoughts of self, and more and more until the mind tricked itself into believing there was something called a self that was separate from the mind.

"I" am not typing this right now. A mind views hands moving over a keyboard though eyes, the mind is sending signals and tons and tons of fucking shit is going on inside the body to make this happen right now, but "I" am not typing. Typing is happening, interaction of a computer and a human body is happening, but that's it. And even that is just attaching labels to what is happening.

There is no self typing, how could there be? It's preposterous to think of a self doing this. All that we are is a result of what we have thought.

Re: "I" need a push

by *Ciaran* » Tue Nov 09, 2010 5:36 pm

I'll chalk another one up for StepVhen.

You guys seeing the power of this? Looking deeply into stuff? Not just throwing out counterarguments, but really looking deep into what someone's saying?

It's very powerful stuff; it's the key to freeing people. Use your clarity; don't just parrot what you've read. Tailor it, make it clear. And the thing is, the deeper you go with someone, the more other people reading it are going to get hit by what you're saying.

You only need to free someone once. Now you might think I was pretty harsh here, because Johnny was making almost all the right noises from very early on after what Loomis said – and maybe you're right.

But we put this shit beyond doubt. We close it the fuck down. We do not want people swinging in the breeze, and we do not count our success by how many people agree with us, believe what we say or think we make a good point.

That's all crap.

Freedom or nothing. That's what this has to be. We don't spread any any belief, any religion, any ideology. Just the truth, just the truth, just the truth.

Awesome work Johnny. Now help other people see it.

Re: "I" need a push

by *JohnnyZampano* » Tue Nov 09, 2010 5:43 pm

Total group effort. Never would have happened without this Arena and your own story in The Thunder and the Sunshine. Last night I thought I got it, but that was only a glimpse. The key word today was imagine, reading that kind of pushed me over the final edge to see the larger picture. It's all in the mind, all of it.

This is just the beginning, so much farther to go. I've listened to pretty much everything by Tolle before, but never really really listened to it. Now it will make much much more sense.

Any suggestions on other material or exercises to make it go deeper?

And thanks :)

Chapter 12: I'm Done

I'm Done

by *Grapefruit* » Sun Nov 07, 2010 9:54 pm

Ok, I just wrote a load of shit in another thread. I thought I was done. But no, not at all. Then I read this:

"You're just hitting him with insight; he's got enough of that. When people start getting glimpses but it's not sticking, what's going on is that they're stuck in trying to "agree it into being" or "convince themselves that it's true."

The agree thing comes from thinking that there's a 'you' that can click with this. Obviously, not going to happen. Same with people who try to meditate on 'no you.' No point. You think that if you hold the state of being free for long enough, it's going to stick.

It's not going to stick – because there's nothing for it to stick to.

They need to see. That's it. Seeing doesn't need a you, and once a thing is seen it can't be unseen. Get him to see."

And I got it, I don't exist at all, it's fucking the craziest thing ever. What the fuck. I have no idea how to say it any other way. Fuck the intellectualization, there is just no me. I just don't see it at all.

Re: I'm Done

by *Kevin* » Sun Nov 07, 2010 10:01 pm

Cool mate. Sounds good.

Tell me more about it. Why is there no you?

What is called I never existed. This is true in a testable and demonstrable way. This is true in every way that you can understand it, even if it seems incomprehensible. This is absolutely, irrevocably, and unequivocally true. I refers to nothing.

Re: I'm Done

by *Grapefruit* » Sun Nov 07, 2010 10:05 pm

I don't know how I can describe it there just is no me here. What am I supposed to say? There's just a huge universal machine thing I'm a part of. No, scratch that I'm not a part of it; it's just a machine thing.

Re: I'm Done

by *laserpig* » Sun Nov 07, 2010 10:10 pm

Ya got it son! Ain't it nuts? Makes the whole of your life up to this point seem kinda stupid, doesn't it? They say when one reaches liberation, there's nothing left but to have a good laugh.

I'm not sure about laughter. More like, nothing left but to have a good facepalm.

Re: I'm Done

by *Grapefruit* » Sun Nov 07, 2010 10:12 pm

Yeah it was fucking nuts to the core. Funny shit, to be honest I don't care enough to facepalm. Everything is so light. That was cool as shit, time to enlighten others lol.

Re: I'm Done

by *laserpig* » Sun Nov 07, 2010 10:17 pm

Yeah, you can't really get too down about it because the you who fucked up . . . Isn't you.

No one fucked up. Fucking up happened. lol

Re: I'm Done

by *Grapefruit* » Sun Nov 07, 2010 10:20 pm

I remember some fucking horrible crazy shit from before about 10 minutes ago but seriously I don't even really know what happened in my stupid life previously, other than there being a lot of stupid whining and looking for some vague indefinable happiness thing.

Re: I'm Done

by *Kevin* » Sun Nov 07, 2010 10:21 pm

Post up a big rant about it. Say everything that you can say. Chill back for a little bit and gather your thoughts if you have to. It's very very cool out here.

Re: I'm Done

by *russell88* » Sun Nov 07, 2010 10:23 pm

Fuck yeah. Welcome to the world of the living.

Re: I'm Done

by *Grapefruit* » Sun Nov 07, 2010 10:35 pm

Um... I really have no idea how to go on a big rant about it, there just isn't a me, I just don't feel it, how can I say more? Perhaps in the morning I'll have the words for more than that I'm a bit blown away at the moment to be honest. I'll post back if I do.

Chapter 13: What IS Liberation?

What IS Liberation?

by *Ciaran* » Tue Nov 16, 2010 3:55 pm

This is not new. People have seen this before. All that's changed is that we've broken it down to the core trigger mechanism. That means it can be spread. That means that if you're not free, reading this, you can be. In seconds. There is no you. Look.

The self doesn't exist. There is nothing there. But because we assume some outside cause for reality itself, we assume there is – and because it's THE fundamental cause, it's so important to us.

It's almost as if, when you look at the lives people live, the lie of self is like a kind of disguise that thoughts and feelings use to sneak up on people and eat them alive. We are so often the puppets of ideas and emotions that we think of as being us. That is why we have so little control over our lives - over our internal lives.

The fundamental problem of a life lived under the delusion of self is that your life is limited.

If you want something too much, you get consumed by that wanting, and it takes you over and plays you like a puppet. Almost always you lose the thing you wanted anyway.

Or if you care too much about something, or someone too much, you get consumed by that caring, and it takes you over and destroys you. And then you lose the thing you cared about anyway.

Often if you love someone too much you get can get consumed by that and it takes you over and destroys you. And then you lose the person you loved anyway. That's the fucking devil right there, laughing all the way to the bank.

Or how about anger? What about when we encounter something horrific, something terrible, something that needs to be confronted? But we shy away from it, because we know that if we let that genie out of that bottle, we'll never get it back in.

And everyone knows it. I think that's maybe why we all tolerate such horror in the world we live, because anger, which is often necessary and justified, sucks us up into this whirlwind we have no way to escape.

Liberation is not the end of anger. Or pain. Or sadness. But.

There is no you. There's nothing there, just an emptiness where that you should be, but isn't. That emptiness is always at peace, and can never be consumed. So - that nothing that you are, and your sight of it, means that you will always have a way out of hell.

Now yes, if you want to, you can simply stare off into that void for the rest of your life, and bliss out, and feel the peace.

You have that option now. Billions do not. Billions of real people living real lives chained to a process that is eating them alive.

I don't really have time for or respect for recreational zen. I think that when you look around, look at the scale of this, the scale of the problem and the scale of this opportunity, there is another option than sitting down and wallowing in peace for your own amusement and the adulation of whatever followers you accrue.

That's Enlightenment. This is different. It has the same core, the same trigger mechanism. But what we do here we call Liberation. And Liberation is different. Because once you have that freedom, you can experience life to the full, and never be crippled or destroyed by it.

Even if the whole world was free, I would still not choose to wallow in peace. There's just so much living to be done. And freedom not exercised is no better than a cage. To those who wallow in peace I say, you have exchanged the metal of your bars for cushions and comfort. But you are still not free.

And the world's not free. It's trapped, and we now have enough of a handle on how to trigger this freedom that it's not in any sense crazy to imagine that we can, in one generation, free this planet.

I think we can do it quicker. And to be honest, I don't know of any adventure I'd rather live.

Are you in?

Re: What IS liberation?

by *Dreamer* » Tue Nov 16, 2010 7:36 pm

Hell yeah, I'm in.

Re: What IS liberation?

by *Threnody* » Tue Nov 16, 2010 7:47 pm

I'm with her. ;)

Re: What IS liberation?

by *Unison* » Tue Nov 16, 2010 9:44 pm

Count me in.

Re: What IS liberation?

by *becky* » Wed Nov 17, 2010 12:53 am

Ditto.

Re: What IS liberation?

by *laserpig* » Fri Nov 19, 2010 8:56 pm

Fuck. That hit me right in the chest.

Freedom not exercised is no better than a cage.

More and more I am considering some kind of "hard reboot." Like, I dunno, joining the peace core for a few months or something. I feel like I need a trial, or a test period, to prove that identity no longer holds me. Living the same life I have been, with people around me reinforcing the same identity structures ... it doesn't seem the best way to go.

Re: What IS liberation?

by *Ciaran* » Sat Nov 20, 2010 6:48 pm

Probably not a bad idea. Of course, you could always join the Ruthless Horde, and spread freedom so rapidly that we've got this whole planet free within five years.

Peace corps? Pff. This is where the action is.

Re: What IS liberation?

by *laserpig* » Sat Nov 20, 2010 8:14 pm

Fuck it. Pedal to the metal.

Re: What IS liberation?

by *russell88* » Sun Nov 21, 2010 5:18 pm

YEAHHH let's do it.

Re: What IS liberation?

by *Kakistos* » Mon Nov 22, 2010 4:53 am

This Arena needs a "like" button.

Afterword

Isn't it amusing to watch all these people and all this drama? Amusing. Diverting. Anyway, back to the TV.

You can go through your life telling yourself you're an honest person deep down. You can say to yourself that you, unlike the rest of them, are the kind of person who does listen, and does care about the truth of what is being said. And every now and then, you get to decide if that was always just a lie you told yourself, or if it was always true. This is one of those times.

Have the honesty, have the courage, have the basic level of curiosity into what we've said here to really look and see if we're actually right.

We don't care if you believe it. We don't care if you agree. We want you to look.

Have no illusions. There are not a million problems besetting humanity. There is one. Humanity is lost in fiction, and at the centre of all those fictions is the lie of self.

Don't take our word for that. Do not trust what we say. Test it. Do it right now, and don't stop looking for the truth until you see it. This takes seconds. Look. There's no you.

We address this book to those brave enough to look, and see the truth.

This is not a sideshow, and you are not a spectator.

Look.

