

EGGO

SPIRITUAL ENLIGHTENMENT FOR THE MODERN SOCIETY



Mossa

EGO

SPIRITUAL ENLIGHTENMENT FOR THE MODERN SOCIETY

Mossa

EBOOK VERSION

SELF PUBLISHED


2017

<https://depthsofvoid.tumblr.com/>

First Edition

English (EN) version

Mossa 2017

License 

Non-Commercial, Non-Profit use.

Free (as in freedom) use of all written material in this book.

You may own and distribute this file free of charge.

You may print and distribute this book free of charge.

You may fork and edit the written work of this book under your own license and name.

Cover art, illustrations, editor: Mossa

Proofreading:

Pictures and artwork used in this book are copyright protected by:

PLACEHOLDER

Pictures and art work in this book is used under the US Fair Use (17 U.S. Code § 107) doctrine.

ISBN N/A

Thank you

It's been a meaningful journey to provide this book to you. This book is offered for free to anyone with a digital device that can download and open it. Those that cannot afford expensive books and long journeys to retreats, have been given a chance to learn the truth of themselves for free. Those that can afford books and retreats, have also been given this information for free.

Many hours and months was invested into making this book a quality experience from author to reader. The design, choice of font, theme and general template layout took 40 hours alone to produce; researching each individual aspect of what a book is made out of. It is estimated that more than 200 hours has been used to produce this whole book.

If you wish to donate what you feel this book is worth, please use the two options below to make a donation to the group. We are grateful for any amount, anyone wish to donate for the worth of their experience of reading this book. The current market price for a non-fiction, digital book of 200 pages; is estimated to be: \$15 USD or 0.0019 BTC.

[Donate any amount to PayPal](#)



bitcoin:3ES8rw2HbmDcLeQpek3484ajVB17xJhQSk

Table of Contents

Thank you	7
Acknowledgements.....	10
Forewords.....	12

Preface

About the book.....	16
What is consciousness?.....	17

I

Origin of thought	22
The thoughtforms.....	24

II

The Freudian Ego	40
Meditation Exercise: Meeting the Ego.....	43
Who am I?.....	80
Buddha's enlightenment.....	81

III

What is the Ego?	84
Meditation Exercise: Provoking the Ego.....	91

III

The Ego of the body	110
Meditation Exercise: Awareness in the body	113

V

The Ego of the mouth	136
The word exercise	138
Problems with the word exercise	140

VI

Truth & Morality	142
Truth	146
Arrogance	148

VII

Suffering	152
Self discipline	154

Postface

Final words	156
Extended warning	157
Where to go from here?	160
Who are we?	162
About the author	163
Thank you	164
About the book	165

This book is dedicated to:

The one who is.
The one who sees and hears.
The one who loves.
The one who can.
The one who will.
The one inside.

My gratitude goes towards the following individuals:

Teacher and Brother Johnny
Teacher Ann
Uncle Robert
Basyani Andrea
Satyadev Barman
Tom Montalk
Adyashanti (Steven Gray)
Eckhart Tolle
Siddhārtha Gautama, Shakyamuni Buddha
Jesus Yashua
Lao Tzu
G. I. Gurdjieff
P. D. Ouspensky
Gabriel and crew
Members of Satoru
The ALL of all things

Thank you for being part of this journey.

Thank you for choosing awareness.

Forewords

“

*A mind that is stretched by a new experience,
can never go back to its old dimensions.*

- **Oliver Wendell Holmes, Jr.**

This section of the book serves as a warning and a disclaimer for anyone that has picked it up and intend to read it, in order to learn more about the ego and possibly reach some kind of enlightenment.

There is no going back after you awaken. Once your soul has been exposed to the origin of who you are, what you are and where you are, you cannot cancel the process. It cannot be stressed well enough for you: if you do not wish to wake up, or change or realize the illusions you have carried so far; you are free to stop reading the book at this very moment. Only your heart knows that you wish to continue this path.

However, don't be afraid. Either you will continue on this path or you won't. This book is free but powerful and it has a special place in your life for when it is time to embark on the journey. If you feel afraid, put the book to rest and pick it up at a later time. But if you really do not wish to continue, please do not start reading the first chapter until you are ready.

The author of this book takes no responsibility of the changes that can happen within you when you read this book and implement the methods that are described within. This page is the attached warning label of the product you are about to consume.

If you are diagnosed with mental disabilities that fall into the following categories:

Anxiety-, Attention-, Mood-, Eating-, Psychosis-, Schizophrenia- and Personality -disorders; autism spectrum or other disability; you should be notified that this book can affect your state of being severely negatively. It is recommended that you either: speak with your doctor prior to starting a consciousness shift, or make sure that your life is stress free and there are no distracting obstacles that will interfere while reading this book.

Words and specific tone of writing are also not sugar coated as to ease the understanding of concepts into the intellectual mind of the reader. Emotional reactions created and experienced from reading this book are intentional, as to aid in the increasing awareness of the consciousness. In short: You may be triggered.

The path towards consciousness is not an easily walked path and a path seldom walked by the majority. If it was easy, everyone would do it. If it was easy, it would come as second nature in people. For some, it is easier than it is for others. It is not a competition or a race. There are no winners or losers, only those who suffer and those who don't.

In this book, we will look at the origin of consciousness, how to become conscious and what consciousness is not. We will straighten out different illusions that humans carry and allow ourselves to elevate to a higher understanding and consciousness state. This book is not for the coward or the weak. If you implement the meditation exercises in this book with the knowledge of the theories presented that we will establish in the following chapters, something within you is bound to change. You should know that you are embarking on a journey that the prophets of history and legacy have already walked.

At this very moment, you believe yourself to be sober, awake, aware and present while your eyes tread over these words, but as soon as your journey begin, you will climb a staircase of perceived illusions; one by one they will break and fall off as you climb.

Know in your heart, that I do this for you, because I love you and wish for you to taste the honey of life. At some point, you will be angry, this is OK. You'll also feel sadness and despair as you unlock your heart and become aware of your deeds; things you have done to yourself and to others throughout your life. So I wish to tell you before we start, that the key virtues of moving past these obstacles and challenges is simple, but illogical.

At the time when you feel betrayed, angry and sad because of the awakening that you will experience while reading this book, remember just this one thing:

Forgiveness is the key.

Not to be mistaken with forgetfulness, forgiveness is your ability to forgive the evil deeds that you have done to yourself and others and forgive those that has done wrong upon you. Without forgiveness, you will cling to the despair of the moment and memory of those events.

If you can remember this: that forgiveness is the key, then when the challenge begins within you, the struggle will become easier for you and those around you.

A verse from the New Testament that fits in with this practice, is the verse of when Jesus was on the cross and being iudged by the rulers, he said:

“

Father, forgive them, for they do not know what they are doing.

Luke 23:34

As you further progress into the awakened state of consciousness, you will be able to understand the meaning of the quote above. When you have forgiven your enemies, forgive also yourself for what you have done. It is of equal importance.

If you believe that you are ready to proceed, this book is waiting for you in the next coming pages and I have only one thing left to say to you:

Good morning.

Preface

About the book

Please take it slow to digest this book. The ego session that this book is based upon, takes two hours for a normal person to attend, but takes several days and weeks to understand deeply in the seat of the consciousness.

If you read this book too quickly, like a book of fiction or a book that is interesting, you will miss the message. This book uses a spacious style for the paragraphs which allows the reader some moments between chunks of text. You won't find any long segments of texts in a paragraph in this book, for it is not a quick read, it is not something to get sucked into. Allow yourself to slow down and read it mindfully.

When you get to chapter two and beyond, make sure to take time between paragraphs to understand the concepts presented. If something is unclear, read the paragraph again and try to understand the concept. If your eyes wander over the text and you lose yourself in thoughts, focus again and read the whole chapter again. This book is not a tool for hypnosis, it's a tool for waking up.

This book has traveled from my fingertips to your hands, over many months and years of time. Take your time, don't stress. This book is not going anywhere.

In due time, all will be revealed, for there is nothing new under the sun.

(In the digital copy of the book, all URLs are clickable for easy access. If you own or printed a paper version of the book, you will find many blank pages at certain parts of the book that can be used to take notes on, if that is desired by the reader.)

What is consciousness?

The questions about consciousness have puzzled humans for a long time:

- “What is consciousness?”
- “What makes man?”
- “Who am I?”
- “What is the mind?”

Philosophers throughout countless hundreds of years, tried their best to write down their theories and ideas about what consciousness is, even before the printing press was invented.

Did humanity find a complete map on how the brain works? Did one school of thought or religion offer the complete picture of how reality works? If the answer was “yes” to these questions, we would live in a different world today.

Enlightenment feels like a legend, something farsighted and out of reach; possible to be achieved only by those few that were born with the addition of “spiritual personality” attached. Why should the modern and civil human even bother trying to attain enlightenment? Humanity has science, technology and sights to experience instead.

Science, art and expression is the new enlightenment in today’s modern era and it serves no purpose to become enlightened in the old way’s method, because there’s a religious stigma attached to the idea. The hippie culture of the 70’s has given people the idea that spiritual groups and meditation are detached from reality, floating and

ungrounded; thus few individuals find it appealing to seek out spiritual groups and begin their journey. There are also many scammers in the spiritual and religious worlds, prying off peoples' hope and desperation for answers. Enlightenment is paradoxical, confusing and unrewarding.

A French philosopher once said:

“

I think, therefore I am

- René Descartes

The quote above has shaped our culture and society. Some see it as the definition of personality, character and will. Without thinking, we are nothing. So the idea of non-thinking must mean to not exist. The philosophers that we can read of today have all been great thinkers. They have written their thoughts down so that their legacy could remain as literature into this day and age. Some believe that the only method of reaching enlightenment is to think up a theory of science, observation or ideology that will be passed down into history, becoming the enlightened legacy for generations to come.

With this book, the intention is to bring you control of your own personality, emotions, thoughts and actions. We will have to break you down, like a vase broken into pieces, then reflect and look at each shard, as a piece of a puzzle. Then you will decide: which part will you build your legacy on, and which part will you not?

In old Japanese culture, broken pottery and clay pieces were repaired with a gold and silver powdered clay as to give broken kitchenware new importance and value, surpassing its old value before it was broken. This practice is called *Kintsugi* (金継ぎ), which means “golden joinery”. With the methods you will learn in this book, you will be able to break yourself down and join the parts back together with gold. The new *you* will be worth more than the old.

“

*Man cannot remake himself without suffering, for
he is both the marble and the sculptor.*

- Alexis Carrel

But no transition comes without a price. If this transition was easy and effortless, it would mean nothing to attain it. You would see people in society excel in this behavior

without effort. Suffering is an essential part of our existence. Through conscious effort, we can unidentify with suffering and work on our body and spirit, to reshape what we are and what we want to be. But there are many traps laid out in the journey towards awakening, traps that you may or may not be conscious of.

We are going to establish some lies about our consciousness, so that we can learn the truth. The first thing we must establish before we start is this:

The human individual believes that it knows a lot. A great insult to an individual is to question their knowledge and experience, because the individual believes it to be definite, unchallenged, unrivaled and that: it is truth. This is not truth, since different individuals believe in different ideologies, religions and ideas; one individual does not hold the one true fact or opinion of reality, other than what they believe and perceive to be true in their subjective reality.

“

I am wiser than this man, for neither of us appears to know anything great and good; but he fancies he knows something, although he knows nothing; whereas I, as I do not know anything, so I do not fancy I do. In this trifling particular, then, I appear to be wiser than he, because I do not fancy I know what I do not know.

- Socrates

When Socrates was talking to other people, some claimed to know things that they actually did not know. He realized that he knew more than the people claiming to know things, and thus he was aware of his unknowing of certain topics and found humbleness in not perpetuating lies and false facts when speaking to others. This is a concept an individual has to understand when starting the journey towards greatness, that the ideas we believe in and hold on to, may one day not be true and might actually be harmful for others and ourselves. The idea that we believe we know anything, is inherently flawed and prevents us from learning or speaking truths.

So what is a more acceptable fact about the reality of things? We can say that we are working with theories. Theories of consciousness, theories of meditation, theories of ego, theories of spirituality and theories of being. It is the responsibility of the individual to become the scientist of spirituality, to test theories against theories, to conclude facts from observations and to discern truths from falsities.

When we are working with the concepts in this book, we will be working with well applied theories that will help you gain control of your mind and body through simple

exercises and methods. Sometimes, the methods explained and used in the book, will work better for some individuals than for others, which is also fine.

In order for humans to reach into the future without destroying each other, consciousness is required. So far we have survived on tradition, rituals and habits, passed down through generations of families and now we are here: in a time where you can read this book on an electronic device that renders text on a screen for you to indulge in its content; a time where humans are starting to ponder the question of traveling through space, colonizing neighboring planets and inventing technology that will sustain our material needs on Earth.

So as our mind traverse the Fermi paradox and the Drake equation to pose the following questions: How do we surpass the inevitable doom of our species? What do we do to avoid becoming like the fallen city of Atlantis? How do we avoid perishing in a great mythical flood? How do we avoid becoming like the civilization that built pyramids and then disappeared? How do we reach further into space and make our understanding of reality greater?

The answer is: it starts with you. The cog in the machine, the drop in the ocean, the being among beings, the one who perceives and observes, the one who sees and hears.

No change will come to this world without first changing yourself.

I

Origin of thought

Before we can begin to observe our enlightened consciousness we have to understand where thoughts come from, so that the individual can get some space in between the thoughts and the consciousness perceiving them.

In this chapter, we will look at a plausible theory of how our mind may work; lay down the foundation for the three different thoughtforms that we can experience and then work to perceive our origin of thought. Firstly: What is a *thoughtform*?

In Buddhism, Buddha spent much time explaining that the illusions of the mind are self created and some of the things that we create in our mind, is the thoughtform. But how can we create something that is a thought and have a form, unless it is our original consciousness to begin with? And what is the implication of a thoughtform? How can thoughts have form or shape?

If we imagine in the mind, a scenario of something that can happen or something that we want to happen, we could state that this is a thought that has a form, because it is possible to see a visual form of what we are thinking of. There might however be an implication that the thought should have a physical form in the physical reality, this is not the case.

We will come to know that a thoughtform may also have no form, which means that it can exist without imagination and without shape. A shape can be assigned to the thoughtform if the individual wants to, but many of the thoughtforms we work with, carry little to no form.



The thoughtforms

There are three common categories of thoughtforms that we can observe and identify. The first thoughtform type is the parroting, mirroring and repeating thoughtform.

The *Parrot*

This thoughtform is created through simple repetitions of a thought, combined with an emotional state of happiness, anger, sadness, pride, envy or more. The only result of its creation is that it will repeat back to you what it is taught. A simple example of how the *parrot* is created can be explained with the following story:

You go to your favorite hamburger restaurant and fancies one of the hamburgers on the menu, looking at the picture, you are deciding whether or not to purchase that item. So in your mind, you think to yourself:

“That hamburger looks delicious!”

After the hamburger arrives on a plate, you grab it and start munching away, again in your mind you think:

“This is a delicious hamburger!”

The emotional euphoria of the taste combined with your narrated thoughts, eventually creates the first level thoughtform of a *parrot*. So the next time you visit your hamburger restaurant, you only have to look at the menu item, and your mind will immediately say:

“Delicious hamburger!”

Delicious
Hamburger



Delicious
Hamburger!

At this very moment, you might be oblivious to the fact that your mind is full of these type of thoughtforms. There are a vast diverse group of parroting thoughtforms in your head that are repeating a number of different sentences, items, judgments and comments of things in your everyday life.

In your life, is there a person that did something to you to make you angry? What happens when you see this person physically or in a picture? It is possible that we can perceive the thoughtform of the *parrot* saying:

“Idiot!”

This thoughtform was created by you when you were in an emotional state and narrated to yourself in your mind. With simple awareness of the origin of this thought, we can choose forgiveness and understanding instead of the default slander we are used to.

The second type of a thoughtform is the one that takes an input and gives a different output. A sophisticated *parrot* we could say, but a better description for it would be: the *computer*, the *butler* or:

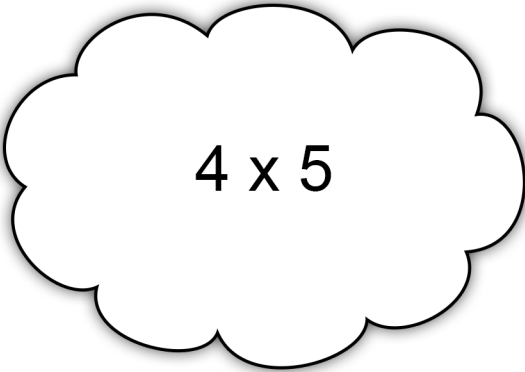
The *Servitor*

Being different from the *parrot*, the thoughtform of a *servitor* has a different output compared to its input. So if you give a *servitor* the word: *hamburger*, you will perhaps get the recipe items for making a hamburger, or the different restaurants you remember that serve hamburgers, depending on if you’ve made a *servitor* by remembering these things in the past.

A better example of a very known *servitor*, is the one that helps you with the multiplication table. If you live in a country with modern education, chances are that you have been taught the multiplication table from numbers zero through ten in early grades. A way to test and see if you have a *servitor* for math and multiplication, is to give you a couple of math quizzes.

So on the next set of pages, you’ll see a couple of math problems listed from top to bottom. The test is very simple: if your mind answers these math problems without you calculating them in your mind, it means that you have a math *servitor*.

Ready to begin?

 4×5



Twenty

$$10 + 5 = ?$$

$$2 \times 3 = ?$$

$$5 \times 6 = ?$$

$$15 + 10 = ?$$

$$7 - 5 = ?$$

$$100 + 200 = ?$$

$$5 \times 5 = ?$$

$$50 \div 5 = ?$$

$$78 + 22 = ?$$

As your eyes skimmed over the math problems on the previous pages, did you hear the answers in your mind? Or did you perhaps feel them as feelings pertaining to each number?

Some of the answers might have come to you quickly and intuitively, while some needs to be calculated a little bit. It depends on your level of investment of the different math *servitors* that you have in your mind. In school, lots of time is spent teaching children to remember the multiples of ten, the different subtractions and additions of the ten numbers and some time is spent on division. The result is that we hear the answer to these math problems in our mind, because most of us have developed the math solving *servitor*.

The *servitor* can also handle language, words, concepts, definitions, the periodic table, memories and other useful computations. If you've learned a second language at a later stage in your life, you might remember that before you became fluent in that language, you had to parse that language in your mind through a filter. The filter would help you look up the word you were looking for, before you could use it to communicate in that new language. This is the service of the *servitor*. There's no judgment, no comments, no emotions, just the data you put in and the data you receive.

Any repeated activity where the purpose is to remember a certain word, definition or concept, you are most likely at those moments creating a *servitor*. The thoughtform isn't necessarily bad or have a negative influence on your consciousness, but since we are mentioning the different thoughtforms and their types, it is important that you understand such a thing exists.

Many hardworking monks have mastered the creation of a *servitor*. They may create the *servitor* into an imaginary book which they can manifest, visualize and look through as if it was a real book. They understand the power of the human mind and exert control over it.

The *Tulpa*

In order to understand what a *tulpa* is, we are going to have to look at three different accounts of where a *tulpa* may be used in modern society. It is a difficult concept to grasp if you have no experience working with creating a tulpa or if you have not read about them previously.

Some of us might have experienced or heard the story of a child, creating what is called the *imaginary friend*. The general idea in this story is that it shows a young boy or girl at the age of around five, creating a friend that only exists subjectively for that person to see. The parents gets worried about their child's wellbeing as the child happily continues to interact, play and have fun with the imaginary friend, which usually has a name and a shape.

The moral of the story, is that the imaginary friend at one point, turns on the creator or the host. The imaginary friend starts becoming unfriendly, hostile, aggressive and plain out frightening for the child. The young child then expresses discomfort to the parents about the state of the imaginary friend and how it has become very nasty and unpleasant to deal with. At this point, the parents contact either a doctor or a priest and that person comes to the house, gives the child some therapy or does an exorcism on the haunting spirit and the child lives happily (ever) after.

The previous account however is more of an urban legend in most western cultures. In other cultures it is common to blame demons, spirits and spiritual influences, when it allows for a child to curiously perceive an entity like an imaginary friend subjectively.

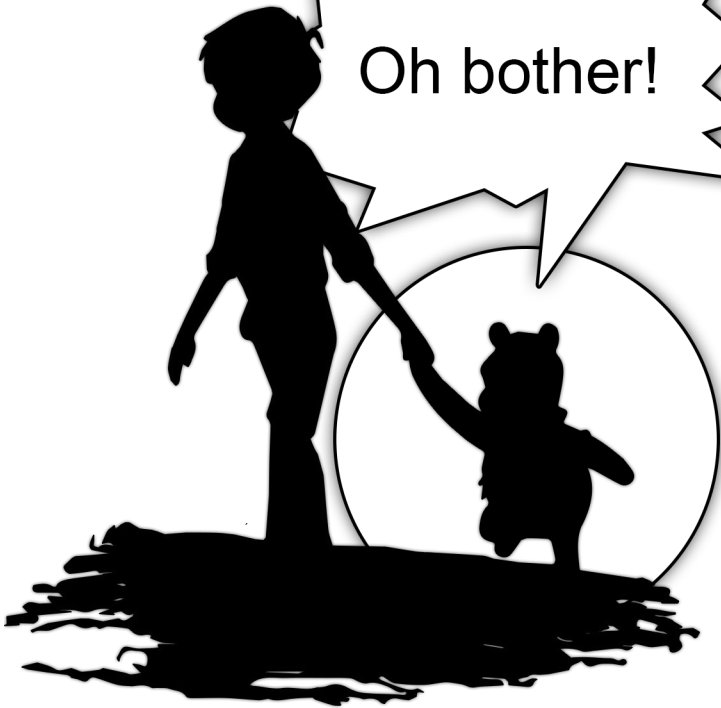
Some research has been done on this topic and according to studies done on preschoolers at Yale University by individuals such as: Dr. Jerome L. Singer; roughly 65% of children say that they had at least one imaginary friend.^[1] We're going to take a look at a more mature account of interacting with *tulpas* (plural: *tulpa*e), by looking at what happened in 2009 on the imageboard: */mlp/*, on the website: 4chan.org.

The fandom culture for *My Little Pony* and its imageboard was crazy for the *Hasbro* television series, featuring ponies as characters in a comical setting. The people of the fandom would fantasize daily about being part of the fictional universe with the colorful pony characters, but the lack of ability to be part of that universe made many

1 Marjorie Taylor, *Imaginary Companions and the Children Who Create Them* p. 13

Think, think,
think.

Oh bother!



of them unhappy.

One day, an unknown individual introduced the concept of *tulpas* by bringing a book to the community on how to make *tulpas*. Through little effort and with easy methods, anyone can learn to create a *tulpa* and the individual can attach any form, characteristics, voice, opinion and style to the manifested personality of the *tulpa*. So the fandom was very happy that they could create characters from the fictional TV show and visualize them into real life.

But if we recall the story about the child and the imaginary friend from a couple of paragraphs ago, we can predict what happened to those that created their favorite cartoon character as an imaginary friend. What ensued after the community was introduced to making *tulpas*, was nothing short of a comical episode of people going mad.

Male users of the imageboard would post multiple discussion threads, for months to come, explaining how their cartoon pony *tulpa* became a jealous girlfriend character, would envy him and his real life partner or women friends. Some users would describe how they had to live in fear for their creations, since the *tulpas* would attack their host verbally and physically (mentally) for not pleasing them well enough. They would describe that the *tulpa* craved their attention in: social interactions, but also economical, political and sexual ways.

The trend and its remnants still exists on *YouTube* under the search term: [*Pony Tulpa Thread Simulator*](#).

There is also the account of Alexandra David-Neel's experience with creating and observing a *tulpa*, one of few western women to practice Buddhism and attain the title of *lama*. In her book *Magic and Mystery in Tibet*^[2], she describes how she created a *tulpa* based on the character: *Friar Tuck* from the legend of *Robin Hood*.

At first, the *tulpa* was good and followed her narrated backstory for the character until she set the *tulpa* free to be visualized into her perceived reality. She could see him and hear him when she was traveling and interacting with other people. Eventually, the personality of the *tulpa* started deteriorating and he would give off negative remarks or frowns, even intervene when she were speaking to others. She decided to reverse the creation of the *tulpa* and banish it for good.

2 <http://mysteriousuniverse.org/2013/10/a-creature-of-the-mind/>

So what is a *tulpa*? It is the self sentient, self autonomous, self thinking and self opinionating thoughtform. It understands that it exists, thus is self sentient. It can do actions by its own accord, so it is self autonomous. It can think in secret without its host knowing the thoughts before hand, so it is self thinking. And it can create opinions of things such as: political ideologies, religion and many more topics, so lastly, it is self opinionating.

The way a *tulpa* is created however, is the most interesting aspect of it. It is narrated in the mind, by the host and creator, with a specific character in mind. It is fully possible to create a *Jesus, Buddha, David*, prophetic, or fictional character as a *tulpa* in the mind. Any style of speaking or voice can be manifested to be the voice of the thoughtform. It can also be narrated to have certain characteristics, such as: patience, virtue, anger, fear, happiness or boredom.

Lastly, with enough patience and skill, the thoughtform can be visualized into a physical shape, which it will appear in for the host and creator. With enough practice, the creator can visualize the *tulpa* as a sidekick character in that person's life. Depending on the vividness of the imagination of the creator, the *tulpa* can appear to be almost completely physical, subjective to that person.

Summary

The three types of thoughtforms that can be created and perceived are:

- The repeating *Parrot*
- The remembering *Servitor*
- The sentient *Tulpa* or *Imaginary friend*

By understanding our consciousness we learn to master the creation and banishing of thoughtforms so that we may choose to become what we want or what we want to do. To be ignorant to thoughtforms is to be a slave to them.

With this simple knowledge on origin of thought, we can now proceed with the awakening process.

II

The Freudian Ego

Western Psychology states that the sense of self, the self-concept, self-identity, self-perspective or self-structure is a collection of beliefs of one's self. The *Freudian Ego* is one of the three constructs in Sigmund Freud's structural model of the psyche.

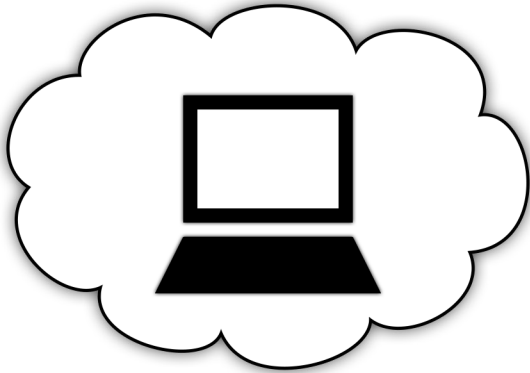
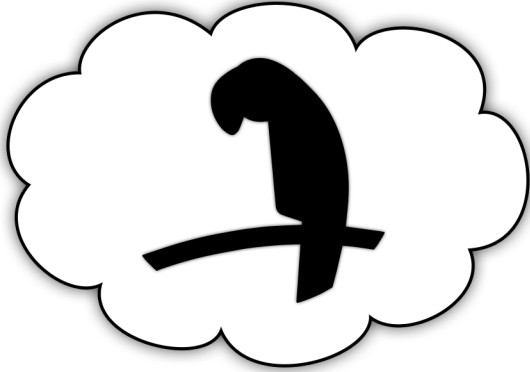
The ego is the organized part of the personality structure that includes defensive, perceptual, intellectual-cognitive, and executive functions. Conscious awareness resides in the ego, although not all of the operations of the ego are conscious. Originally, Freud used the word ego to mean a sense of self, but later revised it to mean a set of psychic functions such as judgment, tolerance, reality testing, control, planning, defense, synthesis of information, intellectual functioning and memory.^[1]

So according to Freud, the ego is a set of psychic functions. But together, we will challenge this concept, as we are going to test our ego, our consciousness and the thoughtforms that we carry, so that we can learn: what ego is, and what it isn't.

Before we start working with ego, we first have to understand what the ego is. You've heard the term: *egoistical*, and the definition is somewhat close to the word: *selfish*. So the word: *ego* itself, might have something to do with the *self*. And we could reasonably deduct that ego is the self. So we've solved the issue, now we should be enlightened. But nothing is happening, it is just like it was before. This is because, we haven't actually done anything to widen our understanding of what ego is. We've just used ego to "beat around the bush".

In order to understand what ego is, we have to step out of the perception of ego and see it from a new viewpoint. And as it is right now, you are reading this text with the help of ego. So the question is: What is ego?

1 en.wikipedia.org/wiki/Id_ego_and_super-ego#Ego



Ego can be a collection of thoughtforms of a mixed variety of *parrots*, *servitors* and a main character that is a *tulpa*, the *I of me*. In order to recognize ego, we must break free from the habit of being one with ego, from using ego for our thinking, from using ego for our movement and verbal expression.

Do you remember that part in the forewords that warned you about a change that will happen within you? Well this is going to happen in the pages to come.

In order to challenge the ego, we must ask the question that breaks down ego into its meta state. When you are in the meta state of consciousness, you will see ego for what it is and for what it isn't. This is where we start working on ourselves, building the new you, becoming conscious and aware.

I will soon ask you to turn to the next page as to begin your journey towards awareness, but there's a couple of things I wish for you to do before we begin.

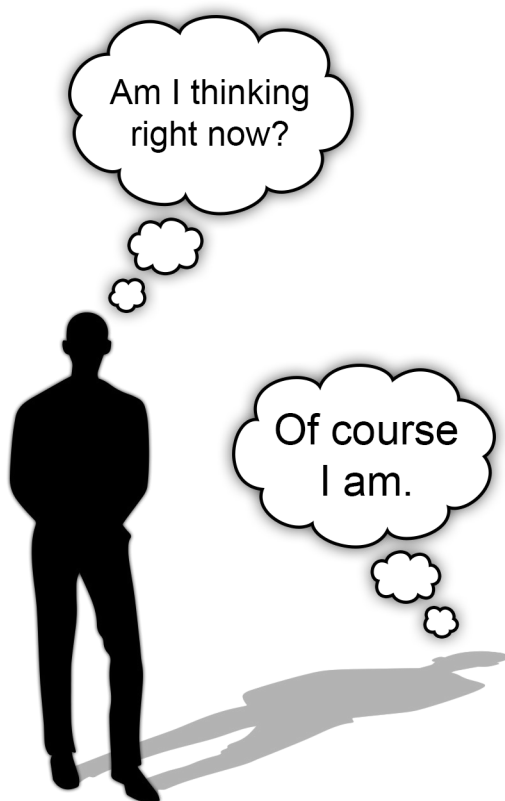
Please sit comfortably. When you have followed the instructions on the page, rest the book while you close your eyes and focus on the instructions. The instructions will be laid out from top to bottom and each instruction ends when you are done with the instruction and then continue by turning to the next page. There is no clock or goal that will tell you when you are "done". Just by following the instruction, receiving the result, then turning the page when you feel that the instruction has been fulfilled, you complete the different instructions. Take your time and don't stress. You can always go back and restart if the exercise didn't work fully.

The purpose of the following exercises will be to provoke your ego, so that you can get a chance to get to know ego. If you are not ready for this, it can be suggested that you put the book to rest and pick it up at a later time, when you feel more ready.

A final reminder: there is no going back.

You may turn the next page and begin the meditation exercise.

Meditation Exercise: Meeting the Ego



Translate the sentence below into your native language,
ask yourself the question inside your mind,
while you close your eyes and listen.

“What will my next thought be?”

Did you hear something similar to:

“A thought”, “Nothing”, “Something”, “I am”

or something else, rather random?

Ask yourself the question, one more time inside your mind,
focus on the silence that emerges between the question and the answer.

“What will my next thought be?”

How many seconds do you feel it took for you to receive an answer,
from the moment you asked the question?

You can rank yourself with the different times below:

Beginner: 1-5 seconds

Adequate: 5-10 seconds

Good: 10-20 seconds

Guru: 20 seconds and higher

When you read the rank attached to the time you managed,
did you feel good or bad about your performance?

Turn to the next page to continue.

Translate the sentence below into your native language,
ask yourself the question inside your mind,
while you close your eyes and listen.

“Who am I?”

Did you hear something similar to:

“A human”, “A soul”, “A god”, “I am”, “I am me”, “I am you”

or something else, rather random?

Ask yourself the question, one more time inside your mind,
focus on the silence that emerges between the question and the answer.

“Who am I?”

You can alternate and repeat any of the two questions below.

The purpose of the current instruction, is for you to focus entirely on the silence between the question and the answer.

If you hear an answer to the question, repeat the question and focus on the silence.

Try to improve your time in silence, but do not count the seconds.

“What will my next thought be?”

“Who am I?”

We're going to ask ourselves, a rhetorical question.

If you are the one asking the question inside your mind, who is the one answering it?

If you are the one thinking, why is there something in your mind, thinking for you?

Ego has now been exposed into the meta state of consciousness.

Turn the page, when you are done contemplating the origin of thought.

We're going to ask a new question now.

After you have asked the new question at the bottom of this page,
you'll receive an answer.

When you perceive the answer to the question,
use the two questions below to counter the answers, repeatedly:

"Why?"

"What happens then?"

The new question that you will ask yourself is:

"What happens when I die?"

Eventually, the ego will have no more answers.
You will arrive at an answer that has no word.

When silence emerges within you, this is called the blissful,
conscious, satori, aware, awakened state.

In the awakened state, there is no suffering,
there is no judgment, there is no negativity and no commentary.

Take some time, to sit in this new found state of consciousness,
where you are aware of your own mind.

If you failed to complete the exercise,
go back to the beginning and try again another time.

Questions that provoke your ego and mind are common in Zen Buddhism.

They allow the individual to attain a moment of peace and silence,
from the default, automatic train of thoughts.

With silence in your mind, read the statements that follow on the next set of pages.

“What is the answer to this question?”

“What is the voice in my mind reading this sentence right now?”

“Is it possible that the answer to this question becomes ‘no’?”

“This statement is not true.”

“What happens when Pinocchio says: ‘My nose will grow now?’”

“Do the opposite of what I tell you to do.”

*“You are reading the beginning of a sentence,
and this is the end of it.”*

“

*To know yourself as the Being underneath the thinker,
the stillness underneath the mental noise,
the love and joy underneath the pain,
is freedom, salvation, enlightenment.*

- Eckhart Tolle

Who am I?

In the meditation exercise in the previous section, we were given a new perspective on what ego is. Realize this: you are consciousness perceiving your body and thought; the body will decay, so it is not you; the ego is in your mind and is the one answering your questions, so it is not you. You are the consciousness perceiving these things, the soul, the perception or whatever word your culture may call it.

The great illusion is that we believe we are—somehow—the words in our mind. Then we identify with these words and believe that we are our thoughts. This brings us great suffering, for the voice in the mind will say: “I hate people”, “I want things”, “I love candy” or “I know”. But these are just desires, opinions, beliefs of the mind; they’re not facts or truths. The great illusion is also that when we narrate to ourselves and ask: “Am I more than my thoughts?”, then the mind cunningly answers: “No”. Many believe that the answer is their own truth and fact, then proceed to go about their day.

When we focus on the silence between the question and the answer, we reach the state of no thoughts. In this state, our heart starts telling us things that we have not been able to hear so far. It is only when the mind is silent and still that we can perceive the rest of our body and our heart. In the beginning when we feel this state for the first time, we also start feeling a subtle fear. This is the ego being found out, caught with the hand in the cookie jar with a bright spotlight illuminating its perpetual game of illusion. Fear not, for the fear of ego is not you. The consciousness that we are perceives fear, but it is not fear or fearful.

Ramana Maharshi taught that the path to enlightenment and self-realization comes through asking yourself: “Who am I?”, many times.

Buddha's enlightenment

Gautama Buddha was born to a King and lived his early years as a prince in a castle. His father had understood the prophecy his son bore and so he shielded him from a life outside the castle to prevent Buddha from receiving spiritual knowledge or to learn about the suffering of the world.

When Buddha was 29 years old, he went on a chariot across the town where he lived, but the ride was set so that it would prevent him from seeing the suffering of the world. At one point however, Buddha asked the ride to stop and went off the path of the chariot, only to find that there are people who suffer, people with diseases, people that are sick and dying of old age. This was depressing for Buddha, so he sought the life of being an ascetic and left his old life behind to seek the liberation of suffering.

After practicing with hermits and yoga teachers, he tried to find the origin of suffering, but the teachings he had learned so far did not satisfy him. He learned that the state of no mind is the path to enlightenment so he started practicing the *Middle Way* and meditation. He came to a tree known as *Sacred fig* (known today as the *Bodhi tree*) and said to himself:

“I will sit here and meditate until I have found the origin of suffering, if so I die.”

After six years of meditation, there was at last some progress and in the last 30 days of the meditation, the truth dawned on him. In his meditation, *Mara* sent fine women as desire for lust to Buddha. But Buddha, knowing who he is and who he isn't, washed it away and cleaned the desires out. *Mara* became furious and once again sent all of the desires as an army against Buddha, shooting arrows and attacking in great numbers. But he washed them away with his will and wisdom and the army of desires disappeared. Then a mirror image of Buddha appeared in front of him. It said to him:

“I am you, you are me, there is no denying this.”

Buddha took his hand and touched the soil in front of him and said:

“I am me, you are you, as earth is my witness.”

With these words, *Mara* was dispelled and Buddha had attained enlightenment. He continued to meditate for another 30 days while fasting, then rose and left to continue in his life to teach others about the great illusion.

Mara is the ego, which is the illusion that perpetuates all suffering. The voice exists inside of our mind and tells us what to do, what to think, what to like, what to dislike and many more things. With simple awareness of this fact, the being that you are can become conscious and may begin work on greater things.

Who you are is the being having a human experience. The ego will say that we are a human being having a spiritual experience, but that is only from the perspective of the ego. We can perceive the voice in our mind, we can perceive things we know and things we remember, but we are none of these things.

You have now become aware of the ego of the mind and what it means to be enlightened. But there are more ground to cover and we also have to look at the ego and how it manifests in our body and in our lives, so that we can become aware of all the aspects of how it works and affects us.

III

What is the Ego?

The non *Freudian Ego* that we have experienced in the meditation exercise earlier is a cunning structure. It is hidden from the individual and masks itself as narrated thought. Because of identification with thought, the ego takes over most of the thought activity that is present in the mind. The ego then becomes the narrator for the being and the being forgets what it is. It is only by forgetting who we truly are, that we can allow ourselves to identify with a suffering mind-state.

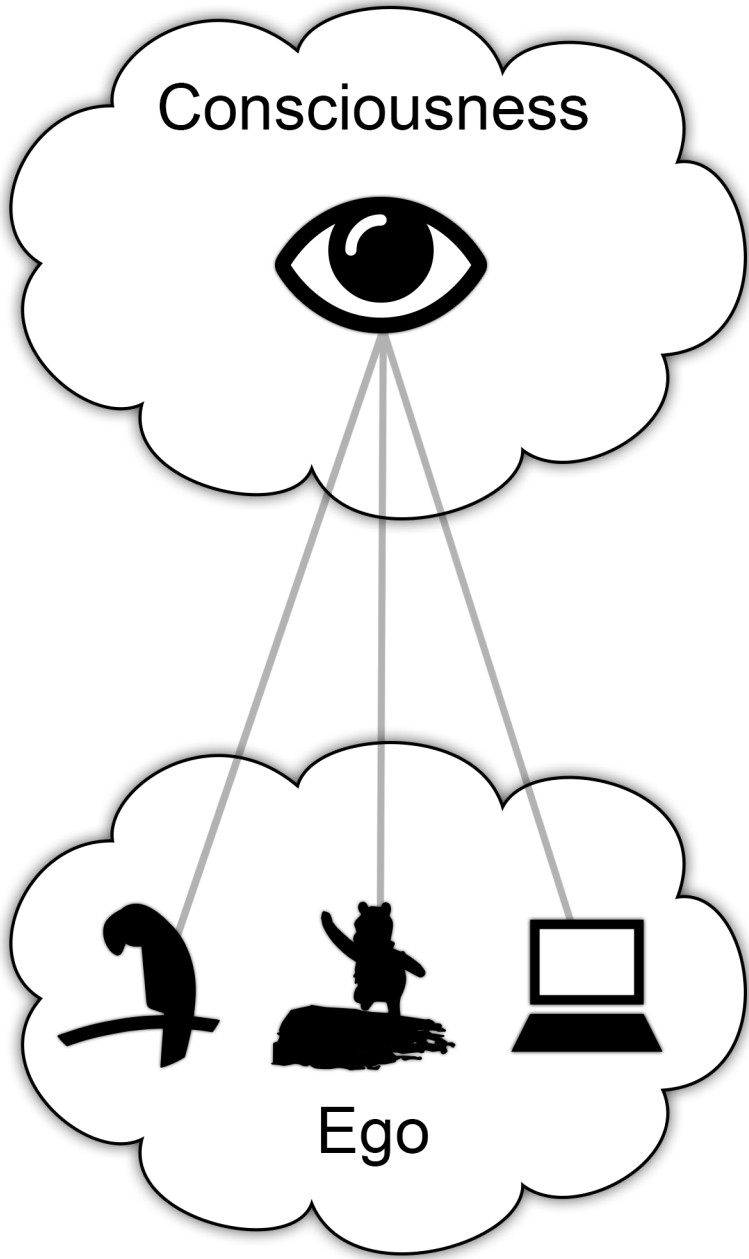
The word and verb *identify* is used many times when trying to explain the method that the ego may use to make people suffer. So firstly, we will take a look at the word and see if we can gain some understanding of what it means to identify as something, and some common identifications we take for granted in our culture.

The word's origin is recorded to be used in the 1640s with the meaning: "regard as the same". The noun *identity* shares its meaning and pronunciation from Middle French: *identité*, Medieval Latin: *identitatem* ("sameness"), stemming from the Latin word: *idem* ("the same"). The term: *identity theft* is attested from no earlier date than 1995.^[1]

To identify as something is to regard ourselves as the object or concept that we are identifying with. "I am a human" is a common ego identification that opens up to suffering regarding the human lifespan. If we are human, we can then suffer on behalf of our unavoidable peril and doom known as death. "It doesn't matter, I can't do anything because I will die anyway" is a not so uncommon mindset that spawned with the Internet trend *#YOLO (You Only Live Once)* which in turn spawned countless hours of mindless entertainment at the expense of others.

We can also identify as our sex. Because of the visual appearance and physical function

1 <http://www.erymonline.com/index.php?term=identify>



of our bodies, we identify as a male person or a female person. When identifying with this mindset that being someone based on reproductive genitals, must mean that we have to be expected to be someone based on these premises. Males cannot be sensitive and females cannot be strong. But this is just an idea in our mind, an idea that we can identify with and believe so strongly that when men cry, some say it is weak and when women are strong, some say they are freaks.

We can also identify as our skin color, our country of origin, our blood lineage and our family heritage. The ego then create division and differences between humans and animals, humans and other humans, families and other families, countries and other countries and ego creates different ideas pertaining to the illusion that we are somehow not the same essence on the inside, that our non-physical soul somehow is stained by these limiting ideas of the ego. This is where suffering begins.

For if anyone is different from us, ego can create the excuse or justification that those that are different can be treated with less equality than our family and friends. Perhaps a country and its inhabitants can be justified to be invaded based on the premises of their skin color, behavior, religious afflictions or other ideas.

When we realize that we are souls, beings, consciousness or just simply energy contained in a body, we can also understand that we are no different from any other being out there. We are the strangers that we meet, the rulers of our country, the misbehaving children of our family and the actors on TV. But listen to the ego for just a second, and hear when it utters:

“I am a human. I am a man. I am English. I am a fan of rock music. I am a patriot. I am a mother. I am a daughter. I am a husband. I am a plastic card in my wallet. I am the shoes that I wear. I am my opinions. I am a follower of a religion. I am Hispanic. I am Jewish. I am African American. I am rich.”

All these things mentioned in the quote above, are not what we are but things we identify as. We are born human in our physical bodies, but the mind that experience the human life is not human. We are born within the boundaries of our country and expected to follow the established laws of the country, but we are not the country and we are only identifying as the inhabitant of the country.

As soon as we identify with ego and the different categories of things it states that “it is”, we soon find ourselves identifying with a whole list of things that makes our lives

overly complicated and creates suffering.

If we identify as our skin color, we soon find ourselves justifying acts of cruelty and madness upon those with different skin color. If we identify as our family heritage, we soon find ourselves justifying acts of cruelty and madness upon those outside of that family. If we identify as the inhabitant of a country, we soon find ourselves justifying acts of cruelty and madness upon those on the other side of our country's border, neighboring our state.

This madness continues from the smallest argument of an opinion of what football team is the best, what political ideology is the best and what music performer sings the best. But these are all opinions, ideas and thoughts from the ego inside the mind. To identify with these ideas, means to suffer greatly at the expense of our energy and focus.

Up until this point, there might also have been comments and protests coming from the mind while reading this book. Whether or not we chose to identify with these comments from the ego of the mind, is the difference between being angry at some words printed in a book and being completely at ease with the reality of things.

Understanding ego is the way towards enlightenment. Understanding who we truly are, will liberate us from the perpetuated madness and the identities of the ego. When we are no longer bound by the clothes that we wear, the opinions we utter, the color of our body parts, the location where we were born and even the names that we were given, we can find peace and just allow ourselves to be, in the moment.

It may be difficult for some because they are very deep in thought, in cahoots with the identifications of ego. Some are easily provoked and let ego flow through the mouth quickly, allowing slander and complaints to be uttered easily. The quicker we realize that we are just the consciousness experiencing these things—not the things themselves—we unidentify with the things that makes us suffer.

On the next page we are going to take a look at a chapter from the New Testament. Keep in mind the story of Buddha's enlightenment from a couple of pages ago. Something amazing will happen when we read the verses on the next page with the wisdom we have acquired so far.

“

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said:

“If you are the Son of God, tell these stones to become bread.”

Jesus answered:

“It is written:

‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”

Then the devil took him to the holy city and had him stand on the highest point of the temple.

“If you are the Son of God, throw yourself down. For it is written: ‘He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.’”

Jesus answered him:

“It is also written:

‘Do not put the Lord your God to the test.’”

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor.

“All this I will give you, if you will bow down and worship me.”

Jesus said to him:

“Away from me, Satan! For it is written:

‘Worship the Lord your God, and serve him only.’”

Then the devil left him, and angels came and attended him.

- Matthew 4:1-11

In the verses of the previous page, we are going to look at one interesting fact about how “Jesus met *Satan*”. The verses are known as *Jesus Is Tested in the Wilderness* or *The Temptation of Christ*^[2]. It is depicted in three gospels in the New Testament—that is to say—the gospels of: Matthew, Mark and Luke.

If Jesus was in the wilderness, it can be assumed he was alone. So for the devil to approach him—some take this as a literal interpretation—that a person or entity would approach Jesus, so the events that took place in *The Temptation of Christ* is believed by some to be a factual and objective occurrence that happened. But if Jesus was truly alone, wandering in the wilderness, we can theorize about how he met *Satan*.

What other location would the devil come through, if not in the mind of the individual, being tempted by the desires of the ego? Buddha met *Mara* through years of meditation and Jesus met *Satan* through 40 days of fasting. Perhaps these two devils are the same, but two different cultures and languages tried to explain a complicated and deep-rooted psychological or philosophical concept of how the mind works.

To answer the question posed in the chapter title: “*What is the Ego?*”, it is simply a collection of thoughtforms composed of many parrots, many servitors and usually a main character, the *tulpa* of *I*. By unidentifying from ego, you stop living your life as the *tulpa* of the *I* and instead start living your life as the being you are.

According to Buddhism, the voice in the mind is the devil known as *Mara*. According to Christianity, *Satan* was the one who tempted Jesus and is known as the devil. There are striking similarities between these two devils, for they exist only in the mind.

So far, we have been looking at the ego of the mind, the simple voice, provoker, trickster and tempter that tries to make us identify with it daily. Through simple meditation and awareness, we can live our lives in a state of presence. In this state we are not affected by petty things that affects ego.

We’re going to do another exercise in the following section on the next set of pages, where we will be able to feel and sense the ego inside of us even further than the previous meditation exercise we went through earlier.

Before we start the meditation exercise however, I wish to remind you of the disclaimer that we covered in the *Forewords* of the book. The whole point of this book is to provoke

2 https://en.wikipedia.org/wiki/Temptation_of_Christ

you, make the ego respond and allow you to become aware of who you are and who you are not. The first exercise that we did allowed you to become aware of the origin of thought, the origin of desire and the voice in the mind. The exercise that is to come, will allow you to learn even further, the difference between what you are and what you are not.

Here follows the instructions for the exercise that starts on the next set of pages:

Each page will have a statement targeted towards you. Your job is to observe what happens within you—in your mind—as you read the statements.

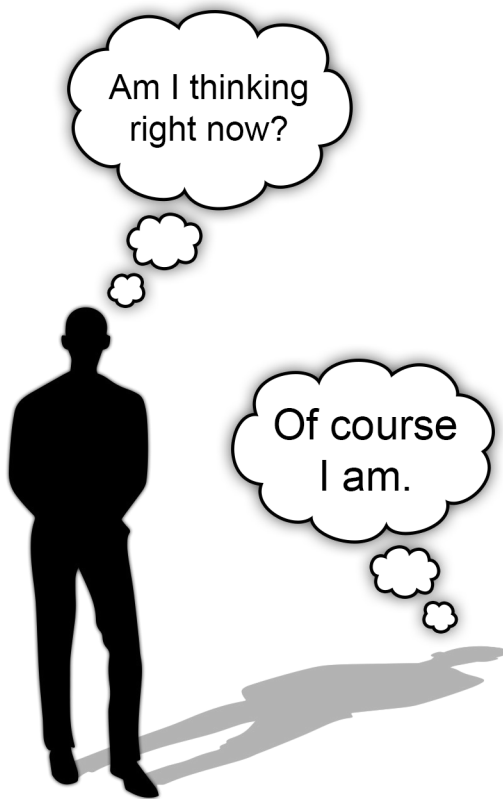
There will be time for you, between each page, to contemplate and sit in silence, allowing yourself to observe the state of your mind and what it says.

It is OK to speak to your ego. It is OK to say *no* to what ego suggests. It is OK to refuse to believe what ego says. It is OK to ignore what ego says.

Avoid: hating ego, destroying or removing ego. There's nothing to hate and there's nothing to remove. In due time, you will learn why ego exists and its purpose.

When you feel that you are ready to proceed, turn to the next page and start the exercise.

Meditation Exercise: Provoking the Ego



You are a human being.

You are intelligent.

You are stupid.

You look nice.

You are ugly.

I am the best person in the world.

I am the worst person in the world.

I am enlightened.

Were you able to perceive who was reacting to the different statements in the previous exercise? With much practice into awareness and mindfulness, you can learn to un-identify with the reactions of the ego. This makes you a patient individual, one that can forgive, one that can accept, one that can enjoy the true joys of life without the negative comments of the ego.

There are a couple of ways that you can fail the previous exercise. The first and most obvious way is that of identifying with ego, allowing the reactions to flow out through your mouth and body, saying out loud: “You are wrong!”, “I am this!”, “I am that!”; this is just the first way to fail. There is a second way you can fail the exercise which will be known to you by asking the following question:

At what point during the exercise did you realize: “Hah! This is a test of provocation, I won’t fall for it that easily”? If you thought that you had escaped the test by believing that you cannot be provoked, you have failed the exercise in the second way that is possible. The way this failure marks itself is by you listening to the ego explaining how it has beaten the test of provocation.

The only way to succeed in the exercise is to have a completely empty mind, full awareness of what you are doing, your body, your breathing and your consciousness; knowing in your heart that these provocations cannot harm you, they are just opinions and they are not based on facts. Secondly, if they are based on facts, they cannot hurt you, because they are truths.

Many questions can be asked about the statements that we saw earlier. Who determines what is good and bad? Who determines intelligence and stupidity? Who determines facts from fiction?

The sooner you can unidentify with the comments and reactions of the ego, the sooner you will be able to live your life free from suffering, free from identification of opinions, thoughts and fears.

Good work making it this far.

III

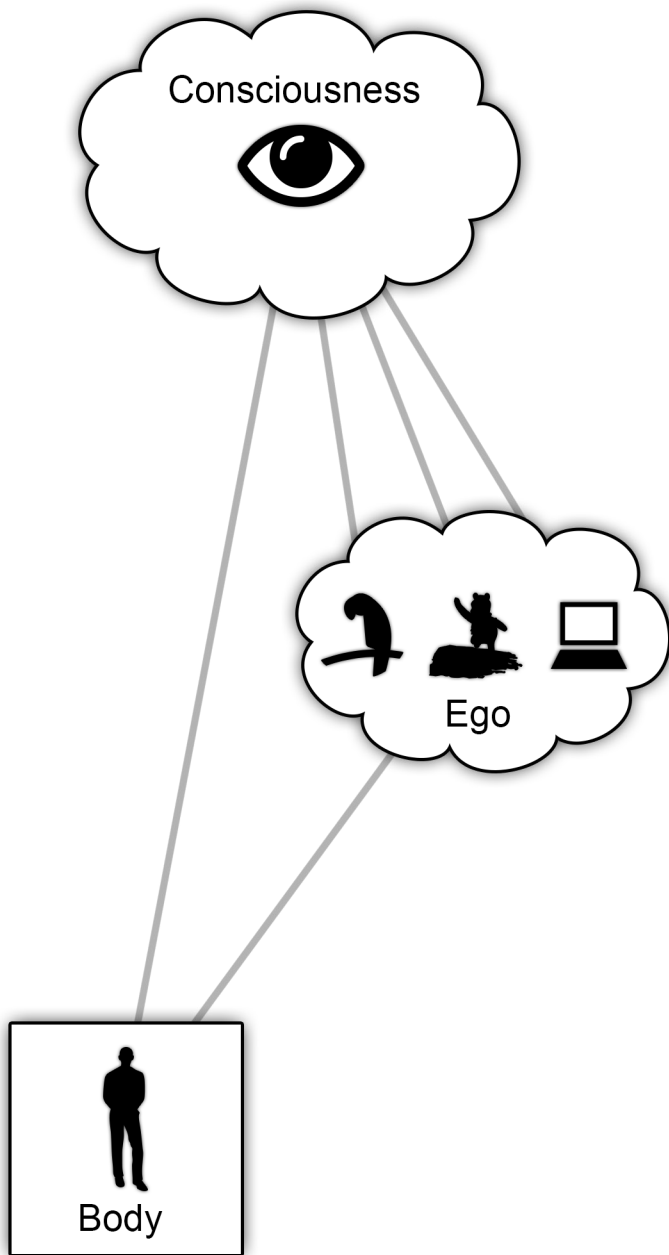
The Ego of the body

With the help of the two exercises so far, we've been able to become aware of the ego of the mind, which can help greatly with unidentifying from thought and allow for the true nature of "who we are" to come through. But there are three aspects of the ego that we must realize and understand in order to live a life free from the illusions that are perpetuated by the ego. The second aspect is the ego of the body, which can sometimes help us automate tasks—but without supervision—may lead into a robotic action that brings suffering.

The ego of the mind is the constant monologue that we have identified with in the past, but the ego of the body is the constant automated locomotion of the body that sometimes puts us into moments of suffering. When we do a repetitive task that we don't like and we wish to escape from it, we use the ego of the mind to identify with the complaints, then automate our body with the help of ego to allow effortless locomotion in the task we wish to avoid.

The ego of the body is conditioned, just like the ego of the mind, to repeat things constantly, which puts the body in an unconscious state and puts the focus of the consciousness in the thoughts of the ego. How often can you recall walking and thinking, only to arrive at the destination not remembering how you got there? Have there been times in your life where you drive a car to a destination only to step out of the car and not remember what you've been doing up until then? In *tulpa* terminology, this is known as: *tulpa switching*, which can sometimes be dangerous for the body or the individual.

In order to be conscious of the mind and body, we will have to move our body with conscious intent and also intend to have the mind stay blank and empty. The moment we forget who we are by identifying and listening to thoughts while moving, we fall into a trance like sleep state, similar to a default state of being. Our eyes doesn't really



look when they are fixed at things. Our hands fling left and right while our legs swing automatically in a gait. Even the mouth can flap and sentences from the ego comes out.

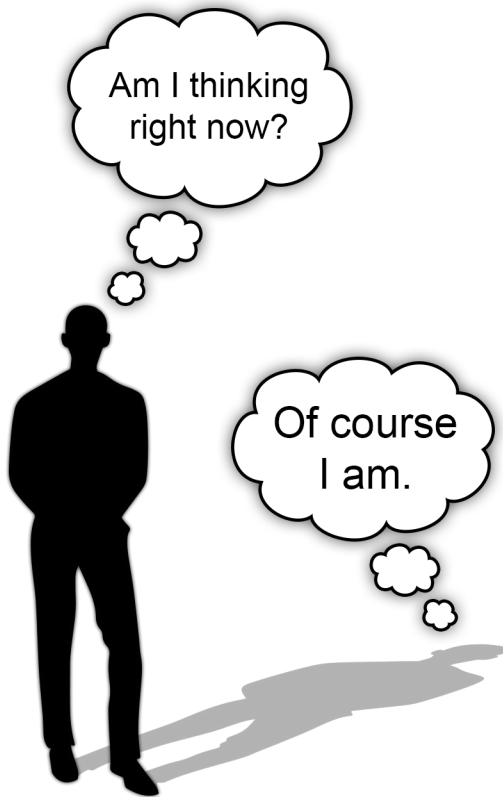
By looking at the illustration from the previous spread of pages, we can see that the consciousness oversee the ego, but the ego also have a connection to the body. By drowning in thoughts, we lose our focus in the mind and by forgetting to move the body consciously, the ego moves it for us. We can take back control and be conscious of our mind and body by the simple act of mindfulness, the satori mind state, presence and awareness.

In the beginning, we may struggle with being conscious in both mind and body, but eventually it gets easier as the consciousness gets used to the new state of presence. It is our job to remind ourselves while walking and when thoughts come to us, that we stay conscious of the current moment and the physical world around us, rather than the unreal things we identify with in our mind.

The next exercise in the coming pages will allow us to take back control of our body and move it consciously. Instructions will be laid out page by page just like before, when you are done reading the instructions and performing the suggestions, you turn the page to the next set of instructions and continue just like before.

When you are ready to begin, turn to the next page and start the exercise.

Meditation Exercise: Awareness in the body



Put the book in your left hand or lay it down in front of you.

Raise your right hand.

Look at your right hand for a moment.

Shape your right hand into a pose as if you were holding a paint brush.

Begin making slow brush strokes going up and down with your hand.

As you reach the end of your stroke in any direction, change the direction of the stroke elegantly as if you were painting like a ballet dancer performing an elegant piece of performance.

Look at your hand as you move it up and down the imaginary canvas.

Slow down the movement even further, as if the brush were moving at the speed of a slow falling balloon.

Rest your right hand now and breathe.

Bring up your left hand and make the same grasp as you did with the right hand.

Hold it still for a couple of seconds.

Begin making a slow stroke with the left hand, going left to right.

As you approach the change of direction, switch direction elegantly and slowly.

Look at your hand as it moves slowly, alternating from left to right and back.

Change the pace of the movement and move your hand even more slowly.

Rest your hand and breathe.

To move your body consciously, means that we do away with the default, standard and automated way of moving our body. We experience moving our body as if it was the first time that we ever moved it. There is no thought, there are no comments, no ego, no assumptions, no expectations and no conditions.

This new way of moving takes time and practice to get used to and to utilize consciously. If at any time we forget to remain conscious and we lose ourselves in thought and automated movement, there is one simple trick that can bring anyone back into the present state of being. Slow down everything you are doing. Stop if you have to. A small interruption in the flow of time, allows the consciousness to break the spell of ego and take back control as to allow the present mindful state of being.

When you are outside walking and you lose yourself in thought, remember that all you have to do, is to slow down. Change the pace at which you are walking and slow down. If you are performing a task and you notice that the pace allows the automated control, just slow down, stop rushing and breathe.

With this new way of moving the body, a natural and persistent patience comes to you. This is the patience of gods. Knowing that we are in control, we chose what pace we perform our actions at. We can chose to watch the paint dry on a canvas. We can chose to watch the leaves fall from trees. We can chose to watch the world and the perfection it offers. But if we rush, if we follow the automated ego, if we are not present with our eyes open, all these things goes unseen.

If you practice discipline of the mind and discipline of the body, you will have no problem staying conscious even in the most severe tumult occasions in life. But like many things, it requires actual effort. Effort to stay on course. Effort to endure. Effort to remain in the state of being.

V

The Ego of the mouth

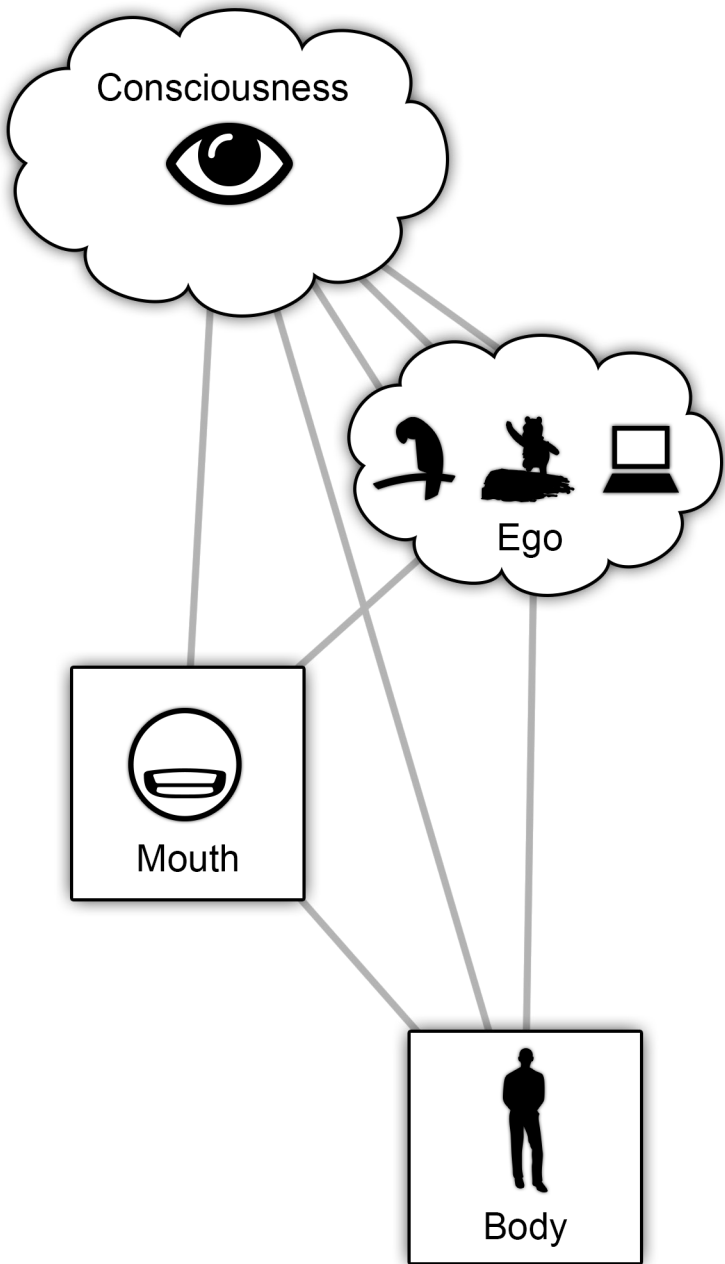
With the knowledge and exercises provided so far, we can begin to observe within ourselves, a calm tranquil silence of who we are. The essence of who we are is not limited to mere words or definitions. This is why—when working with consciousness and awareness—we also have to consider the way we speak to others and ourselves. If the ego is left unattended, it can speak through the mouth just like it can inside the mind.

In this chapter we are going to take a look at the way we speak so that we can learn to speak properly and with truth. Without awareness of ego, most people speak using ego’s warped sense of reality. Things are exaggerated, opinions are important like that of facts, there are subjects and objects of the topics being spoken that leads to hierarchies and illusions that simply does not exist.

We are also going to take a look at a word exercise taught and performed by Aleister Crowley^[1]. The word exercise is simple, yet difficult to implement if the identification with ego is strong in the individual.

It is important to note that this exercise is voluntary and is not required but it is highly recommended to try the word exercise for a period of time and see what effect it has on the awareness. When first presented with the word exercise, some are quick to point out the “cult”-esque property of “correcting speech”, the same way some spiritual groups follow harsh rules on how to communicate. That is why it is stressed more than once that: the word exercise is voluntary.

1 Donald Tyson, [*The Magician’s Workbook: Practicing the Rituals of the Western Tradition*](#), 4-5



The word exercise

To pursue and use the word exercise which allows us to neglect ego's desires and falsities, it is required from us to be aware of our speech and habits. The word exercise has only one rule and it is not hard to follow:

Avoid the words in the list, in daily speech and thoughts.

By avoiding the words in the list, ego cannot grow or expand its influence on the individual. After sufficient and long enough time using the exercise, it is possible to understand and know what our desires are and the ego's desires. For true desire is not to be mixed up with that of the ego.

There is no punishment for failing the exercise but those who succeed with the exercise will surely know truth from the illusions. Crowley used razor blades to cut his arm when he failed the exercise as a way to use pain to correct his behavior. Some of his students would do the same thing, while others settled with a more less permanent punishment: slapping their wrists with rubber bands.

You will be the judge and the participant when doing the exercise, so make sure you are aware enough that you can spot when you have broken the rule.

The list of words are available on the next page and we are going to take a look at the words to understand slightly why they are in the list.

When ego communicates using thoughts, it is common that it uses the word: *I*, to emphasize its importance and identity. "I love this", "I hate that" and so forth. With awareness of ego and awareness of thought, we will soon learn that the word: *I*, is being misused by ego to further push its narrative.

When we stop using the words in the list, we become more aware when it is used. Each occasion when the word is used can be tracked and observed. This allows us to break free from the illusion and spell of the ego, so that we can learn to use these words properly.

For those that still want to express information pertaining to themselves, can instead of the word: *I*, use the words: “this one”, “this individual” or the first name of themselves instead.

Those that cultivate proper speech eventually learn to speak without using the words in the list, effectively utilizing the word exercise even though they are unaware of such a thing existing. Great monks and prophets speak very little of themselves and their possessions, let alone their opinions or thoughts.

Some people wonder: “How do I talk about these words without breaking the word exercise?”

When referencing or talking about the specific words in the list—using the words not as their intended use but for meta purposes (speaking about the words)—we don’t have to punish ourselves for breaking the word exercise. There’s a difference between using the word in a sentence with the intention to emphasize ego and the intention to emphasize the use of the word. When writing about the word, proper grammar can be used to emphasize the use of the word by making the word italic: *I*, or by using quotation marks: “I”.

In the next section, we’re going to take a look at some social situations where the word exercise causes trouble when interacting with others.

I
Me
My
Mine
Myself

Problems with the word exercise

When using the word exercise in the daily life, some say that it will create problems. Some claim that it is “impossible” to take part of normal life because in the interaction between people it is expected that we talk with a reference point of “I”. Some even refuse to do the word exercise because of how “silly” they believe it is. However, it might come as a surprise that in this book, the pronoun: *I*, has been used less than ten times with its original intention and meaning. You can search the book for the word and you will surely find more than 80 matches of the word but most of these uses of the word has not been to express the ego or the self of the author.

Claiming that it is impossible to follow the word exercise is false. When speaking properly and with truth, there is little “I” in the statements because wise individuals realizes the futility of ego’s desires. Many of the statements that ego says—using the pronoun and possessive pronouns—can also be uttered in different ways without using the words in the list.

“I have done my chores” can become: “The chores are done”. “I am tired” can become: “The body is tired”. Following the word exercise takes effort and new ways of communicating, but it will be worth it in the end. It is a necessary process in which we can break down the habits of ego and the way we speak.

Sometimes, the best response is to not respond at all. Allow yourself seconds of contemplation on what ego wish to say and what you want to say. If it is lies and slander that ego want to let out, you might want to hold your tongue. If it is truthful and proper, it might be worth sharing. That is why it is important to state the truth about circumstances and not opinions of those circumstances.

Any thought or sentence that start with the words: “I think”, needs to be understood

as it does not pertain to truth or objective reality. “I think” is an opinion from the ego and is not important. It would be better if it was “known” or observed among many objectively, but sharing that kind of information does not require the “I think” of ego.

The same goes for sentences starting with: “I believe”, “I love”, “I hate”, “I prefer” and so forth. Belief is subjective and much like opinions, so they are not truths. It is different for one person to state: “I believe” and for another to state: “The individual in the previously quoted example, claims to believe”. The first is an opinion and the second is an observation.

By becoming more observant and truthful, the individual can start talking in truths rather than opinions, observed events rather than preferences of those events. The line between truth and opinion is blurred when we communicate using ego, as any event or circumstance can create an opinion of said circumstance in ego. When learning to speak truths, it will be possible to state sentences that are objectively true. This slight difference in understanding will make a huge difference.

“

You belong to your father, the devil, and you want to carry out your father's desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.

- John 8:44

The verse above is from the book of John, where Jesus talks about the *Children of the Devil*. It is common for the ego to lie, using opinions as fact. With simple awareness of truth and opinions, any individual can start speaking truthfully. The next chapter will go into detail about what is truth and what is not truth.

VI

Truth & Morality

In order to understand ego's desire, motivation and weakness, we must take a look at objective truth and objective morality. We need to ask ourselves some fundamental questions about the way we see the world.

What is morality?

The word moral originates from Latin: *moralis* which means: "proper behavior of a person in society", literally: "pertaining to manners". Any individual might have their own definition of what morality means and the ego definitely has an opinion on it. Another question we must ask then is:

Who decides what is proper behavior?

Is there an authority that decides proper behavior, such as: law, government or rulers? Do parents of children decide on proper behavior for their child or is it the family of the parents? Is there a book written that lists proper behavior or did an all-seeing God communicate the guidelines for proper behavior?

The truth is quite shocking, for if we use a telescope and observe far beyond our solar system, we will not find evidence of morality in objective reality. The same way we will not find a star with bad behavior, we will also not find an animal with bad behavior. The origin of morality is closer to ego than what we first believed.

If we ask the ego: "What is good?", it will say: "That which pleases me is good". If we ask the ego: "What is bad?", it will say: "That which brings me pain is bad". This idea and belief then stretches to anything an individual wishes to apply morality to in their life. However, objectively, good and bad does not exist.

If an individual decides to start exercise, some may agree that it is painful to exercise or to experience muscle sourness after exercising. It is an action and event that creates pain. Scientifically it is known that exercise is beneficial for the body, it boosts the immune system, creates more blood cells and removes fat from the body. So some may agree that exercise is actually good.

Regardless of opinion, we can state that objectively: exercise will benefit the body in the long term. The ego however will try to claim that: “It hurts”, “It is not fun” and “It should be avoided”, in order to uphold the idea of “what is good”.

When working with truth, it is important to understand that objectively: good and bad does not exist. If you look at animals, there is no good or bad lion. A lion will not stop short in front of you and consider your subjective experience of being killed. It will not consider the ego’s idea of morality or the idea of justice. Even Buddha brought a dagger with him when sitting in the wilderness. So does morality really exist?

Society has created law, rules and punishment for failing to uphold said law. Doing harm upon another individual is deemed as a criminal offense in many countries. But without law, without society, who would create justice when anyone becomes a victim of an oppressor? Just like morality, justice also does not exist in the universe, it is only created by those upholding law and those seeking justice.

When learning the truth about themselves—about the illusion perpetuated inside peoples’ minds—we will soon also learn that the concepts and ideas created by the ego, is just as illusory as the ego itself. Buddha said to Mara: “You are not real. You do not exist”. Because the ego objectively does not exist, any construct created by the ego is also illusory. This is: *The great illusion*.

What morality is and becomes, is the guideline for which ego justifies punishment and anger for the deeds done upon the ego itself. Some states or countries have decided that murderers should be executed. Because of this “justice”, the person pressing the button or “dropping the axe” commits the same deed as the murderer. So how is the executioner any better than the murderer itself, but a justified murderer for the government?

Any individual seeking the truth must also realize that: We are not our thoughts, we are not our body, we are not our opinions and the only reason why anyone would believe that we are any of these things, is because the voice in the mind said so. It must be understood that in the wake of great injustice done upon anyone, they must learn to

accept their current situation. For in nature, the lion would eat them, the bird would poop on them, the dog would bark at them and the fish would swim passively by.

If anyone seeks justice, they are also subject to justice. If a burglar enters a property and steps on a bear trap, both the owner and the burglar will be equally punished for their different deeds. The owner will claim that it is unfair to receive a punishment, but would the deed be any different than putting a bear trap anywhere else in the world?

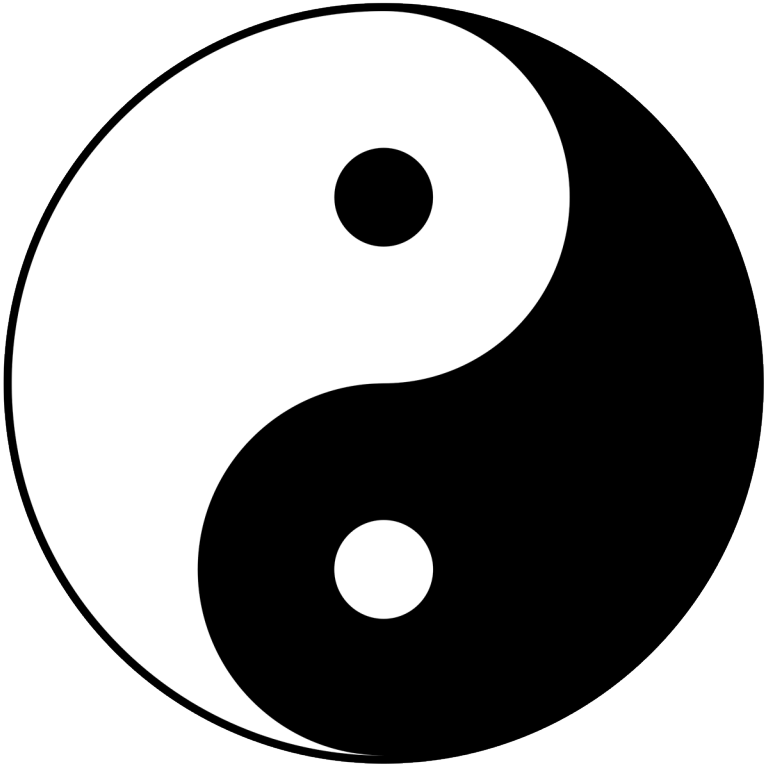
“

Pain is certain, suffering is optional.

- Anonymous

Justification for actions is created by the ego. “He killed my friend, I shall kill him”. “These apples are good, but the pears are not so good”. A rumor about someone can create the chain of events that creates a behavior that affects someone innocent. Without ego, there is no justification. It is the individual that has to face its own insecurities, the injustice, the lack of morals; and events that happens. If anyone believes that an action can be corrected by a counteraction of the same nature, they are stuck in the illusion.

Because morality and opinion often intervenes in life, it is important to also talk about what truth is and what truth is not.



Truth

The illustration of the Yin and Yang symbol on the previous page serves as a special symbol that few can understand. When we look at the symbol it is possible to see: white and black, positive and negative, good and bad, polarity, duality, love and hate, warmth and cold. We also see that in white there is also black and in black there is also white. Unknown to many is the third state missing from the picture, for it lays in the eyes of the observer.

The third state of Yin and Yang is that of neutrality and unpolarity. It is the observant eyes that can see both of the states of Yin and Yang simultaneously. Very often are people occupied with either of these two forces, but rarely do they stop to observe understanding—to know of the neutral state—the one being aware of both states.

Many believe we live in a world of duality. That actions and events must adhere to either a positive energy or a negative energy. The third state is overlooked, for it is easy to become identified with either of the two forces. Yet when scientists gaze upon the atom, the proof is right there. In the nucleus of an atom we observe the protons and the neutrons while being orbited by the electrons. These are the three components of the atom and they are usually equal in number.

When we observe ourselves, the opinions of ego and the objective reality, we can see that there is a truth that we can agree upon and share with others. This is the truth that prophets speak of, the one that Buddha saw and realized, the one Jesus preached about in the gospels (assuming they both existed). To speak truth means to not perpetuate lies by the ego and realize: what objective truth and subjective opinions are.

We can agree that the sun is an object that emits light and radiant heat. We can also agree that the moon reflects light from the sun and is not self-illuminating. Without

the evidence of space agencies, can we agree that we live on a plane or on a spherical planet? For some, the belief or idea that we live on either one of these is “common sense”.

A Greek astronomer called Eratosthenes estimated Earth’s circumference in 240 BC by measuring the solstice in Syene and Alexandria. Using the different angles of the shadow of the sun, he estimated the circumference with an error between 2% and 20% of the actual meridian circumference (since the length of a stadion he used is not known).

Without going to space and without objective measurement, no one can say that their belief is justified for there is no evidence to back the claim. If we were to look at our own mind and experience like a scientist, we could learn much about the ego and our true origins.

““

Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it.

- Gautama Buddha

How can we state truths? Rather than using a pronoun powered sentence such as: “I believe the Earth is flat/spherical”, we can leave this sentence completely for a truthful objective statement: “Evidence suggests Earth is spherical”. It is unknown to us if space agencies are lying. It is unknown to many how Earth looks like from a high altitude. By assuming that our belief is either right or wrong, we are using ego to communicate beliefs. As a scientist of life, there is a way to state truths without lying.

When discerning truth and falsities we can also change the way we describe the things in life as events, rather than opinions. “The president of Eastasia said that he believed ignorance is strength”, is an objective observation of events, while a statement by the president saying: “I believe ignorance is strength”, is an opinion and a direct quote. It is possible to communicate and work with truths, rather than communicating beliefs and opinions.

Arrogance

When an individual is ignorant to truth but believes itself to be right, arrogance is evident. Arrogance is a deep identification with ego in a topic that ego cares for very much. The effect of arrogance can lead to: conflicts, drama, suffering and lying.

By becoming aware of ego's arrogance we can also chose to not state arrogant sentences. When someone sometime states that another person is arrogant, it might also be arrogant to state such a thing, if the dispute concerns opinions and beliefs. It is important to separate what we know as objective truth or fact, and the subjective opinions and beliefs of ego, for they are not real, they only exist in the mind with ego.

A common example is when in a discussion, a listener or talker says: "I agree", "I disagree", "I don't believe that", "I believe you are wrong", "In my opinion", "That is true", or similar; they unknowingly state the opinion of ego. These statements are not important and should not be encouraged in others or in self. The sun keeps shining regardless of anyone's opinion of it. The lion chases its prey regardless what belief the prey believes in.

We can easily discern truth from fiction, simply by paying attention. When someone uses an adjective that describes an item, pay attention to the way they describe the item. In the description, we can see the use of the words and how truthful they are. On the next page, there will be a couple of statements pertaining to a certain topic. See if you can see the difference between an opinion and an objective truth in the statements listed.

1. Grass is green.
2. Grass appears to be green.
3. Canada's president is a good person.
4. The moon reflects sunlight.
5. All Swedish people love IKEA.
6. Paris is the capitol of France.
7. The weather outside is bad.
8. Bananas grows on Banana trees.

Lets look at some of the statements on the previous page:

1. "Grass is green.": Grass is not the color green. It appears to be green because the wavelength of the photons that our eyes can see is the colored wavelength of photons that the grass reflects. A more technical term would be: Grass is not green.
2. "Grass appears to be green.": This is true.
3. "Canada's president is a good person.": There is no such thing as a good or bad anything. There are actions people do, there are things they say, but there are no good or bad presidents. The president may be efficient compared to those before, the person may do things differently than those before, but opinions are not facts.
4. "The moon reflects sunlight.": This is true.
5. "All Swedish people love IKEA.": This is a generalization of citizens in a country. Not all people in a country loves something, even if the thing originates from their own country.
6. "Paris is the capitol of France.": This is true.
7. "The weather outside is bad.": Weather will change, the clouds will move and the sun will shine. But there is no bad weather, only fast accelerating winds and rain that may remove buildings. Those that believe weather is bad are looking for justification for avoiding bad weather.
8. "Bananas grows on Banana trees.": Bananas grow on massive herbs that resembles trees. The original wild banana contained seeds inside the skin but modern bananas have been grown over many years to favor smaller seeds.

It is important to know and discern truth from fiction when learning new information. The ignorance that is caused by not knowing truth from fiction causes arrogance, a strong belief that anyone is right or wrong, a belief that has to be expressed to others. This creates unnecessary suffering for the people involved and also aids in creating lies and aid to the illusion.

“

The LORD God commanded the man, saying: “From any tree of the garden you may eat freely; but from the tree of the knowledge of good and evil you shall not eat, for in the day that you eat from it you will surely die.”

- **Genesis 2:16–17**

“

*They will do no wrong; they will tell no lies.
A deceitful tongue will not be found in their mouths.
They will eat and lie down and no one will make them afraid.*

- **Zephaniah 3:13**

VII

Suffering

The common theme among people living on Earth, is that most people suffer in some kind of shape or form. Many do not take time to sit down and learn about themselves to the point where they can realize the great illusion and the origin of suffering. Suffering individuals will then also create justifications for the action of revenge upon those they believes creates the suffering. So what is the origin of suffering?

Many things can create the circumstances which allows suffering to emerge. Injustice can create sorrow that leads to revenge themed thoughts. Bullying can create lack of self confidence that leads to self mutilation, anxiety or suicide. Ignorance and arrogance creates suffering because the individual wishes to argue and convey “truth” to those lesser fortunate, but in turn adds more fuel to the fire and create more suffering. We may also judge our own performance and compare it to that of others, then we become depressed because of under-achievement in a competition that is not real. It is possible to have desire for things that others have that we don't, which creates envy and jealousy and eventually leads to suffering.

Identification to religion, spirituality, race, blood, family, heritage, country, political preferences, taste in music, taste in entertainment, opinions, beliefs and more; this creates arrogance and persistence which creates arguments, battles, conflicts, wars and eventually brings about more suffering.

Some believe suffering is inherently a bad thing, something evil, something to avoid, something to resist and fight against. But people forget that the suffering they have endured so far in their life, has also lead them unto this path of self discovery and the desire to end suffering. What we learn from suffering can help us bring about enlightenment and consciousness. In the end, suffering is a teacher, something we can learn from.

Eventually, the individual becomes tired of suffering then read some inspirational text on the Internet and start the journey towards self awareness. Objectively, suffering is not a bad thing, only if we believe it is.

What we have to do in order to move beyond the state of suffering is that we have to realize the origin of suffering. Where does it come from? What is the purpose of suffering? Is there liberation from suffering? When we become aware of the origin of suffering, we grow our awareness and consciousness beyond the threshold of where the suffering is supposed to affect us. With greater awareness we are allowed to see exactly where the words and thoughts spawn from that tries to create identification with the origin of suffering.

Ego usually say very energy draining thoughts to us. These thoughts are then made powerful through belief and identification, for there is power in words. Sometimes it says: "I am tired". These words creates the tired state of mind which creates identification towards being tired, which leads to thoughts such as: "I want to sleep", "I want to go somewhere else", "I want to stop doing this".

A more objective statement regarding the energy level of the body is to say: "The body is fatigued" or "It is time to rest". These are statements that puts the state of being tired outside the frame of "I". Whereas: "I am", creates identification and the state that is invoked.

If you wish to reverse the thoughts of the ego and gain awareness of self, awareness of the power of words; it is as simple as to reverse the statements of the ego into a more positive and powerful comment. Instead of the usual energy draining thought, use statements of positive and strong affirmations like for example: "I am powerful", "I am full of energy", "I am more than my body", "I am aware", "I am absolute consciousness", "I am intelligent", "I am confident", and so on. Even if we do not believe that these statements are true when we say them, we can make them true, one repetition at a time. Because of the power of words we have to be mindful of how we use words, as it affects our: mood, abilities, self esteem and awareness.

Self discipline

The greatest power we have over the ego is to not believe what it says. Applying this formula on all verbal thoughts, all worries, all anxiety and thought related comments, we gain the ability of self discipline. When the ego says something that we can hear is an opinion, we can correct that statement immediately. "I hate broccoli" it says. Correct yourself and say: "Broccoli is a healthy vegetable". When it says: "I want candy", just correct the thought and say: "Candy contains sugar which is addictive, dangerous and the source for many diseases".

To go against the ego and to do that which requires effort is the path towards enlightenment. When ego wants to hate, find unconditional love. When ego believes itself to know, correct it with objectively true statements. When ego wants to run and hide, analyze the situation and see if there is any inherent objective danger and then overcome your fears. When ego tries to justify revenge, action and behavior, stop the ego immediately when you notice that there is an argument for justification. When ego wants to indulge in a detrimental behavior, focus on a task that lets you be creative and expressive rather than to be criticizing and destroying.

In a way, many physically active individuals are disciplined in exercising the body. They know better than to allow laziness to prevent them from activating the body, which they know is beneficial and healthy for the body. But insult their physical appearance, their political opinion or their techniques for lifting weights, and immediately you will speak to the ego of that person, for some may lack mental discipline compared to the discipline over their bodies.

When we sit down to meditate, some believe false notions or myths about how to meditate or what the result of meditation is. With the belief of the result of the meditation, the ego then dictates when the meditation is over. The ego might say: "Gosh, this has

been a long session, I should wrap up so I can do something else”. Some might believe that meditation is about sitting still and thinking with the eyes closed or try to silence thoughts or try to halt the stream of thoughts. However, without awareness of the origin of thought, most are subject to be victim of thought or identified with thought. Because the ego then dictates the stages of meditation, we do not fully experience the result of meditation before we get up and walk away, continuing the train of thoughts.

If you want to meditate without a clock, without a specific length of time, with the intended effects of meditation, there is but one simple thing you have to do:

1. Sit down on a chair, straighten the back, put your hands in the typical dhyana mudra (illustrated on the picture below).
2. Focus on your breath and heart, breathe in and breathe out.
3. When it starts to become uncomfortable to remain seated, that is when the meditation starts. When your desire to stop meditating is strong, that is where you remain seated and continue focusing on breath and heart.
4. Refuse to fall for the desire of ego to stop the meditation and refuse to take part of the inner dialogue of suffering and identification.
5. When the clear mindful state of satori, sati, clarity, non-thinking arises, remain seated in it for a time. Then stand up and bring it with you, for the meditation does not stop when we stand up.



“

*If you want an easy meditation technique, narrate in your mind:
“Breathe in, breathe out”.*

If you want a hard meditation technique, don't narrate anything.

- **Mossa**

Postface

Final words

When the individual realizes the truth about the thoughts, the illusion is dispelled and truth becomes common practice. We learn to not add to suffering of others even though we are aware of the origin of suffering. We learn to surpass the ego—the origin of desire—which allows us to focus on the truth and the things that are important. Drama and dramatic events in life becomes less important, time and energy can be spent on more fruitful activities.

It is expected and statistically proven that not all individuals will realize the great illusion on their first try. Some will struggle as ego has taken possession of the body through full on identification. Bear in mind when teaching others or talking to others, they will outright deny the existence of a self sentient ego.

In order to realize what the ego is, it is important to also teach what thoughtforms are and how they work. People who have not heard about *tulpae* or *imaginary friends* will have a difficult time grasping the concept of the ego.

Other spiritual or mindful religions do not teach the concept of ego until at a very late stage of deep meditation and meditation techniques. In Vipassanā retreats and courses, the practitioner is told to only focus on breath, which eventually leads to the third person state of mind that allows for realizing that there is an ego. But without some information on how the ego works, the practitioner is quickly coming back into the identification which perpetuates the suffering.

The meditation techniques, the word exercise and the theoretical information provided in this book should be sufficient for any individual to realize the truth about themselves. Contrary to popular beliefs, enlightenment is the beginning, not the end.

Extended warning

At the beginning of this book, you were given a warning about the effects of the book. We will talk shortly in this section about warnings of spreading this information to those that are not ready.

The world we live in thrive in darkness. Belief, opinion, thought and ramblings of the ego rules in society's: law, religion and other sectors. To oppose rational thought is to be an enemy of anyone who prefers thinking. Although most cultures are civilized and proper, the reveal of the devil will also anger the devil. Those that do not receive the message into the consciousness or spirit will become angry at the notion that "they" do not exist.

Ego will defend itself, try to justify itself, try to excuse itself and will try to reestablish the command that was held previously. An individual that is ignorant of its spiritual nature will unknowingly channel the ego until the deidentification process is finished.

Some individuals that read this book will not understand the concept. Some individuals do not think using words in their minds and instead uses visions and emotions; in these individuals the process will be somewhat different than those that have clairaudient abilities.

It is important to understand that ego cannot be fought by an "enlightened" individual. If you are able to grasp the teachings of this book and wish to pass the knowledge unto others, you will have to study yourself and others, in meditation and awareness. You have to learn what triggers ego, what liberates consciousness, how people think and why. For every question you ask ego, it has a cunning answer. For every action of sin, misconduct, inappropriate behavior, the ego will have an excuse or a justification.

It might be tempting to take this book and share it with your friends, but there are a couple of questions that will separate those who know and those who does not.

Do you wish to wake up?

If the answer to this question is anything but: “yes”, the individual will not accept the truth. Anyone who says: “I am awake”, is deep into the illusion. An individual who has awoken will refrain from using “I”, and also does not speak openly about “wokeness”.

Where in this world, is the devil located?

The short answer is: “he is the voice in the mind”. Anyone who is not free from the illusion of the ego, will claim (using guesses) that he is located in the hearts of men, minds of men, on a throne in hell or “roaming” the world. Those who have not met and understood the devil take part in the constant lying and guessing of where the devil is located. The reason you can’t see him, is because he is behind the eyes.

Do you know what the “ego” is?

The answer is: “it is an idea of self”. Those who claim it to be: “themselves”, “who I am”, or any other guesswork, also have not awoken.

During your continued path of discovery, it is possible to find more of these questions that can test even the most humble individual. The article: *The unanswered questions*^[1] on Wikipedia has some more reading material on questions that will provoke the mind.

““

*“Tell me, Subhuti. Does a Buddha say to himself:
‘I have obtained Perfect Enlightenment.’?”*

“No, lord. There is no such thing as Perfect Enlightenment to obtain. If a Perfectly Enlightened Buddha were to say to himself: ‘I am enlightened’, he would be admitting there is an individual person, a separate self and personality, and would therefore not be a Perfectly Enlightened Buddha.”

- Diamond Sutra: Chapter 09

1 https://en.wikipedia.org/wiki/The_unanswered_questions

While referencing the quote box on the previous page, it is also important to understand the concept of conveying enlightenment. By stating to others: “I am enlightened”, you prove the opposite. So refrain from speaking of these things until you have gained a profound realization of the truth.

Likewise, meeting other people who claim to be “enlightened”, you will stay vigilant and aware, because these people may have experienced a false awakening powered by egoistic ideas. The teacher that we are supposed to learn from is inside. Learn from others and from books what is required in order to establish the relationship with the inner teacher, and cease the dependence on teachers in the external. Anyone that seeks enlightenment in external environments will not find it.

Where to go from here?

It is difficult to point anyone in the right direction when it comes to the next spiritual challenge. There's a couple of recommendations that can be laid out below, as guidelines, but they are not final or complete and will not bring instant realization of the spiritual world. You have to become the seeker yourself and find the truth. Sometimes through esoteric books and sometimes through teachers that are willing to teach.

Astral Projection (AP)

Some have heard of the term: *lucid dreaming*, some have tried it and some have practiced it. AP is similar to the world we can perceive in the dream world, but it doesn't pertain to dreams or wonky dream experiences. The inner astral is the metaphysical location for discovering more about the self and our position in the Universe. The external astral is a place for learning more about that which prophets spoke about before.

By learning AP, we can observe within us our faults and shortcomings and also reprogram ourselves. Knowing AP also helps with the process described below.

Kundalini Rising (Kundalini)

The energy of the body needs to be harmonious with that of the Universe. By opening the energy system and aligning the energy with the "higher", we allow ourselves to grow our consciousness. Kundalini releases karma of past memories and traumas, but only for those that are ready to learn and grow from the mistakes.

Meeting/working with the Higher Self (HS)

Ego dwells in the lower consciousness of the body, in which it is tied to: strength/fear,

sensation/guilt, will/shame; respectively the: root-, naval- and solar plexus chakra. The seat of our consciousness is in the heart, thus ego do not understand the higher chakras very well. The HS is actuated through the: throat-, third eye- and crown chakras, which helps the individual gain knowledge and wisdom of the Universe.

The HS has several names: the Higher Self, the Holy Spirit, the Holy Guardian Angel, the Personal Spirit, Yidam, Great Spirit and Dæmon to name a few. Without establishing contact with the HS, it is difficult to pass beyond the eighth chakra.

Read and learn an already established system for further development

For an individual that is ready to start the journey towards light, it can be recommended to try the *Emerald Tablets* by *Thoth* (Hermes Trismegistus), as it provides the reader with meditation instructions and an insight into the higher realms.

If the ego is noisy, perhaps Zen Buddhism might provide the meditation techniques necessary to stay conscious and awake. Zen offers techniques for the meditation and also the Zen kōans (Zen stories), that allows the individual to read about historic accounts of masters from ancient times in China and Japan and how they conveyed the teachings of the truth.

It is possible to read the sutras of Buddhism and gain insight into how Buddha explained the concepts of self, non-self and the spiritual aspects of the mind. Some sutras are similar to the gospels of the New Testament where the students and disciples interact directly with Buddha or that of a famous bodhisattva.

Rosicrucianism, Gnosticism or other esoteric Abrahamic religions and schools might provide more spiritual information on the relationship to God and the spiritual world. Books from the masonic teachings, AMORC, Brotherhood of the Illuminati and other enlightenment groups may also provide information that allows for further expansion of the consciousness.

Who are we?

The community upon which this book was created, is called: *Satoru*. We started as an online esoteric group at the end of 2015 and the purpose of our collaborated efforts is to awaken, both as individuals and as a group.

Anyone may join the group, as long as they wish to awaken and practice consciousness. On Sundays each week, a session is hosted with a spiritual theme that aims to teach the participant one of several categories of spiritual insights.

Using this book and the link provided below, each reader of this book is offered the opportunity to join Satoru and learn more about the spiritual concepts that each individual possesses.

We use a social media application called Discord^[1] which offers both text and voice for communication. When you click and follow the invitation link below, it may be possible that you have to register an account with email and password. You can go to the website linked in the footnotes in order to register an account prior to following the invite link.

To find and invite yourself to the group, follow the link below and click on: “Join”.

<https://discordservers.com/view/245933313745879042>

1 <https://discordapp.com/>

About the author

Mossa was the one who created the original group that gathered before Satoru was created and learned the spiritual insights by trial and error. Through learning the art of Astral Projection in 2011, the mysteries of the Universe slowly unfolded, as Buddha's experience became a strong reminder of seeking the truth.

At the time of writing, more than 300 individuals have attended several sessions hosted by Mossa in Satoru. The plan is to take the ego session (and several other sessions), into the real world and offer people the chance to travel to a physical location where these abilities can be practiced.

Although Mossa may be lacking in degree or doctorate, the IT digital design major and several weeks worth of working with advertisement at an ad firm, allowed the experiences and knowledge of Adobe's programs to help in creating this book—the first book—so far.

The first religious teaching that caught Mossa's interest was that of Buddhism, but with lack of patience and understanding of meditation, he soon ventured into the world of aliens, beings, spirits, angels and demons. By reading books from several Gnostic organizations, the blurry line between belief and knowledge started to become apparent. There was only so much a seeker could do with words and fancy books, none of the books taught actual enlightenment.

After this book is written, translated, "published" and advertised, there will be a second book written. May you enjoy all the splendors of the kingdom as we all wake up to the truth of this Universe.

Thank you

It's been a meaningful journey to provide this book to you. This book is offered for free to anyone with a digital device that can download and open it. Those that cannot afford expensive books and long journeys to retreats, have been given a chance to learn the truth of themselves for free. Those that can afford books and retreats, have also been given this information for free.

Many hours and months was invested into making this book a quality experience from author to reader. The design, choice of font, theme and general template layout took 40 hours alone to produce; researching each individual aspect of what a book is made out of. It is estimated that more than 200 hours has been used to produce this whole book.

If you wish to donate what you feel this book is worth, please use the two options below to make a donation to the group. We are grateful for any amount, anyone wish to donate for the worth of their experience of reading this book. The current market price for a non-fiction, digital book of 200 pages; is estimated to be: \$15 USD or 0.0019 BTC.

[Donate any amount to PayPal](#)



bitcoin:3ES8rw2HbmDcLeQpek3484ajVB17xJhQSk

About the book

You are supposed to have received this book for free, regardless of source. If anyone made you pay for this book, demand a refund and stay vigilant of pirates that steal works of others for the small profit.

If you have found a website or retailer that sell this book for profit, write an email with information to:

medvetandekurs@gmail.com

This book was created using Adobe InDesign CS6.

The illustrations in this book was created using Adobe Photoshop CS6.

The vector graphics in this book was created using Adobe Illustrator CS6.

Metadata

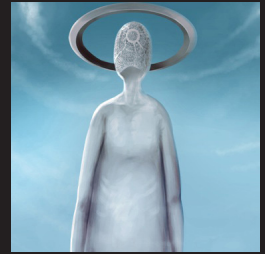
Word count: 19 748

Characters with spaces: 108 659

Pages: 168

Filesize: 1 887 KB

Can the Buddhist enlightenment be taught and realized through words written in a book? This is a question the author Mossa explore by providing a theoretical basis for the origin of thought, origin of desire and the origin of suffering.



This book is supposed to be the absolute minimum required by the seeker and practitioner to kickstart their spiritual journey, by learning the Buddhist enlightenment. Without self discipline, the distractions and thoughts might disturb us daily as to prevent us from functioning optimally when there is a wish to focus on a task at hand.

We are going to go through a wide variety of topics such as: thoughtforms, ego, Buddha's story, habits and automation of the body, truth, morality, suffering and some comfortable meditation techniques that allows you to become conscious and awake.

The book is based on a meditation session that more than 200 individuals have attended over the time of two years. Many of the participants have called the ego session: “their first real awakening” and “very useful for any spiritual practice”.

Are you ready to wake up?