

Actualized.org

Textbook

Summaries of videos by Leo Gura of Actualized.org

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Core Principles

Core Concepts

Many of these concepts are discussed throughout all my videos. Many of them are recurring themes, which need to be understood from different angles. You will need to study all of these deeply if you want to understand how to significantly transform yourself.

Mastery, 10,000 Hour Rule, Deliberate Practice, Deep Work, Self-Discipline creates freedom

Enlightenment, Spirituality, Nonduality, Mysticism, Mindfulness

Being vs Doing vs Having

Spiritual Purification

Enlightenment Traps

Radical Openmindedness

Beliefs vs Direct Experience

Epistemology, Paradigms, Web of Beliefs, Dogma

Spiral Dynamics, Clare Graves

Systems Thinking

Consciousness, Awareness

Meditation vs Concentration vs Contemplation vs Self-Inquiry

Embracing Paradox

Self-Esteem

Loving Kindness

Life Purpose, Hero's Journey

Negative vs Positive Motivation

Counter-Intuitiveness

Emotional Labour

Patience, Setting Right Expectations

Nutrition, Exercise, Fasting

Breathing Techniques

Morality, Good vs Evil, Projection

Yoga, Kundalini, Chakras, Karma, Shiva/Shakti

Religion vs Science, False Scepticism, Limits of Rationality, Limits of Logic, Limits of Science

Mystical Traditions: Zen, Tantra, Advaita Vedanta, Buddhism, Yoga, Hinduism, Sufism, Kabbalah, shamanism, etc.

Meditation Techniques: Mindfulness Meditation with Labelling, Do Nothing, Focus On Breath, Mantra Meditation, etc.

Self-Actualization as described by Maslow

Neuroticism, Victim Mindset

Judgment, Moralization

True Happiness vs False Happiness, Distinguishing Success vs Growth

Gross vs Subtle

Culture, Marketing, Society

Overcoming Addictions, Hard Addictions, Soft Addictions

What are thoughts, what is thinking, what are symbols, the map is not the territory

What Is God? Absolute Truth vs Relative Truth, True Self vs Ego

Importance of Balance

Balancing Theory vs Practice

Psychedelics, and How To Use Them Properly

Shadow Work

Goal Setting, Productivity, Habits

Morning Routine

How To Be Creative

Lying, Manipulation, Self-Bias

Authentic Communication and Relationships

Distraction, Ego Backlashes, Backsliding, Dark Night of the Soul, Resistance, Self-Sabotage, The Dark Side of Meditation

Kinds of Emotions, that emotions are self-manipulations

Depression, Anger, Sadness, Loneliness, Fear

Ego Traps, Turning Inward vs Turning Outward

Taking Responsibility vs Blaming, Victim Mentality

Health vs Unhealthy Suffering

Being A Leader

Honesty, Authenticity

Unconditional Love

Detachment

Reprogramming Your Subconscious Mind

Personality Types: Big 5 Aspects, Myers-Briggs, etc.

Masculine vs Feminine Psychology

Core Practices & Techniques to Start Doing

Use the following methods to implement the abstract concepts from above. You don't need to use them all. Pick and choose whatever suits you. Some of these techniques are very deep, requiring research and years of training.

Daily Reading / Audio books

Meditation

Mindfulness Meditation With Labelling

Hatha Yoga

Kundalini Yoga

Kriya Yoga

Holotropic Breathwork

Concentration Practice

Contemplation

Self-Inquiry

Spiritual Autolysis

Vegetarian/Vegan/Plant-based whole food diet

Clean Up Diet: sugar, processed foods, all wheat products, all dairy products, meat, etc.

Comprehensive Bloodwork: check your thyroid, liver, lipids, hormones, vitamin levels, etc.

Fasting

Journaling

Visualization

Affirmations

Mantra Meditation

NLP

Taking Notes, Keeping A Commonplace Book

Solo Retreats

Find Your Life Purpose

4 hours Zone of Genius work every day

Doing Self-Help Courses

Attending Workshops & Seminars

Vipassana Retreats

Enlightenment Intensives

Researching self-help products, seminars, books, retreats, courses, techniques

Quit Toxic Relationships

Psychedelics: Mushrooms, LSD, DMT, 5-MeO, 2C-B, Ayahuasca, etc.

Shadow Work

Lucid Dreaming

Astral Projection

Hypnotherapy

Self-Hypnosis

Reiki

Acupuncture

Channelling

Therapy

Life Coaching

Nathaniel Branden's Self-Esteem Sentence Completions

Physical Exercise: Gym, Weightlifting, Cardio, etc.

Conscious Body Relaxation

Conscious Breathing

Reichian Therapy

Quit Hard Addictions: Junk food, drugs, alcohol, coffee, smoking, porn, video games, etc.

Quit Soft Addictions: Theorizing, judging, success, being loved, perfectionism, being right, etc.

Clean Up Information In-take: TV, phone, internet, YT, Facebook, politics, gossip, music, etc.

Travel

Being Out In Nature

Socializing, Pickup

Minimizing Your Lifestyle

Cleaning/Organizing Your Clutter

Contemplating Your Death

Sitting And Strategizing About Your Future, Making Plans

Strong Morning Routine

Mindful Eating

Walking Meditation

Binaural Beats

Neurofeedback Brain Training

Heart Rate Variability (HRV) Training

Light Machine

Isolation Tank

Sedona Method

Seeking Out Masterful Teachers

Most Important Habits to Build

These habits produce high-yield results, although not immediately. They take time to snowball, but once they do, life becomes much better. Always install 1 habit at a time.

Daily Meditation (especially strict mindfulness with labelling)

Daily Reading / Audio Books

Strong Morning Routine

Very Clean Plant-Based Diet

Daily Self-Inquiry

Daily Journaling

Taking Notes, Commonplace Book

Eliminating Hard Addictions

Eliminating Soft Addictions

Daily Concentration Practice

Psychedelics (done for spiritual growth, not recreationally)

Research

Attending Retreats/Workshops

Doing Self-Help Courses

Finding Your Life Purpose

Sitting And Strategizing About Your Future, Making Plans

Shadow Work

Yoga

Biggest Traps of This Work

There are 100's of traps in this work. Your mind will be your greatest enemy. Here are the most common traps people fall into:

Chasing quick fixes. Not wanting to explore issues deeply or solve problems at their root.

Not taking ownership of your life. Hoping for someone to give you a 1-2-3 step formula for success & happiness.

Trying to be like someone else rather than working to discover YOUR authentic self.

Chasing ideals and ideas of goodness.

Feeling like it's too late, I'm too old to change, I've wasted so much time.

Staying loyal to toxic friends/family who are holding you back.

Not reading, not learning, not doing enough research.

Expecting this work to be easy and pleasant.

Learning from too few perspectives, thus getting an incomplete picture, not having enough options.

Judging, moralizing, criticizing, debating, arguing, blaming.

Asking for "scientific proof", as if someone can prove quality-of-life improvements to you.

Being so sceptical of everything that you don't put the theory into practice.

Speculating about and conceptualizing enlightenment, mystical experiences, and spiritual growth.

Clinging to a naive realist paradigm, believing that reality is physical, logical, and Newtonian.

Assuming that modern science has figured out most of reality.

Underestimating the massive negative effects of mainstream culture, diet, media, entertainment, beliefs, etc.

Not understanding how happiness really works. Thinking that external conditions or possessions produce happiness.

Chasing gross material pleasures.

Confusing success with happiness or true growth.

Assuming that successful people, like your favourite role-models, celebrities, professors, CEOs, etc are happy.

Not recognizing that mystical experiences are real and possible for you to have.

Becoming ideological about anything whatsoever (theory, techniques, science, logic, politics, etc), not realizing that all human perspectives are partial.

Confusing Truth with knowledge/belief

Assuming that reality is rational, mistaking scientific maps and models for being.

Working a job/career just for the money.

Being stuck in wage slavery, working a 9-5 job, not having control of your schedule.

Eating the Standard American Diet of wheat, dairy, sugar, meat, and processed foods.

Assuming that personal development is all mental work, not doing any development or purification of your body.

Consuming mainstream media. Not realizing how toxic modern media and entertainment is.

Not taking full responsibility for your life

Whining and complaining about how your situation is unfair and impossible to change.

Not valuing or pursuing truth for its own sake. Treating truth as a luxury.

Dismissing theory, philosophy, and beliefs as "merely" philosophy.

Studying tons of theory without ever taking action. Improperly balancing your ratio of theory to practice. Mental masturbation.

Keyboard-jockeying: over-conceptualizing, discussing, talking shit, and speculating but never embodying what is talked about.

Having a short time horizon for all your goals, plans, and projects.

Over-packing your schedule, leaving no time to sit, think, or meditate.

Valuing and pursuing gross experiences vs subtle ones.

Assuming that consciousness is a physical by-product of the brain.

Assuming that you are physical body, or ethereal soul.

Projecting onto the teacher you're learning from. Getting triggered by teachers. Holding grudges. Debating with them. Trying to school your teacher.

Clinging to the idea of good and evil, not realizing that these are all your projections.

Going on a crusade to save the world or vanquish evil. Getting overly focused on acting "good" in the external world vs working on your own inner demons.

Assuming that if life is meaningless, that's a bad thing.

Setting unrealistic expectations. Being too impatient. Expecting big results to come quickly.

Trying to change too much too fast. Lack of focus.

Getting overwhelmed with all the options. Indecisiveness.

Not taking action because, "I don't know how."

Underestimating how much growth is possible. How much better your life can become.

Assuming boundaries between objects are scientific, physically given.

Distracting yourself from facing emptiness, negative emotions, loneliness, and ego backlashes.

Misusing psychedelics: using them recreationally, using them socially, using them without proper research.

Conceptually misunderstanding enlightenment

Confusing enlightenment with a sensory experience or emotional state

Trying to install too many new habits at once.

Quitting meditation or self-inquiry when negative emotions or resistance surfaces.

Not being decisive, thus maintaining the status quo by default.

Not having a big vision for your life.

Using negative motivation to get stuff done.

Motivating yourself through competition with others, trying to "be the best".

Making your vision all about personal success and wealth rather than contributing to the world.

Being too cheap, not investing in books, courses, workshops, etc. Undervaluing self-education.

Chasing after love, success, pleasure, excitement, rather than pursuing Truth and understanding.

Assuming you need certain physical conditions to be happy.

Conflating knowledge acquisition with growth/development.

Dismissing "new age" concepts like spirits, aliens, God, healing, love, etc.

Demonizing psychedelics.

Not taking massive action. Assuming that "things will just work out". No they won't!

Not having a spiritual practice because you've been told there's nothing to seek.

Expecting people close to you to understand and support your efforts to grow.

Trying in frustration to get everyone around you to change or become interested in personal development or spirituality.

Not realizing or appreciating the incredible value of this work.

Quitting

Quitting when resistance kicks in.

Quitting when emotional upheaval surfaces.

Not getting back on track after backsliding or quitting. Beating yourself up for failures.

Letting yourself get lulled back to sleep by our toxic and indifferent culture.

Motivation for Building a Passionate Life

“We must act out passion before we can feel it.” Jean-Paul Sartre

When times get hard and you don't want to keep doing personal development, just remember your vision!

This journey is not just a piece of your life, it is your whole life.

Life is hard, no matter how you slice it! BUT THAT IS LIFE! But life is also magical. It can be extraordinary with the caveat that it will never be magical or extraordinary if all you do is play videogames, surf the internet, hang around with your friends and go working at McDonalds. YOU WILL ONLY GET FROM LIFE WHAT YOU PUT INTO IT.

It is all about what are you putting in! If you don't see existence as magical and you feel grateful each time you wake up, you are not putting enough. You need to put your whole soul into your life. You must infuse your life with spirit, it won't do it for you.

Our society is extremely low-consciousness – it aims at the most materialistic needs and wants. It is people living lives of quiet desperation.

Society made us weak and now we are not willing to do the hard work necessary to have an awesome life. You are not in touch with life and survival, and that it is a constant struggle.

Human beings degrade from lack of challenge and lack of hard work.

When your life is on danger, you will not watch Netflix or take naps; you will be engaged and involved with life, you will be awake! That is a good thing about entrepreneurship because all relies in you. YOU NEED TO START PUTTING YOURSELF MORE IN THE DANGER LINE.

You are a lion that has been put in a cage. You created your own jail.

What needs to happen if you want to succeed in the journey of self-actualization, is that you need to put your life back into your own hands. You need to get back in touch with that element of survival – start your own business, you seize control back! START TO FEEL THAT YOU ARE NOT FUCKING AROUND WITH YOUR LIFE ANYMORE.

You should strive for a kind of life that challenge yourself, even if there is no direct need to challenge yourself. You should connect with your survival every single day.

The good life is a life where you are on your edge, pushing yourself and challenging yourself – it is hard. The easy life is not the good life, that is the mediocre life. ACCEPT THAT THE GOOD LIFE IS THE CHALLENGING LIFE.

Self-actualization is hard, it is not something that you do in a year, but it is a lifelong process.

KEEP REMINDING YOURSELF THAT THE GOOD LIFE IS WHERE CHALLENGE RESIDES. You will see your friends having a good time drinking beer and going out and you will be working your ass off, and you will tend to go back to that kind of life. But you need to remind yourself that you are working for something bigger, more meaningful.

Nothing good is possible without discipline.

You need to start to trust in the principles:

- Radical Open-mindedness: it will lead to good stuff, even though sometimes it may scare you.
- Exploring 100s of diverse perspectives will be extremely beneficial in the long run.
- Truth, Unconditional Love and Beauty
- Existential Investigation
- Consciousness and Awareness
- Life Purpose and Passion: Cultivate them every single day for years, something remarkable will come from that. Have the vision that something will happen in the long run. Don't expect passion in the first years! THINK OF THIS IN THE LONG TERM! Build your passion from life!

- Vision! Sit on your couch and visualize what you want from your life! IF YOU CAN'T IMAGINE IT, YOU WILL NOT BE ABLE TO GET IT! This is real work! Without vision you will not get anything in life. Create emotional connection! If you cannot cry when visioning, you are doing it wrong. What is it in you that wants to connect to life and that brings tears into your eyes?
- Hard Work: You need to implement work ethic in your life. Commit to developing a work ethic. AND YOU DO IT BY FUCKING WORKING HARD.
- Extreme Ownership of Your Life
- Learning and Reading
- Mastery
- Spiral Dynamics: Trust that you are moving up in the stages.

Outline

- 1- Vision
- 2- Research
- 3- Work Hard
- 4- Consistency and Momentum. The biggest enemy you will find here is quitting.

“Spiritual people” will tell you to stop chasing because there is nothing to do. But that is bullshit! Every single day there is tons of things to do.

Make your life a Hero's Journey. Take adventure and risk in your life! If you are not in an adventure, why the fuck are you alive for!?

Choose to challenge yourself deliberately! PRECISELY BECAUSE IT IS UNNECESSARY.

What is your alternative if you don't develop yourself? ACCEPT THE HERO'S JOURNEY!

You will feel:

- Alone
- Bored
- Misunderstood
- Hopeless
- Tired
- Depressed
- Confused

But you need to go on and push through it anyways. You use your vision to carry you through the toughest times. You want to be passionate and connected to life.

FOR YOU TO SURVIVE IS TO LIVE A PASSIONATE EXISTENCE.

You may not have a clue how you will make this work, but you double down anyways because you trust in life and its principles.

Life is a pointless game, but you must play the game.

Intro Videos

The Big Picture of Self-Actualization

- There's value in abstraction
- Start with a deep need for growth (either from intuition or from suffering)
- Then take 100% responsibility for your life
- Your life is a reflection of you
- Discriminate reality from appearance - seeking the Truth and the truth
- Commit to life-long learning
- Without initial theory you can be clueless - helps to have a map through massive self-education
- Most people are naïve, and they take appearance as reality
- How do things actually work? Need to find this out for yourself
- Begin with conceptual understanding and follow through with action and embodying the theory
- Epistemic and metaphysical questioning - what is the very fabric of reality, what does it mean to know stuff
- Epistemic traps
- What is true and worth pursuing?
- At one point you will break through into a glimpse of the Truth (glimpse of the absolute)
- After this glimpse, the following work is to get this absolute Truth to permeate into your daily life
- Growth - raising the quality of your consciousness. Reality is consciousness
- Unconditional love - a good measure of your growth. To others and to yourself (self-acceptance)
- Detachment from experience, thoughts, emotions, actions, and fruits of your actions. Feeling deeper and more fully, in a detached way.
- Beings vs doing or having. Very hard to break the doing and having cycles.
- Developing the capacity for observation through steady long-term observation and contemplation. Especially watch yourself. Develop mindfulness and self-inquiry
- Undermine your selfish impulses. Slowly restrict your lower consciousness desires
- Honesty with others and yourself. Why do you do what you do? Give up control and manipulation. Seeking control feeds into the doing and having cycle
- Facing harsh truths
- Facing truth in stoic ways
- Understanding your fear and defence mechanisms
- Raising motivation for higher consciousness vs lower consciousness desires
- Becoming a creator - find your life purpose and how you will contribute to the world.
- Reconcile evil, suffering and ignorance. Within yourself also
- Pursuing big picture understanding
- Left brain (calculated) to (wholistic) right brain. Shift more towards right brain. Using intuition vs logic to run your life
- Creating a sahtmic lifestyle (sober lifestyle). Not losing yourself in culture or stimulation of any kind.
- Eliminating toxicity in your body.
- Eliminating physical energy stress bodies (removing energetic blocks)
- Undoing social conditioning
- Non-manipulative relating
- You are not a special person - you are a biological machine - your functioning is pretty well understood.
- Culture intoxicates you

How to Get Started with Self-Actualization

Know yourself and be the architect of your life

A handful of these techniques can transform your life don't need all of them. No particular order:

- Life purpose - turning your career into your passion and your art. Motivation and fuel
- Reprogramming your subconscious mind - affirmations, visualisations etc.
- Meditation
- Mindfulness meditation with labelling - deconstructing your sensory field and experience of reality
- Concentration
- Self-inquiry - arriving at truth
- Contemplation - deriving the answers for yourself
- Journaling - what do you want, what is bugging you, what is on your mind. Good for introspection and getting your ideas out on paper.
- Learning the theory - reading, listening, and watching. At least a 4-year bachelors. Maybe even a doctorate
- Taking notes - developing a repository.
- Buying and taking courses - actually do them
- Researching books, courses, and seminars
- Studying various spiritual traditions - keeping epistemology in mind 90% of teaching is bullshit with 10% gold
- Seek out masterful teachers
- Attend workshops, retreats, seminars
- Personal retreats for a week
- Psychedelic retreats
- End unconscious relationships. Or salvage them by removing ego from the relationship and detoxifying it.
- Radical honesty. Brand Blanton
- Make new friends - who are into higher consciousness stuff
- NLP - helpful for reprogramming subconscious mind
- Shadow work - working through repressed aspects of yourself
- New age stuff - Lucid dreaming, Astral projections
- Clean up your diet
- Proper breathing
- Yoga
- Reichian therapy to release blockages
- Cleaning up your information intake - stuff that pushes your monkey mind buttons
- Eliminating hard addictions
- Eliminate subtle addictions
- Getting more life experiences
- Building socialisation and dating skills
- Find healthy forms of relaxation
- Get your affairs in order - set up automatic systems free up time for yourself
- Automate lots of stuff in your life
- Minimise your life - have time to sit down and do nothing
- Have a one-on-one life coach (if you make a lot of money)
- Neural feedback training

Start with just research.

Make an assessment of your life. Where have you been, where are you now, where do you want to go and what do you want out of life. Then start making a plan, return to your plan on a daily basis and adjust. Find out how to do it

1. **Have a juicy, positive long-term vision. You will be dead soon.**
2. **Theory - lots and lots of it.**
3. **Removing addictions and distractions.**
4. **Install small healthy habits**
5. **Glimpsing non-egoic consciousness**

- This is a lifelong process
- Make sure your vision is very long term - take baby steps - consistency vs quantity of results
- You have now heard and seen the path. The biggest danger is you forgetting this path, slipping back into your old habits.
- Keep this in your mind. You have found the path! First two years is the hardest.

A Vision for the Self-Actualized Life

- Engineering an amazing life
- Ordinary people don't even know personal development exists
- Not just a 20% self-improvement but a 20,000% improvement, a 100,000% self-improvement. Erasing yourself and re-engineering yourself from 0.

The vision:

- The realisation of your potential
- Becoming a whole human being
- Unceasing trend towards unity and integration within yourself
- Scarcity pleasure (from reduced fear, anxiety, and pain) and abundance pleasure (ecstasy of functioning at one's prime)
- Self-actualisation is a persistent trend- there is nowhere to get to it is a never-ending journey.
 - Deep fulfilment with life
 - Living on the edge
 - Living to the peak of human capability
- What is possible? By focussing on inner game
- When in your life were you giddy and in awe of life?
- When did you feel creatively alive? Close your eyes and recall this. Feel the emotions again
- What's possible is that you can feel every single day of your life with those feelings.
- It's possible to work on your neuroses
- It's possible to remove the things holding you back
- It's possible to learn about all the areas of life
 - **Career**
 - **Health**
 - **Wealth**
 - **Friendships**
 - **Intimate Relationships**
 - **Self esteem**
- Possible to learn and master all your emotions
- If you commit to this work every day you are guaranteed the results
- Kickass goals
 - No worries about money every again
 - Your work is not work but it's your biggest joy

- Full emotional control - conquering all your emotions
- Becoming a really grounded, imperturbable human being (stoicism)
- Deep understanding of how the world works - feel at home in the world
- Really successful intimate relationship
- Amazing sex
- Developing your core confidence - accepting yourself, self-love, becoming assertive
- Travel all around the world
- Physical vitality and energy
- Rich and rewarding friendships- those who share the richness of the world and push you
- Becoming a leader
- Being creative. Technology, science, art
- Breaking free from rat race
- Living a life with integrity. Principle centred life
- Enlightenment
- Having the time to contemplate life
- Dying with a smile on your face
- Fulfilment is what you experience when you're on the self-actualization journey

How do you start?

- **Accurate high-quality information - learning and knowledge (invest 10% of your income into learning per year)**
- **Start making small changes right now - eliminate toxic habits, build strong morning routine**
- **Emotional mastery - begin by becoming aware of your emotions and controlling them**
- **Find your life purpose - who are you authentically**
- **Become financially independent - be able to set your own hours**
- Your life is short, what else have you got to do with your life?? Use the biggest, best vision you have!

Becoming a Modern Sage

What's the best life possible for a human being?

- Sages and mystics

Actualized.org focussed on how to become a sage

Classical and modern sages

One thing that makes these people great is a quality of self-mastery

Religion's aim was to deliver these teachings to you, but it has been bastardised by ego

A sage is a master of being a human being and understanding reality and life

Key qualities

-commitments to truth

-commitment to consciousness, goodness, and love

-a deep mastery that means these qualities are embodied

-radical turning inwards to work on their inner game

Vision: the modern mystic sage

- Pairing eastern non-dual mystic with western mystics with a scientist and artist thrown in there (a balance of practice and theory)
- Deep, deep knowledge of himself
- Not an intellectual who mentally masturbates
- Not an ideological crusader

The vision is always bigger than the how

With a very strong vision, the how will reveal itself

Start by deepening your vision for this

But, a broad outline of how:

- Top value is truth (for truth's sake)
- Radical turning inward (free yourself from materialism and modern culture)
- Purification of your mind, body, emotions, and habits (the bulk of this work)
- Embodying enlightenment experiences

- You become imperturbable; your energy body is so strong. You can transmute negativity into love and truth.
- Massive theoretical learning about the truth of reality and the world

- Exploring non-ordinary states of consciousness (psychedelics, breathing techniques, meditation)
- Ordinary state of consciousness is not the only state of consciousness
- Big picture thinking
- Unconditional love and compassion - compassion for suffering
- Helping others raise their awareness

This vision isn't for everybody

Foundational Videos

Low Quality vs High Quality Consciousness

Society feeds you such little pictures of what you're doing here on Earth. You don't know what your prime directive is in life.

Prime directive in life: to increase the quality of your consciousness. Everything boils down to this, everything else is a distraction.

Every single action you take is a test of the quality of your consciousness. You can show up in low or high consciousness.

The degree of accurate perception = higher consciousness. Perception is the only thing you have of reality.

All you have is perceptions of reality. If you don't have accurate perceptions of reality you got wrong the only thing that you have.

Accurate perception is the key to living a good life - it will solve every single problem in your life.

All problems boil down to wrong perceptions.

Low quality consciousness:

- Ego and self-centeredness

- Fear

- Dogma and ideologies

- Clinging to ideas

- Little picture thinking

- Focus on short term gains

- Blindness to backfiring mechanisms

- Mechanical behaviour (automatic)

- Degree of love you exhibit is highly selective - care for your clan and not the rest of the world.

- Moralisation

- Projection onto others of all the limitations of the low-quality consciousness. LQC denies itself with illusion

- Highly materialistic

- Arrogant in its beliefs - it is correct while everything else is incorrect. Again, deceiving itself through illusion

High quality consciousness

- Selfless and giving

- Fearless and courageous

- Focussed on direct experience over belief

- Committed to truth and accuracy

- Values learning and growing rather than tradition

- An intelligent machine. A machine imbued with wisdom, insight, intuition, and wisdom

- Creative

- Spontaneous

- Takes 100% responsibility for its actions, behaviours, emotions, and results

- Acknowledges there is a lot of growth to do. Humble

- Big picture understanding

- Thinks in terms of long-term gains

- Become hyper aware of backfiring in complex systems. Aware that you are your greatest enemy

- Indiscriminate love for everything

Your feelings and motivations always reflect the real you on the inside and not how other people make you feel.

The quality of your feelings and the quality of your motivations are a good measure of what state of consciousness you are.

The more negative your emotions the lower quality your consciousness
Low quality consciousness people numb their emotions, they avoid looking inside and analysing their emotions.
Your motivations tell you exactly how you are.

Giving, sharing, connecting, loving, expressing gratitude are high quality motivations.
Notice them on a day to day basis rather than in your grand goals.
You can't lie about these things

You can apply this to yourself and other people.

How do I feel on an hourly basis, how open and loving am I, can I govern myself successfully? How noble are my motivations?

You need to transcend your cravings for low consciousness activity because ultimately there are deeper things past success, sex, and money.

Big picture:

Increase the capacity you have for love and to feel happy independent of circumstances. (unconditional love)
Increase the capacity you have for intellectual openness. Don't cling to any beliefs, be able to entertain ideas. (openmindedness)
Increase your capacity for self-governance (self-discipline)
Increase your capacity to face fear (courage)
Transcend selfish and protective motives

Opportunities to raise your consciousness arise every 5-10 minutes. Take advantage of these micro-opportunities.
Don't say I will wait until I'm enlightened to do this, or I will wait until my booked seminar to do this. You will miss a lot of opportunity for growth there.

Prime directive of your life: to raise your consciousness (write this on the bathroom mirror)

Fake Growth vs Real Growth

Easy to deceive yourself.

Think you are growing but you are not fixing the root issues

First few years we are trying to orient ourselves with self-actualisation

Deep issues do not get resolved by surface, external solutions.

Solutions get solved by becoming non-issues.

e.g. If you're shy the solution is not to be alpha it's not to care about being shy

In a summary - be completely content with nothing - you don't need anything < this is what real growth looks like.

You know you've had real growth when the issue completely leaves your mind, you can't believe it's ever been an issue.

You won't need defensiveness anymore.

But dismantling your defences is damaging to the ego.

Another sign of true growth is when you no longer need to exert willpower to do what you want to do. When you're whipping yourself into a frenzy that is neurotic and not true growth.

Look at your emotions to challenging situations (this is a litmus test).

Ask, are you less reactive? Do you have less emotional need in this area? Are you calmer in this area? Do you stop thinking obsessively about this area?

Fake growth = success or achievement

Finding an external fix to a problem we have e.g. new technology.

Quick fixes take attention away from real fixes on the inside.

Is the problem no longer a problem OR is the problem no longer relevant due to circumstance? Subtle but different.

Insecure guy gets a girlfriend does not fix the problem; it makes it temporarily irrelevant.

Question whether you are running away from a problem or not.

Real growth is not about getting what you want externally it's getting rid of the need internally.

You can be working on something for 5 years and rearranging external circumstances and then have a mind fuck and realise that you haven't done any inner work.

Changing the inner you is difficult - it requires breaking loyalty with yourself. But you won't get significant change without changing yourself.

You have to give up your self with this process.

Need to obliterate yourself

The way you currently are reinforces everything you don't like about yourself

You create all your problems

Very easy to take external shortcuts in this work. No-one praises you for inner work, people will demonise you.

Extra Notes:

It is very easy to deceive yourself in personal development and think that you are improving when in reality you are not fixing the deepest issues.

The first years of personal development you think that you need a solution and you picture how the solution is going to look like; this is not a realistic scenario. Most of your motivations in your first years of self-help are external (you are looking for external solutions). In reality, when you experience real growth is that an issue becomes a non-issue (you transcend it). Solutions are internal, not external; you stop caring about your different problems and you let go. THE KEY IS EMOTIONAL RELEASE.

How do you tell the difference? You get a permanent release of the issue; you don't overcompensate for the issue, you stop obsession about the issue. You don't need defensiveness anymore. You let go of the need itself. True growth does not need willpower. You need to look at your emotional responses to different scenarios.

Ask yourself

- if you are less reactive
- if you are giving less of a fuck
- if you are less needy in some specific area
- Are you calmer in ...

- Do you don't think obsessively in some specific area of your life?

Fake growth mascaaed as real growth. Fake growth is success and achievement. Stop looking for external fixes, they don't focus on the deep issue. Getting more money, more girlfriends or more cars do not solve the real issue; the real issue is inside and that is where the real work has to happen.

Examples:

§ If you are insecure about women but you find a girlfriend, it is a mascaaed for your insecurities. No real growth has happened, it was all only an achievement.

§ A guy who is insecure about money but all of a sudden he becomes rich. This doesn't fix the root issue about money.

§ A boy who is a loser but then learns how to pick up girls. Now he is a great PUA. On the surface it seems that he done it but in the inside he still thinks he is uncool; that is the real thing that has to be fixed.

§ A person who is depressed but has a child as a distraction. She didn't look inside to discover what is happening is her mind.

Your problems need to unwire from your mind, THIS IS REAL GROWTH. Achievements are not real growth. ASK WHY ALWAYS, THAT WILL REVEAL YOUR DEEP PROBLEM.

Put your mind on your life and see in which areas of your life you are masking the real work with fake success and achievement. Are you confusing success and achievement with growth? GROWTH IS INTERNAL, SUCCESS IS EXTERNAL. Real growth is much harder than success. Real growth is about releasing your needs internally.

You need to do the real work and don't get distracted by the shiny objects. You will someday realize that you haven't changed, you only changed the external circumstances. You will need to change. It is super difficult to change the self since the self doesn't want to change.

YOU CANNOT GET REAL GROWTH WITHOUT CHANGING YOURSELF. If you do this real work you will reach a point that you see yourself in the mirror and you are not going to be able to recognize yourself anymore since you changed a lot. The way you presently are is reinforcing all the stuff you don't like about reality. If you want real change you will need to change yourself. All the crap of your life is caused by who you are, not the external surroundings.

The hard thing is that when you start doing real work there is no one that will praise you. People don't you to change.

What kind of vision do you need to have to change yourself entirely? What do you really care about? What is your vision? It can be tied to your Life Purpose, to help people in the world, etc.

Take care and don't buy fake growth.

Balancing Theory vs Practice

“In theory there is no difference between practice and theory. But in practice, there is.” Yogi Berra

Both extremes have their own set of problems”

- Extreme Pragmatism: They live a shallow existence, tend to be very materialistic, selfish and chasing after experiences. They have no big picture understanding of life. They cannot tap into the power of spirituality.
- Extreme Theorist: Armchair philosophy, mental masturbation, arguing and debating, criticism others, paralysis by analysis, fantasies and getting lost in concepts, ignoring that the map is not the territory and lack of real-world results. They also lack big picture understanding. They cannot tap into the power of spirituality neither because it is just not theory.

In reality, practice and theory are interdependent and if you want to live a fulfilling life you need to balance them in a wise way. Your theory must be able to inform your practice and vice versa and you must be able to control the flow. You need to strategically shift the balance between these two in regards of your situation and your life conditions.

You need some abilities to balance these extremes:

- 1- The ability to theorize in the abstract without concern of pragmatic issues: Sometimes, theory will not have a practical application in your immediate situation but in a couple of years you will find a practical application. If you are always concerned about personal value, you don't give yourself the chance for something incredible to blossom in your theorizing.
- 2- The ability to see the practical consequences of your theorizing: When you theorize properly, you will need to ask what are the repercussions of that theory. If a theory is ruining your life, is not a good theory. Let your practice inform your theorizing to create more compelling theories.
- 3- The ability to be motivated to action by good theory: You need to abstract motivation from the theories you read so you can implement them right away.
- 4- The ability to create actual action plans based upon the theory that you've learnt: Create habits and action plans to accomplish your goals.
- 5- The ability to drop theorizing in a dime: Stop thinking about stuff and take action in the moment. If you are not able to do it, you are going to be a slave of your theorizing. **START TAKING ACTION.**
- 6- The ability to theorize one way but act in the opposite way: You need to hold the tension between your theories and your actions. Sometimes you need time for both to come together. Your theories change but you need to be practical.
- 7- The ability to see the big picture patterns that come about through your actions and practices: The best theorizing comes when you are in practice mode, and you observe patterns that can become insights and principles. Implement and test your principles.
- 8- The ability to see when you are stuck in theory or in action: You need the ability to cut bad action with good theory and bad theory with good action.
- 9- The ability to see the limitations of theory and practice: The limitations of theory is that you can get lost in concepts and lose touch of reality. The limits of action is that you are stuck in a mechanical way and don't have different perspectives. It is the ability to shut your mind off and get centred in Being.
- 10- The ability to read between the lines of your thinking: You need to observe your thinking and hold it into consideration. Think about your thinking process.

11- The ability to move forward despite paradox, confusion and indecision: The greater danger is doing nothing. Pick one and go with it!

The key here is observation! Be aware of these dynamics in your life. Learning self-actualization theory is necessary because you know what the right steps are.

If you've been studying personal development for a couple of years and don't have that many results, you should probably start taking massive action to start embodying those principles.

If you are not sure about your Life Purpose, just take action for a year and think about your life purpose again.

The 3 Levels of Personal Development Work

Three main levels - you can spend years in them. Important to be aware of them. Different methods target different levels.

Contradictions in advice can exist because of targeting of different stages.

Newbies

Intermediate

Advanced

Novice

- Coming from a deep deficiency
 - Needs results from work
 - Wants to feel better
 - Anxious or fearful
 - Blames environment
 - Negatively motivated
 - Interested in removing the pain, not in high performance
 - Not interested in changing beliefs or sense of self
 - Wants a solution that doesn't require changing identity, looking for things and solutions
 - Not interested in reality
 - Not interested in truth for truth's sake
 - Only interested in truth to the extent it serves his agenda, assumes he knows the truth
 - Thinks his thoughts and emotions matter, hasn't made the distinction between his thoughts and awareness
 - Lost in theory, conceptualises ideas given rather than grounding in direct experience, all things Leo tells us are grounded in direct experience
 - Resists taking action, enjoys listening to self-help advice for entertainment
 - Idea of taking thousands of hours of action scares him.
 - Unaware of critical concepts in psychology e.g. ego, the trap of closedmindedness
 - Unaware of social distortion he's under, will look to figures in his society to confirm theories presented.
- Assumes society is healthy psychology
- Not aware of what spirituality is.
 - Not interested in spiritual work
 - Impatient, takes shortcuts

- Wants things cheap or even free, no recognition of the value of this wisdom.
- Narrow focus
- Complains about abstraction, can't come up with action steps to test theory
- Assumes he knows a lot of things, dogmatic to science, lots of default positions.
- Loves to dispute and to argue - false scepticism, egotistical scepticism. Acts ideological - defends beliefs rather than practically testing theories
- Demanding for scientific proof. Looks to validate ideas in his mind
- Black and white thinking
- Easily offended
- Makes teaching about the teacher
- Falls into the trap of simplicity - believes the most advanced ideas are the most complex - not always true. Some of the deepest truths are very simple. The mind can overlook some of the simplest things.
- Hasn't experienced the shock of how little he knows
- Doesn't know a lot of the work at the advanced stage is subtractive. A switch has to be flicked.

Intermediate

- A mix between novice and advanced

Advanced

- Radical openmindedness- can entertain ideas
- Grounded in reality
- Rejects all social norms
- Does a lot of practice and implementation
- Massive action aimed inwards - thousands of hours sitting alone on a couch
- Accepts that every problem is created by them
- Focus on truth vs goals
- Wants to know what reality is through direct experience
- Focus on awareness (on increasing it)
- Thoughts and the mind are rejected - its not important what the mind is coming up with
- Lets go of the mind
- Needs to have a couple years of meditation under your belt
- Not a matter of willpower, a matter of real inner development
- Self-inquiry and questioning of the ego, what you are, who you are, why you do what you do
- Rejects success and the need to meet his needs (doesn't mean he stops pursuing success, success is just no longer the be all and end all)
- Needs are secondary to truth, can be not fulfilled fully
- Personal development done for its own sake
- Becomes patient
- Makes serious study of personal development - enriches his model of reality
- Able to deal with simplicity problem - able to embody and practice simple concept
- Realises best work is the most emotionally challenging - embraces emotionally challenging things
- Really open to questioning his web of beliefs. Almost an excitement about it, recognises how dogma holds him back
- Ok with confusion and paradox.

As a newbie, focus on satisfying needs first. Burn through your deep needs and then transcend them
Focus on installing habits. Meditation eating exercise, study, visualisation, affirmation, self inquiry

Cut out addictions

Both types of advice is good you can be enlightened and not know anything about business/relationships

How to Deal with Confusion

You are on the path of self actualization and what you are encountering is confusion and it can manifest in many different ways:

- Enlightenment vs Life Purpose
- What I awareness.
- What should I do with life
- What is God?.
- Free will vs self development
- Which is the best meditation technique?
- Leo contradicts himself in the videos and so on
- Different perspectives.

THIS IS A GOOD THING. Of course you are not going to understand because your default state is not-understanding and then you build it up. In self actualization the most important thing you are doing is developing understanding. You need to have a sense of direction of what you are doing and why to start inner or outer work. It all begins with understanding but understanding is a challenge and it is your work to reconcile a lot of stuff. THIS IS A LEARNING PROCESS! But this process entails confusion.

Your job, if you want to create a great life, is to get comfortable navigating through confusion and sometimes it takes a while to reconcile the information and this reconciliation is a laborious and lengthy process (a lifetime process).

Your mind loves certainty and order but this can become dysfunctional. Confusion arises when the mind tries to reconcile ideas but this is an emotionally challenging process. So the mind tries to close this gap as soon as possible by clinging to beliefs and create an illusory sense of clarity and security and this created mechanical behaviours.

One characteristic of a self developed individual is to maintain paradoxes in their minds without the need to resolve them.

What to do about it? You have to develop emotional tolerance for confusion.. You have to let go the need to know. Rather than running away from confusion, try to embrace it. This is a 5 step process:

1. Notice that you are confused (this is more difficult than it sounds because it requires awareness). Find the confusion in your body and become very familiar with the feeling
2. Label it: Locate the feeling and say "that is confusion"
3. Face the confusion: Ask yourself what is really going on here. Why am I feeling this way?

Should I get married?

What should I do with my life?

Which is my life purpose?

Etc.

4. Allow it: ask yourself “can I allow myself to be confused?”
5. Enter a state of not knowing: Ask yourself “can I let go of my need to know?”

You need to surrender your need to know. What leads to ignorance is ignoring the fact that you don't know stuff (ignorance is a false sense of certainty). Ignorance cannot survive in a state of not knowing. Ignorant people think they know everything. If you embrace confusion you will become more robust and grounded intellectually and it will put you in the best position possible for a revelation.

We like to think that we are the ones who come up with the understanding and knowledge by pushing but all the deepest knowing and understanding come from revelation, not from the pushing. Curiosity is a good thing, but it is different from needing to know. What you really want is to be honest about the stuff you don't know, you acknowledge confusion and you let reconciliation happen organically. The best answers don't come from you, they come through you from something beyond you.

If you take this approach, you will need more patience because this process is going to take longer. It might take months or even years so you will need to develop a high tolerance for confusion and uncertainty. Even though you don't know, you have to still move forward and take action regardless your confusion.

You need to let your intuition function! By not embracing confusion, you close yourself to the most profound insights in life. Also, if you don't tolerate confusion you will not be able to dive deep in topics and research.

If you keep insisting on your need to know you will fuck your life up! Open yourself up to learning and discovery for a lifetime and enlightenment is not the final step, it is just the beginning.

Using Maslow's Hierarchy of Needs to Self-Actualize

Big problem in society is that it's stunted. People are stuck pursuing basic needs.

Levels:

Physiological
Safety
Love/Belonging
Esteem
Self-Actualization
Self-Transcendence

Sit down and do a self-assessment on where you have gaps. If you have too many gaps, you're not self-actualizing properly. You need to take the time to handle the basic shit in your life. If your basic shit is not handled, your higher pursuits won't be effective nor successful.

Most people are stuck with employment, with finding a good career.

Self-Transcendence can be pursued without handling the lower stages, but this is very hardcore. Better to handle the foundation and then pursue self-transcendence.

Society need you to be successful. People haven't found their gifts and talents and thus don't live their top passions. They don't master anything in life and don't develop a meaning career. Therefore, they live for comfort and avoidance of pain. They don't have passion, which is a miserable way to live.

Without finding your passion, you can't create massive value for the world. You're stuck with trying to survive and pay the bills, which leaves you unable to pursue spirituality and enlightenment. You can't raise your awareness effectively if you're bugged by lower needs all day.

People don't have a life purpose or a dream career.

Take success very seriously so that you don't squander your potential in life. You don't want to have a cushy life, that's shitty. You want passion, growth, expansion. This stuff is not always cushy or easy.

People who are successful contribute to society and advance it.

The mother of all problems in the world is a lack of awareness.

Be systematic and strategic about your growth. Use MHoN to guide yourself. Get your life purpose together.

Key questions:

Where am I stuck on the hierarchy?

Which thing has you stuck the most?

What must I do to get myself unstuck once and for all?

How can I change my life to where this never bothers me ever again?

Self-Transcendence: once you've spent 30-40 years of your life building your ego you can get stuck in your successful, cushy life, and avoid exploring self-transcendence.

Spend your 20s and your 30s sorting out the basics so that you can pursue self-transcendence fully in your 40s.

Most people die low on the hierarchy, don't let yourself be one of them.

Self-Actualization

Maslow's hierarchy of needs

physical base needs like food, water, oxygen

safety needs - being safe from cold, injury, heat, stab in the back

sense of community, sense of belonging - being part of organisation, being part of something important

friendship, love, intimate relationships

self esteem, needs for recognition, for significance

self actualization - need for growth, living to your full potential

book Abraham Maslow - towards a psychology of being

discussion about self actualization

made Leo start his website

Living to your full potential is no luxury,
it leads to neurosis if you ignore this need

If you are settling with less than your best, the need for self actualization burns you from the inside

Most people satisfy only their lower level needs

to be human means to pursue self actualization

lower level needs are base needs and they feel you safe and secure but higher-level needs make you excited, passionate, charged

Self-actualized person qualities:

superior perception of reality, he sees reality objectively

his acceptance of himself and others and nature is increased

he is spontaneous, not rule bound

he is more focused on the problems, on the challenges in life, instead of being focused on themselves

increased detachment from things, not clinging to things

deep desire for privacy, solitude, contemplation and think

deep sense of individuality, they take full responsibility for their life

more resistant

they are world citizens, they pick from cultures what serves them

they are comfortable being themselves, they are self-reliant, don't need approval

good sense of what is real and unreal, valuing truth more than dogmas, beliefs or superstition

great freshness and appreciation towards emotional reaction, they experience emotions fully and richly, they are open to emotions and experiences

they have a high frequency of peak experiences, flow states

they get passionate, thrilling experiences in life more consistently

increased identification with human species, they feel like humanity is doing something good

they have improved inner personal relationships

more democratically structure, not needing to control or manipulate

increased creativity, wanting to be original

deep knowledge, understanding of who they are, they know themselves

moving towards unity and integration in personality and world view

analysing and synthesizing information for deeper understanding

recognizing their talents and training them

placing great value on the ideal values like truth, beauty, goodness, uniqueness, wholeness, justice, simplicity,

richness, effortless, playfulness

(top level values of humanity)

no petty needs

driven by positive and intrinsic motivation, not driven by lack, doing because of wanting, not doing because they have to.

enjoying more aspects of life, quiet moments, being happy without stimulation from outside

loving to be excellent, seeking peak performance

taking non-condemning, non-interfering, non-judging attitude towards other people

they see them as part of the world, as beings rather than as objects for their stimulation, being comfortable with people

more loving, needing less love

embracing polarities conflicts by solving them

comfortable with contradictions, paradoxes and not knowing

desires and impulses correlating what is good for them, resisting donuts in a easy way

solid psychological health

living one purpose in their life, with a sense of mission, taking great pride in their work

involved with contributing to the world

willing to admit mistakes

easy discipline about themselves, their duty is the same as their pleasure

gratifying themselves moderately rather than abstaining too harsh self-discipline

taking one bite of a donut but will stop, not going overboard, finding balance

expressing their impulses, using less control to do it, controlling is not rigid not anxiety driven

able to express anger in a healthy way, righteous indignation

different new set of concerns, being challenges vs. needs challenges

living to experience joy, moving towards things, instead of moving away
living in the present moment
more conscious decisions.

Understanding Awareness

All lasting growth of any kind involves increasing awareness in one form or another.

Catch 22 problem. When you lack awareness, you are unaware of how unaware you are.

If you meditate and watch some of Leo's videos you are probably at 3/10,000,000 but you feel like you are near 10,000,000.

You have an assumption that you are aware.

Awareness cannot be taught/bought.

Peter Ruspenski - The psychology of man's possible evolution.

Key points covered by Ruspenski:

- Man assumes that he knows himself
- Man doesn't realise that he is a machine
- Assumes he has will and control over his life
- Unwilling to admit it to himself
- Because of unwillingness he cannot begin to correct the problem
- The journey to getting awareness does not start if you don't appreciate how unaware you are
- The whole trick is that you cannot even imagine how much awareness is possible for you
- Not just a couple of notches, but magnitudes higher.
- Psychology - the study of man's possible evolution, the study of one's self (your machine self), the study of

lying

Self-consciousness test: sit and look at a second watch for a minute and be conscious of yourself.

You are not conscious for most of your day.

- The only means of study (of awareness) is self-observation.
- six main features of your mechanicalness (obstacles to consciousness)
 1. Talking
 2. Lying
 3. Criticism & Judgement
 4. Distraction (everything is a distraction from developing awareness)
 5. Negative emotions
 6. Imagination

You're not comfortable being silent (the ego doesn't want to reveal itself)

When you criticise and judge this distracts you from looking inwards.

Surrender to your mechanicalness because you don't have control over them.

Quotes:

- "Why can all men develop and become different beings? Because they do not want it and because they are not prepared. In order to become a different being man has to work for it many hours. The evolution of man depends on his understanding of what he may get. Man must acquire qualities that he thinks he possess it but he don't." People think they have already figured out so they don't do the work.

- "Man does not himself. He doesn't know how he works, he didn't study himself. He think that he is not a machine. He has no independent movement, he works by external influence." The ego is an illusion in yourself and he thinks that he is in control. You are completely at the effect of life; life runs you. His is why you struggle for control so much. You have no control in your life.

- "Man cannot move by his own accord, he is a marionette. If he accept this, he can learn a lot about himself and possibly maybe he can change his mechanicalness; before he does this he has to realize that he is a machine." You need to figure out how you work and construct your own manual. Study yourself, how you as a machine work. You don't have the control you believe you have.

- "Before man acquire new abilities he has to develop things that he doesn't have but he thinks he has. He doesn't have:

- o The capacity to do

- o Individuality

- o Unity

- o Consciousness and will

As long as he believes he possess this trait he will not work for it."

You don't have these things, you have to work for them.

- "Consciousness can be developed and he can become conscious of himself. After this is understood, he can start developing himself. ONE MUST STUDY ONESELF." You need to start studying the obstacles of raising consciousness. The more you study that the more you can develop yourself. You need to do some looking and self-inquiry.

- "All the problems that people have are because they live in a sleep state but they don't know they are asleep. Man does not possess self-consciousness but he thinks he does." You are totally asleep right now. What could be outside your dream state? You are asleep compared to your possible level of consciousness and awareness. If life is cool for you now, this means that it can be WAYYYY cooler. You need intuition to see that there is more than you know, although it will take you years of work.

- "In reality developing consciousness requires long hard work. How can a man decide to go do the work if he thinks he already possesses this very thing? Naturally man will not do the work." YOU NEED TO REACH THIS TIPPING POINT. Your sleepiness is a natural force, it's pretty hard to work against it.

- "We cannot know the truth but we can pretend we know it. In reality man does not know anything." Lies come from lack of awareness.

- "To know oneself is very important. You need to know your structures as a machine and this study is called SELF OBSERVATION". Which are all the specific ways you go unconscious, lie and get lost in fantasies and imagination?

- "Such observations will soon get results. Some things will annoy him since he is really subjective". You have biases inside yourself, self-observation is really tricky. No one can observe you for you. You need to do self-observation objectively.

Awareness is like trying to hold sand with your hands. ALL YOU HAVE TO GET IS THAT YOU ARE ASLEEP. It will take you 5 to 10 years to understand what is going on here and what Leo talked about in this video.

Awareness Alone Is Curative

How to autocorrect any unwanted behaviour. More action isn't always the answer.

You don't necessarily need to plan really hard to let go of unwanted behaviour. It will autocorrect over time with awareness.

Shine the light of awareness on the problem.

Not possible to engage in a toxic behaviour when you are fully aware.

For this to work it needs constant awareness throughout the behaviour.

Awareness isn't as easy as you think it is.

Requires patience and constant application over time.

Example: eating junk food.

Your willpower will erode if you try too hard to fix it.

You're sitting at a restaurant and ordering a fatty burger. Do it with full awareness and eat it with full awareness.

Let yourself do it and don't judge. Notice how it makes you feel.

You need to notice how un-aware you are when you're doing something unhealthy.

There are distraction mechanisms to stop you being aware.

People make mistakes by assuming awareness = logical knowing, which is not correct.

Awareness is an in-the-moment observation. This is a skill.

Awareness is not the same as moralising.

You thrive on a sense of control so you have to let go of that. No need to suppress your

Desires, don't hold yourself back - but be aware. Don't manipulate your behaviour.

Do this consistently and trust the principle.

Works for any unwanted behaviour.

e.g. shyness problem

Become aware when you are being shy - notice the thoughts and sweaty palms that come up.

Your mind is a complex thinking machine of thoughts and beliefs. This entire system fuels your actions.

You have to start to notice how the system works - it's beyond your capacity to change - "you" are the system (ego).

Thoughts will not change other thoughts - you need to advance your awareness. The awareness is housing the network, so you have to appeal to awareness to change it.

The harder you try the less you succeed.

Surrender to awareness.

How to Deal with Strong Negative Emotions

The tendency to avoid emotional suffering is the cause of all mental illness.

The master key to dealing with strong negative emotions: allow yourself to fully feel the emotion.

Ego does not like doing this, because it feels vulnerable. You erected defences in your early life to avoid feeling the pain of negative emotions.

The truth is that you are vulnerable. Even the most macho alpha male guy is vulnerable to dying from a gunshot. No amount of macho talk will save him. The more you try to defend yourself, the more vulnerable you are.

Become a superconductor for negative emotions. Have zero resistance to them.

Your ego will hide, deny, distract from, or suck up the pain. All to avoid feeling the emotion.

Process for negative emotions:

1. Conjure up one of your strong negative emotions
2. Relax your body
3. Get in touch with the present moment
4. Connect with your body and feel where that negative emotion resides. Feel it deeply.
5. Don't judge anything that's there, fully feel it. Let it in.
6. Allow the emotion, accept it, don't resist it.
7. Observe with curiosity what's flowing through you.
8. Allow it again, don't begin resisting as you observe the emotion.
9. Do nothing. Sit down and FEEL. FEEL IT. FEEL IT FULLY and ALLOW it. Conduct the emotion, let it pass through you.

It will come in waves, every time you get hit by a wave just repeat this process. Notice the tension and tightness in your body. Relax your body – belly, shoulders, hands, and arms, jaw. Breathe deep. Breathe into your belly. You have to develop this skill over time.

Emotions will come and go, they won't disappear. You don't need them to disappear, allow them to come and go. Don't deny reality, don't deny the present moment.

Negative emotions are not bad. Any emotion is just a sensation in your body. Don't judge the emotions.

Recognise that you have a habit of resisting and negatively labelling emotions. Stop labelling things as bad or evil. Live in truth.

The feeling of hurt doesn't actually hurt you. Psychological damage is caused by resistance, a superconductor is not damaged by strong electrical spikes.

There are many sneaky ways and levels of depth that you can be resisting at.

DO NOT avoid the emotional labour. The real solution is to grow the fuck up and stop being emotionally immature and to feel your emotions and to not resist reality.

You will not have a happy life if you are emotionally immature.

Overcoming Addiction

How do we know we have an addiction?

If you stop doing the behaviour for 1 week and cravings arise, that means you are addicted.

Most of us have a dozen addictions

Addiction List:

- Drugs
- Food
- Porn
- Tabaco
- Alcohol
- TV and internet
- Videogames
- Socialization (chitchatting and parting with your friends)
- Shopping
- Work
- Gossip
- Thinking (is the #1 thing people are addicted to)

Root cause of all addictions - fear of emptiness

Fear of emptiness you experience when you are alone and have nothing to do.

Addictions are distractions and escapes.

Leo just sat there when he got a craving for ice cream - awareness of the craving coursing through his body.

Body goes through a physiological craving

Sit there and experience it

Observe it mindfully when it arises.

The problem is that you can't sit alone in an empty room.

The degree to which you are self-developed and emotionally mature is the degree to which you can sit alone in an empty room with no external stimulation.

The degree to which you need stimulation is the degree to which you are inept

Tests you internal grounding

Being grounded internally means just being.

Sit alone in a room for a couple of hours.

Are you lost in fantasies or are you present to the moment?

Fundamentally people can't do that because people's lives are hollow - people can't just be present and satisfied with stillness and being.

You stuff yourself with work, food, activity, porn etc. You feel full and dirty and guilty. Even though you were full you were actually empty on the inside.

This is the limit of hedonism and materialism - you can't fill the empty feeling. You run away from an existential emptiness (which people think is a problem) but you should

Actually accept it. Being itself is empty. Fear of the existential void.

You have to face the empty void to cure any addiction. Accept the empty void.

You can come to peace with the void

How to do it: sit for emptiness and do nothing.

Sit there with the cravings and just do nothing - don't distract yourself with fantasy.

Don't distract yourself from facing the nothing - face the purifying fire of emptiness.

It will be emotionally challenging but the longer you sit there, the purifying fire will burn your inner demons.

If you don't do this you will not fix the addiction at the root cause because you haven't faced the inner demons.

This works because it is emotionally challenging

The catch 22 every addict faces - every addict when he tries to go through recovery wants to find a technique that will help avoid the emotional labour required to go through the recovery which is the cause of the addiction.

Top techniques for addicts:

-do nothing technique

-mindfulness meditation

-strong determination sitting

Bonus - existential investigation

EI - sit down and investigate who and what you are existentially, what's going to happen when I'm death, face the insignificance of your existence.

Make some time, sit in a room without any stimulation and do nothing.

One who is not addicted can still do those activities but he doesn't need it - he actually enjoys sitting still more.

12 step programs - they can be very helpful especially for those with hard addictions

Most of them lack the big picture though. Your mission is not to quit an addiction your mission is to become self actualised and kill your inner demons

In a 12-step program you are playing defence not offence. It's not as good as doing nothing. Have the mission to become self-actualised.

There are two types of addictions:

1- Hard addictions (everything mentioned above)

2- Soft addictions

a. Criticism and Judgement

b. Love and Validation

c. Compliments

d. Success

People think that soft addictions are good but they are in nature neurotic.

The most self-actualized person is the one who is internally grounded and doesn't need external reality at all. This doesn't mean he is a banal person or he is not fun, he can do everything but he doesn't need it and for him the most enjoyable things for him is just to sit and to be. The question is how far are you from that ideal? How can you structure your life so your main goal is to be happy just by being and doing nothing? IF YOU CAN BE HAPPY DOING NOTHING AT ALL IMAGINE HOW COULD IT BE WHEN YOU ARE DOING SOMETHING WONDERFUL AND EXCITING.

Internal wealth is how happy can you be doing nothing; and this is something you can develop.

Lifestyle Minimalism

Most people's life pace is too damn fast, too hectic, you have no time to contemplate, you have no time to introspect, to be aware of conscious, no time to strategize and no time for being.

You need to make a strategic change and slow down your life. You need to slow down your life from 25% to 50%. You need to do 50% less of the shit you do and what remains, do it 50% slower (like having a meal).

You need to eliminate all the activities that consume your free time. You want to aim to live a simple life. YOU NEED LOTS OF FREE TIME TO THINK (you can measure your wealth with how much free time you have). Free time has more correlation with fulfilment than success.

The environment you live is extremely neurotic and doesn't help you in your self-actualization. The modern lifestyle that you live is unhealthy and neurotic. It's impossible to be mindful and conscious with a fast pace.

You are so addicted to doing that you forgot about being. If you go to a 10-day Meditation Retreat, you can experience the joy of being and you will realize that many of the things you have are useless and don't bring you fulfilment.

You can create a life in which you are more being than doing!

Careful with success, the only objective you have with success is to create more fulfilment, but this is a rat race.

YOU MUST STRATEGICALLY SIMPLIFY YOUR LIFE, this means:

- Cut activities
- Cut commitments
- Pull out of hobbies
- Brake relationships with people
- Keep saying no to new stuff!

You need to renounce material life all together in the long run because it doesn't work and doesn't increase your levels of fulfilment!

You will have to renounce your current life your gain TRUE REAL LIFE! The shit you are living now is not a life, that is you being a hamster in a wheel. Your hyperactive lifestyle is bullshit. A fulfilled person doesn't need to be hyperactive.

Strategy

You need to focus on the crucial things in your life and get ride off anything else. Key things to focus on:

- Meditation
- Enlightenment
- Life Purpose
- Education and Learning
- Slow deliver mindful action
- Contemplation

- Being

You have to minimize:

- Your friendships
- Your relationships
- Your family commitments
- Your hobbies
- Any fun activities you have

Think how your life can transform if you really apply these advises in 10 years. YOUR LIFE WILL BE RIDICULOUSLY SATISFYING AND EXTRAORDINARY IF YOU DO THIS FOR 10 YEARS. You need to cultivate being and stop doing stupid shit, you need to strategize more! You need to create the lifestyle of a sage!

The rewards that comes when you focus on turning inwards and cultivation of beings are better than any success you can achieve or the best orgasm that you'll ever have; you will feel like you are back in childhood, a sense of freedom and really being connected to reality.

You will need to let go of success and goals and give yourself more time to read, meditate and being. You need to say no a lot more, THINK LONG TERM! In your deathbed, all your social shit is not going to matter, all your money is not going to matter, all the fun things you did is not going to matter; what is going to matter is your connection to being and reality. Are you conscious of your own existence? YOU NEED A SPIRITUAL CONECTION TO REALITY AND TO THE PRESENT MOMENT.

You are not going to be able to rip the rewards in the first months, you need years and years of work to start feeling a real connection to reality.

You need to release, let go and exhaust your carnal cravings (food, sex, drugs, music, fun, stimulation in very sort). You need to exhaust and release those!

YOU CANNOT EVEN IMAGINE THE MAGNITUDE OF AWESOMENESS THAT YOUR LIFE CAN ATTAIN IF YOU FOLLOW THESE ADVICES.

One Simple Rule for Acing Life

Do the most emotionally challenging thing. Don't overlook the simplicity of this.

Always do what's emotionally most difficult.

What most people do is the exact opposite, thinking it will lead to the most comfortable life.

Living a good life is counter intuitive, you must go against the grain of society. You are currently like a weasel trying to find emotional comfort in life.

This mechanism is largely unconscious, so you must be mindful of it. Society, culture, business etc. cater to your weasel, they're rigged against you.

Don't I want to have a comfortable life though? No, that's a vegetative life. The best life is a self-actualized life where you challenge yourself constantly.

Emotionally challenging examples:

In school: reading the textbook from cover to cover

In college: to take the hardest classes

On YouTube: to not click a stupid cat video

When you're afraid: to not freak out and to stay grounded

In a relationship: to learn how to establish clear lines of communication

When losing weight: to give up lollies forever

Business tries to make these things easy for you but makes you weak.

In an argument: to consider you may be wrong

In a debate: to adopt the opposing side

In church: to question all your beliefs about the church

In dating: to walk up to someone and get to know them

When being criticised: to take on board the criticism

In life: to sit in silence and meditate

When you're presenting information: to present it factually and not add emphasis on certain points

In business: to give away massive value for free

In a self-help programme: to sit down and do all the assignments and homework

In spiritual work: to admit your own wishful thinking, to unwire your spiritual beliefs/ego

In life: to question the culture you grew up in

In finances: to save money for retirement

In sex: to use a condom

In health: to get a scan and see a doctor

In business: to not take shortcuts

In life: to not do what your friends and family are doing, to not believe what they believe

When angry: to stay mindful during your anger

When powerful: to not abuse that power

See where you don't follow this principle in your life.

Be Fucking Patient!

Hofstadter's Law: "It always takes longer than you expect, even when you take into account this law."

How sad would it be that you were on track to get some important accomplishment and you quit just inches ahead of your final goal? Maybe the only thing standing in your way between you and the success you want in your life is actually just patience.

You are on this journey of self-actualization and what happens a lot of times is that you feel you are not getting the results you deserve give what you are putting in. It's important to remember that you need more patience.

Whatever your goals are, just be patient! Don't psyche yourself out when you don't get the results you expect. The mind will always try to expect more than what is happening. "People overestimate what they can do in 1 year but underestimate what they can do in 10 years". You need to start think more long term! Growth is exponential but you need to stick with it for a long period of time.

Success is made up by thousands of small steps. Big accomplishments don't happen in one giant victory; it is an accumulation of small victories that with time generate really big results. RESULTS DON'T COME LINEARLY. You need to stick with it until you get through the point of inflexion where giant results await you.

At the beginning of every project, that is the longest phase and the most emotionally difficult part. The beginning is like 80% of the work (a couple of years) but once it takes off you are done.

The amount of patience you need to have in a project should be proportional to the significance of that project to your life. If it's really significant, it is worth the time. Napoleon Hill researched for 20 years before creating his book.

Really important projects:

- Meditation
- Financial Independence and Business
- Relationships and Dating
- Enlightenment

In meditation and enlightenment work, the first few years are really challenging; you are going to pas though some difficult times but after that only peace remains. This applies to everything in your life.

How to implement this principle of patience

- Be conscious of your self-talk in the first stages of your progress. Think long term!
- Create more room in your life for strategizing! You need an hour block of time every week to strategize and think about your life long term. Connect the dots and work towards your ultimate vision.
- Slow down your pace in your projects. The root is your impatience, expect that results will show in a longer time, be patient. Don't rush the project. Accept that you will take twice as long to accomplish it.
- Focus on walking the path, it will transform your life if YOU STAY ON IT! Nothing will ruin your results than self-sabotage!

Remember that patience is not the same as waiting. You need to take action but be patient!

Questions

- One area of my life that I'm trying to go to fast is...
- Why am I in such a rush?
- If it took twice as long, would it still be worth it?
- If I embrace the principle of patience I would...
- How would my expectations change if I care deeply about long term results?
- What exactly does a lazy pace look like for this project?
- What exactly does an impatient pace look like for this project?
- What exactly does a wise pace look like for this project?

The Grand Model of Psychological Evolution

The human psyche is well-studied and there is a well-trodden path to psychological development. You're not the first human born. Wouldn't it be cool to understand what's coming up next to you in life.

There is a directionality to how the psyche grows, and it does not tend to regress.

The spiral dynamics stages happen to you individually and collectively in society:

Beige – basic organism survival

e.g. a baby, senile elderly people, disabled people, bums on the street

Transformational dilemma: there are other organisms around me so I should learn how to interact with them.

Purple – magic and tribal

e.g. small tribes, tribalism, a little piece of a larger organism, supernatural, good vs evil, voodoo, folk remedies, clan warfare, magic rituals, witchdoctors

Transformational dilemma: Identification with the tribe, need to let go of the tribe, to reclaim your individuality, it would be lucrative to dominate the tribe

Red – ego centric power

e.g. pure use of power for self-gratification, stealing, take what I want, disregard for rules, gang leader, dictator, mafia, criminals/con artists

Transformational dilemma: This impulsive thinking is disastrous in the long run. Force is not sustainable. Not considering people backfires on people that are close to you, who you love.

(notice how the spirals alternate from individualistic to collectivist, also notice that the stages don't know that they exist and how they fight against each other. You have to go through the stages. All world conflicts arise from the stages demonising each other)

Blue – absolutist conformist rule, civilization emerges

e.g. tradition, heritage, rule of law, good vs evil, belief in god and devil, all other religions are false religions, cultural monism, cultural superiority, world is black and white, bible, sacrifice for family and country. Sceptics are heretics. Fundamentalism, bible belt, Islam, Amish, Zen Buddhism, all the major religions.

Transformational dilemma: Black and white thinking doesn't work well in a grey world. There are many cultures and interaction between cultures may be beneficial. Ego is now tired of sacrificing and wants some freedom and power. Hierarchies are oppressive to those low on them.

Orange – Individualistic success and science (most of western society is here)

e.g. science and technology, abundance, consumerism, freedom and liberty, rise of business, economy, money is king, efficiency, growth at the expense of everything, manipulation (rather than physical violence) and white collar crime, Wall Street, CEOs, modern business man, science funded by business, the corrupt politician.

Transformational dilemma: Materialism does not get you happiness. Your selfishness is hurting other people. Destruction of resources on the planet, ecological destruction, pollution. Selling your humanity.

Green – Relativistic, caring, and communal, rejection of shallow materialism

e.g. multiculturalism, preserving the planet, empathy within and between species, hippies, new agers, progressives, social workers, academics, care bears

Transformational dilemma: overly idealistic, caring and sharing doesn't solve the world's problems, the need for real, tangible solutions, false spirituality (not embodying the depth spirituality).

Entry to tier 2 – systemic thinking and integration, awareness of the stages

Yellow – Systemic thinking, life is grey, multi-perspectivism, ecological, solving world problems, competency

e.g. complexity and nuance, understanding of the previous stages, understanding there may be levels above itself, Eben Pagan, Ken Wilber, some academics, Obama maybe.

Transformational dilemma: stuck in its head a lot, model building needs to be transcended

Turquoise – holistic, global actualization, true spirituality

Be wary of your ego playing tricks on you. Ego likes to think it's two steps ahead. This is a general schematic and you can be a mixture of these.

These stages also happen along different lines: mental, moral, spiritual, sexual, cognitive, emotional etc.

You can't just skip stages; you have to go through them.

This model is good for building awareness. Evolve yourself up the spiral.

30 Ways Society Fucks You in The Ass

Society distracts your lower self

Our current society is at stage orange – no facet of society that is not touched by business

Carefully developed systems that trap you into low consciousness patterns

Very little business in high consciousness stuff

The game is rigged against you

All-out war for eyeballs – if businesses don't get your eyeballs, they die

The chimp parts of your mind (lizard brain) is irrational and illogical – runs most of your life and falls into traps created by marketers – ego banking off of ego

Salt, sugar, fat, sex, power and status, fun, play, entertainment, validation (ego stroked), security and comfort, love, vanity/pride, gossip – these function unconsciously in you.

A product that hits a number of these things the you bring out your wallet. Not many people target your higher self.

1. Food
2. Alcohol and drugs
3. Medicine and pharma
4. College and schooling industry
5. Celebrities – following them and gossiping about them
6. Books – junk books
7. Videogames
8. TV shows – GoT is designed to appeal to all your lower self
9. News industry
10. Social media – just chimp chatter
11. The internet – pop culture
12. Hanging out with friends
13. Playing a status game
14. Porn
15. Shopping and fashion
16. Tech bubble trend
17. Financial markets – especially credit – wanting to get something for nothing
18. Nightclub
19. Car culture
20. Holidays marketing
21. Politics
22. Religion
23. Marriage: makes you think you can escape personal growth
24. Romance
25. Family – a troop of chimps
26. A typical 9-5 career
27. The stock market, wall street – all they do is exploit you
28. Professional sports

(all in there somewhere)

All of this is an escape for the ego – an amusement park – to distract you from looking inward

The distraction is from truth and the shortness of your own life

You're being distracted from living a real life

Societies goals:

Achievement

Progress

power

efficiency
Status quo

Society is all about doing
And life is all about being

The good news:
It's fully in your power to avoid these traps

You will be labelled weird if you try to live a conscious, healthy lifestyle

The place of least resistance is where the traps are laid
Mainstream everything is incredibly unhealthy
Learn how to play this game – learn how to construct traps for eyeballs – for good

Take a whole week off and rent a place away from everything – remove all distractions. Contemplate life, don't eat too heavy. Detox from the hustle and bustle
Get in touch with being. Notice what your mind is coming up with.

Extra Notes:

Your aim has to be finding your authentic self. Truth is about being, not about doing. To discover your truth you have to be silent. Your true aim in life is to find your true self.

Good news: It's fully in your power to avoid these traps. You have to design a healthy conscious lifestyle where your life is about finding the core of who you are. If you try to live a conscious life you will be labelled as weird.

There is a balance side to this, some businesses are really helping us and we are living in a good time.

What do you do?

- Relax, wake up a little bit. Acknowledge that you have been sucking societies tits.
- Stop the lies and distractions.
- Over the next 6 months:
 - o Take one week off and be alone without anything.
 - o Sit there for a whole week and contemplate life.
 - o Meditate and detox

PLEASE READ: LEO COMMENT DOWN THE VIDEO

I'm noticing that a lot of folks are resonating with the message in this video, but also are left puzzled as to what it all means and what to do about it.

Are you confused?

Good! That's part of the path. You should be confused. This is deep stuff. This is what drives philosophers to sit and think for hours and hours on end. This is why I told you to take a week off to just sit and think. You can't expect to understand all the ramifications of such a shift in worldview in 10 minutes. You've probably never sat down and

seriously contemplated life before. Welcome to the self-actualized way of life – where things are uncertain and there are no ready-made solutions.

Here are some tips for how to interpret this video:

D- Allow the confusion. Allow the uncertainty. Be open to new possibilities. Don't need answers so fast.

2) Don't fall into the trap of black & white thinking. I didn't tell you to divorce the love of your life, abandon your kids, or stop watching Game of Throne. I merely made you more aware of how you do these things largely mechanically and unconsciously. I did NOT say that this stuff is evil or bad or must never be done again. No action or eurotic, by itself, is necessarily bad or unhealthy. It's how the eurotic fits into the bigger picture of your life that's of most importance. Are you using this eurotic to distract yourself from finding yourself or seeking out truth? Yes? Then just notice that. Don't overreact.

3) It is not practical to think that you can just ditch the entire matrix of your life in one go. Nor is that usually necessary. What you can do is make a commit to clean up your life. This would be a long-term, gradual project. You might start by watching less TV or quitting weed, and continue along this routine year after year, slowly pruning the most low-consciousness habits from your life. And also adding healthy ones like meditation or more green veggies. This is basically the process of personal growth. It happens over the course of years and decades.

4) The most important action step I'd like you to take is simply to be mindful of your chimp behaviours as they happen. You can notice how you shop for useless things, or eat junky food, or binge-watch Netflix. Also notice the chimperry all around you. Notice the advertisements on YouTube, the kind of stuff you're being marketed, the way your friends gossip to one another, etc. Awareness alone is helpful.

5) Don't start blaming society or the CEOs or politicians. They are chimps, just like you. Notice that blaming is part of the chimp game.

6) If this video stirred you from your sleep, and you know deep down in your heart that some choice right now that you've been pondering is right and healthy for you, then go ahead and take action on it.

7) Watch some of my Spiritual Enlightenment videos if you haven't already. This is the most direct way of finding your true self:

I never said I want to drive fast cars. That has never held appeal for me. You're miss-remembering that one.

My views on sex and orgasms is quite "spiritual". I don't treat sex as a low consciousness activity as much as most people do. I also have it quite rarely so it's never caused me any distraction from my higher aims in life. In fact sex fuels me up to be more creative and alive.

My views on money are also different than how most people think about money. I never cared much about money in the sense that I get to live a cushy lifestyle. I live economically. Money to me is important only insofar as I use it as a resource that enables me to fulfil my creative aims, self-actualize, and impact other people without having to sell out.

So the point with all this is: it's not the activity which is bad. It's how you use it and what your motives are behind it.

That said, yes, I have matured even more since shooting that video. The priorities of money and sex have dropped lower than they already were, and I expect that trend to continue.

Enlightenment is not philosophy. You MUST sit down and do the self-inquiry work. Everything else is a distraction if you want to get enlightened.

As far as life purpose vs enlightenment. It will be very difficult to do both seriously at the same time. Choose one or the other to focus on.

You can also do enlightenment work gradually while you're focused on your career. Just spend about 1 hour per day on enlightenment, 10 hours per day on your career.

But if you're going after enlightenment hardcore, like 4+ hours per day. You won't have time to develop a new career. Your mind will be melted from the work.

The Happiness Spectrum

What kinds of happiness are good for us and what happiness is bad for us.

Pleasure vs. gratification

Aristotle talked about hedonic vs eudemonic happiness

Eudemonic happiness – living a virtuous life. Embodying your greatest strengths and living up to them and living a conscious life.

What ratio of things you do bring you hedonic vs eudemonic happiness.

Want to bring the ratio more towards eudemonia.

The hedonic stuff that we think will make us happy (which is mostly short term) is actually quite hollow.

Turn from the outside to the inside.

Eudemonic happiness cannot be chemically induced. You have to work a lot

Eudemonic happiness is from deeper fulfilment and living towards your best self. Living your self-actualised life.

Three factors to look out for:

How long does the happiness last?

What does this cost you to produce this form of happiness?

What are the long term costs of engaging in this activity.

Spectrum (hedonic to eudemonic, in thirds, first third you want to avoid, last is very good etc)

- Drugs
- Food partying and drinking
- Beauty trying to make us look physically better
- Money (esp. for intelligent people) – all money can do is buy you more hedonic happiness, you can't buy eudemonic happiness)
- Shopping
- Media and entertainment – can really consume a bunch of your time and creates an opportunity cost.

- Gossip and idle socialisation
- Pursuing fame, public image, and “success” – after you get it, it becomes unfulfilling
- Validation from other people
- Porn and sex
- Romantic infatuation (first 6 months of relationship)

Anything in this first third can become an addiction. Give you a big spike and quickly comes down.

- Hobbies
- Physical exercise and growth (don't confuse this with beauty)
- Friendships and strong relationships (a couple of solid friends are good, and family)
- Companionate love (post 6 mo. in relationship, deep rapport with other person)

Last third is most exciting

- Learning and education
- Excellent work and flow states (you lose self-consciousness and enter flow)
- Inner development and self-acceptance (self-esteem and confidence)
- Kindness
- Gratitude
- Integrity (do you walk the walk or just talk the talk)
- Contribution
- Being (best way to practice this is meditation) – practice making yourself present

This stuff requires an acquired taste

Hedonic adaptation can happen

What are your goals for the next year? Are they mostly hedonic or eudemonic?

What Is Happiness?

Happiness vs excitement

People often confuse excitement with happiness

Excited vs fulfilled and calm and peaceful

Stimulation and titillation and excitement can feel like they make us happy, but we can't take that emotional peak and lock it in. But this can't last. This excitement acts more like an addiction. With the highs come the lows. You destroy the arc of your life by chasing stimulation.

Genuine happiness – a feeling of peace, calm, and contentment. Suffering is eliminated in the moment.

When you chase excitement in an egoic way, you become like a hamster stuck in a wheel. Chasing external things won't make you happy.

Notice how all the things you chased haven't made you deeply happy once you got them.

What you are after is that moment of peace after the stimulation ends.

The rollercoaster ride of excitement followed by suffering is created by you.

Your natural state is 100% calm, but your ego doesn't let you experience this. You must dismantle and dissolve the ego and enlighten.

Stimulation will NEVER fulfil you.

- 1) Unplug yourself from as much stimulation as possible
- 2) Start to meditate. 20 min per day for the rest of your life.
- 3) Lock yourself in your room with no stimulation and sit comfortably for 2 hours (you will start getting withdrawal symptoms – you are like an addict)

Paradoxes of Personal Development

Be wary of an ego defence preventing you from looking deeper into a paradox or contradiction

Its good to build a big picture understanding of life

But its difficult when you are unable to fit two pieces together

Its important to be able to suspend two pieces that don't fit and be able to hold them suspended until new knowledge (maybe gained years later) enables you to fit them

Paradoxes:

You're perfect as you are vs. you have to work very hard to actualise yourself

You have real problems in your life that need to be fixed vs. your problems are illusory and problem solving is not them best way to go about it

Relationships can give you lots of fulfilment and happiness vs. relationships can never truly make you happy

Be wise and don't make unwise decisions vs. some of the greatest people we know have lives constructed around many failures

Think and contemplate about your life vs. thinking creates neurosis, stop thinking so much

Work hard to make yourself more attractive to the opposite sex vs. to be the most attractive don't work on it at all

To get into a relationship, don't need the relationship vs. if you're very independent if you don't need a relationship then everyone want to be in a relationship

Be present, live in the now vs. the delayed gratification is good

Be very careful with your mind and your ego, don't trust yourself vs. trust yourself completely

Never quit, persevere vs. prioritise and cut your losses early

To be happy, don't think about happiness

Be selfless but to be selfless work on yourself very hard. To be selfless be selfish

To be the most authentic self you can be, eliminate the ego (yourself) (aren't you using the ego to eliminate the ego
☺)

On one hand you exist, on the other you don't.

On the one hand you should embrace paradox, on the other you should create a perfectly fitting big picture of life.

When you are hung up on a paradox it usually stems from your insecurities – people want to feel secure. It's a problem with the ego.

Treat your mental model building like a continuing process – an infinite jigsaw puzzle

In reality, there are no contradictions in reality – paradoxes are a function of your minds desire to model reality in your brain

You cannot perfectly simulate reality within reality. We have a very limited understanding of reality – using simplistic models.

We don't want to forget that our models are just models, they are maps, not the territory

What we know is a very loose approximation of reality
Paradoxes are a problem of the mind and ego rather than nature

Its ok to not reconcile paradoxes quickly – don't worry about the security and certainty.
Things don't have to be rational.

Check out link in video description – Wikipedia paradox list

Not knowing is not a bad thing

The Role of Balance in Personal Development

“Step with care and great tact, and remember that life's a great balancing act”. Dr Seuss

The story about the beautiful castle and the spoon with oil.

Balance is fundamental for your development. You are taking information from multiple sources and giving advice to some people (family, friends, girlfriends, etc), but you need to understand how balance fits into the equation.

The problem is that balance can't be taught, it has to be lived. You cannot learn balance from reading books, you learn by living! YOU NEED TO FIND THE RIGHT BALANCE FOR YOU IN YOUR LIFE, AND THIS IS BEAUTIFUL! You cannot give the same advice to people and expect to work every time. Everyone is unique and lives in a specific situation.

Balance is really difficult since you need to know when it is too much or too little. You need to be flexible enough to find a balance in your life.

Examples

Take into account that you need to find an equilibrium in your life and each of these different aspects of your life:

- The balance between complacency/laziness vs being neurotically disciplined

Some people are way too lazy and need some kick in the ass, while some are over achievers and need to chill out a little bit.

- The balance between being gentle with yourself and others vs being hard with yourself and others

You need to be flexible in regards of the context. It always depends on the situation.

- The balance between right brain and left brain

You need to balance logic and intuition. You need to be really good at using both and utilize them in different situations.

- The balance between suppressing emotions vs expressing emotions

Some people suppress way too much and some express way too much. It is something you need to decide depending your life situation, who you are and the exact moment.

- The balance between rejecting theory altogether vs getting lost in theory

Some academics are lost in theory or some people in business get lost in theory and just don't take that much action. Other people don't give a fuck about theory and just take action.

- The balance between life purpose vs spirituality

There needs to be a balance between business and spirituality and it's your work to find out. You need to find your authentic values and motivations and discover your balance in a certain point in your life.

- The balance between pursuing enlightenment vs spiritual development

If you only do enlightenment you will be in problems and if you only do personal development you will be in problems too. Either extreme is wrong and sticking in the middle is probably a bad decision. Take into account your current situation!

- The balance between working in yourself vs enjoying life
- The balance between unconditional love vs being a doormat

Loving unconditionally doesn't mean that you don't have to stand up for yourself sometimes. Also, some people are hyper assertive and turn into assholes.

- The balance between being too stingy with your money vs being too wasteful
- The balance between chasing money vs neglecting money

Some people are striving for more money all their lives and some just neglect it saying that it is not important and life is about love and art.

- The balance between being pragmatic and idealistic

You need to maintain your values and ideals but at the same time, you have to be part of the real world and be practical. You need to get stuff done while doing business, and relationships, etc.

- The balance between contemplating death vs becoming nihilistic

You need to find a balance between the inherent meaninglessness of life and that life has a meaning and you can be passionate.

- The balance between being scientific vs being materialistic
- The balance between art vs marketing

If you are an artistic type of person, you really value your art. The problem is that sometimes your art cannot be marketed and you won't be able to impact people. It will take you a decade to sort out in your career.

- The balance between rejecting culture vs studying culture and finding good things in it

When you are starting, you need to reject many aspects of your culture but after a while, you don't have to deny them. You need to develop a certain worldliness.

- The balance between being brutally honest vs being weak and compassionate
- The balance between relationships vs career

- The balance between exploring psychedelics for growth vs using them for escape
- The balance between quitting toxic relationships vs avoiding commitment

Some people use stupid problems to cut off a relationship that was actually good just because they use the excuse of quitting toxic relationships.

- The balance between being focused on one teaching vs being eclectic

The solution sometimes doesn't mean that you have to be in the middle. In some occasions, you need to be fully on some side of the equation and sometimes on the other side. It is a dynamics equilibrium.

A low consciousness mind goes to extremes and generalize. Complex advice is not black and white. It requires careful discernment.

Balance applies to your business, government, your personal life and so on.

Balance is not "everything in moderation".

In the end you are the ultimate decision maker about which advice is right for you and which is wrong for you in this specific time in your life. Even the most enlightened person can give you a personal advice that cannot be applied to your life right now. **BALANCE IS NOT AN ACT YOU CAN OUTSOURCE.**

The key here is to keep moving forward, although you are confused. Balance is a dynamic form of equilibrium, not just the middle of two ways.

Dynamic Balance looks like this: In the next 5 years you will be working in your business. When you get that handled, you will work in your love life. Then when you have that handled, you focus on spirituality. When you are working in spirituality you may quit your business but then you become enlightened and you get back into business or whatever. **THIS IS WHAT IT LOOKS LIKE!**

Try to follow your motivations! These will change a lot in your life! **FIND WHAT WORKS FOR YOU!**

Think of life as a mixing sound board with lots of knobs. Your life is like a giant mixing knobs. Balance is not about putting all the knobs to 0. It is about finding the right balance depending on the songs you are composing, depending on what you want out of your music. When you think about your life and the life of others like this, you become more tolerant and cosmopolitan and less ideological.

Be careful about criticizing others' people process. They may need to go through a different process than you in order to grow. Moreover, people are different so keep that in mind.

THIS SHOULD MELT AWAY THE DESIRE TO BE IN

The Ultimate Model of Human Knowledge

Being dogmatic – when you get a strong emotional reaction when your views are challenged.

How can you decide who is right and who is wrong?

Could self-deception be occurring? How can you know what is true?

Epistemology – how do we know what's true? How can you be certain of your own beliefs?

Notice how your beliefs have justifications for them, and that when you question your justifications (which are also beliefs) they tend to end at an assumption.

These assumptions are at the core of our beliefs but are never really questioned. They appear self-evident. But how would you know they are true? The reason you believe certain things are not because of evidence but because they feel right. It makes sense intuitively when put up against your whole world view. What if intuition is misguided? How can you trust yourself to be a real judge in your own trial? There is no ultimate arbiter.

All the justifications are ultimately groundless. Every belief system has a personal bias in it. You think you're going based on evidence, but you are personally biased. Notice that when you try to debate with other people, a lot of emotions come up. A string of 5-10 justifications is enough to get you to stop questioning things.

Quines model: Two dogmas of empiricism. Human knowledge is a field. Your beliefs are like nodes in this field. But it only contacts direct experience at the edge of the field. The contents of the centre of the field do not necessarily contact direct experience.

You can see a rock, but the belief that it's made from mineral atoms is outside of direct experience and sits deeper in the belief field. Note: a belief is a statement about reality which you believe to be true or to be false.

No matter what belief you hold, it only loosely fits the periphery of the empirical data. You can fudge the centre however you want. New experiences have to be accounted for, which interacts with other linked belief nodes. But those interactions can be varied. Basically: many different belief systems can accommodate the raw facts.

You can't verify a single belief because it depends on other beliefs in your world view. Any statement can be held true depending on how we modify the rest of the system. You can explain away facts without changing your core assumptions. There is nothing outside of this model.

The stuff at the centre is the most unassailable. There are many layers protecting the core of the knowledge field.

Physical objects and gods differ only in degree, not kind. The myth of physical objects is epistemologically superior because it has proved itself more effective for working in a manageable structure of experience.

The reason we think certain things are true is because they help us to deal with our experiences. This includes logic and mathematics.

You're never validating any one statement; you always drag your whole world-view into the inquiry.

Everyone creates fictional entities in their minds. The belief in god is no different to the belief in atoms and molecules.

Argumentation and justification are just a game. People care about practicality, not truth.

The truest thing we have access to is direct experience. But we don't know if we are receiving everything. We can't know what is absolutely true.

But what if it's possible to get rid of the self, the boundary between 'me' and the external world. What if that's a conceptual boundary? What if the self is a node within the knowledge graph? What if by transcending the self, you realise that 'you' have direct access to empirical reality. Truth is what's left after the knowledge graph is removed.

To destroy the knowledge graph, you must do the practices. No actualized.org video will get you to the truth. Remove knowing to become being.

Understanding How Paradigms Work

A paradigm is a philosophical or theoretical framework, including any method of validation.

Thomas Kuhn discovered that scientific paradigms influenced the process of inquiry. What is studied and what is researched.

Science is subject to many biases, which challenged the idea that science was objective.

The paradigm influences how results are interpreted.

The paradigm shapes what is allowed to be possible and what is imagined to be possible.

Your imagination can be crippled by your paradigm. Most scientists are very traditional and conservative. They just work to collect data to validate the current paradigm – leading to paradigm lock.

The paradigm also makes assumption that are taken to be self-evident.

Scientific revolutions happen when enough anomalies get collected to challenge the existing paradigm. Most scientists are extremely closed minded.

Kuhn: Paradigms are incommensurable – can't communicate between multiple different paradigms.

List of paradigms:

- Tolmie's spheres of the universe
- Platonic forms paradigm
- Teleology
- Atheism vs Theism
- Euclidian vs non-Euclidian geometry
- Newtonian vs Einsteinian physics
- Naïve realism paradigm
- Rationalism vs Empiricism vs Idealism
- Mathematics and it's fields
- Karma and rebirth
- Consciousness as brain activity
- Quantum mechanics
- Big bang universe
- Logic and rationality
- Darwinism vs Intelligent design
- Pickup
- Capitalism vs communism
- Success oriented self-help
- Spiritual based self-help
- Freudian psychoanalysis
- Cognitive behavioural therapy

- Cultures and all religions
- History
- Modern academia
- Conspiracy theories
- Vegan vs paleo vs detox
- Shamanism, witchcraft, voodoo
- Types of art
- Behaviourism and Spiral Dynamics
- Homeopathy
- Thermodynamics
- Graphical user interface and computers and touch screens
- Building your career by going to university and getting a career.

Paradigm Lock – when the mind gets stuck in a cohesive and circular framework, until its not able to break out. Its only committed to using that framework.

Problem: you lock yourself out from other paradigms, you place the burden of proof on the ones challenging your paradigm. You prevent yourself from stepping outside of your paradigm. You interpret everything from your paradigm, from the self-evident assumptions at the core of your paradigm.

You can't fully appreciate another paradigm until you suspend your current paradigm and dive deep into another one. You leave yourself up to confirmation bias.

Your paradigm can be so encompassing that you are like a fish in water, not realising there are places not under water. The more paradigms you experience the more open minded you become. The more you lock into a paradigm the more you set yourself up for a mindfuck.

Recognising that you are in a bubble and that there may be something outside of it is a big step to self-development. Is it possible to not have any bubble at all?

All bubbles have blind spots because they make assumptions about reality.

Anything you see outside your bubble is always dismissed in classical, predictable ways:

- demonization
- judgement
- labelling (impossible, contradictory, weird, ridiculous, fantasy, too abstract, useless, dangerous, waste of time)

Notice how you demonise other perspectives. This is textbook prejudice – you judge other things without having experienced them.

Reserve your judgement about things you haven't experienced – recognise that your ideas about something you haven't experienced are only second-hand knowledge.

Go enter another bubble and see how it feels.

Notice how lots of paradigms have mechanisms for preventing you from leaving – curiosity and questioning is not encouraged.

Examples of paradigm lock:

- Christianity – the bubble is correct
- Atheist – the default position is that there is no God.
- Many philosophies in textbooks
- Scientific materialism
- Reductionism
- Scepticism – not turning the scepticism on itself.
- Rationality and formal logic

- Thought itself
- Language and using language to describe reality
- The self
- Reality – the notion that reality is real and exists is a paradigm
- etc.

How to break out of paradigms:

Recognise homeostasis and self-deception processes working.

Recognise the fear, humiliation and pride influencing you.

Recognise that leaving your paradigm is isolating to you, your loved ones will demonise you.

All of that threatens your ego.

Breaking out of self and reality will require you to face your death.

The most important paradigms to break out of for personal development:

- naïve realism
- rationality and logic
- science
- atheism or theism
- object persistence (objects existing outside of your experience of them)
- the self
- life and death
- language
- thought
- western psychology
- mainstream culture
- consciousness as brain activity
- psychedelics as chemicals
- fear (and believing it's real)
- believing that problems are real
- good and evil
- time and the existence of the future or past
- the success paradigm
- western medicine
- the paradigm that emotions are happening to you rather than you are creating them
- suffering and pain as given things
- the paradigm that reality is real
- thinking paranormal phenomena aren't real

To break paradigm locks you need a discontinuous jump, not dragging your old stuff with you.

Two skills to take away:

Notice when you are stuck in paradigm locks

Learn how to make discontinuous jumps

Question assumptions very deeply

Meditation, contemplation, and self-inquiry

Psychedelics

Reading and research

Travelling

Go to the video and download the worksheet (<https://www.youtube.com/watch?v=PM-5NFY1C3c&t=1s>)

True vs False Scepticism

“The supreme function of reason is to show man that some things are beyond reason”. Blaise Pascal

Modern scepticism masquerades as scepticism when really is just dogmatism. Pyrrhonism was the name of the original scepticism.

Leo finds Pyrrhonism the most accurate school of philosophy, epistemically speaking. It is named after Pyrrho. He eurotic with Alexander the Great to India, and bumped into the gymnosophists (yogis) and from then, he learned very interesting insights about the nature of reality. They convinced Pyrrho that nothing is certain.

What did Pyrrho teach? That the greatest aim of life is Eudemonia. This is a Greek term that means happiness or living the good life – careful, don’t confuse it with pleasure or success – for them is living a contemplative life and embodying the truth and living from Good.

Philosophy is about what is true. Pyrrhonism says that nothing can be known for certain because you have two ways of accessing reality. The first one is the senses and the other one is reasoning. The problem is that they are not reliable and can trick us very easily. Therefore, we have to be honest and admit that we cannot know reality for sure. Neither perceptions nor reasoning tell us the ultimate truth. Moreover, he taught us that reasoning or proof is either, circular, or involves an infinite regress that is ultimately groundless.

How do we usually know what is true? We claim something and then back it up with justifications and proofs and evidence, but if we really think about it this is groundless because for any evidence you provide, you will need more evidence to prove itself and so on. You cannot basically ground anything because you don’t any grounding proof. You cannot say something is true because with each statement, its contradiction may be advanced with equal justification. THEREFORE, PYRRHONISTS REFUSE TO TAKE ANY POSITIONS BECAUSE WE DON’T HAVE GROUNDS FOR TAKING IT. THEY REFUSE TO TAKE SIDES. They will doubt anything beyond appearances because they cannot be ultimately proven. They also oppose that nothing can be known. The problem with the modern sceptic is that they doubt their own eurotic. You cannot know if nothing can be known. To make that sort of claim would be dogmatic.

“Scepticism is an ability or mental attitude which opposes judgement in any way whatsoever, with the results that, we are brought to a state of mental suspense, and then to a state of quietude. Suspense is a state of mental rest in which we don’t deny or affirm anything. Quietude is a tranquil condition of the soul. The main basic principle of the sceptic system is that of opposing to every proposition, an opposite proposition for we believe that as a consequence of this, we end to seizing to dogmatize.”

Pyrrhonists are continuing to talk about this topic of euroticity of mind. They are not skeptics just for the sake of it, they are skeptics to reach Eudemonia. They recognize that Eudemonia is happiness, and you achieve it by stopping taking positions about things we can never be certain.

“When we say that the sceptic reframes from dogmatism, we say that we he does not ascent to anyone of the non-evident objects of scientific enquiry. The philosopher absents to nothing that is not evident. Our doubt does not concern the appearance of things but the account of the appearance. For example, honey appears to us to be sweet. This we confirm. But, whether is also sweet in its essence is for us a matter of doubt since this is not an appearance but a judgment.”

They accept that appearances are appearances, but they don’t claim anything. They differ appearances from judgments and conclusions. What is given to us to reality is appearance, and nothing more. We don’t know more.

“Even in the active announcing the sceptic formula, the skeptic still does not dogmatize, for whereas the dogmatizer poses the thing about which he is said to be dogmatizing, as actually existent, the sceptic does not posit l any absolute sense. We must grasp the fact that we make no positive assertion regarding absolute truth.”

Pyrrhonism doesn't claim that they are the ultimate school of philosophy. If they said that they are the right paradigm to see the world, they are becoming dogmatic. Instead, they are very careful, and say that even though they are eudaimonic, they hold their eudaimonism very loosely, which is why they don't say that nothing could ever be known.

"The man who claims that something is by nature good or bad, is being disquieted. When he is without the things he deemed good, he believes himself to be tormented by the things naturally bad, and he pursues after the things which are, as he thinks good. Which then when he obtains these good things he keeps falling into more agitation of the mind because of his irrational claims, and he uses every eudaimonic to avoid losing the things which he deems to be good. On the other hand, the man who determines nothing as to what is naturally good or bad (the sceptic) that person neither escapes nor pursues anything eagerly and, as a consequence, is unperturbed."

Sceptics understood that the game of materialism is never going to bring true happiness. You will fight for the things you think will make you happy, and when you achieve them, you will still struggle to keep them and defend them forever. It is a never-ending cycle. YOU WILL NEVER WIN THE GAME OF MATERIALISM.

"Does anything true really exist? It is impossible to decide the controversy because the man who says that something true exists will not be believed without proof of the opposing argument. And if he wishes to offer proof, he will be disbelieved if it is acknowledged that his proof is false. So, he has to declare that he has to declare that his proof is true, he becomes involved on circular reasoning. He will be requested to show proof of the proof. And then more proof of the proof and so on ad infinitum. It is impossible to know that something proof exists."

When you are presented with so paradigm, ask what is the proof. And then, what is the proof of the proof, and so on until you get to the very bottom. You will notice that it goes around in circles or just stop somewhere. At some point, you will get to a position in which you will have to accept something on faith. And that is what the pyrrhonists recognize.

How to reconcile this with enlightenment? The sceptic truly, in his essence, doesn't cling to anything, so they should be open to the possibility of Absolute Truth to exist. True sceptics should be open to the possibility that they are wrong. Pyrrhonism actually leads to non-duality. The problem with this school of thought is that they left out a 3rd possibility of knowing apart from reasoning and the senses. This third one is direct consciousness.

It turns out that total quietude of mind – what the Pyrrhonists talked about – is Absolute Truth at its deepest level.

False Scepticism

It is not pyrrhonism. It is a weaponized ideology against spirituality, mysticism and new age concepts. When you usually see a sceptic today, they are just rational, scientific thinkers and naïve realists and they are militants against religion and spirituality. He is taking a very clear position but calls himself a sceptic. The problem with this type of eudaimonism is that it is blind to itself. It is a eudaimonism pointed outwards only.

The mind uses concepts and ideas to trap itself and become a tool of the ego. They think that science and rationality are not paradigms but accurate descriptions of reality.

What does True Scepticism looks like?

It recognizes the limits of rationality, logic and science. It questions all and doesn't give nothing a special position. It questions every single assumption regarding how the world works. He questions itself and is self-reflective. It is brutally self-honest with itself. A true sceptic is interested in being open-minded and its final goal is happiness, not winning an argument.

True eudaimonism is a compassionate and loving philosophy since they don't take positions. It aims at eudaimonism of the mind. It leads to true spirituality.

The components are:

- Radical Open-mindedness
- Perpetual Inquiry
- It leads to Pragmatism: You get thrown back to your experiences and senses. You realize that ideology doesn't get you to Eudemonia, and you can only get there by becoming one with your experiences and sensations. This leads to mindfulness and Enlightenment.
- It creates an active vigilance against the mind's trickery
- It prevents paradigm lock
- Holism: See everything as perspectives
- You become a deep learner
- A lucid state of robust equanimity

When you embody pyrrhonism, you become much more humble. You need to realize that your preferences are not reality and are not absolute; this will lead you to ideological humility.

Reasoning is useful when realizing its own limitations. You cannot be happy while being a dogmatist. You need to be open to evidence! The problem is not the content of the belief but the dogma itself.

The problem right now is not religion, is science, technology and materialism!

When you are disturbed, there is an ideological position there.

Dangers of Understanding this Philosophy

- Don't turn eudaimonism into a dogma: Apply eudaimonism to your eudaimonism
- Don't use it to promote inaction, laziness or nihilism. Remember! Our goal is to achieve Happiness or Eudemonia! Not Knowing should foster deeper inquiry.

WE ARE AFTER TRANQUILITY OF MIND! GO FOR THE BIG FISH! GO FOR THE ABSOLUTE! You will be living in a world of relativism, but you need to stop taking positions!

How to Be A Strategic Motherfucker

Most people's life suck due to lack of strategic thinking and, on the other hand, successful people are great strategic thinkers.

"Most people do not engage in a methodical process of investigation, assumptions, information gathering analysis, planning and finally action. Most people live by routines, facing the same problems every day." Most people do not sit down and actually strategize deep and often enough.

What is strategic thinking? "Strategic thinking is setting goals and developing flexible plans to reach those goals based on careful analysis of external and internal environments." "Thinking logically and deeply about the future it means that where you want to be 5 years from now, 5 months from now and 5 days from now should inform what you do today." "It is a way of looking at the world with a purpose in mind". "It is way of dealing with the ever changing environment". "It is a method or a plan to bring about a desire future, such as a goal or a solution".

"In self-actualization we should be Studying the competition, his tendencies, his habits and his weaknesses. The funny thing is that you are your own competition is self-actualization; you are your own greatest enemy. There is a battle between your ego (lower self) and your spiritual side (higher self) and high actualization aspirations. Your ego is extremely deceptive. You should study yourself and how you sabotage yourself. 99% of your failures is because you are in the way. The majority of your life should be focused on strategizing about your self-actualization.

Common strategic blenders:

- Getting married in your 20s
- Pissing away your teens and your 20s playing videogames and doing stupid stuff.
- Drinking and partying.
- Not developing mastery in anything in life.
- Eating junk food.
- Not going to doctors.
- Chasing money rather than passion.
- Chasing achievement and status rather than inner growth.
- Having kids too soon in life.
- Sticking with a bad gf.
- Not continuing your education after college.
- Investing money in the wrong places.
- Going into debt using credit cards.
- Working for a boss in a giant company.
- Working 80 hrs a week thinking that this will get you somewhere.
- Being too cheap to hire a coach or therapist, books or programs.

- Living in the wrong place.
- Hanging out with the wrong people.
- Chasing sex or love and devoting lots of time in that.
- Neglecting meditation and enlightenment work.

Strategic mistakes: Not doing the right things at the right time.

- Not being able to think micro and macro: You need to think big picture and then about actionable steps. You need the ability to think at both levels at the same time.
- Not delaying gratification: Do not chase for pleasure and immediate gain.
- Not aware of the things you shouldn't do
- Lack of intel: You need to do more research before you take action. You need to study how to start a business, meditation, enlightenment, relationships, love, mastery process, psychological development. What can you expect if you don't study and do Intel?
- Lack of self-knowledge and self-awareness: You have to know how you work.
- Neurotic overcompensation
- Chasing the small prize: Look for the biggest prize, look and fight for the biggest battle; study. Most people go for the thing that lands on their lap without really questioning if it is even necessary. WORK FOR BIG THINGS.
- Generally oblivious about culture society and business traps: Generally speaking, organizations don't want to help you; their aim is to serve themselves. This is the level of consciousness that society is in right now.
- Don't invest time strategizing: You should strategize more about your life. The thing is that you actually don't need to strategize since society can cover you up.
- Not fixing problems at their root: Most people try to fix problems on the surface; you need to go deeper.
- Not spending enough time gathering strategic resources: You need to prepare your resources and define what you will need to create the life you really want. What resources you will need
 - o Money
 - o Where will you live
 - o Study?

7 Pillars of strategic thinking

- E- Strategic intent: "A compelling vision of the future that motivates action, this is what elevates a technique into a strategy." Is the ultimate thing that you are going for? This ultimate outcome is what informs all the small actions you will take; if you this you will not be wasting your time fighting meaningless battles. Be specific. WHAT DO YOU WANT? After you do this, backwards engineer and create the actual steps that will get you there. You need a big picture, a compelling vision. You need to see 30 years down the road and everything that you do tomorrow should be methodically aligned

with your ultimate vision. You will accomplish amazing things if you do this. If your action is not moving you closer to your ultimate goal leave it behind.

2- Strategic analysis and gathering of intelligence: Is the analysis of the opportunities, threats, strengths and weaknesses that present in the environment. How are you using your resources like money, focus, time, etc? You need to add competitor responses (in self-actualization you are the competitor. Anticipate the responses of the ego when you try to grow. Anticipate how it is going to reveal, resist and trap you.) You need to be aware of how the ego reacts.

3- Strategic preparation: The building up of strategic reserves. You must prepare and gather the necessary resources. YOU NEED TO PREPARE. You need training, hard work, planning and the preparation of your unique capabilities. Everyone has unique strengths, you should work on them (your zone of genius); develop them in yourself. "Since you can't predict what will happen, you need to develop yourself internally to handle the external circumstances."

4- Concentration of force: "Is the key to all strategy, it is all about focusing all your force in one specific point." It is your ONE Thing. Look for weaknesses and focus your force in that point.

5- Disciplined execution and detailed tactical follow through: After you have done all the steps above, you need great execution (4Dx). It takes years to become a great executor.

6- Adaptability: Strategy is not about creating a plan and sticking with it forever, that is stupid. Proper strategy is all about being flexible and adaptable since the environment is always changing. High quality planning need to be revised often (every week) and adapt to the environment. Business plans always change and, in fact, plan A never works.

7- Study of general principles: "Regardless of how chaotic the situation is, there are principles that are not changing". You need to study the principles of business, life, relationships, etc. Actualized.org studies the principles of life itself.

Your life will become satisfying only if you strategize enough. Every move you make should be planned to create the life you really want. You need to be very clear about what do you want, your goals, the actions you are taking and where do they lead you and how it fit into the bigger picture for you.

How To Get Shit Done

“If you don’t have discipline you don’t deserve to dream.”

People are really bad at making results and if you want to have a self-actualized life you need to be a result maker. You need to have the ability to make incredible results.

All your dreams mean shit if you don’t bring them to reality. This result making is a ability that you can train yourself to do. Society nowadays doesn’t pressure you to create results, it create a comfy life for you and you don’t feel that pain in the ass that makes you create actual results.

People are not good result makers since they, although they have big dreams, don’t connect their dreams with actual steps in reality. When your dreams touch reality, they will change since sometimes they don’t actually work in the real world (no one wants your product, there are not enough resources, the market doesn’t work that way, etc). This process is emotionally disturbing, we love to live in fantasy land but we never ground ourselves. A great results maker has a dream and connects it to reality in a strategic way.

You need to get your hands dirty to bring to life dreams; you need to be flexible enough to adapt to reality. Recognize which dogmas are impeding you to create the life you want! You adapt to reality, not the other way.

You need to bite the bullet and get humbled by reality; you need to start creating results.

Ask yourself which are the results you want; stop talking shit about it and do the actual work! Before results, you are a bullshiter. LESS TALKING AND LESS DOING! AND DON’T CONFUSE DOING WITH ACTUAL RESULTS, THEY ARE 2 DIFFEENT THINGS. IF YOU ARE NOT GENERATING RESULTS YOU ARE DOING SOMETHING THAT IS NOT WORKING, YOU NEED TO PIVOT.

After you prove to yourself that you are a results maker you can chill out a little bit and meditate, but before then move your ass and generate results!

How to do this:

- Value tangible results
- Create shit! Are a creator in your life?
- Think of your life like projects (specific tangible things). Create milestone projects!
- Desire to impact people.
- Talk is cheap: Stop talking and do it. Words are meaningless.
- Work for excellence. You need to be creating the best you can be doing. Don’t create mediocre shit.
- Take personal responsibility to make it happen. It is your job to create results.
- Working the big picture: A result maker is efficient since he is working for a bigger purpose.
- Work ethic: You need strong work ethic.
- Sometimes you need brute force
- Sacrifice comfort: Maybe stay up late or skip your next vacation. If your life is built around comfort you will have a very mediocre life.

- Be willing to change yourself to create results
- Throw yourself into demanding situations
- Be around exceptional people
- Start your own business
- Think about your death

You should think about how to apply the concepts that Leo gives you. Make a project and start applying this shit.

How To Unleash Your Ambition

“There is one weakness in people for which there is no remedy. It is the universal weakness of lack of ambition.”

If you are an ambitious person then is YOUR JOB, at whatever cost it takes, to realize that ambition. You have to play big. You need to learn how to bring to life your dreams and make them have traction. He bubbles of your dreams explode when they touch reality; you need to work, make it self-sustainable, make money, study competitors, etc. You don't know how to start a business; you can have cool ideas but you need to implement them (it is the most difficult part).

How do you get something going? If you have a great vision, it will be very difficult for you to work for others; some ambitious people are born to be independent, not working for somebody else. You need to transform your ideas into reality. DON'T GET SUCKED INTO THE SYSTEM SINCE ONCE YOU DO THAT YOUR DREAMS BECOME SHIT. The system doesn't fight for truth, or justice; the system fights for surviving.

YOU NEED TO GO ALL IN. YOU NEED TO CARVE YOUR PATH; IT IS DIFFICULT BUT IS THE ONLY WAY TO MAKE A DIFFERENCE IN THE WORLD. YOU NEED TO EARN YOUR GREATNESS (IT WILL BE SCARY THOUGH). If you have a larger vision you have to be the leader! The person with the most ambition is the one who becomes a leader. YOU'VE GOT A GIFT TO SHARE TO THE WORLD AND IT IS YOUR RESPONSIBILITY TO SHARE THAT. He who has the greatest vision is the leader.

Stop waiting for permission and go do your shit. Honour your muse! You don't need more time in the corporate system, you need to go for your own and release yourself from the red tape.

Take on the challenge of being a warrior, make the decision! If you have gifts inside of you (a higher ideal) and you don't share that with the world you are robbing the whole world from that gift.

The highest leverage that you can take is to position yourself to share your gift; you need to figure out how you are going to do that. Every path is different since everyone has different talents and are in different positions in life. THE ONLY THING YOU SHOULD BE DOING IS THINKING HOW YOU CAN POSITION YOURSELF IN ORDER TP SHARE YOUR UNIQUE GIFTS. This should be your #1 priority in your life, you should be thinking about this shit every day, every time. Maybe for you it is:

- Start a business
- Move to another place
- Etc.

This depends on what your gifts are and where you are.

When you move on in life you will discover bigger goals, bigger stepping stones, etc.

WHAT WILL BE THE PAYOFF IF YOU SHARE YOUR GREATEST GIFTS WITH THE WORLD 10/20 YEARS FROM NOW? You should be thinking about this possibility and vision for your future constantly.

What could I accomplish if I went all out? What if you became the vehicle of your vision? What type of person would you need to be? Which type of life would you be living?

The system is not yet designed to promote the higher virtues of life. If you want to tap into those higher virtues (the most beautiful thing you can do) you have to do it on your own.

You need to do the LP Course!

Higher Consciousness Values

- Beauty
- Order
- Justice
- Truth
- Love
- Creativity
- Excellence
- Uniqueness
- Simplicity
- Consciousness

How to Stop Being A Victim

What is a victim?

A person who gives away control.

Ask yourself this: "Who is ultimately responsible for the quality of your life?"

Is it your

Parents?

Family?

Environment?

The country you grew up in?

Friends?

Co-workers?

Boss?

Husband/Wife/Kids?

Girlfriend/Boyfriend?

Genetics?

Economy?

Political climate?

Media?

Society?

Entertainment?

Hollywood?

The news?

History/how you were raised?

If you answered anything but "me", you are thinking like a victim.

You need to take responsibility of your own:

Success

Relationships

Most people will take responsibility of these two

Failures

Ex. A diet or a relationship that did not work

Emotions

They are not caused by external environments

Accidents

Circumstances

People love to use circumstances as excuses

Stages of consciousness

The Victim

The Fighter

All about conflict

Thinks it's a dog eat dog world
That there always think life is a zero sum game
Always fighting stuff
The Creator
Someone who realizes that life is what you make of it
Focused on making stuff
Being at Peace
You don't have any control at all
Life force flowing through it
Everything goes smoothly, without resistances

Responsibility vs Blaming

You don't need to BLAME yourself. You are not TO BLAME for your genetics, family, etc.
You just need to take responsibility
You need to choose how you react
If you were born in a not so developed country, you have the capability in the present moment to change your own situation and attitude towards that circumstance
Your brain is really good at creating excuses that will prevent you from going out of your comfort zone
It's almost like you can not trust yourself
If you are a victim right now, you need to be cautious of believing what you think and your excuses

Why do people become victims?

Because it's scary to admit to yourself that you are responsible for everything and that means that you suddenly have a lot of work to do
A lot of personal development has to happen

The problem is that you are not taking enough action

MASSIVE ACTION

Without action, you won't overcome any obstacles

Don't trust your brain to tell how much action you need to take

It will always be too little

A list of common phrases victims say to themselves and other people:

I can't
This is maybe the worst one
It's impossible
It's too hard
Life is unfair
I must/I need to/I have to
I've never done that
What if I fail?
It's his/her/it's fault
I already tried that

Most people haven't really tried that much
This will never happen
But this always happens
I'll give it a shot
Maybe/I think
I'm not good enough (at x,y,z)
But what's the point? There's no point
It's too much effort
Great for young people, but it's too late for me
Sure, it's easy for you. You had this and had that. I have this and that handicap
But how?

How to Stop Being A Victim – Part 2

What makes a victim a victim?

A victim thinks that the external world is a much bigger obstacle than he is to himself
YOU, ARE, THE ONLY, OBSTACLE
It's your mind that's the problem
The problem is, if you are a victim, you won't believe this
Victims don't realize that the mind is the only obstacle. Victims don't appreciate the possibility of self-deception
They don't take this very seriously

What you should really worry about:

The internal world. Your
Mental filters
Attitude
Limiting beliefs
Judgements
Unquestioned assumptions about reality
Lack of introspection
Visualizations
Monkey mind
Model of reality
Emotional reactions
What you view as right and wrong and good and evil
The habits that you cultivate
Your self talk
The words you use, the tonality etc.
Awareness/Consciousness
Ego and it's relationships to other people

That is the stuff you should be really concerned about. The external world is a projection of your internal world and you don't realize how much external reality is worked by your psychology. How you think about the world is really important and extremely significant.

The reality is that there are no real problems in the external world. A problem is a feature of the mind; they are projections of the mind into the external world. There is no problem without the mind; the problem has to be actually created (your mind has to burn calories to create the problem).

Until you grasp this concept, the world will appear hostile, unfair and depressing for you.

Thought experiment: Consider that the inner world is all that matters and changing things of the outer world will not matter.

The projector metaphor...

You should not worry so much about the outer world, you should start caring about your mind and realize that it is not helping you live a great life.

Your mind frames every situation in life and usually you are not conscious of this mechanism. Your beliefs about reality are very distorted.

If you realize the importance of beliefs, you will start to care about:

- Psychology
- Philosophy
- Contemplation
- Meditation
- Mindfulness
- Intuition
- Non Duality
- Wisdom
- Truth

These things will be the burning issues in your mind.

Exercise

- F- Select one area of your life in which you feel you are a victim
- 2- Write all your justification of why you can't change, for why it's impossible and for why it's not your fault
- 3- Identify how the problem seems to be like an external problem
- 4- Identify how actually the problem is an internal problem
- 5- Ask: How am I creating the obstacle?
- 6- Ask: What am I avoiding by creating this obstacle?
- 7- Ask: What must I believe to be a victim?

Understanding Responsibility vs Blame

You have to take 100% responsibility for your life. Every single thing. Responsibility does not equal fault/blame. Blaming feels good to the ego. Don't internalise blame to yourself for things that happen to you.

Responsibility:

- recognise that you cause lot more of your life than you are willing to admit
- commit to never blaming anyone else for what is happening in your life
- nothing and no one need to be blamed
- recognise the options you have now and what is in your circle of control
- you always have at least some control. At the minimum you can control how you react to a situation and how you interpret reality
- acknowledge that your response to the now is what's most important, don't get hung up on the past, don't create a sob story which allows you to feel like a victim and gives away your control.

Admit the subtle things you are at the cause of. Even if your current situation feels like you didn't cause it, consider all the things that led up to it and all the decisions that were made then. There is no blame here, there is just a recognition that you choose a lot of things.

You are actively creating your life. Life is a chain of causes.

Your interpretation of reality creates a lot of your problems and they can be changed.

You both are the cause of your life and you are also not – total acceptance (this is a more advanced concept, so focus on taking responsibility)

100% responsibility is a healthy attitude to take for now. The greater danger is to be stuck and blaming others and not taking responsibility.

How Your Mind Distorts Reality

“The strength of man's position in the world depends on his degree of adequacy of his perception of the world and reality. The less adequate, the more insecure he is and, hence, he is in need of idols to lean on and find security. The more adequate it is, the more he can stand on his own feet and has his centre within himself.”

Deficiency Cognition/Perception vs Being Cognition/Perception

Self-actualized people have B-Cognition!

Maslow's Definition for B-Cognition: A self-actualizing person is more able to perceive the world as if it were independent, not only of him, but also of human beings in general. Therefore, he can look upon nature as if it were there in itself and for itself and not as a human playground put there for human purposes. He can more easily refrain from projecting human purposes onto it and in a word, he can see it is there in its own being rather than a something to be used or something to be afraid of or something to be reacted to in some other human way. A section of cancer seen through a microscope, if only we can forget it is a cancer, can be seen as a beautiful and inspiring organization. A mosquito is a wonderful object if seen as an end by itself.”

It is the ability to look at things holistically, as they actually are in a very attentive way, without judging or classifying these thing. It is a egoless and self-agenda-less form of perception; it is unmotivated, impersonal, desireless, unselfish, not needing and detached.

It is the ability to perceive an object for itself, not the way it is for you. Your desires and fears and emotions don't get reflected into the object (physical, living object, institutions, etc.). How you perceive an object is very important since it dictates how you will react to it. If you perceive an object for itself you get the most accurate representation of it. If you perceive an object as it is for you, you get a distorted view of it. You don't project yourself and your desires into the things you are perceiving.

"Self-actualizing people take a non-valuing, non-judging, not-condemning attitude towards others. A desireless-ness and a choiceless awareness; this understanding permits a more clear and insightful perception about what is actually there."

"Concrete perceiving of the whole of the object implies also that it is seen with care; the care that a mother would give to his infant, or the lover at his beloved. This will surely produce a more complete perception than the usual and casual one."

It is the difference between looking at something and seeing it as it is vs what we normally call perception.

D-Cognition: Ordinary perception; partial and incomplete form of experience. It is a deficient and anxiety based way of perceiving the world. It is driven by the ego and your self-agenda. The degree in which you have deficiencies and need safety (money, girls, etc), that is the degree to which you are going to evaluate the things you look at to see if they can give you something that you need. Your mind is very brilliant to filter what it is relevant and what it is not relevant. You perceive things in regard of what you need and want, not what it is in reality. You are constantly judging reality! The D-Perception is anthropocentric, it is the way humans look at the world; It is rigidly rational and abstract (you create your personal model of reality to fit into your self-agenda and ego). You confuse abstractions with perception itself.

People cannot stand paradox in d-cognition. It also is ideological and pragmatic.

"In ordinary cognition, the object is it is seen not so much per say, but as a member of a class, as an instance of a larger category. This kind of perception is described as classifying and, again, what you need to realize is that this is not a full perception of the object as it is a kind of classifying and eurotic. It implies comparing and contrasting."

"Abstractions, to the extent that they are useful, are also false. In a word, to perceive an object abstractly means not to perceive some aspects of it; it clearly implies selection of some attributes, discarding some others and creation and distortion of some others."

"In order to perceive reality fully you need to suspend judgments and classifying, to need and to use. The moment we classify reality we cut the possibility to see it as a beautiful thing."

"Fully disinterested and holistic perception of another human being becomes possible when nothing is needed from him."

"Self-actualizing people can abstract without giving up concreteness and vice versa."

Your own egoic deficiencies distorts reality. The very interaction of you and reality is compromised by your lack of mental health and the accuracy of your perceptions depends on your emotional and mental maturity (the distortion is huge, even though you don't realize it) and many of the issues you have in your life are created by this distortions. THE PROBLEMS THAT YOU HAVE ARE CREATED BY YOUR PERCEPTIONS.

You need to start to notice how your mind distorts and judge reality. You mind creates a model of reality and then tries to fit actual reality in it rather than seeing it as it really is.

You are living in an augmented reality. We are the only organism that live in an augmented reality distorted by our concepts, fantasies and ideas (we don't realize of this augmentation). The ego creates a kind of smog that doesn't let us see reality as it is.

“Thoughts is always doing a great deal, but it tends to say that it hasn’t done anything, that it is telling you the way things really are but it distorts everything. What thoughts takes to be perception it’s actually highly affected by it. Thought can produce experiences without us being aware that they were produced by thoughts. It is this deceptive feature of thought that we have to look for. You need to see that thought is actually participating in perception.”

You need to realize that this is a systemic problem and the mind is biased by itself.

What can you do? Create awareness around this topic and realize that you perceive life from your own deficiencies. YOU NEED TO LOOK FOR YOURSELF AND REALIZE HOW YOU REFLECT YOUR OWN AGENDA INTO REALITY, PEOPLE AND SITUATIONS. You need to start looking at objects and people for themselves as they actually are, not how they are for you.

Projections of your mind that are not features of reality itself:

- Labels and names that we give to objects
- Categories and hierarchies
- Meanings, judgements, values, usefulness and purpose
- Emotional Triggers (every time you get emotionally triggered by situations, are also creations of your mind)
- Relationships between objects: In reality, everything in the universe is extremely related to everything else in the universe; relationships are infinite. Everything is more complex than you can imagine.
- Separations and boundaries: Objects themselves are creations of your mind. If you look upon reality with complete lucidity you will see that there is no single object and boundary in it.
- Problems: Problems are creations of the mind, reality has no problems.

How to change how you perceive? It requires practice (10,000 hours). Select an object or person that you either hate or love and then see it for itself as it actually is. See it independent of your and its values. Look at the object as God was looking at it. Look at it not even as an object (since it is just an abstraction of your mind).

Enlightenment is the dissolution of the ego smog; same thing for meditation and mindfulness.

You cannot self-actualize if you don’t improve your cognition. You cannot self-actualize if you maintain your ego (enlightenment). You can improve your life without enlightenment but you will not get to that part of life that it is really juicy and satisfying. You need to make the following choice:

- Are you going to stay faithful to your self-agenda or to reality?

Self-agenda is the distortion of reality. “The monster and the little boy metaphor”.

If you are wise enough to see the greater good, you will create an extraordinary life!

Grasping the Illusory Nature of Thought

“What is a thought?” is one of the most important questions you can do. You are using thoughts everyday but you don’t know what they actually are.

The nature of thought is illusory. The difference between knowing and not knowing what a thought is the difference between living in a self-constructed mental prison in which you suffer all your negative emotions and living in a free and self-actualized life.

You need a direct awareness of what a thought is, not just explanations. You cannot escape this problem by thinking.

Thoughts are illusory but they are real, they are as real as your body. The problem with them is that they are chameleons; you attribute a certain importance and depth that is not real at all.

Images are sneaky; even though they represent reality, you think that they are reality itself, mistaking the map with the territory. You are not aware of what thoughts and images really are.

The photograph is not the thing depicted. The food photograph analogy.

In books, you create the story with your mind from black and white symbols.

Language is arbitrary sounds and you create meaning from that sounds. Language is made of symbols and what symbols are representations of something, but not the thing itself. **SYMBOLS ARE NOT REALITY ITSELF AND THEY ARE TOTALLY ARBITRARY;** This makes you unconscious since thoughts are arbitrary symbols that acquire meaning over time. And what the human brain does is creating weird and crafty representations of reality that you start to believe are true when in fact are just thoughts. You can get depressed, happy or angry depending on the meaning you attribute to certain situations.

Thoughts are arbitrary, thus meaning is an illusion (everything included). Recognize that breaking free from your mind requires that you become aware of what meaning is and its illusory nature. **YOU NEED TO GAIN MINDFULNESS OVER YOUR THOUGHTS.** If you can master this, you will be less reactive and less stressed by them. There cannot be any suffering without meaning; almost all of your suffering is caused by meaning, and meaning is illusory. A problem is a meaning!

Flattening the Illusion: You need to make the distinction between what reality is and your interpretation of it (separate the map from the territory). The trick is to flatten the illusion with your thoughts. You need to develop enough mindfulness in order to not react to your thoughts. The key question is “What is this, literally?”.

A thought is real as a sensation in your mind, not as the actual thing. If you don’t apply mindfulness you will be living in a reality constructed by thoughts and not reality as it really is.

How to practice this? Commit to flatten 50 illusions in the next week and write it down. Describe the content and then what it really is.

Radical Openmindedness

Think of this analogy:
mercury filling

The degree to which your mind is open is the degree to which you have truth freedom in your mind

you have to make the counter intuitive move to let go of knowing and get into not knowing to be open minded
not knowing is an extremely powerful state

People think they know but they don't, they have false certainty

between fake not knowing vs actual not knowing

if you are in a deep state of not knowing you have mystical, enlightenment experiences

why do we want to open ourselves up?

Its very helpful if you do enlightenment work, self inquiry

it frees your mind from dogmas,

finding your authentic self,

perusing your life purpose

understanding reality on very profound levels

it opens you up to very advanced work

Guided visualization 8:00

Take it seriously, it will have transformative effect on your mind if you do

acknowledge to yourself that 99% you think about life is second hand knowledge, it is knowledge that is based on assumption, you take it on faith

like the earth is round, you take it on faith

viruses caused diseases

big bang theory

matter is composed of subatomic particles

evolution, species morph

Earth is four billions years old

whatever a prophet like Jesus said, you don't know what they actually said, you don't even know that they truly accessed

you don't know if you are your parents natural child

you are not sure if you are related to your brother or sister

Acknowledge that you have assumptions that you know are not true like planets do moving not in perfect ellipse, atoms are no balls, you euroti eur your body is motionless, but you are still rotating with the planet, you think that the sun is moving, you think objects fall down but they fall to the centre of the earth, You think stars exist as physical objects but most of the stars you are looking at do not exist anymore, most likely don't galaxy you see, not a single star

acknowledge that you have a model of reality which is complete fiction

Recall how many times people have been wrong eurotict the history

e.g. The earth is flat, the earth is at the centre of the universe

the which trials that were held in eurot and euroti

blacks are less euroticty than whites

geometry

time was thought absolute

when you drive more than 50km/h you explode
Lifting over 500pounds was assumed to be impossible
wireless communication was thought as impossible
it was believed that flight was impossible
it was thought that computers were not able to beat man at playing chess
It was believed that the four minute mile was impossible
it was meant that Iraq had weapons of mass destruction

humanity has made many blunders of how reality works and what truth is
open your mind to the possibility that there are other things you think is true but also can be false

acknowledge that the culture you grew up in has imprinted your mind with values and eurotic , norms of which you are unconscious

e.g. Imagine you were born in the middle east. How would your religious, political, view on women, drinking alcohol, homosexuality be different?

Imagine you were born in euroti tribe with no technology, no modern schooling, in a tribe with 50 people hunting gazelles and lions and you are married to your cousin or sister.

Imagine how different your knowledge would be, your world view

imagine you were born in North Korea, imagine what you would believe about government, philosophy, religion, science, society,

imagine how different your would view would be, imagine how different your life style would be

imagine you were born 10 thousand years ago as an aborigines. What would you believe about reality, world view, values, political leanings, religion, what you think about life, how would you relate different to people?

Imagine if you are eurotic how it would be to be a eurotic in eurot 1k years ago. It was completely different. Think about how different you would eurotic, abortion, your family, bible, homosexuality, other religions, your world view

Really acknowledge that culture, and society and time you grow up in shapes your values and world view in profoundly radical ways and you are completely unconscious of this influence. Acknowledge it now

you have no control over this factor

your entire understanding of life and reality is bound to your culture 30:00

Open your mind to these possibilities

is it likely that mainstream culture, society and science might be biased (?) p

political, group think, ego, financial bias

have you ever clung to a position in an don't after you have realized you were wrong?

Have you ever been completely certain about something but later you found out you were wrong?

Is it likely that out of all the believes you hold some of them might be wrong? Yes or no

have you ever used logic to reason out a sound conclusion but found out it was wrong due to a false premise?

Is it likely that other individuals including yourself hold an egotistical self agenda which skews how you see and interpret the world? 35:00

bring to mind someone you have known personally who thought was completely sure about a opinion but turned out to be wrong.

Can you see that you might be in the same trap?

Acknowledge that no matter how certain you are about an opinion or belief you are , you could be wrong. Think about the ramifications of that

acknowledge that the mind has the tendency to deceive and lie to yourself

acknowledge that valid logic by itself proves nothing. Because a valid conclusion requires valid premises

how often do you tout valid logic as eurotic? Your logic could be valid but your premises could be invalid, therefore your conclusion is invalid

acknowledge that you could be eurotic about the fundamental aspects of reality like time, space, existence, cosmology, religions, god, who you think you are as a identity

really open your mind to that possibility

acknowledge that there is no reason why the human intuition should be correct about time, space, religion, cosmos, yourself

your intuition could be completely wrong about these things

acknowledge that the biggest eurotict for self deception occurs when you ignore the possibility of self deception eurotic

most people ignore the euroticty that they are deceiving themselves

acknowledge that when you don't know something, you don't know that you don't know it meaning you can be absolutely certain about something but though totally damn wrong

self inquiry

acknowledge that you euroti been able to locate yourself and you don't actually know who or what you are as an entity or a being.

Your mind should open

fact is that you don't know the things, you deceive yourself with a false sense of certainty

acknowledge the deep ramifications we gone through here

you could be deeply eurotic about all you think you know

what's really true is that you are not really certain about all these things , but you pretend like you are

!the more uncertain you are the more you fight and defend for your position and the more you cling to your dogmas

44:00

how do you use this open mindedness?

Take time to deeply ponder al these things, watch the video more often, think about the points Leo makes, soak in the ramification of these ideas

notice when you try to convince others of your eurotic and dogmas, become conscious of it, you do it with everything

Notice that being in a state of not knowing or having no beliefs is empowering

true not no knowing is not another belief

being a cynic or chronic sceptic is just another position and world view

just be open and hold no belief, being open to any possibility, having no position

start wondering why you cling to beliefs? Why are you so neurotic in defending your beliefs? Why do you so resistant= why do you have emotional reactions when people question your beliefs?

Can you see that this is completely psychological unhealthy and eurotic, ?

become curious about that. Invest it further.

You have to work on your open mindedness. It will open up and close up again.

This has a profound transformation of your life; it leads to complete freedom and liberation it will free your mind.

You experience profound mystical states and discover the truth of your being other peoples being and the truth of existence.

This is no other belief or position its entirely different.

Spiritual Enlightenment Intro

A truth exists that very few people know, and this truth is fundamental to your happiness and emotional well-being. It's extremely nuanced and delicate.

It's right before your eyes. Experiencing it is like experiencing the shift in an optical illusion. A major shift in consciousness will occur. The facts don't change, but the perspective of them does.

This truth cannot be communicated. It is beyond language and thinking. It must be discovered through direct empirical investigation. You have to find it for yourself.

Don't let your mind fool you. Question your fears about knowing the truth. Your ego will trick you.

The truth – there is no you in reality. Relax, quiet your body and mind, and notice the awareness that is aware of everything. The story you have built up around yourself as being a body with a mind with a backstory is all an illusion. It doesn't exist in the now. Literally and physically. The body clearly exists but the notion of ownership over body and mind is what's fictitious.

There is no perceiver, there is only perception itself. A hand exists purely as a perception without a perceiver. You can become directly conscious of it. Anything telling you that the hand is yours is just a thought, which also exists as a perception without a perceiver.

Reality simply exists. What exists is a non-localized field of awareness. Reality is self-aware. Life is totally impersonal. All thoughts and all beliefs are just stories.

There is no free will.

Enlightenment happens in a split second. It strikes like lightning. Metaphors are just a taste.

Reality is exactly what it appears to be, without any addition of you to it. You have to subtract yourself from it to see it.

The world is real. Reality is real. Your hands are real. They're just not your hands. It's not your reality. It's not your life. So, the only thing that we're questioning here is the you at the centre of it.

The key assumption we make is that the voice inside our head is truthful. In reality it just slaps labels onto things and then makes an arbitrary logic to connect those points and make a mental framework. These are layers upon layers of concepts, which is then layered onto reality. You're create vicious logic circles in your mind. When you dig down to the very bottom you realise there is no truth to them. These are what you have to strip away. As you keep stripping, you will realise there is no you at the centre of it all.

All of your suffering and trauma is created as a story – you can choose to let it go.

Society is a playground of distraction for your psyche to prevent you from seeing this. Religions distort the truth, because it can't be communicated.

No one can prove this to you. An ego death has to occur. Ego is not some part of you, it is the complete story about yourself that was made up. Ego perpetuates itself through lying and deception.

Society does not understand this truth because its confronting and unpleasant. Only pleasant, low consciousness things spread through society.

You need to spend at least a thousand hours doing this investigation. This will be hard, emotionally distressing work.

The rewards of this work: you get access to Truth, you will get lasting happiness and peace of mind, regardless of circumstance. Constant motion creates suffering. You get an instant elimination of self-image problems. You also get

emotional mastery. You stop trying to control what doesn't exist. You also get rid of suffering – something which you created. You get to understand what religions actually are and meant to be. You also lose your fear of death, there is nobody to die anymore.

You are so concerned about feeling good, about yourself, when the best things in life lie beyond yourself.

Your biggest barrier is distracting yourself.

The dangers of this video: that you reject it because you don't want to hear it, you don't do the investigation for yourself. You can be so closed minded that you don't investigate it, but you can also be foolish and take it upon yourself as a belief. Beliefs account for nothing. Don't get swooped away by society.

Spiritual Enlightenment – Part 2

There are three fundamental questions we are concerned about when doing this investigation:

- 4) Who am I?
- 5) What is the truth?
- 6) What is reality/existence

Right now you have a lot of opinions and beliefs about these questions, but you haven't done the empirical investigation. You need to sit down and look. It is hidden under many layers of obviousness.

Are you your fingers? Or your arm/leg? Or your face? Are you a specific thought? Are you some sort of soul or spirit – here you have to be extremely concise and careful, you will have had a lot of notions fed to you by society. You must use direct, first-hand experience. Are you your self-image? What happens if you eliminate thoughts?

Now lets look at existence. How can you know anything about this existence from within the existence? What came before the big bang? Was there something or was there nothing? Notice that you don't answer the question concretely, you just delay the answer most of the time.

The three distinctions:

Phenomena (sensations and what we know directly) vs noumena (the things behind the sensations)

We can know phenomena, but we cannot know noumena, because we have no access to it.

Matter (what the stuff is made of) vs Qualia (what we experience)

Inner vs outer world

These are sort of different flavours of the same thing. It is important to figure out where you are. Where are you, really? Are you made of matter, or are you a perception, inside or outside? Etc.

This is where conceptualization becomes important.

We often have the raw perceptions of a thing, and then a bunch of projected concepts about it.

The problem is that we have a bunch of phenomena, but we conceptualise a human being around it. So, where are you?

Then there is also the voice, the dialogue and concept generating phenomena we think is inside our head. Who is creating and who is hearing the voice? It creates self-image and the conceptual framework of reality.

To find out who you are you have to get rid of the concepts. The identification you have with your body is conceptual. What are you outside of the voice?

If you carefully pay attention, you will notice that your whole self-image experience is just the voice chatting away.

The sensations you feel “in” your body are no different to seeing a car or hearing a bird. As soon as you see the back of your head it becomes real, when you don’t see it, the back of your head is a thought.

There is no you. The voice is just a label maker and makes self-referential labels. It also creates the “I” label. The collection of labels take on a mind of their own and an ego is constructed out of them.

What remains after all the labels are gone?

What does reality look like without labels.

What happens if the inner and outer world distinction collapses? You become the Truth

There is also no perceiver. If you are seeing an orange, then who is seeing you?

The only thing is reality, you are it and it is you.

Reality is miraculous

There is only one reality, any intuitions we have about it are relative to our experience of it, so we cannot trust our intuitions. Logical and illogical are a false distinction.

Release from identification with the voice will help release suffering.

Spiritual Enlightenment – Part 3

A guided inquiry for creating an experience of no-self. Watch the video. (<https://actualized.org/articles/spiritual-enlightenment-part-3>)

How to Become Enlightened

This is a very advanced video

You are not an entity sitting inside your body.

Your true nature cannot be communicated through language. You are everything within the entire field of awareness and you are also the nothing in which it is couched.

Do not take enlightenment on as a philosophy. This is not about beliefs. There are many traps in this work. The method here is very direct. 3-24 months. Meditation will not be sufficient.

The process is simple but there are many traps and ego deceptions.

The bad news is that there is no process to enlightenment. Enlightenment is being. You are the whole of reality. To become enlightened, you must become the present moment. We are raising your awareness to realise and become what you are.

Enlightenment happens by luck. Like beings struck by lightning. Passing through the gateless gate is recognising there is no one to become enlightened.

You have to become it RIGTH NOW.

The process:

Sit in a quiet place with absolutely no distractions.

Set the timer for 30-60 min. Sit upright.

You want to be as mentally clear as possible.

Eyes open or closed.

Go inside your awareness and get a present sense of what you really are. This will not be a belief. Focus on what is going on in the present moment.

Distil your sense of self to the most accurate thing you can. Be VERY specific.

What you really believe that you are is a perceiver (behind the eyes/ between the ears).

Once you get to that point. Get very specific and don't be vague.

Ask "Who is aware?" "Who is perceiving?" "Who am I?"

Look for an experiential answer.

Becoming aware of your true nature is not the same as believing a thought. The internal voice will come up as soon as you ask the questions. The voice is not actually you. Go meta on the voice. Who is perceiving the answer of the voice? The voice will be talking to itself. Keep going meta and look into the experience.

You will recognise that you have no idea who you are.

Notice right now that you are conscious. Everything that you are perceiving is arriving at nowhere. They are not converging at a point. Whatever you perceive the perceptions converging to is just another perception. Any perception of a perceiver is just another perception.

All you have are perceptions. Find evidence in your direct experience. **You have to intend to become your true self.**

It is very easy to lose intent. Your mind will wander off your sense of you. The hardest part is refocussing your mind to the subject. Every time you get distracted you get nowhere. Every time your mind supplies a ready made answer you have to recognise that those things are sound and image perceptions.

There is a distinction between thinking and looking. Thinking about a thing is not the same as looking with your awareness.

A thought is a sensation with a story content. Like watching a movie. A movie is light projected onto a white wall, not the content of it. You are completely engrossed in content of the movie. Most people in life are walking around, engrossed into the movie.

Thoughts are real as thoughts. The content of a thought is not the content as it is, it is a thought of the content. You mistake a lot of the contents of thoughts for reality.

Reality is only what is happening right now in the present moment. Anything that you are imagining is merely an imagination in the now.

If you cannot see, hear, touch, your parents now, they are not real. Yesterday is not real. Your brain is not real. If you have not had open brain surgery with a mirror, your brain is a fiction to you.

Getting sucked into objections is getting sucked into the content of thought. But recognise that thought keeps playing and bombards you. It's very hard to escape the content of thought.

Some tips for avoiding traps:

- Do not take any idea, model, framework, or belief as Truth
- Don't take any instruction, including this, as the Truth, everything here is not the Truth
- Forget about all scientific explanations, they will not help
- Forget about all religious explanations and beliefs
- Forget about any spiritual/nothingness/enlightenment ideas and concepts**
- Do not try to conceptualise enlightenment, you cannot think your way into it**
- THINKING WILL NOT GET YOU THERE**
- You must raise awareness by looking
- This work takes massive persistence, you will fail thousands of times, but you need to continue
- THIS IS NOT PHILOSOPHY**

A spontaneous enlightenment by fluke luck will occur. You will become who you are.

You will become being, which is not located in any coordinate in space. It is everywhere and nowhere.

Notice that thoughts have no location. They are not inside your head.

After enlightenment you will fall back asleep. Cracking the first nut will be eye opening.

Once you break out of the matrix, you never want to go back in.

You will get lost a lot, but it's ok, just keep coming back to it.

To make quick progress, stop raising your objections, and go look.

The Enlightened Self

What are you existentially? You think you are the body and the mind but that is not a correct answer. You are not a human being, you are just a story. The "You" that you believe you are is just a story.

The no self tells you that the self you believe you are is an illusion. When Leo says that there is No Self he doesn't mean that you don't exist, what he really mean is that the ego you believe you are is an illusion but there is still a Self but is RADICALLY DIFFERENT. The Self cannot be explained rationally.

You exist as Nothingness. Nothingness exist and it's the only permanent thing that exist and doesn't change.

Tip for Self-Inquiry: When doing it, don't hang up on the idea that the self doesn't exist. Drop the notion that you don't exist and start looking for your True Self. Think like you actually exist but in a way you don't yet know. If you are not the human body or mind, what are you?

True Self: Pure transparent empty awareness/consciousness/presence/spirit.

You are not an object, you are empty space that allows stuff to emerge and appear. You are the container of space and time.

Features of Awareness:

- I am pure presence, rock solid presence.
- It is just there
- You can shake it
- All the attention go to the stuff that are happening within it
- It shines light on everything else. It appears to be hidden but it is everywhere.
- It is like the light. It is very difficult to get light get brightened by itself. How can awareness be aware of itself?
- No shape
- No location
- No time
- Eternal
- Infinite (it's everything)

The paradox is that you are Nothing and Everything at the same time. Everything happens in Nothingness. You cannot think the way through this since the mind works with things, and you are Nothing. You cannot create a mental preview of Enlightenment.

The paradoxical things is that this is not hidden. It is not located anywhere.

You must do self inquiry. Tips

- Don't try to feel or think yourself
- Don't try to locate yourself

- Don't try to experience yourself
- Think that you are not a human being
- You are not an object, you are in a completely different domain
- Nothing is hidden, everything is at plane sight. You are enlightened, but you are not aware of it

Enlightenment Guided Inquiry

Guided Inquiry using the Neti-Neti method. Watch the video. (<https://actualized.org/articles/enlightenment-guided-inquiry>)

Becoming A Zen Devil

“If you cannot weep with a person who is crying, there is no Kensho”.

Zen Devilry is something that is happening in the West when we just take the techniques of the Eastern traditions and don't take any philosophy and cultural baggage. In a sense is good because some of the philosophies are outdated and unnecessary but, it can lead to problems.

In Mount Hiei, the monks were fighting each other because they built different sects. Notice that, even they were enlightened, they were behaving like animals!

People nowadays are thinking enlightenment as a simple thing as though it is just one insight and as soon as you have that insight, it is the end of seeking, illusion, personal development. They think that after enlightenment, there is no more need to improve yourself, learn and live life. They believe that after enlightenment there are no more values, principles, pursue of mastery, no more goals, no more purpose, no more career, no more business, relationships, pursue of excellence, education, hard work, thinking, planning, strategizing and no more caring. But this is a very simplistic notion of Enlightenment.

Notice that if it was that simple, there would not be many spiritual schools. In reality, there are TONS of schools, teachings, teachers and so on.

The various masters have:

- Strong values and principles
- High Passion
- Commitment to mastery
- Commitment to excellence
- Very hard working

- Make plans and goals
- They are not lazy
- They conduct business
- They engage in the world
- They care about society
- They care about ecology
- They care about relationships
- They are very caring individuals
- They are very educated and read a lot

ENLIGHTENMENT SHOULD MAKE YOU MORE CARING, NOT LESS! If it's not this way, you are making it in a Zen Devil way.

The solution to this is to be face to face with a great master. Nonduality is not learned, IS EMBODIED. It is not about sitting in your cushion and having a brilliant insight, it is a lot more than just that.

There is distinction: Small Nonduality vs Big Nonduality.

People get cocky when they know about Nonduality and compare it with duality. But this creates a high level duality! REAL ENLIGHTENMENT IS A FULL INTEGRATION BETWEEN THE DUAL AND THE NONDUAL!

Big Nonduality is humble. It understands and integrates duality and Nonduality both. Big Nonduality is so nondual that even the mundane stuff is embraced. He sees that, even though the good and the evil are not existentially true, they exist and they are part of the world. It is also generous. They don't criticize. They see a place for therapy, working on your career, working on your relationships, on the bad habits. Small Nonduality will say that everything is illusion and you should go straight forward for Enlightenment. But you must realize that not all people are ready for Enlightenment and it may take them a decade to work themselves up to that. BIG NONDUALITY IS INCLUSIVE!

Zen Devil: One who has the experience of Satori but has done no scholar study of literature. It is the one who sits and meditate all day but doesn't expand his knowledge of the world.

Wild Fox Zen: It is one who only reads the books and knows the theory of Enlightenment but doesn't have any insights.

You want a Middle Way. If you want to master Enlightenment, you will need to invest more than 10.000 hours to really master and embody it. If not, how do you explain the hard-core training and disciplines of the different traditions.

There is a lot more than just an Enlightenment experience:

- There are different depth of Enlightenment and there is a whole spectrum and variety of enlightenment experiences
- Develop love and compassion
- Emotional Mastery
- Cultivation of Unconditional Love

- Relationships: You need to learn how to have enlightenment relationships with people
- Eliminating bad habits
- Education: There is a lot to learn about the world
- Being a good citizen and contributing to society
- Having an ethical career that is contributing to raising its levels of consciousness
- Transcending your culture
- Taking care of your physical body
- Develop good character
- Concern for the environment
- You can develop spiritual powers
- Understanding (relating your insights with business, relationships, the environment, society, evolution, physics, biology, physiology).

“Post-enlightenment practice meant finally ceasing to be preoccupied with your own personal condition and attainment and the devote yourself and your practice to helping and teaching others. Finally, you realize that Enlightenment is a matter of endless practice and compassionate functioning and not something that occurs one and for all in one great moment on the cushion”.

Emotional traumas and self-development is not accomplished by enlightenment only. Being a good person is separate from enlightenment.

A COMMITMENT TO NONDUALITY IS TO EMBODY IT.

Reason is a function of the mind and existence is beyond that. The fact is that there are not reasons but VALUES AND PRINCIPLES STILL MATTER (this is the paradox of self-development). Existentially, there are no reasons but DON'T FORGET ABOUT THE PRACTICAL LEVEL where it does matter how you act, think and behave.

True goodness comes spontaneously. The true question is how you are going to decide how to play the game, and karma still exist (your actions have consequences).

YOU ARE NOT TRULY ENLIGHTENMENT UNTIL YOU CAN HAVE COMPASSION FOR THE SUFFERING OF OTHER. You may not suffer anymore but there are many people that are going to still suffer (how about your mom, that is going to still be suffering because she isn't enlightened, or the guy in the street that is dying because have nothing to eat). THE THING IS THAT OTHERS ARE YOU! IT IS ALL YOU!!!

You should work a lot while you are working towards enlightenment. The psychological work that you are doing right now (taking care of your finances, your relationships, career and life purpose, rearranging your values) are going to do be really useful when you get enlightenment. EVEN MORE, ENLIGHTENMENT CAN TAKE THIS TO THE NEXT LEVEL.

Mystical Traditions Around the World

We want to put our work into a broader context. The truths discussed here are at least 5000 years old. Lots of people forget the mystical core of religions.

Every religion and mystical tradition is grounded upon the search for existential Truth. There is a consensus that existence is a unity/formlessness/a pure potential energy/ a void. An absolute infinite singularity.

All mysticism is about having the experience of non-duality for yourself. Because it is impossible to communicate. This is esoteric knowledge, which is kept from the masses. You can't grasp it like regular knowledge. There is a recognition of more than one state of consciousness. It is pursued through contemplation, meditation, and prayer. Other common elements are purification of cravings, transcendence of rationality, logic, and culture. Also, unconditional love, unconditional happiness, bliss, and goodness.

An honest signal of enlightenment is unconditional love.

All of this comes from direct experience.

There are many different traditions around the world:

- Christianity (and all its sects)
- Hinduism (including yoga)
- Buddhism
- Daoism
- Islam
- Judaism
- Ancient Greek mystics
- Ancient Egyptians
- Paganism and Shamanism
- New Age movement

Different names for enlightenment and God (these are all pointers to one thing):

-Enlightenment	-Infinity	-No Self	-Non Duality	-Awakening
-God	-Consciousness	-True self	-Ego death	-Liberation
-Truth	-Awareness	-Oneness	-Self-transcendence	-Revelation
-The absolute	-Presence	-Nothingness	-Self-realization	-Illumination
-Ecstasy	-Rebirth	-Cessation	-Holy Spirit	-Gnosis
-God head	-Theosis	-Kenosis	-Agape	-Atman
-Brahman	-The void	-Emptiness	-Nirvana	-Yoga
-Moksha	-Buddhamind	-Kensho	-Satori	-Stream entry
-Arahat	-Fruition	-Prajna	-Giana	-Sunyata
-Turya	-Rigpa	-Budi	-Wu	-Mu
-Nirvacolpasamadhi	-Sahajasamadhi	-Shiva	-Satchidinanda	-Einsof
-Teotl	-Allah	-Fana alfana		

Note that even though they all point to the same thing. These traditions were started in different corners of the world. You want to have a broad understanding of the entire field and not get trapped in your own way. Nobody has a monopoly on the Truth.

Don't get cocky and start criticising other paths up the mountain. Become a citizen of the world. Different people have different preferences. The ego loves to play sectarian games. You need to become cosmopolitan.

You don't need to become a master in all the fields or master all the techniques. That is a trap. Pick one or two powerful techniques and go with them.

The main point is to have an experience of enlightenment for yourself.

After you do this research, let it all go. Don't become a scholar and get lost in mental masturbation.

Assignment – read the Wikipedia links. Look for the commonalities.

Links to Wikipedia articles can be found here (<https://actualized.org/articles/mystical-traditions-around-the-world>)

All of Religion Explained in One Video

Surpassing The Dogma

So, the core problem here, between this religion vs. science debate, is that human beings are extremely, extremely dogmatic. Dogmatic, that's the key word here — dogmatic. What does dogmatic mean? Dogmatic doesn't pertain to religions, or to science, or to any particular thing.

Dogmatic means that you cling to a particular world-view or belief. When you do this, you don't tell yourself that you're clinging to a world-view or to a belief. What you tell yourself is that you have the facts and that this is just a fact and it's true. It doesn't feel like you're clinging to anything.

But, in fact, what you're doing is you're clinging. And this closes your mind down and doesn't permit you to do a very exhaustive, open-minded search, right? So, the trick here is not only — are we dogmatic? — but we lie to ourselves about being dogmatic.

We don't honestly tell ourselves that we're dogmatic. We just behave dogmatically and we do this unconsciously. And we will defend, often to the death, our dogmatism. Deny that it's dogmatism. So, this is not a problem of religion. This is a problem of the human psyche.

Because, when the human psyche takes on a core assumption or a belief, no matter what it is, whether it's a religious one or something totally different, it doesn't really matter — you cling to it, you make it a part of your self-identity. You make it a part of your self image. And when you do that, you identify with it and you feel like you need to defend it

This is a very common mistake that I see atheists making.

They think that, just because they are an atheist, they are not dogmatic. Well, what I find in practice is that most atheists are actually very, very, very dogmatic. And this upsets them to hear because they like to use it as a separation between themselves and religious people. But, actually, you're on the same side on that point.

The difference you have with religious people is that you have a different kind of dogmatism.

Ideas Behind Religions:

Why does religion exist? Not just one, but many, many religions? They seem to have a lot of common elements and threads between them. Even though superficially they might look very different, also, from a big-picture point of view, they all sound, and start to converge, and look very similar.

One explanation, you might think, well, religion is just primitive stupidity. Primitive cultures, thousands of years ago, they really didn't understand life, they didn't understand themselves, they didn't understand how the mind works, or science.

Nor do I think that tradition is a good explanation for what religion is and why it originated.

Nor do I think that this explanation of religion as a social, political, controlling mechanism is a satisfactory explanation.

While I think that that's definitely been done in the past, that political leaders and religious leaders have used religion as a controlling mechanism for social engineering, and to profit themselves and other such things — to gain power, to maintain power over people — that certainly happened. But it doesn't make sense that that was the origin of religion.

There is an absolute truth and this absolute truth is accessible to human beings. And here's the really nasty bit that you're not going to like: it's not accessible to the rational mind. It is not accessible to the rational mind. The scientific, rational mind, hates this. It hates this idea. This idea is not something it wants to accept.

So, what I submit to you is that, if your mind is rejecting this idea and it's not even open to this possibility, than what you're being is dogmatic

The Sense Of Self

You've got a sense of self, of personal self. You believe that you are a body, and you believe that [you're] this mind and the brain inside the body. And you've got this personal story: you can remember the time that you were born and the way that you grew up, and where you are now. And you believe that you're going to die, and yada, yada, yada, right? And that all makes pretty good sense. Except there's one problem.

And that problem is that, if you look really carefully and really deeply, what you're going to realize is that this sense of self that you have is an illusion. And that there is no such thing as a sense of self. Thing that you call you, the thing that you think you are most certainly, when we say your name — the thing that points to — well, that thing is actually a big confusion and a big mistake in your mind.

So, what's possible then is that it's possible to, basically, jail-break your brain.

The self that you believe that you are, everything you believe that you perceive, is actually not being perceived by a "you"

the true self is nothing. And this nothing is a very special thing. This is not something to be dismissed lightly.

Nothing, here, I mean literally. You are literally nothingness. This cannot be believed or logically understood. It has to be directly experienced. You are the nothingness, so you are it. Once you realize it, you can actually be it.

And that is, answering existentially: what is existence? Have you ever wondered about that? What the hell is existence? How can existence even exist? Ever wondered about that? What turns out is that you can have an enlightenment experience that will reveal to you the absolute nature of existence. And what that absolute nature is — is nothingness.

Existence and nothingness are the same. They arise out of each other. Or, more accurately, existence arises out of nothingness. And that nothingness doesn't go away, it's always there. This is referred to as the Void in certain Buddhist traditions or, maybe, Zen traditions. They call it the Void.

And the absolute truth is, basically, that existence arises out of nothing. This nothingness, this ultimate void, is God. The word "god" refers to this nothingness. Because it's the source of everything, right? It's not a personal god. It's not a god with a beard.

It's not a god as "him" or "her", but it's god in the sense that it's the source of all reality. And this nothingness is a unity, it's a One. And it has no space, it has no location, it has no distance, it has no size, because nothingness doesn't have any of those qualities.

What we're talking about here is not an idea of nothingness, which is something. But we're talking about, literally, nothingness. And what you discover is that you are nothing, and God is nothing, and so, because of this — you are God.

That right there is the core of every major religion. All major religions are grounded in the truth of no-self.

Christianity is founded on this, as is Judaism, Islam, Hinduism, Buddhism, Taoism, Zen, even Sufism and yogic practices in India and in the East.

All of these different religions are, really, different ways, very roundabout ways often, to explain what I just explained to you. Now, there's an additional, really big wrinkle in this whole thing: what I explained to you is just like a vague, vague, vague, story. Still a story, not reality, about what reality is.

Different Approaches

when you think about nothingness, it's already something. What is the one thing that you cannot intellectualize about? It's nothingness. You can't intellectualize nothingness, because when you're intellectualizing, that's something.

So, the problem here becomes that, if you want to get at the nothingness, you can't do it through your conventional, practical, every-day logical thinking. You can't do it through scientific thinking. You can't do it through language. And, by the way, science is language.

You can create a model of how reality works, and that's what science loves to do, and that's what we do with even non-scientific pursuits. We create models. Religion creates models, too. We create models in our everyday life. We create maps of reality and all this kind of stuff.

It helps, creating these models. So, you can create models and concepts, and you can think about reality. That's one way to understand reality. A second way, arguably even better and more direct, is to actually experience it with your own senses. First-person experience. Who can doubt what they actually see?

Any model that you want to create — otherwise, that would be a fairy tale — it's actually a model that's pinned down by experience, right? So, it's limited, it's constrained. There's a verifiability built into it. So that's really cool.

And then what we do is we say, well, that's pretty much all we've got, right? You've got experience and you got your conceptualizing of experience. That's how we know stuff and that's the end of the story, right? Well, what if it wasn't?

The Third Way

Well, what if you could actually be the thing itself?

Because, the problem is that, when you're identified with yourself, and you believe that you are this right here, this body, this mind, and these thoughts, then you're stuck. And you can only be this, you can't be anything else.

Now, though, if you jail-break your brain, if you really dis-identify from everything in your experience, including your body, and your thoughts, and everything else, this gives you the freedom to be everything and anything.

I'm not saying this figuratively, I'm saying it quite literally. So, this sounds pretty crazy, and it sounds like, well, some sort of myth or something like that. But what I'm saying here's that you can actually do this in your own experience. It's not a myth, you don't need to go read a Bible, or whatever, to do this. It can be done.

Now, the trick, though, is that it's difficult to do this. It's not quite easy. And why is that? Well, because you're extremely attached to your self, to your self-hood, to your self-image. And so, this process of jail-breaking your mind from the brain, this is a very serious physiological undertaking.

This does not happen easily, because everything in your psyche resists.

– so the only way to get and use this third alternative of being is to actually do the being yourself.

See, the problem is that it's so difficult to actually jail-break your own mind. When you talk about these things to other people, what they do is they construct stories, and they turn this stuff into belief systems, right? And then, those beliefs, they turn into myths.

And a lot of times, the way that people talk about these things is true analogy, because that's the only way you can talk about it. You can't talk about it directly. To talk about it directly would be to be the damn thing yourself.

For example, if you want to write about mathematics, you can write some formulas in a book, and you can explain everything, and then you can print a million copies of this book, and send it around the world, and create classrooms full of calculus books, or whatever, that will teach calculus. And problem solved.

Now, how do you communicate the truth of no-self? Well, you can write it in a book. But the problem is that the person reading that book, just by reading that, that doesn't jail-break his mind. So, he still believes he's the self. And he's so dogmatic he doesn't understand he's dogmatic. So, what he does is: he conflates reality with a belief system. And he thinks that just believing it is enough.

And so, the only way that you can mass-spread the truth of no-self is by turning it into a belief system — which makes it necessarily false.

You can turn it into a myth. If you want to stay true to the truth of no-self, the only way to do that is through silence. You can't say anything. So, this presents a really big problem because it turns out, then, that you can't mass-distribute the truth of no-self. This is one of the few truths that cannot be mass-distributed, unlike most of science and all the other stuff we know.

Historical Perspective

therefore, people resorted to mythology, and story-telling, to talk about this truth of no-self. Now, how did this work in practice? Well, you have some extremely, really fucking hard-core guys, maybe one in a million, or out of ten million, that will breakthrough and see the truth of no-self by jail-breaking their mind.

These were the mystics, these were the yogis. These were the Jesus Christs and the Buddhas. These were the sages, these were the swamis. There are so many different names for these kinds of people, right? These were the Zen masters, before there even were the Zen masters.

Some of them remain silent and say nothing.

But some of them want to share with others, because it's like: "Oh, my god, you're living in a fucking dream. You're living in a fucking dream, you're mistaken about how your whole life works and you don't even know it. I've broken out of the matrix. I want to help some other people break out of the matrix."

And so, what I do, is I try to explain it to you in the way that I can. But again, I can't explain it directly. I need you to experience it. But the problem is that it's pretty difficult for you to jail-break your own mind.

And if we tell it in Europe, it has to be told in a European way, and if we tell it in the Middle East, it has to be told in a Middle-eastern way, and if we tell it in India, it will be told in an Indian way, and in Africa it will be told in an African way, and so on.

The Sugar Coating

So, if you want to explain this stuff to them, you have to really tailor it in such a way that their mind, their limited mind will find it palatable. Palatable, right? It's like giving someone a pill that tastes bitter, but to make them swallow, you have to coat it in sugar. Sugar-coating the pill.

So, in a sense, that's what religion tries to do. And also, in a sense, no matter what explanation you give of no self, it doesn't really matter because every explanation is wrong. It's not like there's one right explanation. The only right explanation is to actually have the person become the truth themselves and get it for themselves. Everything else is already wrong.

The truth of no-self is very radical and it's very mainstream. You can't mainstream it by definition. It's completely individual. It makes the spread of religion impossible, it really does.

That nothingness can't be somethingness. That you can't perceive nothingness because the perception of nothingness would be something and not nothing.

When you start to learn about the problems with conceptualization and the fact that, to think about something, you have to use a language system to think about it, and that language systems inherent biases and problems and challenges. When you start to look at this stuff, you start to see from a very, very clear perspective: "Oooh, of course! Of course there are these religions! Of course they work the way they work! Of course people buy into them!" Of course.

And the reason you say "of course" is because you recognize in yourself that dogmatism, that dogmatism that a fanatical, religious person has. That dogmatism is in you, it's in you, you just deny it. Maybe you hide it a little bit better than that person. Maybe you don't take it to some really far-fetched extreme. Maybe you don't act on it as much, but it's still there in you. And the way you can recognize it is just by actually feeling it, right?

You can feel that dogmatism when someone starts disturbing your world-view or your beliefs, maybe with a video like this one. What starts to happen is that you actually experience emotions, strong emotions.

Distaste, fear, anger, bitterness, feelings of discomfort, demonizing of the other person, burning the person at the stake, or whatever. Creating a straw man argument out of what they are saying. Closing your ears. Clicking the "off" button. Telling your friends how stupid the idea was that you heard. Or writing a nasty comment. Or whatever means you use to protect your world-view.

You notice inside, though, that this is a like a dirty feeling. Sometimes, it's hard to pinpoint it, but if you're very self-honest, you can say: "yup, there it is, there's that dirty feeling inside me." It's inside you.

Atheism

if you take that atheist and you actually give him an enlightenment experience for real, and you get him to feel directly, to be the nothingness, he is going to have a real difference of opinion. A real difference of attitude. A real difference of perspective. Things are really going to change for him. And it's not going to be a typical kind of atheism that you see people talking about.

There's a really big problem at the core of science.

Yes, science is very practical, but there's a real big, core problem. And that's the matter-qualia problem. And this is a problem that science has never addressed, it's a problem that, really, science skirts all the time. And my current understanding is that science will never ever — ever be able to rectify this problem.

Science has nothing about our perceptions.

So, the things that you are considering most real in your life: your feelings, your emotions, the colours that you see, the smells that you smell, the tastes and the sounds, and the qualitative aspects of all that — those things are not atoms, or energy, or strings, or quarks, or molecules, or anything else like that.

If we cut-open your brain, we are not going to find the colour orange in there. If we cut-open your brain, we are not going to find the feeling of love or happiness in there. And if we cut-open your brain, we are not going to find the sound of a guitar in there. And yet, these entities, these experiential entities are very, very real to us.

The thing that science does with this problem is that it really skirts it under the rug, doesn't like to look at it. Sometimes, it will deny the existence of qualia altogether. Or sometimes, it will come up with some ham-fisted way of taking matter and qualia, and somehow combining them together and explaining something away. But in the end, it doesn't really resolve this issue.

The Key Concepts

Hell is where you presently live, hell refers to your current existence of being stuck and identified with your body.

Heaven is the dis-identification of your self and your body, and becoming absolute nothingness.

What faith is, is your ability to open your mind up to the third possibility.

So, we have concepts, and we have experience, the third possibility is being.

You can have the faith to take that leap of faith and try to go for the direct experience. And actually get the direct experience. Actually be the thing and then see what I'm talking about for real, for you.

Evil is selfishness, evil is that identification with your body and all the actions that you do to live and perpetuate your ego.

The devil refers to you. The way that you're presently living your egoic life. So, you are the devil, right? Because you're tricking yourself. The devil is deception.

Good is everything you do from a selfless state. Good is when you become God, when you see that you're nothingness. And therefore, you also see that you're everything. And you start behaving in a good way. Why? Because, when you see that everything is you, you want to treat it well.

Afterlife means understanding the absolute truth of nothingness, because when you understand the absolute truth of nothingness, then you are in the afterlife already. Why? Because you can't be destroyed, you're untouchable. Nothingness lasts forever.

Salvation means being saved from your wicked state. So, metaphorically speaking, if we say that you're the devil right now.

The people who are the most religious are the furthest away from God. That's the whole irony of this thing.

But, of course, that means that, if you just become atheistic, like the typical dogmatic atheist. That also puts you far away from God. So, if you really want to understand this stuff, and you want to be one with God, and you are God, then what you can do — because you're nothingness — is that you can attempt to attain an enlightenment experience or two.

And then, in that process, you will become religious, but in a non-religious way. In a very non-dogmatic way. You are not going to hold a single belief. You're not going to need to have any theory. You're not going to need to partake in any ritual. You're not going to need to pray, or to meditate or to do anything at all.

Because your absolute nature is nothingness. And that absolute nature is the same forever. And always. And it has no place, it has no space, it has no time boundaries, it has no problems whatsoever. And it's the most beautiful truth that you can discover in this life.

Why People Seem Crazy

"Always remember that you are absolutely unique. Just like everyone else." Margaret Mead

There are two basic models you can use to think about people:

1- People are all the same (The Sameness Model)

2- People are all different (The Different Model)

Most people hold the first model. Sadly, this creates problems for themselves. From this model, we look at people like they are wired like us and this is a false assumption.

The Sameness Model

It says "I'm a person. Here is like reality seems to me. Here is like happiness and sadness feels to me. Here is what anger feels like. And everyone must be the same way since we are all human beings." All other people is wired as I am.

Another assumption about the sameness model is that all people live in the same physical reality.

So, this model thinks that if people are wired the same as I am and don't act or behave the same way as me, it means that there is something wrong with other people and they are misbehaving. You are using yourself as the measure to compare others. When others misbehave regarding your standard, you call them crazy, lazy, criminals or even animals.

The negative consequences of having this model is that it leads to a fundamental misunderstanding of people. It puts us in an adversarial relationship with foreigners (people who don't behave like you). It also creates criticizing, debating, violence, frustration, judging and so on.

The Difference Model

In reality, people have different models of reality and the world! Recognize that each individual is genetically unique. People have different motivations, desires, abilities, fears, aspirations, levels of self-discipline and pain tolerance, emotions, moods, brain chemistry, spiritual entuned and so forth.

People actually occupies different realities than you. Each one of us live in our own bubble and the intersections between them is what we call physical reality.

What is the evidence for this? Researchers discovered that there are 5 aspects of human personality:

- Extroversion
- Agreeableness
- Conscientiousness
- Self-Efficacy

- Neuroticism
- Openness

These personality aspects see and experience the world very different since your emotions filter and shape what you feel. You construct your reality since it's mostly conceptual.

Understand that there is no good or bad personality traits. The problem comes when we try to make people like us, without appreciating that we are different and that there are only different outlooks of reality.

Each personality trait is good for different purposes and many of them are just programmed from childhood or just different biologies. Sexual orientations, drug addictions, sex addiction, criminals and so forth are programmed to do it for different causes; you need much more compassion. WE ARE WIRED DIFFERENTLY, THEREFORE WE ACT IN DIFFERENT WAYS!

Why people experience spirituality differently?

People experience spirituality and psychedelics differently because of our brain structure and chemical soups. There are hundreds of traditions and different aspects of spirituality.

This also explains why some people are interested in spirituality and enlightenment and some people aren't. Why should they be?

Psychedelics will show you that there are a lot of ways that consciousness can be but they are not useful for survival or reproduction.

Traps and Misunderstandings

- E- All of my houldf is justified? If you are acting unconsciously, you are going to regret it yourself. People tend to behave the way they were programmed. Just behave in a caring and compassionate way.
- 2- My dreams are impossible? Don't turn this into a reason not to grow. Many of your problems are just limiting beliefs.

Just accept reality as it is! Then, what you do about it is up to you. As a community, we decide what we want and develop systems to foster that. Instead of condemning people, just be compassionate and act accordingly.

Tips

- E- Discover what your authentic self is and be it unapologetically. Discover your strengths and exploit them
- 2- Let people be themselves and appreciate the differences
- 3- Be open to radical new lifestyles and worldviews
- 4- Realize that you don't know what is it like to be another person
- 5- Don't condemn people. They might be victims of their circumstances.
- 6- Think twice when giving advice to people; you usually don't see their point of view
- 7- Seek alternative worldviews

8- Be careful who you role model. You are assuming that you are the same as the other person but you are wired differently! Use them as inspiration but don't forget about yourself. FOLLOW YOUR OWN AGENDA AND BE MORE AUTHENTIC.

9- Craft your lifestyle around your personality type! Craft the self-actualization journey to your own unique personality.

Mindfulness Meditation

The fundamentals of setting up a mindfulness practice

Mindfulness is one of the most important skills to develop yet we aren't taught about it. It's a very important tool.

Mindfulness is experiencing reality literally, exactly as it is.

Reality comes to you through your senses. That's all you have of reality, and it's changing every second.

Most people live day-to-day in their fantasies, filtering out the raw information, thinking about the future or the past. You are caught up in a conceptual life, not grounded in what is literally there.

There are three important components:

- 1) Focus – ability to put awareness of selective sensations for a long period of time (a very rare skill these days)
- 2) Sensory clarity – how clear are you about the raw data coming in. Clear the lens of your mind
- 3) Equanimity – experience and emotion/phenomena and not react to it in an emotional way (to be stable and grounded, and not go into a reactive state)

All of these practiced simultaneously are mindfulness.

You start to see a whole new world when you practice mindfulness.

The basics:

Every 10 second cycle: (Note, label, savour)

1. Locate an object and note that you are looking at it
2. Label (silently) it "see" – to register that you are seeing it
3. Take it in exactly as it is in the present moment for 5-7 seconds. (don't judge it, just experience it)

The above is one mindfulness cycle. The modes are "see", "hear", and "feel"

For short sounds, hear it and savour whatever memory of it you have.

Take in the being of the phenomena without adding or taking away anything from it. Notice it how it is.

Distinction between outer and inner sensations. Your imagination or internal dialogue is an internal sensation. Inner feeling will be emotions, outer feeling will be an itch, touch, your stomach rumbling (even though it's inside you). Smell and taste are outer feelings.

Savour the data without judging it. This is all that mindfulness is.

Take a timer and set it for 20 min. Every day sit down and start running these cycles. Let your focus go wherever it goes and do the cycles. Note, label, savour.

For a more advanced version. Limit the number of things you let your mind focus on e.g. just inner, just sights, just thoughts etc.

Some pointers;

- focus on one phenomenon at a time
- if a phenomenon is transient then just savour the memory of it or note that it's gone and savour its absence.
- if the phenomenon morphs, just stay with it.
- you're allowed to guess, don't have to be 100% accurate with your labelling.
- may also notice that labelling itself is an inner hearing sensation – don't label the labels themselves. Just keep it simple.

Do this practice every single day.

The hardest thing to do is to do it every day. Results will take months to years.

Benefits:

- enormous levels of awareness and consciousness – 1000 – 100,000 times more than regular people
- super focus ability
- emotional mastery
- reduction in suffering
- increased fulfilment in life
- behaviour change becomes easier
- experiences of enlightenment (by focussing on the "I" label)

Meditation Techniques: Do Nothing

Why use it?

- extremely simple and effective meditation technique
- for beginner and advanced meditators
- enjoyable → easier to establish a habit

Do Nothing Technique:

- Sit with your back straight
- Eyes open
- Centre yourself by:
 - Breathe deep for 30 secs (Inhale through your stomach & Exhale)
 - Notice your thoughts in the present moment
 - prepare mentally, say: "Now, I am doing nothing" ("Jetzt tue ich nichts")
 - maintain perfect posture
- **Let go of control of your:**
 - Attention (Defocus your gaze, spaced out)
 - Mind process (Your thoughts)
- accept absolutely everything, that is happening, and thoughts/images coming up;
- **do not control anything, do accept anything**
 - let the mind do whatever it wants
 - lost in thoughts and stories is ok
 - let go of the need to stop the monkey mind
- thoughts come up, and I feel guilty about it → I have to let go of the **urges** to control the thought
- let go of any urges and desires
- The trick: **If I am not able to let go of an urge, than I let it be!** (letting go of the urge to let the urge go)

Why its beautiful:

- **The only way to do it wrong is trying to go somewhere or reach some goal (getting enlightened...)**

- 99% of the time: monkey mind, but 1% of the time: extreme mental calm and focus
 - → **any of those is good**
 - **I need to accept both, also monkey mind (even if it doesn't feel like meditation)**
- its effortless, requires no skill → can be used if tired, angry, sad, ill...
- enjoyable and relaxing, even for beginners
 - But: I won't enjoy every session

Clarifications:

- Analogy: monkey (mind) was in cage for 25 years, you unlock the cage (meditation) and hand the monkey a bag of hand grenades, set it loose onto the city, the monkey goes nuts and you let it do anything that it wants, it wants to test the boundaries of what it is allowed to do, but you don't give him any → it will eventually calm down and become peaceful
- **This technique sets the mind loose → it comes up with crazy ideas → let it all happen**
- no psychological control, **BUT perfect control of the body, no movement**
 - **force eyes open**
- **I only need to let go of THE INTENTION to control my mind, and only if I can**
- **If I am not able to let go something, then I just accept it and watch it**
- I am doing something in Do Nothing: waiting for the moments, when I want to take control and then release it. (in ordinary life I try to control my thoughts and do not let them loose)

Tips:

- build a habit: **do it daily**
- always remember: **monkey mind is ok**, even a whole session of monkey mind
- **actively relax the jaw throughout the session**
- **deep and natural breathing**

Dangers / Downsides:

- its hard to judge the process
- monkey mind tries to say that it does not work
- → have trust that its powerful
- I have to give it at least a whole month or even more
- **I can feel guilty sometimes, because monkey mind (ego) makes me think that its waste of time**

How Do Nothing / any meditation works:

- naïve purging (Entschlackung) of the unconscious mind
- mind is moving and can't be still, because there's stuff in the unconscious, that bothers it and that creates monkey mind → no stillness can be forced on it
- → **it has to purge to remove that shit and become still**
- tension and friction (mental movement) builds up and then its released and I reach a new level of calmness
- analogy: tectonic plates stuck on another, build more and more tension → earthquake and tension is released
- → **earthquakes in the mind are the signs of progress → monkey mind is no problem**
- → **mind can be sculpted by consistent practice and purging**

Concentration vs Meditation

This one tip will revolutionise what you know about meditation. This will get you to an industrial strength meditation.

Concentration is selecting an object and focussing on it like a laser beam – until you absorb and become the object.

Meditation is surrendering to the moment.

The best results come when you enter Access Concentration – your best meditation results will come from entering this.

This is the worst time in human history to develop concentration 0 so many distractions in the modern world.

To develop concentration: sit down with an alarm, select a clear object or sensation. Sit there and focus on that sensation/object for the next 5 minutes, forcing your mind to never waver. Do not let it waver.

You will know when you've hit Access Concentration when you go into a flow state – you will feel it; it will become easier to focus and distractions will melt away.

Start with 2 minutes and build up to 3, 4, 5, 10 min. Become good at 2 minutes then bump it up. Be very precise and do not waver.

Smoothen out the object you are focussing on, create a single sensation from complex sensations (such as breathing).

You need to build up your practice, don't jump in the deep end. Stress the quality over quantity.

Notice how the mind feels after your practice.

Concentration and meditation effects are synergistic.

This process is painful, just push through it.

You can select different objects such as mudras, your breath (tip of nose, or your entire breath (nose, throat, chest, belly – smoothed out into one object – the “breath”), a physical object to look at (but your eyes can get dry), a mental image, a colour in your mind, mantras (sound with no meaning -e.g. om), repeating sound (e.g. metronome).

Select a good target that you will like. You can download a metronome app.

Meditation on Steroids

Strong determination sitting (SDS) can supercharge your meditation practice. Simple but very powerful technique.

SDS may be the quickest way to enlightenment.

Take a timer and sit for 1,2,3 hours with eyes open. Sit in lotus (or other position). Do not move for the full time, no matter what happens. Sit completely motionless.

Your concentration and focus will supercharge. Combine this with Do Nothing technique.

This will show you how rotten your mind has become.

Deep and true happiness is complete presence in the moment, and being one with reality, being completely unconditionally happy with whatever happens.

The secret to life is to train yourself to be happy in any moment.

Reality is what is flowing in the present moment. Surrender to the flow of reality. Your mind subtly, but strongly resists this.

Purification = pain x mindfulness.

Suffering = pain x resistance
(drop your resistance to 0)

Anxiety is running away from pain and suffering.

Try do 4 one-hour sits per day for a week as a retreat

Contemplation

“What is it?” The single most important question for sages.

Replace the “it” with whatever you want to contemplate.

Contemplation – openly pondering a question that you are interested in, with focus, and without bias in order to inquire into the nature/essence/truth of that thing.

Sit down and relax, select one question you are curious about and ponder it from ground 0, avoiding anything you’ve been told about it, for 5-10 minutes.

What is:

-colour	-suffering	-disagreement	-duality	-knowledge	-art	-leadership
-society	-hatred	-pain	-nonduality	-logic	-free will	-power
-life	-emotions	-success	-truth	-language	-selfishness	-goodness
-sound	-ignorance	-failure	-non-existence	-science	-karma	-evil
-love	-fear	-a thought	-consciousness	-mathematics	-creativity	-philosophy
-happiness	-death	-experience	-awareness	-culture	-evolution	-spirituality
-anger	-meditation	-the number 0	-god	-the devil	-relationship	-personal dev
-desire	-the mind	-what am I?	-reality	-government	-sentience	-business
-the subconscious mind		-a guru	-masculinity	-femininity	-fame	-sex
-birth	-the ego	-honesty	-communication		-objectivity	-wisdom
-rationality	-religion	-beliefs	-humour	-attraction	-purpose	-meaning
-my life purpose		-understanding	-space	-time	-the past	-the future
-matter	-energy	-motivation	-writing	-architecture	-entertainment	-technology
-a computer	-economics	-pickup	-education	-good cuisine	-fun in a video game	
-good story telling		-drama	-intimacy	-neurosis	-health	-disease
-materialism	-another	-history	-a distinction	-learning	-war	-dogma
-organisation	-systems thinking		-design	-management	-lying	-a symbol
-psychology	-insight	-depression	-mysticism	-an object	-strategy	-enlightenment
-compassion	-a model	-value	-money	-stress	-mastery	-illusion
-a zen devil	-a problem	-hurt	-nothingness	-infinity	-paradox	-work
-discipline	-freedom	-courage	-passion	-scepticism	-atheism	-prayer
-openmindedness		-terrorism	-intuition	-beauty	-surprise	-information

Literally at every domain of life, you can keep asking what all this stuff is. Do not take this as elemental and given. You take a lot of things for granted.

Most people do not live a contemplative life.

You can ask specific questions about the essence of your career, your relationships, your emotions etc.

Select a question you generally care about. Ask yourself different questions to approach the thing in question from different angles. Go deeper into the nature of the thing you’re questioning. What is it? What is its true nature? How did it come into being? What are the components that allow it to exist? What is its purpose? What is its substance? What is its significance/importance? Why do I care about it?

Some nuances:

Contemplation, meditation, concentration, and self-inquiry are different things that overlap.

Contemplation is more of an intellectual activity, but it can become meditative. Self-inquiry is specifically contemplating your nature, who you are. Concentration is a non-intellectual activity.

Contemplation can be done on a personal level as well as an existential level. There is a spectrum.

Contemplation becomes mystical when you penetrate past the level of thought into the level of insight. When you get to the being-level of things.

Don't confuse contemplation with simply thinking, speculating, or theorising. That can lead to delusion. Don't get lost in stories and thoughts. Your ego will distort your thought process. You have to set your likes and dislikes aside.

The deepest wisdom of society comes from contemplation. The deepest levels of contemplation require strong focus and radical openmindedness.

Don't just look up the answer. You have to derive it for yourself. Your growth comes from deriving these answers.

Your number-one problem in life is ignorance. From that stem all your other problems. Life is a giant illusory magic show. To penetrate illusion, you have to contemplate. Don't just rearrange your prejudices.

Change your life around to create a contemplative lifestyle.

Your assignment:

Wear a wristband for a week and contemplate "What is relationship?". Every time you see the band, remember to contemplate the question.

The Highest Hero's Journey

The interconnection between spirituality and the Hero's Journey.

The Hero's Journey begins by seeing the hero in his ordinary existence. He's comfortable and there's not really much going on.

He is then presented with a call-to-action/opportunity which tests whether he wants to go on an adventure. He avoids going on the journey because of fear and comfort. Finally, the hero is forced to go because the call-to-action imposes itself upon him.

He ventures out into unknown territory and faces the first threshold guardian which tests the intention of going on the journey. Failure leads to learning and education on how to get past the threshold. With this help he is able to go further. The mentor who guides the hero is often a hero from past generations who has gone through the hero's journey before.

Then the hero has to face the final boss before getting to the final prize. Often the hero fails at first and has to go back and rest. This is referred to as 'entering the belly of the whale'. The hero now has to face himself; he has to rethink his whole life and approach; he must face his inner demons and fear because he recognises that they're the ones holding him back. The hardest point in the journey is conquering his inner demons. Then he fights the final boss and gets the prize. However, there is a reversal in understanding what the prize means.

The journey was not really about the prize, the journey was about who he became. He finds his peace and happiness in who he has become. The prize becomes insignificant. He returns to his village to share what he's learned. But the tribe cannot comprehend the new knowledge, so the hero waits for a new hero to emerge, and thus the circle completes itself.

The real journey is done on the inside – that is the key takeaway. All the external journeys of hero's are just metaphors for the internal journey to enlightenment. There are no outside monsters or evil. The battle is all on the inside. You

are on a journey to fight your own demons to go on a spiritual journey. Do you side with ego or do you side with Truth. A hero is someone who chooses Truth over ego. Evil is literally selfishness/ego.

Are you prepared for the consequences of Truth butting heads with ego? What if you can't have both. You can't choose the Truth and honour your selfishness at the same time. Evil is you serving your own self-agenda. The status quo and society is based in ego.

The prize/Holy Grail is God/Enlightenment

There is nothing external to be fought in life. External threats are delusions. The metaphor is telling you that you need to go on an inner spiritual journey. Most people trick themselves with a materialistic journey and never even take the call-to-action to go on the actual journey.

The real heroes are the zen masters, hermits, saints, and yogis. Not the celebrities, tycoons, etc.

Hero's are rare because it requires breaking loyalty to yourself. Most people are very pragmatic and go about serving their needs. Society comes together to enable selfishness and normalise it.

The hardest decision you will make in life is to say no to yourself and to pursue Truth.

Most of us are not as adventurous as we would like to think. We are very pragmatic and lazy, and risk averse. You will always choose the status quo when you are pragmatic. Most hero's never take on the journey because they are intoxicated by society's offerings and peer pressure. You have to have a vision of what you're after. But most people are myopic.

The hero shows us our highest potential. Not about doing heroic acts but to spiritually purify ourselves. You will need to muster a lot of strength and courage to face yourself.

A truly secure person never needs power. You can only know the value of the prize by experiencing the journey. It's incommunicable and cannot be symbolised.

You are alive so that you can experience the truth of reality. You can't outsource the hero's journey to someone else. The wise mentors keep their mouth shut. They just give you hints.

It's really too good to be true. The prize is the elixir of immortality

Practical takeaways:

- Society will not lead you to salvation, happiness, or meaning. You have to find these on your own.
- This here is a process/framework. You can save yourself a lot of time by understanding the framework and learning from the lessons of past generations. You don't have to reinvent the wheel.
- What you've really got to do is get to the point where you accept the call. Be explicit with your reasons about why you're going on this journey. You must be willing to pay the cost.
- Realize what you've been secretly craving is to give your life away to something greater than yourself.

Either you will keep hesitating and stalling for the rest of your life and die with regrets or you will wise up and go on the journey, retiring in peace.

Haiku by Yokan:

*The village has disappeared in the evening mist
And the path is hard to follow
Walking through the pines
I return to my lonely hut*

How To Develop Big Picture Understanding

Principles of research and developing a big picture understanding of reality:

- Principle I: Anything is possible.
 - The first position that every human being is in when they come into this life is that we don't know what is true. We don't know what is true! This means you also don't know what's possible to be true, and what's possible to be false. You don't know which principles you will use to assess what's true and what's false. That's how deeply you don't know. You cannot rely on the knowledge or information that other human beings have sort of mined for you, and supplied to you in books because how do you assess which books are correct? Which are not? The reality is, you don't, and to admit that is very important.
- Principle II: Every position, no matter what position or perspective you take on reality, has hidden assumptions behind it.
 - In a sense, the assumptions define the position or they define the perspective. To even have a perspective requires hidden assumptions that are very hard to root out and become aware of, almost like axioms or premises which defines the paradigm or the perspective from which they look at the world, and that shapes everything, because that is the first step: making assumptions. And when you make incorrect assumptions, you're reasoning stands on a rotten foundation.
- Principle III: All perspectives are partial.
 - No matter what perspective you adopt, on no matter what position, it will only be partial, a partial truth. This is why studying many different perspectives is important, as well as being impartial to the perspectives themselves.
- Principle IV: A model is not reality.
 - Thinking about reality is not reality. The map is not the territory.
- Principle V: The same phenomena can be explained by different webs of beliefs.
 - Your web beliefs, which is the entire collection of all the beliefs you have about everything that is true or false in the world, is like a representation of reality, and that it is under-constrained, which means that we have a few number of hardcore facts about reality, and you have a giant web of beliefs that you build, which is only loosely connected to the facts, which means that you can build different kinds of web of beliefs to explain exactly the same phenomena. Which explains why we have this diversity of perspectives and options and ideologies around the world.
- Principle VI: Foundationalism is false.
 - Foundationalism: Principle that you can take some theory you have about reality and that you can ground it all down into one fundamental truth that is indubitable.
- Principle VII: Rationality is far too limited to use as your only tool to explore reality and to understand reality.
 - Reality goes far beyond rationality. Rationality itself is a subset of this larger superset which is reality. A subset cannot encompass a superset. You have to be open to the Principle that maybe the universe can't be rationalize in principle, and that your attempts to do so leaves a lot unexplained.
- Principle VIII: Paradox is good.

- When you encounter paradox in your research, in your attempts to understand the world, that's a good thing, and not something to run away from but to be embraced. You have to be open to the Principle that reality might be paradoxical at its core. Also, paradox might be the fallout that you get when you try to rationalize all of reality.
- Principle IX: Direct experience is the truest thing we got.
 - If you stick to that you're going to avoid a lot of traps. If however you go with only different authority figures, that's going to be very problematic. Or if you go with only your own reasoning abilities, that's even potentially more dangerous, because your mind is a very tricky thing. Do not now discount expert authorities, and your own reason, and your own intuitions, because those are* important factors, but the truest* thing is direct experience.
- Principle X: There's a huge spectrum of possible direct experiences.
 - Huge. Way larger than you ever imagined possible. What you think of as reality, and all the experiences you've had in your whole life, that is a tiny little sliver of all the vast possible and weird experiences that are possible to have in this world. Seeking out new experiences becomes hugely important if you accept the axiom that direct experience is one of the truest things you have in this inquiry.
- Principle XI: The practical level still matters.
 - It's very easy to get lost in just arm chair philosophy and just theorizing stuff. But it's important to keep in mind that the reason why we're doing this is so that we can move forward and that we can be more effective in our lives, so that we can be more happier, so we can master our emotions, so we can be more successful in the things we want to accomplish. So if this entire investigation is not helping you to do that, then you're losing yourself in theory and in academic disputes that are really not relevant to you living the kind of life that you want to live. So in this entire investigation, one easy way to see if you're doing it right is that your life should be improving gradually over time, in the long run. Not in the short run, but in the long run your life should be improving, because in the short run you might discover some things in this investigation that kind of freak you out, destabilize you, so that's okay. That's the practical level.
- Principle XII: The best position to take is no position at all.
 - To not desire a position, to not have anything to defend, that's really when you know you are doing good epistemology.
- Principle XIII: Seek understanding rather than truth.
 - Be interested in the looser project of developing understanding. Understanding is like you see how all the parts are moving and why they're moving the way they're moving. And you're looking at the situation from a bird's eye view, rather than being a crusader stuck on the ground level fighting for some specific position.
- Principle XIV: Seek holism in whatever you are studying or investigating.
 - And this is as opposed to what a lot of academics do which is become hyper specialized and get lost in the academic minutiae of some argument or debate, nit-pick everything and study the hell out of some little tiny element which has nothing to do with how you're living your life, it has no bearing on your relationships, your ability to improve your happiness levels, your emotional mastery, or your overall sense of consciousness, it has nothing to do with that, it's just some little minute academic thing that maybe you can write a paper on and get it published in some research journal... To not get lost in that academic minutiae is very important. And that just means to have the desire to really integrate everything. The goal is not to understand your little field, the goal is to understand all of life, which encompasses every field that there is. Of course, some fields you're going to be more interested in than others, but overall you're trying to understand what the hell is going on in life and how should I be living my life, these are really important questions.
- Principle XV: Argumentation and debate and justification are tools of the ego, and they do not serve truth finding.

▪ If your objective is to find truth, and your objective is to understand, then you have to let go of argumentation, debate, and justification. Stop doing these things. They are holding you back, they're sucking you into ego, they're sucking you into this paradigm of defending some kind of position. And the more you defend a position, the more stuck you become.

How You Lie

You are a sneaky, lying, manipulative snake. You lie through your teeth all the time.

Self-deception is happening on a grand scale and impacting every layer of your life, holding you back.

The self-agenda. You are running your whole life based on self-agenda – what you want and what promotes your **survival**. It's about preserving your **self-concept/self-image**. The illusory ego is trying to survive.

Truth is not your operating principle in life. You don't live your life valuing truth. Your chief operating principle is self-survival of your self-image. You could kill yourself to uphold the survival of your self-image. Your self-concept loves comfort and certainty. Those two things are all you seek.

Low awareness serves your self-agenda. The mind is designed this way. High awareness requires high responsibility.

Raising awareness is difficult, painful, and produces cognitive dissonance in you.

The best way to hide a lie is to tell yourself that you don't lie. The human mind is wired for self-deception for survival and for maintaining the illusion of the self.

Concepts feel very real with low consciousness. You can't effectively serve a self-agenda if you know it's a lie.

Your self-agenda in life and Truth may be completely antagonistic.

Become mindful of how you lie

The following things are created by lying and are destroying your life:

- | | | | | |
|----------------------------|----------------|-----------------------|------------------|------------------|
| - Stress | - Theft | - Back pain | - Heart attacks | - Hating life |
| - Anger | - Abuse | - Skin rashes | - Panic attacks | - Headaches |
| - Anxiety | -Neediness | - Depression | - Victim mindset | - Fibromyalgia |
| - Cheating | -Co-dependency | - Overeating | - Bankruptcy | - All addictions |
| - Chronic fatigue syndrome | | - Sexual dysfunctions | | - Suicide |
| - Divorce | - Loneliness | - High blood pressure | | - Insomnia |

Lies get so bad that they backfire on themselves.

Most lying is not obvious but very, very subtle.

Examples of lying:

- Saying that you're honest
- A fake smile
- Fake politeness
- Eagerness to please

- Acting cool or stoic
- Asking for things indirectly (a huge one)
- Labelling things and people as evil
- Anger (you being hurt but not acknowledging it)
- Playing stupid, pretending you didn't hear something, pretending you didn't see something
- Withholding important information (another huge one)
- Pretending that you're loving, selfless, compassionate, spiritual (a huge one)
- Moralising and preaching (to others and to yourself)
- False humility
- Concealing your true motives (especially in intimate relationships)
- Lying inside intimate relationships is biggest category of all
- Lying about sex, false modesty
- Lying in marketing and sales (limited time offers etc.)
- Lying while in a leadership position
- Not admitting when you're wrong
- Hiding your weaknesses and insecurities
- Acting perfect when you aren't
- Withholding emotions, not sharing them with others
- Softening your opinions and judgements (especially in formal settings)
- When you're snarky or sarcastic
- When you use humour to manipulate, humiliate, and wage power wars
- When you scheme to get your share of the pie first
- Being nice to get validation
- Pretending you weren't hurt
- White lies you tell children and kids
- When you say "I love you" when you don't really feel it
- Indirectly showing off
- When you excuse your own hypocrisy
- Holding in your belly, trying to hide your gut

This is all very, very subtle.

Become very mindful of how you lie, manipulate, and deceive.

Truth alone is curative and healing. Truth has a different energy and vibration to it.

Start telling the truth more, especially when it's hard. Notice how lying serves your self-agenda, at the cost of truth.

Level 1: Tell the truth to yourself, acknowledge how you feel and when you lie.

Level 2: Communicate the facts of the situation more accurately and honestly

Level 3: Communicate how you feel about the facts ("Honey, I cheated on you with Sally, and loved it, we had multiple orgasms, so much fun, and then we went shopping later, I love her. You've become a harsh, naggy bitch, and I'm sick of it")

Your ego will feel like it's getting destroyed when you are telling the truth. You will quiver with fear and dread. It will feel like pouring acid on your self-image **but it is extremely healthy and healing.**

Don't let lies fester and eat away at your soul.

This is not a moral problem but an integrity problem. Lying toxifies your entire life. Your dishonesty is backfiring on you.

A warning: if you do start doing level 2 and 3 truth-telling you will have to accept the consequences. There may be serious consequences. BUT in most situations, the mind over-exaggerates the negative outcomes. Often the truth is refreshing for most people.

Assignments:

- Notice your self-agenda in action
- Notice whether you are honouring your self-agenda or truth
- Notice how much you lie, be mindful as you lie
- Notice how you subtly manipulate people, especially those closest to you

Get a loose rubber band that you can wear on your wrist and wear it for a whole week to remind yourself to be on the lookout for lying and serving your self-agenda.

10 Important Things You Don't Know You Want

There are things that you really want deep inside but you don't realize yet. The problem with your goals and desires is that you don't question why you pursue them.

If you want to be a strategic thinker and your wants are incorrect, your whole strategy is wrong (you could be working towards something that is completely misguided). If you want to be a strategic thinker you need to really contemplate your desires and realize if they are really authentic.

This list is the ultimate list for your personal development goals.

The 10 Things

- E- Existence to feel magical again the way it felt to you when you were first born: Now, you are taking reality for granted and you see it as boring and mundane. You don't realize that you are alive in a world of magic. You cannot see reality with the eyes of a child.
- 2- You want thing to be completely effortless in your life: You want everything just to flow and happen naturally.
- 3- You want to be authentic: You want to act, speak and behave authentic and spontaneously. You want to be playful! You don't want to be inside your head, you want to be in the present moment all the time, without worries.
- 4- You want a dispassionate mind: A mind that does not cling nor need anything, a detached mind. Realize that this doesn't mean to be unemotional or logical, a dispassionate mind is the one that doesn't cling or need anything. You want a mind that treats everything in reality as equal; a equanimous mind.
You want to be unattached to any ideology, with no beliefs to defend and totally open-minded.
- 5- You want to be fully sober: You want to be fully conscious, aware and lucid. You want to be so conscious that everything for you is moving in slow motion (you need to do lots of meditation and self-inquiry). You want to look upon reality without having a single thought when looking at reality.

6- You want to be nobody: You don't want to be x or y person; you want to have 0 identity. The goal of the game is to get rid of your identity. You want to be the way you were when you were a child.

7- You want Samadhi: Is a state in which you merge with the object that you are perceiving. Is a state where you become the object that you are perceiving. It need a lot of meditation and it feels much better than an orgasm.

8- You want Truth: You want Truth at all costs. You are actually pursuing survival, thriving and success. Deep down inside, you want a life committed to Truth. The Truth will cure you.

9- You want to be a benevolent force in the world: You just want to be a force of compassion, giving, contribution, good. You want to be coming from a place of contribution to society and humanity. How to be a force of benevolence? Find your LIFE PURPOSE! You should spend your time thinking about how you can be a benevolent force in the world. Your life should become a gift giving machine.

10- You want a simple natural lifestyle: Your current lifestyle is full of distractions and pollution (internet, TV, social media, smartphones, computers, partying, clubs, drugs, alcohol, shopping, buying, being busy, getting involved with relationships, workaholism).

You should be eating healthier, being more in nature, doing less shit and just being. You should have a free and relaxed schedule.

You don't want:

- Pleasure
- Money
- Success
- Sex
- Relationships
- Reputation
- Self-Actualization

Will you be wise enough to realize this? People are so lost that they don't even realize that they are lost.

Mastery

It's not so much important what you do, it's about doing it masterfully.

It's important to know how a process goes, so you can know the pitfalls. Most people don't know how the mastery curve goes, so as soon as people hit a plateau, they give up (Dabbling).

The mastery curve is like deep steps, small rises, with long plateaus.



Adapted from the book 'Mastery' by George Leonard.

There will be times when you have to put in effort, but you don't grow in your skills, sometimes you may even regress a little bit. This is completely normal, and you need to expect these periods so that you are not disheartened.

You need to get comfortable being on a plateau and not seeing any results for a long period of time.

Be more present in what you're doing.

In Japan, sushi chefs start by learning to properly prepare rice for two years.

Western society focusses on quick shortcuts and distractions, not mastery. Marketing is a huge contributor to this.

Three common anti-mastery attitudes that will lead to failure:

- The dabbler – always seeking novelty and progression, always chasing the highs, unwilling to stay on the plateaus. Gives up when it gets hard. Sees the grass is greener on the other side. Jumps ship. Bouncing from one thing to the next.
- The hacker – pseudo mastery, does well initially but then when a certain level is reached, becomes comfortable, not willing to go past the comfort zone. Progression is halted for fear of hard work and pushing the boundary. Does decent work but doesn't accomplish anything great.
- The obsessive – Gung ho, jumps straight into it, tries too hard, all energy is thrown into this activity, excessive pacing to get initial gains. Hitting first plateau is a surprise which leads to frustration. Overextending himself. Chaotic and unstable, high highs and low lows.

Mastery is consistent, even keeled, comfortable on the plateau, tortoise not the hare, comfortable outside the comfort zone, pushed the envelope. **Process oriented vs results oriented**. Sustainable pace (which you can keep up for the rest of your life). Having fun rather than trying to be productive and grinding.

The volume of time put in is critical to mastery. Develop a love for the minutiae. The process of adding in a little bit at a time is really rewarding.

Two challenges:

Starting on the mastery path – due to homeostasis. Set up proper expectations, the first few weeks will be tough.

Staying on the mastery path – not being comfortable on the plateaus.

Intro to Systems Thinking

“Stop looking for who’s to blame; instead start asking, What’s the system?” Donella Meadows

Systems Thinking is a way of looking at the world as a series of interconnected webs, all of them interacting with each other. Is about seeing the world from a meta-perspective. It is used to change things larger than yourself.

Reasons to study ST:

- To understand and changer larger structures
- To realize your life purpose and have a big impact on the world
- To change the world
- It is the Yellow stage in Spiral Dynamics
- To avoid collective disaster

System: A set of interconnected elements. It is composed by the elements – mostly physical – and their relationships, which are much less tangible. The relationships are much more important than the elements themselves. A system causes their own behaviours and serves a function/goal. The function is more important than the relationships and the elements of the system. One of the primary purpose of systems is homeostasis (protect themselves).

Goals > Relationships > Elements

What isn’t a system? Scattered parts which are not connected are not a system.

There are problems we have to face as humanity. These are persistent systemic problems. Some examples:

- Poverty
- Shrinking Middle Class
- Global Warming and the Environment
- Drug Addiction
- War
- Obesity
- Crime
- Low-Quality Marketing

- Education
- Unemployment
- Terrorism
- Corruption
- Depression
- Endangered Species
- Runaway Materialism

These problems are very difficult to solve and the only way is to solve them is by thinking in systems.

The Principles of Systemic Thinking

- E. Problems are systemic and not personal: It is not some Hitler or Trump that is creating problems. It is poorly designed systems that are creating problems. Start asking: What is the system that is causing this? Issues are much more complicated than we think.
2. See everything as a system
- 10. Non-linearity: Playing the game changes the rule of the game. This means unpredictability and chaos.
 - 11. They are very counter-intuitive: Systems are incredibly complex and results are not easy to predict.
- E. Local actions have global impact: You can no longer worry about your personal sphere. You are part of a larger system and your behaviours will affect yourself and the system you are in.
 - E. Becoming conscious of back-firing mechanisms: Sometimes you change something in a system and it backfires on you. Systems' biggest enemy is its own feedback
 - E. There are no easy, brute force solutions: Systems are all about balance and harmony. Those types of solutions will feedback the system and make it worse.
8. Intuition and Holism vs Reductionism: We have to recognize that reductionism is not going to fly with high-level problems.
- E. Being aware of false boundaries: In reality, there are no fixed boundaries. They are conceptual in nature so don't get bought into that. Just by understanding the boundary differently, we can create a new solution and perspective
 - E. The world is dynamic rather than static: Everything is constantly morphing and evolving/devolving.
 - E. Complexity, valuing nuance, wisdom and learning: You need to be studying and learning all the time. The power in working with systems is not by manipulating but understanding them. A systems thinker will spend a lot of time studying and understanding the system.

E. Take preventative actions rather than fixing problem: It is about being forward looking and having a long-term horizon. It is about sustaining the system for decades on end. Each action has a big consequence!

E. Admitting the unknown: Systems thinkers admit that systems are incredibly complex and it requires a deep and wide understanding to start trying to solve the problems.

14. Self-reflection: Systems thinkers need to self-reflect. They understand the system creates their own problems so by reflecting on themselves they can start to solve them.

15. Looking for the root causes of issues rather than the superficial aspects

16. Concern for balance: Sters really appreciate the ying-yang of life. Systems usually have many opposing forces and eliminating one of them can have huge implications.

17. Having a global concern rather than having tribal concern: ST integrates the whole world. We see animals, people and environment are equally important.

18. Materialism is not the only game in town and success is not the most important goal. Growth at all cost is just a cancer.

19. Sustainability is key for Sters

20. Recognizing the dangers of self-interest: People in the lower stages of Spiral Dynamics pursue their own interests without realizing its dangers.

21. Changing paradigms is a huge leverage point for changing systems: If we shift our perspective, solutions may appear. An example is the mind-body problem.

22. Integrating multiple perspectives

23. Studying patterns and cycles: Systems are cyclical. You need to study patterns through times!

24. Studying systems vs manipulating them: Study them first

25. Studying feedback loops and realizing its implications.

How to Deal with Loneliness

Getting to the rock bottom of loneliness.

When self-actualizing, you are growing yourself above most people. Most people are not doing the work you're doing.

A gap is created as your values start to change.

Growth = change. People don't like you changing as it's reflected onto them.

Most people don't get far into personal dev as it brings them into loneliness.

Solution – lots of external solutions – social circle game etc. etc. sports, social activities, etc. support groups.

Sounds nice but all of these are external.

Real growth requires turning inwards

Have to face the real issue on the inside. Take the Hero's journey. No one has paved a path to finding yourself.

Cannot raise your consciousness through a group effort. Have to enter the belly of the whale and face your inner demons by yourself.

You yourself don't want to face your demons, so how can you expect other people to do it.

Loneliness comes from disconnection from being and true self.

You are lost in a landscape of conceptual construction, living in the past and future.

Being in the present is good and solitude becomes good.

Solution – get serious about your growth. Go through initial hump of being lonely

Then ground yourself in being and solitude. From the centre of solitude you can then foray out into society and have friends etc.

Reality is that you are alone in this universe. You always interact with yourself. This sounds bleak but really is beautiful when experienced.

The biggest opportunity is to face the loneliness, just jump into the cold pool.

Take perspective on it. Ultimately you will face death alone, no matter how many friends/family you have.

Your deepest inner demons will have to be faced alone.

The deepest beauty of life cannot be shared with anybody.

Life is a first person phenomena happening to you.

The beauty cannot be communicated.

All the answers to life are inside you. The more you ground yourself in solitude the more you will get to the centre of the beauty of life.

Let interaction and socialising be icing on the cake, not the cake.

Develop a strong relationship with yourself and nature

Everything external is just a tangent.

All human construction has elements of ego – hate, fear, manipulation, politics and bureaucracy.

Being alone is simpler. Build a foundation of solitude and then do whatever you want from that

Implementing this work:

- Solo 10 day retreat – breakthrough and connect to being. The trick is going and doing it and not breaking the 10 day solitude

- Solo psychedelic trip

- Solo travel. Be wary of societal pressure to do things alone – go and explore, especially in nature, by yourself.

You gotta bite the bullet on this. Feel the emotions deeper, they occur in the same space as experience.

Distractions will fall away. Let the solitude massage you. Feel into the loneliness.

AND THEN, after you've done that, you can go and get a gf/friends and do stuff in the world. Help the world.

Draw on the foundation of solitude (which is the centrepiece) and then get the cherry on top. Console yourself on this journey. Keep reminding yourself that you are catching bigger fish.

Approval, friends, sex, kids, etc. are all icing on the cake.

Understanding Default Position

A position that you hold without acknowledging it's a position

A natural position requiring no burden of proof

A perspective one has that masquerades as reality

Based in epistemology

Some positions appear to be logical on the surface and are obvious to everyone so are seen as default, safe, "logical" positions

This is dangerous^

E.g.

Atheism – in theory no position but in practice a position exists which reveals itself in their behaviour. Atheists have an active belief that there is no god.

Doesn't have a burden of proof. You don't have to argue that something exists e.g. a god.

Common understanding of psychedelics

- Assumption that what we are normally conscious of is the real reality

Death

Both about what happens after death and that death even exists or can happen to us. You don't think of death as a perspective

Naïve realism

Everything is rational

Reality is made out of discrete entities/objects that are real and absolutely defined

When you only have one perspective it seems as though it's the only one. When a second one is revealed your mind opens up to infinite perspectives. Religions and science tries to get you to have one position

Time is absolute

Energy is always conserved

You can't get something from nothing

Ockham's razor

False scepticism

Modern science is true because it works

Consciousness is in the brain

You are the body

Physical pain has to be painful and that it is bad

That you have free will – even determinists will in practice act as though free will exists. This is the trap of an ego. If a bad situation happened to you should not be sad as a determinist because you do not believe in free will.

You need to get married

When you don't hold the default position you see how unconscious the default position is

Nihilism

That enlightenment is an experience

Depression is something that happens to you – the alternative is that depression is created by you.

Humanity is highly evolved

Society is healthy

You begin to really see how dysfunctional society is

Happiness comes from external conditions

Default positions tend to be special constraint cases e.g. time is "absolute" because in everyday life we are travelling much slower than the speed of light

The position denies that it's a default position

The place you're standing on is hard to see how you're standing on it. The eye cannot see itself
Consciousness can't see reality

Default positions are a key deceptive mechanism of the mind

The fabric of reality is illusion as reality creates itself. Constructions not being aware of constructions preceding it.

How does the eye see itself:

Awareness

Self-honesty

Objectivity

Be very suspicious of any ideologies that limit your abilities to observe

Build Your Infrastructure for Success

Infrastructure: The basic physical and organizational structures and facilities needed for the operation of a society or enterprise.

Are you building your infrastructure for a high consciousness life? Infrastructure is the practical structures that you need to build to live the kind of life that you want to live, the life that is aligned with your highest values. This doesn't happen by accident but it's something that you have to create and architect. And you have to be very deliberate about it. It means constructing your environment that is suitable for living your values and it makes it easy and automatic rather than a lot of effort and resistance. Most people end up sabotaging themselves by putting themselves in a wrong environment that doesn't help their values grow and flower.

Don't get so spiritual that you forget the utilitarian part of life. Your quality of consciousness is very dependent to the environment that you are in, so design it carefully. **MAKE IT EASY FOR YOURSELF.** The big stuff is difficult because you ignore the small stuff!

Infrastructure influences the quality of consciousness of population.

What you should be doing is:

- Figure out your top 10 values
- Systematically think what processes/mechanisms/environment will make the following of the values easy and automatic.

Leo's Example

- How does he capture all the insights that he has over the week and share them with people?

He just doesn't have a pen and paper around him to write them. He inundated his house and car with pens and post-it notes so he can record every insight that he has (he has an office computer).

Also, when he is in the car, he tried different recorders that costed him several hundred dollars.

You should ask what is your highest purpose in life, which are your highest values and then ask yourself how can you make your job easier? What kind of infrastructure can I build to help me do that?

You need to bother with systematically building your infrastructure! You need to research laptops, software, etc. You have to bother about technical stuff too!!!

90% of Leo's effort was applied in building infrastructure like learning about laptops, cameras, microphones, etc.! Not in meditation, studying and so on. This stuff is very technical but it is totally necessary.

There is hard infrastructure but there is also soft infrastructure. This is the stuff that is non-material and non-tangible. The soft infrastructure is the most difficult to build up!

- Speaking ability
- Creative ability
- Humour ability

- The Right Relationships
- Technical skills like language, business, marketing

Once you have these skills you can now build and live your life purpose much more powerfully. One of the ways people struggle with life purpose: They know what it is, they have a nice and strong vision but they lack the technical skills to do it, they lack the strategic planning skills.

YOU NEED TO DEVELOP TECHNICAL SKILLS IF YOU WANT TO LIVE YOUR LIFE PURPOSE! With an ambitious dream, you won't know how to do it but you can ask yourself what would I need to develop in order to do that? **THE MOST POWERFUL INFRASTRUCTURE IS NON-MATERIAL!**

The key of infrastructure is to free you from the busy work that you do in your life! You need to be careful of how you spend your time. **YOU NEED TO LIVE OUT YOUR CORE VALUES!** If you need a computer for example, buy a computer that is super-efficient so you avoid bottlenecks.

To build infrastructure requires:

- Time
- Energy
- Money

This are one of the ways that material things can help you in your personal development!

Ask yourself where is your time not optimal? Where am I working against my values? Where do I lack alignment with my purpose? What kind of infrastructure can I build to mitigate that?

You need to be building your infrastructure week after week, month after month and year after year! This is a snowball effect! Imagine how powerful you will be in a couple of decades! How fulfilling it would be to live this kind of life?

You need to develop the ability to dream big and at the same time think about the practical steps to build it! You need to balance idealism and pragmatism.

Take care, however, that you need to find the right balance. Don't get too hung up in the infrastructure that you forget about your life purpose. Also, careful about starting to identify with your infrastructure. You start thinking that your business is you and it is the thing that brings you happiness.

Infrastructure takes time to build; it is something that you will do for the rest of your life.

A Rant Against Naïve Realism

Naïve Realism (Materialism) is the actual conception that people have about reality. Our fundamental view is that we live in a 3D space, with objects in it, time progresses linearly and so forth. We think about the universe as a huge 3D box and there are a bunch of physical objects that obey mechanistic laws. There is also a very fundamental assumption: When we close our eyes or turn our back, the world is still there; when we go to sleep, the world is still there; when we die the world will be still there and it was there before we were born.

If you sit down and question this belief system, you will find that it makes no sense on the common sense level, on the rational level, on the scientific and experiential level.

In a direct experience, reality for you is a collection of sensations. Also, your reality is rendered by your brain; it is not physical. But we walk and live thinking that reality is 100% real and reliable. We live in a matrix of phenomena and sensations but they follow very consistent rules. Take into account that an animal like a dog will see a different version of reality.

THE ONLY REALITY FOR YOU IS THE PHENOMENAN FIELD. YOU DIDN'T EXPERIENCE ANYTHING OTHER THAN PHENOMENAN FIELD. Anything more is a belief.

We like to think that there is stuff behind the scenes, but what if there is no stuff behind the scenes.

We treat reality as the "cosmic turtle myth", the mind is playing games with you. If you look at your phenomenal field for long periods of times, you will realize that there is no stuff behind the scenes. The scene is the only thing there is. "The stuff behind the scene" is a concept.

The materialistic paradigm cannot answer the mind/body problem (the most intimate experience of all). They cannot explain how can mind can arise out of matter and they cannot do it because the assumptions are incorrect.

The paradox here is that when you develop enough awareness, you realize that the stud behind the scene is Nothing and it is there (it is not hidden).

It is so difficult to let go this paradigm because the mind cannot grasp that appearance has no origin but itself. Appearance is existence! It needs nothing to arise. When you realize this, existence becomes mystical and unknown, not mechanistic.

Reality itself is mystical and there will never be a mechanical explanation for it, because it's Being! Mechanical explanations are useful to manipulate reality, but they cannot explain what is. The good news is that it is possible to have a direct experience of the magic of reality!

Also, quantum mechanics debunk materialism! They say that reality is made of a fields (and they are infinite).

You can prove that reality is mystical to yourself with psychedelics, meditation or self-inquiry.

This is very practical because when you believe that reality is physical, you have materialistic values and behaviours. But when you realize that reality is consciousness, your values and priorities change.

If you want to develop a great life, you need to ask this metaphysical questions.

What Leo is saying is: Space, time, matter, energy are not real. These things had to be created by the mind and are all assumptions. YOU NEED TO UNDERMINE YOUR MATERIALISTIC PARADIGM.

THE WHOLE PROBLEM IS THAT YOU DON'T WANT TO ACCEPT WHAT IS TRUE, AND THE SAD PART IS THAT TRUTH IS SO FUCKING INCREDIBLE THAT YOU CANNOT ACCEPT IT.

How To Control Anger – Part 2

“Anger is a wind which blows out the lamp of the mind.”

There are great degrees of anger, from rage to mild annoyance (the latter one is the most practical for you because you feel it almost every day). There is also hardwired anger, that comes from childhood traumas.

This is one way to deal with and understand anger: Anger comes from lack of holistic understanding. If you understand a situation holistically and existentially, you cannot get angry at it. **HOLISM IS KEY HERE! TO BE AT PEACE IN THE WORLD YOU NEED TO UNDERSTAND HOW IT REALLY WORKS.** This holistic understanding will not come with enlightenment alone. You need to go and study this stuff!

You create a virtual/illusory partition in reality called “you” and you start defending it and become attached to it. Thus, when you are in the real world, this partition collision with other partitions or reality at large. Therefore, you start feeling a sense of injustice and sense of violation. And from this comes the sense of anger that you have. If you take a look at reality holistically, there is something bigger than your private world going on and failure to understand that you function is larger mechanisms and systems, creates anger. Think about the different systems in which you feel angry at (relationships, marriage, economics, humanity, politics, terrorism, races, gender, war, etc.).

You get angry because you try to view situations from your limited point of view instead of seeing the situation holistically. **TO BE EFFECTIVE, YOU NEED HOLISTIC THINKING.**

When you really understand a situation and reality existentially at very deep levels, you stop shooting upon reality and yourself, you stop moralizing. When you see why reality functions as it does, it creates acceptance in you.

Anger comes from a lack of understanding. When you understand the why of the situation, you anger cannot appear. **UNDERSTANDING BRINGS ACCEPTANCE AND COMPASSION! EVIL ACTIONS COME FROM IGNORANCE (AND IGNORANCE IS REALLY DIFFICULT TO CORRECT BECAUSE YOU STRUGGLE TOO!).**

You can apply this principle with big stuff like rape or minor things like an annoying sound.

If you erase the distinction between you and other, many of the things that disturbed you will not annoy you anymore, because they are literally you. When you realize this, love and acceptance will follow.

If you take you rage away, you will become more effective. Anger is a poor-quality motivation.

The way to stop evil is acceptance!

Technique: Every time you are angry, understand the other perspective and try to see the big picture. Ask yourself: What am I failing to understand? Dig until you hit acceptance.

The Mechanics of Belief

Most people don't have a clue about how beliefs actually work. It is very important to know this because you could mistake falsehood for truth, therefore you need to learn about epistemology if you want to live a fulfilling life. Your beliefs restrict your ability to rise your consciousness and distort perception. Your ability to rise your consciousness is restricted by all the beliefs you hold, and most of them are totally wrong.

One of the fundamental challenges in life is to distinguish what is true and what is false, so how do you do it? The fundamental problem with beliefs is the following: You think that you can represent reality with your ideas. Ideas are not actually the truth and a representation is not the same as the thing that is represented. You have a lot of ideas about how reality should be so you are not being open to direct experience of reality.

You need to inquire about your process of inquiry.

What is a belief? An idea, a thought is something you think is either true or false. You have:

- Personal beliefs
- Social beliefs
- Political beliefs
- Scientific beliefs
- Epistemic beliefs
- Metaphysical beliefs

Features of the mechanism of beliefs:

- E. Every belief held feels true
2. You don't hold most of your beliefs on solid evidence and reason. You simply latch on to the beliefs that seem right without really inquiring them
- 12. You don't consciously select your beliefs: You just absorb your beliefs from your culture.
 - 13. 99% of your beliefs, you never directly experienced them, you just take them on faith.
- E. Beliefs generate strong emotions, fuel behaviours and are addictive. The mind will forfeit happiness and truth in the name of preserving homeostasis
 - E. All beliefs are circular: Beliefs are based on more beliefs, and those beliefs are justified by more beliefs and so on.
 - E. They determine what is possible and impossible: What you are able to do is limited by your beliefs
8. Beliefs are not looking out for you (look at them as a meme). They don't care about your happiness or success. They are like viruses that reside in your mind
- E. There are meta-beliefs: They are the beliefs you have about your beliefs

- E. "I don't hold any beliefs"
- b. "Most of my beliefs are accurate"
- c. "It is good to believe certain things"
- d. "Some beliefs are safe and cannot be doubted"
- e. "There are no alternatives to holding beliefs"
- f. "Dropping my beliefs isn't so important"
- g. "Epistemology doesn't make a difference in my life"
- h. "No one knows anything for sure"
- E. "I'm already aware of my limiting beliefs"

Beliefs are dangerous because:

- They are self-fulfilling prophecies
- They tend to neglect contradictory data
- They are in the way of having a radical new experience that transform the way you see reality
- They create emotional reactivity, arrogance and inflexibility

There are 3 epistemic attitudes that people have in life:

- E. Proudly defending your beliefs
- b. Expanding your beliefs so they reflect reality better
- c. To realize that reality has nothing to do with beliefs

How to apply this?

- Make your mission to live outside beliefs
- Take epistemology seriously
- Drop your pet theories, you don't need them.
- Change your attitude from arranging your beliefs to realize that there is no end to investigation
- Question EVERY belief you have
- Hold your beliefs lightly
- Direct experience is king

The Dark Side of Meditation

You cannot be following Actualized.org and not meditating, it is a must.

Weird stuff will arise while you meditate and it's not all butterflies. The side effects or meditations are (may last for a whole month):

- Hyper annoyance and crankiness
- Expect hyper judgmentalism
- Mood swings (can last for weeks)
- Feelings of loneliness, disgust, anger and frustration (for mild to strong forms)
- Crying
- Insomnia (manic episodes with tons of energy)
- Depression (serious spells) and meaninglessness (you'll self-improvement is meaningless)
- Interference (you will think that your work and career are meaningless, and you'll want to quit your career. It will come and pass.
- Interference with your relationship (you will think you chose the wrong person)
- Rush judgments (like quit my job and go to meditate on a cave or liquidate all your assets)
- Suicidal thoughts
- Freak-out moments
- Ego backlash: As you are meditating you are dissolving your ego but when the ego gets dissolved too much too fast, it usually come back stronger
- o Go back to old bad habits
 - Hyper horniness
 - Expect old repressed memories
 - Family issues
 - Crazy monkey mind (waves of insanity and madness)
 - Self-doubt: You will doubt your technique
 - Expect nightmares and dreams
 - Expect spiritual arrogance ("look how unconscious people are")

This is common stuff you will have to expect. These are weirder side effects

- Shaking, tingling and pain in your body

- See lights and auras
- Vivid sexual fantasies (homosexual fantasies) and will tend to seduce you
- Behave like an animal
- Paranormal phenomena (reliving the past or seeing the future) or out-of-body experience
- Might see/hear spirits (angel or demons)
- Samadhi states (negative or positive): Stop existing as an individual object and merge with reality
- Kundalini awakening (energy shooting out your spine and going to your head)
- Total blackout or the void
- Ego death
- Your reality will be shattered
- Dark night of the soul: When you start to see that everything you knew about reality is false and completely delusional (reality has no purpose nor meaning)
- Depersonalization: You start to think that you don't exist as a person (you want to treat it as temporary phases that you need to work through)

What to do with all this stuff?

- Relax, all this stuff is normal.
- Not get distracted with this stuff too.
- KEEP MEDITATING; IF YOU STOP, THE EGO WILL WIN. Remember that all the negative stuff is a sign of growth.
- Remind yourself that everything you are feeling is a phase, it will pass.
- REMEMBER TO TRUST YOUR HIGHER SELF!
- It is supposed to be a process of self-love (be kind and gentle on yourself)
- Your job is to sit and be mindful
- If you really need, just take a break for a short time (you should always come back)
- Read spiritual books

You are not necessarily encounter with all of this stuff, so don't go hunt for it. The trick with these things is to not get triggered by them and make a rash move as a reaction against the negative emotional energy. What meditation do is surfacing stuff from the subconscious mind but if you don't expect that, you can get into trouble. YOU NEED TO UNDERSTAND THAT THESE THINGS ARE TEMPORARY. MEDITATION MAKES YOU MORE SPIRITUAL ONLY IN THE LONG RUN, NOT IN THE SHORT RUN.

Meditation and growth is a battle; you have to burn through old beliefs and thought patterns. You need to purge all the shit that is in your mind! When you are meditating you are forcing your mind clean itself but in an unconscious way and the only signs you are going to experience are these emotional reactions. You need to be conscious enough that this is what is happening in the big picture. See all the emotion turmoil as purging all the toxic thoughts and emotions. Once the purification complete itself, you will end up being all clean and happy (10-15 years from now). This purification comes in waves so expect several stages of neurotic houldf.

When you are experiencing something negative, realize that it is a consequence of your growth and purification.

How to Develop an Interest in Truth

Lots of people do not ponder existential questions. This leads to focussing on shallow, petty things in life, and ultimately a lack of richness. Ponder and contemplate these questions for yourself and explore for the answers within yourself. Question all your assumptions. This will lead to growth, and self-mastery. Self-honestly investigate them. You must find the answers for yourself.

Metaphysical: About reality

1. How come existence exists at all?
2. What is existence?
3. How is existence related to non-existence?
4. Why is reality structured as it is?
5. Are there other possible ways reality can be ordered other than our own?
6. Why are the laws of physics the way they are?
7. Which comes first: consciousness or matter? Does consciousness come out of matter or does matter occur within consciousness?
8. What is matter, energy, space, time?
9. What is outside the universe? Is it infinite or finite? Why?
10. What existed before the big bang?
11. How does the material interact with the immaterial?
12. What governs what's possible and impossible in the universe? What sets limits on the universe?
13. What governs emergent properties (e.g. atoms, molecules)?
14. How can emergent properties arise out of nowhere?
15. What makes a thing a thing? What is an object (a single thing, multiple things)?
16. Does reality have a bottom most scale? E.g. lower than atoms, and lower than. Does reality have a top-most scale e.g. higher than planets, universes etc. Are there limits or do the levels go infinitely up and down
17. Does the evolution of the universe have a purpose? If so, where does it lead to?
18. Does external reality exist at all?
19. What is God? What would the concept of God entail?
20. What are thoughts?
21. How did life start? Aka Where did it all come from?

Epistemic: The study of knowledge

1. How do we know what we know?
2. How can I know anything for certain?
3. What makes justifications valid?
4. Why do billions of people believe in God?
5. Why do people disagree about good and bad, right and wrong, moral and immoral?
6. How come intelligent people delude themselves? E.g. scientists who are creationists. How can I be sure that I'm not deluded?
7. How do I know that I'm not indoctrinated aka brainwashed into believing things without thinking about them myself.

8. What is science? Is it the best way of arriving at knowledge?
9. What are the limits of science? Are there things that science can't understand/explain?
10. What is mathematics? What makes it valid?
11. What are the limits of mathematics? Is it displayed by reality or projected by the human mind?
12. What is rationality? How does it work and why is it valid? Limitless? Displayed by reality or projected by the human mind?
13. Which is more valid, the senses, rationality, or intuition?
14. What are the biases/blind spots of humanity as a whole?
15. How do animals understand reality?
16. Are there creatures with higher intelligence than humans? If so, how can we be certain of our knowledge?
17. Why is human knowledge taken as the ultimate truth?
18. What is truth? Is objective or subjective
19. Where does understanding come from? How can we rely upon it?
20. What is the ultimate truth?
21. What is the best way to acquire knowledge?
22. Is reality understandable? Can humans understand it all or not because we are limited

Self: You as an individual

1. How can I be sure that I exist at all?
2. If I exist, what am I? Biological? How do I know?
3. How did I, aka the identity of me, come into being?
4. What justifies identifying with the body or the mind? If the body is yours and the mind is too, who owns these things
5. If I am the body and the mind, what is everything else. Where do 'I' stop, and the rest of the world begin?
6. What is in control of my thoughts?
7. What is my role in reality? My purpose?
8. How should I live my life to maximise happiness?

Consciousness: The mind and all mental fabrications

1. What is consciousness?
2. How is perception possible?
3. What unifies our senses into a seamless experience?
4. What if there are higher levels of consciousness? What would that mean for our understanding of the world?
5. What about the different levels of consciousness e.g. on psychedelics, meditation. What do they mean? Are they better/worse/more or less real than ordinary consciousness?
6. Are consciousnesses separate or is consciousness one thing?
7. Can artificial consciousness be created
8. Can consciousness be split or joined?
9. Could inanimate matter be conscious?
10. Is consciousness only accessible to higher level beings or is it everywhere in the world?
11. What are the laws governing qualia (qualities of the senses)?

What's Wrong with Ego

The ego is the cause of the majority of the unhappiness in your life. Same mechanism of wrongness as you deciding to spit into the wind – backfire.

Ego operates through self-deception. Consequences are subtle and spread out over time – wind takes your spit, circles it around the world and hits you in the face a month later.

The ego – your self-image and self-idea.

Pause recording and list top 20 things that you don't like about life:

1	11
2	12
3	13
4	14
5	15
6	16
7	17
8	18
9	19
10	20

The shocker – all of this stuff is the result of ego and is not an inherent facet of life. Life appears this way because you've been living your life with a strong ego. The ego creates these for itself. The ego has subtle and sneaky long-range consequences. Not as simple as A>B>C. Not a simple chain of cause and effect. It's more like A>B>C.....>Y>Z.

Typical consequences of ego: (your job to investigate further how ego is responsible for these in your life).

- Fear and anxiety
- Anger, bitterness, hatred, violence, and intolerance (especially those instances of these generated by you)
- Outrage and unfairness
- Guilt and regret
- Annoyances
- Criticism and blame
- Emotional pain
- Depression
- Dissatisfaction and disappointment with life
- Shyness and insecurity, inauthenticity
- Not liking yourself, your personality, your physical appearance
- Boredom, loneliness, neediness
- Stress and chronic fatigue – no reason life should be inherently stressful
- Addictions
- Sexual misconduct, cheating
- Lying, dishonesty, spreading of untruth
- Exploitative and manipulative behaviours
- Relationship problems
- Self-sabotaging behaviours
- Money problems
- Motivation problems
- Decisiveness problems, fear of making choices
- Gender identity confusion
- Staying stuck in the wrong career
- Inability to realise your dreams
- Inability to realise the highest spiritual experiences in life
- Inability to love others, commitment issues, lack of kindness or compassion
- Creative difficulties
- Feeling offended and self-righteous

- Dogma and ideology
- Obsessive thinking
- Hurting loved ones
- Doing damage to the environment
- Doing damage to other people
- Dying a sorry death

Realise in your mind that all the stuff on the list is related to identity and ego, not just a consequence of life but how you choose to live your life and how you're attached to your sense of identity. If you let go of that this list will dissolve over time.

On a societal level (where ego has penetrated society):

- Responsible for all wars
- All genocide
- Slavery
- Scams, Ponzi schemes, thefts
- Rape and abuse of children and women
- Financial exploitation, communism and capitalism
- Caste systems and power hierarchies
- All corruption, bribery and nepotism
- Bigotry, racism, homophobia
- All religious conflict
- Suppression of reason, science, and authentic spirituality
- Cults and intellectual exploitation
- Leaders and strong egos and followers and weak egos
- McCarthy trials
- Dictatorships, gangs, syndicates, mafia
- Political grid lock
- Oppression of human rights and civil liberties
- Destruction of the environment
- Protecting the collective identity

Pendulum effect of spiral dynamics

Happiness = $1/\text{ego}$

In a nutshell, all personal development is becoming more aware of the ego to the point that it is reduced to near 0 (possible to have ego=0 moments occasionally – infinite happiness).

Assignment for next week/month: Notice when you are suffering and see in what way that connects to the ego. Be willing to look past 1-2 steps of causation, it may be 5-10 steps of causation. If you're not doing this you are just changing stuff on the surface.

You're Not Happy Because You Don't Really Want to Be

If you are aware enough, you will realize that you are actually not happy. The real reason you are not happy is because you don't want to, even though it sounds really insane.

People are actually pursuing conditional happiness. It means that you would only be happy if things go the way you want to; but this is very illogical.

If you could be unconditionally happy, what would you decide? (really think about the question?). If you say yes, this would mean:

- You wouldn't need food, water, sex, shelter, family, have fun, friends, etc.
- You would be happy no matter what (even if your family is murdered).

What you have been doing all the time is putting rules and conditions to happiness (I will be happy when...). Your entire motivational system in life has been predicated upon achievement of things and goal, but if you could be happy with anything, why would you do the things you do. The problem is you don't know what to do with yourself when you are actually happy.

Instead of focusing on things that would bring you happiness, focus on happiness itself. You actually want fulfillment, not the goals you want to achieve! YOUR ULTIMATE GOAL IS HAPPINESS!

The rule you say to yourself is: I will be happy when... Positive motivation and negative motivation are actually neurotic; you shouldn't be happy when you get stuff done as you shouldn't be sad when you don't; you should be happy anyway. When you say you want conditional happiness (consciously or unconsciously), you are creating misery for yourself.

Your suffering is really unnecessary and doesn't help to change situations. You actually don't need suffering to take action, you make it neurotic! You need to change your entire foundation of how you are motivated.

Since you don't have authentic motivation, you label yourself as a businessman or a healthy person so you take action in order to maintain your identity (you will sacrifice happiness to maintain your identity).

You are not pursuing happiness; you are pursuing the things that you think that will need to happiness. If you want to be really happy, you need to let go some of these rules (but it is extremely difficult for you).

You need to ask yourself: Why do I feel I need To be happy? It usually boils down to a feeling of deficiency inside of you in some way, like a hole that need to be filled and you actually believe that if you feel that hole you will feel complete. You need to understand that the holes that you feel cannot be completed with physical things or with any kind of achievement in the external world. If you look deep enough, you will realize that you are already complete and all holes are illusions, there are no holes in you. You don't need anything to be happy.

The question now is; why would I do things at all? You will realize that really it doesn't matter what the experience is, you can learn to every experience and enjoy the magic in every experience, not matter what are you experiencing (from having sex to dying or being tortured). The fact that there is even an experience at all, it still a remarkable thing (the problem is that we were disconnected with the magic of experience itself).

A test to discover your happiness level: If you lock yourself in a box forever, can you still be happy? Highly developed people don't need shit to be happy; you don't actually need anything to be happy.

Notice that when you are detached (don't need) something, it doesn't mean you are never going to experience it again, it means that you are not attached to it.

YOU DON'T REALLY HOW EXTRAORDINARY IT FEELS SIMPLY TO BE CONSCIOUS!

Detachment doesn't make you depressed, or nihilistic; it frees you up to do whatever the fuck you want. Even when you are enjoying something but you are attached to it, you actually suffer.

In order to say yes to unconditional happiness, everything in your life will have to be changed and refactored, you need to realize that you were just pretending to be happy.

Right now you have some assumptions like:

- I need money to be happy
- I need sex to be happy
- I need to have an impact in the world
- Etc

You need to contemplate about them and realize that these rules for happiness are backfiring you and you have forgotten that the point of life is not to do stuff or to be busy, the point is pure happiness. When you shed awareness to your neurotic motivations they will start to crumble and you will feel lost: trust that your motivation will come back to you and in a more authentic and divine way.

A Rant Against Morality

Your model of morality (right and wrong) is having the opposite effect of what you want and is stunting your growth. There are pre-set stages of morality through which a person evolves

E. pre-conventional morality

You don't do things that will get you punished

You do good so you can get rewards

2. Conventional stage morality – 99% of people live here

Conformist authoritative forms of morality – the reason you do good is because if you didn't you wouldn't be conforming

Authoritative – the reason you do or don't do something is because an authority told you what is right and wrong

14. Post-conventional morality

Social contract theory – you want to act moral because everyone is in life together and we explicitly or implicitly decide to work together

Principle based morality – you act based on internal principles – you are acting on your own conscience

Colberg left out the top stage

Transcendent morality – a consciousness of ultimate truth or reality – you break down the boundary between self and other – everything becomes you and there is a surrender to the reality – you act compassionate to everyone and everything because you perceive the world as you. All of existence is a giant ball of unconditional love. Everything is unconditionally loved by you. You see everything as a unity.

Conventional morality is dangerous because it leads to moralisation – a list of good and bad things – you artificially put things into moral bins – your reality becomes fragmented.

Examples

- in religion especially houldfsm and Islam – both are extremely moralistic
- In houldf
- Judaism – so basically all religions

Political conservatism and liberalism

All the moralism that is in your family

Moralism in intimate relationships

Moralism of cultural etiquette

Moralism that goes on inside yourself – your internal rule setting – you apply these to others to judge others

The problems with moralism:

Mechanicalness – setting down a simplified black and white rule for how life should be and expecting life to go by those rules and expecting yourself to follow these artificial rules. Your actions should come from consciousness rather than blindly following the rules in a mechanical way.

The rules you make are made out of fear – they are driven by your ego which is insecure and neurotic and acts to protect itself

Your ego is carving a hole in the ocean when in reality you are the whole ocean.

You've been indoctrinated with morality from right and wrong.

Some of these rules can be useful but fundamentally they are manipulations made by egos

But when you grow up these rules can contradict with what you learn

A lot of these rules are external rules so they build a lot of extrinsic motivation

You end up not doing what you want – you fragment houldf

The problem happens when you deny your wants – the shadow of the ego is all the stuff you deny e.g. a religious person wanting to have sex.

The real tragedy is labelling something as bad and then resisting and denying it.

The moralist derives an egoic pleasure from condemning things which it considers bad – the ego basks in its own egoness. Creates self-righteousness

The ego is an illusion so it constantly has to fight to survive by creating more illusions.

Moralising also leads to hypocrisy. Moralism hastens “immoral” acts. A preacher of moralism denies what he is preaching against – creates backfires and hypocrisy.

Guilt shame hatred and judgement happen with moralism.

Drop your moralism to let go of judgement.

You do a ton of moralising in very subtle ways – internally and externally.

You will be out of integrity and of low self-esteem

If you have many motivation problems it's because of moralisation

Stress and anxiety can come from moralising

All of this leads to victim mentality

Victim vs self-righteous moralising

Side note: instead of saying I should study talk about the truth e.g. if I don't study I won't get to where I want. Put it bluntly

When you mechanically follow rules disaster happens

Moralising radicalises people

Morality is directly responsible for the greatest horrors and evils of mankind – all because we deny and reject reality and we fragment a unified whole and follow mechanical rules

The opposite of moralism is integrity

The evil and the good have been integrated and you are whole – free to act as you know is best

Transcend the entire idea of good and bad

True morality comes effortlessly when you become a mature adult through transcending moralism

True (transcendent) morality:

- A pure consciousness of what is true – there is no morality – be open to reality. There is no morality in the universe, it's just an idea designed to manipulate people
- All there is being – raw direct experience
- The universe is totally free, it's not neutral or non-neutral
- Good and evil do not exist, it's a creation of humankind
- There are no shoulds in reality – what is what should be
- What should be is exactly what is

What you think should and shouldn't exist is a fantasy has no bearing on reality – it's your problem – reality is the way it is

Drop what you think reality should be and all problems cease

Why should bad things exist? Because they do.

Reality is exactly how it should be.

But to get to this place means you can't judge anyone anymore

Be real – accept or deny that.

There's no other possibility of reality other than the current reality

The whole purpose of defending your ego is to maintain illusory control of your world – the ego fights for control over something it has no control over.

When you realise this you will have true compassion.

What you're experiencing right now is it

What we have in society is almost the opposite of what is true

To call something evil is pure arrogance – evil is a thought in your mind

Traditional morality is based on neurosis

What has gotten you to your level of success now will not get you further – you need to change paradigms

The self-actualised person is the most and least moral person

If you need a rule to be moral how weak is your morality

Unconditional love for everything

How to Stop Moralizing

Eliminating guilt or bitterness or blame

Should statements: a statement telling you what you should/should not do

e.g.

People should be nice to me

Children should respect their parents

I shouldn't be so lazy

I/my girlfriend should stay in shape

My business should be more successful

Insight: stop making should statements

"you should" vs. "you can"

Your should statements could be harming you and you CAN stop them

The world is exactly as it should be

The world should not be any other way than it currently is

Whether you accept reality or not it remains the same

Look at your life from your point of view vs the world point of view

"there should be not violence" is an egoic claim because it serves your self-agenda of reproduction and survival

Most should statements are too simplified for life and they're not grounded in anything – they're arbitrarily created.

Substitute I should go to the gym with I shouldn't go to the gym. Leave a little room for that to soak in. Notice how it feels say that phrase

Feel how the reverse sounds. Does it sound more true? What this means is that not always should you go to the gym, not always should you be respectful to your parents.

Life is not black and white, its grayscale. Should statements are a fantasy. The more serious the should statement the more insecure you are in those areas.

Only someone who doesn't want to go to the gym needs a should statement to go to the gym.

Flip the should statement around.

Common should statements:

He/she should treat me better

I should be good/not bad

I shouldn't feel _____.

People should like me.

He/she shouldn't cheat on me.

People shouldn't break the law.

People should be more considerate.

My kids shouldn't do drugs.

The only proof there is reality

Look to reality for expectations

Removing should statements lets you know what is real

Acknowledge your humanity and imperfection

What's perfect is what's real

Should statements make you feel obligated to do things rather than genuine desires and creates resistance
The picture and reality should merge vs a huge frustrating fantasy.
You expect one thing but experience another

What you resist persists.

The only problem is that you resist what is being said

Should statements make you feel trapped and limit your consciousness

When you are fully consciousness you can make strategic decisions about your life

It creates negative motivation. You can't achieve anything in life from negative motivation.

Objections:

There are things that are evil and good

- What you call evil is a creation of your mind

- There is no right and wrong in reality (animals and plants do not have a concept of right and wrong)

So how do I be good

- Follow your desires

- You are not run by moralistic ideals

- Your morals are not saving you from evil

- What you repress usually comes out worse

- For most people their natural desires lead them to be "good"

How will I get things done?

- Follow your desires

- This will create positive motivation

- You are naturally passionate about things

Shouldn't we make reality better

- No, accept reality and follow your desires

- If you have a natural desire to end slavery you can follow that and end slavery

- Don't call Nazis evil but follow your desire of not liking Nazis to remove them from the world

When you give your kids stupid rules without making decisions you will raise fucked up, emotionally immature kids

You shouldn't do drugs

Vs

I don't want you doing drugs, here are the pros and cons, do whatever you want

It's the rule behind the word should that's the problem, not the actual linguistics

There are consequences for action, don't misinterpret Leo. What Leo says doesn't justify you doing what you do.

Take responsibility for your desires.

Do this in baby steps

You learn by fucking up – that's what gets you to the next paradigm.

Don't start this with high stakes should statements like I shouldn't divorce my wife/ I shouldn't kill someone

Start with the foundation: There is nothing I should do; I will see where my desires lead me.

Exercise:

Write down top 50 should/n't statements and reverse them:

The Power of Self-Acceptance

Generally we don't allow to accept ourselves. People usually ignore self-acceptance since it's the more feminine side of self-development. The real inner growth comes from self-acceptance, not by accomplishment.

We all have sins (we look at our life and personality and we want to change things or how we do stuff) but we try to hide them; if we do this you become disintegrated (you have conflicted forces). YOU NEED TO INTEGRATE THIS DIFFERENT FORCES IN ORDER TO BECOME A GROUNDED AND INTEGRAL HUMAN BEING.

Not everything is changing behaviours. Sometimes you need to look inside, open up and be vulnerable. Instead of hating your sins you want to love your sins to death.

Then the question arise: If I self-accept myself with all the shadows and weaknesses, why do I try to self-develop? You should do both at the same time! The act of accepting yourself is a technique too! You are developing yourself by accepting yourself. Only when you accept yourself fully you start to tap into authentic motivation (most motivation is negative motivation since you want to change yourself since you believe that you are wrong the way you are). THE BEST SELF DEVELOPMENT IS NOT WHEN YOU ARE MOVING AWAY FROM SOMETHING BUT MOVING TOWARDS A COMPELLING VISION THAT YOU GENIUEENLY WANT. When you accept yourself fully you come from a place of wholeness, not from a place of lacking.

Visualization (Min 10)

You need to own every part of yourself! The very fabric of existence accept yourself exactly as you are because it is you. You exist, you are, and you are BEING! Existence is never wrong because it is. Existence doesn't need you to be other way, EXISTENCE GIVES YOU UNCONDICIONAL LOVE.

Do this through this week. Remember that you need to give yourself more love and compassion instead of being neurotic about it. All your sins will fade away with the power of love. LOVE YOUR SINS TO DEATH.

Do it once a week!

Why Rationality Is Wrong

You filter the world through a human perspective.
Reality is a-rational

We live in Stage Orange regarding the Spiral Dynamics. This stage worships science, technology and materialism but most of us don't understand that there are many limitations to rationality and science.

Before, we were super religious and now we are super rationalist, but there is something beyond these two poles.

Rationalism thinks that the only thing that exists is the objective reality and we can understand it by measuring it with physical formulas and etc. We think that rationality is the tool that we are going to use to understand the world around us.

Rationality is a small portion of reality. Rationality is a human future and it depends on you having a mind and a brain. Rationality is a tool of the human brain, but reality is arational. Existence itself is not rational, it is arational since it doesn't have anything to do with logic and rationality.

How does rationality arise? Rationality has to emerge from existence, since without it you cannot have logic. Before logic there has to be awareness (existence). There is no logical reason for existence. The thing is that logic nowadays

thinks that rule the world, but logic cannot explain how reality works. Logic is a human projection of how the world works; models are not reality; THE MAP IS NOT THE TERRITORY. Rationality overweight mental models and labels that happen in the mind, without realizing the true nature of a thought. We are not getting to the truth of reality by logic and mathematical models.

Thinking and knowledge is language and it functions based on symbols. Symbols represent reality, they are not reality itself. We confuse reality with logic, labels and mental images. Most of your life's problems are because you confuse the map with the territory. You create maps for how reality should work, from relationships, to money, politics, etc and you create suffering for yourself since you believe that reality should work this or that way when in fact the map is not the territory.

Rationalist don't make the distinction between thoughts and awareness. Thoughts are not the only tool to understand reality; moreover, thoughts are not even the most important tool that you have. What happens when you are not thinking? AWARENESS! Thoughts and awareness are developed in different ways. MASTER AWARENESS. Awareness can be developed in dozens and dozens of magnitudes more than what you already have. When you rise your awareness to a certain level you start being conscious of things that you have never imagined possible.

With enough awareness, you recognize what a thought really is.

Rationality is grounded on irrationality.

People value reason in their life but if they are not taking into account the arational part of life. 99% of your behaviours are not rational, they are arational and emotional. Rationality happens inside the mind and the mind itself is highly infected by your ego and psychological biases.

We need to move from Rationality to Post-Rationality. A person who is super rational will not be able to master their life since most of their problems are arational, not rational (relationships, money, emotions, fulfilment, etc).

You need to study epistemology, non-duality, psychology, philosophy of science and meditation.

We live in the matrix of rationality, we need to get out of this shit. The only way out is awareness. Thinking has to lose the weight that has in you. You cannot kill thinking with thinking!

Why is contradiction a problem? Think of this today! Contradictions are not wrong bro! Reality doesn't have contradictions, they only exist in your mind.

Don't confuse what is useful with what is true. The mind only concerns about what is convenient, not what is true. You NEED TO RISE YOUR AWARENESS, THE ESCAPE OF THE MATRIX IS ENLIGHTENMENT.

You transcend and include rationality.

What does this have to do with self-development? Most of your life is composed by arationality. If you behave dogmatically you will have a miserable life. If you want to transcend the ego you will gain tons of amounts of creativity, control over your emotion and real self-mastery you will need to transcend thoughts and rationality.

TRUE SCIENCE IS STUDYING EMPIRICAL FACTS. WHAT YOU NEED IS TO EMPIRICALLY STUDY ALL THE AREAS OF YOUR LIFE; CAREFULLY OBSERVE FACTS.

The next level of humanity is of emotions, intuition and relationships.

Modern science should be integrated with humanity, not to create stupid stuff and sell us shit.

Free Will vs Determinism

Determinist side of the debate argues that there is an infinite string of cause and effect from the beginning of the universe.

Free-will side argues that it feels like you can make conscious decisions in life.

From an experiential perspective, free-will does not exist. You have no control over your life, none of it. There is no self who can have control, which is missed in the original argument.

There is no self inside of you who makes decisions.

You can observe you have no free will through self-observation/self-inquiry.

You can't stop your thoughts. Why can't you if you have control?

Go deeper and notice that you don't know what your next thought is going to be. Develop mindfulness around this.

You don't really control your thoughts or actions. The self is an illusion and doesn't exist outside of conceptualisation. We attribute free will to a thing that doesn't exist.

Thoughts appear out of nowhere. In your direct experience, thoughts come from nowhere.

The illusion of the self is extremely deep and persistent. You must observe your thought process for at least 1000 hours.

The brain and body are extremely complex systems. There is not an individual unit inside you who makes decisions, there are 37 trillion cells inside the body. You are not separate from nature or the universe. Every particle of mass exerts a force on every single part of the universe.

There is also your psychology and your life history.

Your ego is an output of the system, not the input to the system.

Your body and mind are a robot/machine.

There is a strong illusion of free will. You are claiming responsibility for things you don't have responsibility or control of. The ego seeks control and power and will get emotionally reactive. No free will is bad news for the ego. Ego has a strong force of illusion.

No free will is socially and culturally unacceptable.

Clearing up misconceptions:

- Zen masters have surrendered themselves to no free will, they are not willingly disciplined, they flow with life. There is no resistance or internal suffering.

- No free will is more advanced than taking 100% ownership for your life. It's a different stage of personal development.

- When you are coming from dysfunction, just starting out in self-development, your ego is weak and kind of flawed, you go through the process of strengthening the ego, and then you go to transcending the ego.

- Creativity does not come from you, it happens to you through god/the universe. Your ideas come to you when your mind quiets.

- Any success that happened, happened without your will. Any motivation you had to do anything came from outside of you. Think of yourself as a part of nature, we are motivated from it.

- No free will does not mean you stop trying to do things. Your trying is not willed by you. Neither is your not-trying.

You have resistance and suffering because you are not surrendering to life. Notice how all your problems are self-created. Mature adulthood begins when you realise that all suffering is self-created. Faith is the surrender to nature.

There was no one in control your whole life. The only thing you lose is the illusion of self-control.

If you surrender to no free will, your self-interference will stop.

Major life decisions will become effortless for you. You flow with life, and don't make these decisions in the first place. You have never made a single decision in your life. Enjoy the trip. You can still be successful and productive in life. Become a force of nature by aligning yourself with nature.

If you believe there is self-control, you suffer and won't get peace of mind or happiness. You beat yourself-up for failing.

What you should do:

Admit you may have been wrong about having control in life.

Don't believe anything Leo says, verify it for yourself with self-observation.

Learn about enlightenment.

40 Signs That You Are Neurotic

1. Anxiety
2. Obsessive thoughts
3. Compulsive behaviour
4. Vague physical ailments – insomnia
5. Depression
6. Suicidal thoughts
7. Anger/rage
8. Social maladjustment – shyness
9. History of dysfunctional relationships
10. Inability to work
11. Money problems – wasting, mismanagement, tightfistedness
12. Addictions
13. Perfectionism
14. Workaholism
15. Stress
16. Lying – especially chronic
17. Restlessness
18. Overeating
19. Phobias of all kinds/ paranoia
20. Being easily offended, being defensive
21. Constant criticism of other people, especially your family
22. Preaching and moralising
23. Arguing and stubbornness – e.g. in YouTube comments
24. Narcissism

25. Neediness and co-dependence (needing love, validation, approval)
26. Jealousy and envy
27. Guilt and shame – especially when your guilting yourself
28. Keeping secrets
29. Manipulation
30. Having enemies
31. Playing victim
32. Stiff rigid body
33. Sexual dysfunctions
34. Sexual repression
35. Being vindictive – plotting vengeful acts
36. Nihilism
37. Alcohol and drug addictions
38. Gossiping
39. Having no sense of humour – when you take stuff too seriously
40. Obsession with physical appearance

Alexander Cohen

The neurotic individual is in conflict with himself, part of his being is trying to overcome another part, his ego is trying to master his body, his rational mind to control his feelings, his will to overcome his fears and anxieties, though this conflict is largely unconscious, its effect is to deplete the persons energy and destroy his peace of mind, neurosis is internal conflict, the neurotic character takes many forms but all of them involve a struggle within the individual between what he is and what he believes he should be, every neurotic individual is caught in this struggle.

Unable to face his pain and the anger to which it gives rise, the neurotic individual strives to overcome his anxieties, hostilities and anger, one part of him seeks to rise above another, which splits the unity of his being and destroys his integrity, the neurotic person struggles to win over himself, and this of course he must fail, failure seems to be submission to an unacceptable fate, but actually it amounts to self acceptance which makes change possible. To the degree that most people in western culture are struggling to be different, they are neurotic, and since this is a fight you can't win, all who engage in this struggle will fail, strangely though through acceptance of this failure, we become free of our neurosis.

Neurosis is not usually defined as fear of life, but that is what it is. The neurotic person is afraid to open his heart to love, to reach out, or strike out, afraid to be fully himself. More life or feeling than one is accustomed to is frightening to the person because it threatens to overwhelm his ego, to flood his boundaries and to undermine his identity.

Living a full life entails undermining your identity.

Similar to moralising, e.g. just because you don't NEED a relationship, doesn't mean you won't naturally want to be in one – be detached. Your life is run by needs not wants.

Brad Blanton definition – a refusal to accept what is happening in the present. A neurotic person wants to change reality – a denial of reality. A demand that things SHOULD be a certain way.

The biggest crime is self-denial. Trying to be someone that you're not. Disowning parts of yourself, criticising parts of himself.

You act like the rule keeper to the arbitrary rules you make.

Enlightened people are fully free because they don't have any rules.

A highly conscious person knows how to behave simply through sufficient awareness. Unconscious people need rules that are very rigid and they backfire.

To become a decent human being you need to abandon all your rules.

A neurotic clings to beliefs and identity – he finds safety and security there.

A neurotic is very often lost in monkey mind – arguing with himself in his head

Neurosis is also a form of emotional avoidance

You fear living, life is an emotional game not a logical game. Its an irrational emotional game.

Raising your awareness is one of the most important things you can do.

Neurosis is self-sabotage. You keep seeing self sabotage and you don't know how to stop it. You are not looking deep enough. Self-sabotage problems are usually much deeper in the psyche, not in the outside world.

Neurosis can be seen as forced action. The neurotic person thinks he can use harsh self-discipline to accomplish life.

Action isn't always the solution. Try turning inward. You can't change your patterns because your trying to turn to the outside.

Harsh self-discipline = you aren't being kind and loving to yourself.

Neurosis is living life ass backwards

Neurotic people can't surrender.

Peace of mind is being happy with exactly what is – the opposite of neurosis.

The paradox of self acceptance (you are perfect) and you have to grow (but not in a neurotic way).

Your strategy to get peace of mind is very counter intuitive – the most direct way is enlightenment. Next most direct is self actualisation.

I am neurotic

I commit to discovering the roots of my neuroses

I commit to aligning with empirical reality

I commit to dropping all social acquired beliefs

I commit to being more open to all emotions

I commit to loving myself and my life

I commit to dropping my should statements

I commit to gradual self-improvement

I commit to not being neurotic about my self-improvement

Write down top five neuroses and write down rock bottom root cause of these

- 1.
- 2.
- 3.
- 4.
- 5.

Contemplating Your Own Death

Recognise that you will be dead soon.

Before you were alive you never existed, after you die you will no longer exist. This short life is the only life you will ever have.

Thinking about your death puts a lot of other petty things into perspective.

Will you have regrets at the end of your life if you continue doing what you're doing now?

We distract ourselves from thinking about our death.

Guided visualisation at: 9:30 (<https://www.youtube.com/watch?v=jK1EqqHIQqw>), grab a pen and paper.

After the visualisation, write down the following questions and answer them:

“What would I miss the most about life?”

“What do I want to get out of this life?”

“What is really worth doing?”

“What isn't worth doing?”

Answer these questions right now.

The biggest lesson is to stop doing petty shit in your life.

“How am I being small minded?”

With people, with your overall strategies and objectives in life.

Ask yourself if your goals are small minded or big minded. Not ambitiousness, but large minded in the context that your life will be over very soon. You probably won't care about having 300 million dollars.

“How can I reorganise my life, in alignment with the fact that my life is singular and will soon be over?”

Deep structural changes, e.g. quitting your whole career. This is a difficult question to ask, because the changes will be big.

Do this exercise for the next 7 days:

Every morning, have some sort of reminder that your life is singular and you will never do it again. Complete the following sentence: “If I was more conscious of my death I would _____”. Do 10 quick responses every single morning as soon as you wake up. Write down what pops into your mind. Soak in that energy.

Masculinity vs Femininity

A cat won't react like a dog, if you treat it like a dog. The opposite sex won't react the same way as you react if you don't treat it like the opposite sex. Don't treat women like men, or men like women.

This is at the very core of relationship problems.

Gender differences are very real. Men and women generally suck at understanding each other. It creates nasty relationship problems.

Men think women are drama queens
Women think men are carless, unavailable

Masculine – Feminine polarity spectrum – many shades of grey in between.

Think of masculinity as an outward energy, penetration into the world. Imposing yourself onto the world. This is like an attitude, an orientation towards life.

Feminine is soaking in, being at the cause of things and flowing with life. Surrendering to life.

Usually people are towards the centre but polarised to a degree.

Peg yourself on this spectrum. Not just who you try to be on the outside, but who you are on the inside. You can be a man with a feminine psychology and vice versa.

Be mindful that your interactions with people depend on how you view them.

Asymmetry yet balance: both sides can be very different but still balanced out. Ying Yang. Perfect complementarity.

The default human brain is feminine, the male brain is made when the female brain is exposed to testosterone.

Females tend to be more holistic whereas men tend to be more specialised.

Men's brains are wired for systematic thinking and figuring out how stuff works. It's wired for logical processing, for modelling the world.

Women's brains are wired more for emotional thinking, loving, and empathising. Relating to other human beings. Better at understanding subtle emotional cues. Better for nurturing children.

There is a grey area because not all boys get the same amount of testosterone, and sometimes girls get a bit of testosterone.

The male mind is the female mind but a little bit autistic.

It's very easy to dismiss emotions as men, but keep in mind how you were created and raised by your mother, with unconditional love.

A lot of women struggle to accept that men tend to be detached, hyper-sexual, and cold.

Society could not function with both the Ying and the Yang.

See the other sex from their perspective.

Boys would rather hurt feelings to uphold logic, while girls would rather break logic to save feelings.

We tend to learn about experiences from looking at other people. We assume they are similar to us and we would feel the same if we did certain things. This is generally true, except when it comes to the gender differences. You will create a lot of problems if you treat the opposite sex how you would treat someone of the same sex as you.

Men, in their intimate relationships, want sexual variety, easy-going companionship so they can go out and dominate the world and be a man. They want respect and sex.

Women, in their intimate relationships, want [emotional] security, leadership, deep emotional intimacy, and love.

Stop resisting these differences. Actively assimilate and accept them. Learn how to celebrate these differences with your partner and how to accentuate these differences. If you can do that, your relationships will go so much smoother. Coordinate with your partner about celebrating these differences.

Visualisation exercise at 1:02:45 (https://www.youtube.com/watch?v=SmeDDN1_TSQ&t=2s)

Men tend to want to fix problems, women tend to give and want to receive emotional support. When men fix problems, they are criticising the feminine essence. This is where a lot of arguments come from.

Celebrate the differences, then accentuate them.

Final exercise: take a piece of paper and write down "What I need to accept and integrate about the opposite sex, which I've ignored up until now, is _____"

Now work past your resistance to this, celebrate it and accentuate it.

Lower vs Higher Self

You are like a light switch with two modes – lower self and higher self

Lower self is who you are when you are fearful, selfish, mean, petty, untruthful. The dirty animal inside of you

Higher self is who you are when you're kind, noble, generous, truthful.

The switch can send you down into your lower self. Problems in your personal life come when we are unaware that the switch has been flipped to lower self

Key insight: there is a boundary between lower and higher self. This boundary is being threatened. When you are threatened, you go into your lower self, usually unconsciously.

When you make a decision from your lower self, it is likely to be DISASTEROUS

You don't want to be making bad plans, decisions, or taking bad actions.

People who fuck their lives up usually made a decision when they got threatened and resorted to their lower self. This is bad when it happens repeatedly, and you are not conscious of it.

These threats can be physical danger, but there are more subtle triggers, such as:

- Money threats – going broke

- Family triggers

- Intimate relationships

- Career

- Reputation

Belief systems – holding onto dogmas

You need to get mindfulness about when you cross the BOUNDARY

E.g. you have a great day at work, your job is really fulfilling, but you come home, and your wife brings up the question of having kids, which you've been avoiding. This triggers you to cross the boundary and suddenly you get pissy or angry, start yelling at her and you have a fight etc. without even realising you've crossed this boundary.

Try to see it in action.

2nd key insight: The mechanisms for this happening is the emotional body flaring up.

You need to develop the muscle of noticing the emotions and sensations in your body through mindfulness meditation. When a threat presents itself, you go into an emotional reaction. This is a very visceral sensation. You will feel it in your abdomen and chest and other areas.

Actions steps:

Make a commitment for the rest of your life to never make decisions from the lower self. YOU HAVE TO BE MINDFUL THOUGH

Do more meditation.

Disengage from people when you are in your lower self – you will act like a bitch or dick. Just walk away and calm down.

Practice mindfulness of the emotional body revving up during the day. It's likely you don't even notice how emotionally revved up you are during the day.

Change the structures of your life to where you have less of these emotional triggers. Figure out what the triggers are in your environment and take action steps to get rid of them.

Get coaching or therapy or journal about the most common triggers that send you into your lower self. It's likely the triggers go far back into your past, into your childhood. A 3rd person can help with this.

Science vs Religion

Modern, rational thinkers are ignorant about spirituality.

Pre-rational – post-rational fallacy by Ken Wilber

Pre-rational goes to rational goes to post-rationalism. Lots of people confuse post-rationalism with pre-rationalism.

Many popular atheists do this. You can't reconcile post-rationalism from rationalism.

The rational mind confuses spiritual truths with religious myths. They seem the same.

Enlightenment gets labelled as religious nonsense. It's simply the truth of no-self. You can't experience this from the rational mind, you have to go post-rational.

Voodoo and shamanism are different to fundamentalist religion are different to zen masters.

These are functioning at completely different paradigms.

Science and the rational mind have trouble with grappling with post-rationalism.

The mind-body problem says there is first person phenomena as well as the external world. Modern science does away with first person phenomena by denying it or reducing mind into body.

The problem goes beyond the rational paradigm. The rational perspective is a perspective, which most scientists don't understand. Rationality is not absolute.

Every human being passes through certain stages of psychic development – Spiral Dynamics (see The Grand Model of Psychological Evolution summary)

Conflict happens because different people are at different stages.

Most people rate themselves 2 levels higher than they actually are.

The mind body cannot be resolved at the rational level, only beyond.

Spiritual truths are perfectly testable and empirical, but only to first persons.

What you consider to be yourself is an illusion and not real. Rationalism is a tool that keeps you alive.

All the models that you have about reality are just models. The map is not the territory. All models are arbitrary. Science is based on a language system and human rationality.

Beliefs are not what they appear to be. Science is a belief system. It is no different to religious beliefs. They are just better at making technology.

The barrier between “me” and “not-me” is a fiction.

To get to post-rational you will have to transcend beliefs.

God is removing your self-concept and the boundary between “me” and “not-me”

The God as an old man in the sky is a metaphor.

The atheist makes the same mistake as the fundamental religious person, it's just a different flavour. They both confuse the map for the territory. When you're being dogmatic you feel an emotional contraction.

Truth can never be on the line.

You have to question every model and belief you hold. The world is seen through perspectives.

One thing you notice about the higher stages is tolerance and sympathy for all the other stages. You don't get fired up and cling to perspectives.

Modern science is very narrow science.

Post-rationality transcends and includes science.

The key problem is people clinging to beliefs. Your self-image is composed of beliefs as well. You must investigate first-person phenomena.

Everything that you have ever learned has been filtered through your psyche and just taken up by you. You are exactly like a fundamentalist religious person. You have bought into your culture.

An open mind is required to see that there is something beyond you. And that your awareness is limited.

The biggest bottleneck in life is awareness.

How to Be A Leader

You really need to be a leader to live a full life. The greatest joys in life come from creation, and leadership is important there.

A leader is someone who leads by consensus building. It's not for ego's sake. It's about coming up with a more powerful future for everyone that's following you.

Leadership begins when you see a problem and can imagine a solution. The core skill of leadership is to be able to see a greater future. You need to be able to communicate this vision with passion, conviction, integrity, and emotion.

Visioning is the core skill for a leader. Vision + emotional charge – an inspiring vision which other people want to go out and create. A good leader is able to articulate very powerful visions.

With the common masses, there is really a problem of homeostasis. To change a system, you have to shift its centre of gravity. Most people are crippled by their own immediate needs. A leader can see past themselves.

A leader goes to the future first with their mind, and then comes back and takes other people there physically.

A leader needs to know how to rally people, by showing them that staying where they are is not the best option.

Don't confuse being a leader and visionary with being idealistic. You need to have a dream, but you also need to have a realistic plan. You need to know how to effect change in a system. Be able to see other people's self-agendas.

You need to be a pillar in the storm and champion that vision through.

Being a leader is hard. You can never play victim and you must take 100% responsibility. You need to get comfortable being outside your comfort zone. All leadership begins with self-leadership. You need to learn how to manage your fears and stressors, your self-talk, and what influences you. If you cannot manage these, you cannot lead yourself.

You need to study and learn how to change systems. Especially your specific system.

8 key roles that a leader plays:

- visionary
- aligner [of different agendas and values]
- conflict resolver
- a creator
- a motivator
- a conscious role model
- a facilitator [you don't solve people's problems for them, you help them solve their own problems]
- a bringer of people from the known to the unknown

10 key qualities of successful leadership:

- unwavering courage

- self control
- a keen sense of justice
- definiteness of decision
- definiteness of plans
- the habit of doing more than paid for
- a pleasing personality
- sympathy and understanding
- mastery of detail
- willingness to assume full responsibility
- cooperation

10 failure points for leadership [if you engage in these you will fail]

- inability to organise details
- unwillingness to render humble service [nobody likes an arrogant leader]
- expectation of pay for mere knowledge [knowledge needs to be applied to get stuff done and get results]
- fear of competition from followers
- lack of imagination
- selfishness
- intemperance or anger
- disloyalty
- emphasis of the authority of leadership
- emphasis of title

Put leadership on your radar. A fulfilling and powerful life comes from changing the world for the better. To lead other people, you have to learn to lead yourself first. You need to be T shaped, a generalist but also master in some aspects.

To be a strong leader you need a strong vision for your followers.

Leo's vision for us: to find a cause that's worth fighting for in our lives. To get on track on the hero's journey. To make our lives about working to something outside our selves. And then to put all our energy into growth, growing our bodies, skillset, for years and decades. To conquer yourself. To transcend yourself. To die and become something god-like – to transcend the ego. High consciousness satisfaction with life. Living your life to the fullest. To die without regrets.

What's your vision for the world?

Understanding Emotions – Part 1

Most people have poor emotional vocabulary.

Emotional Intelligence can be developed

Unconsciously, emotions run your entire life.

Form most people: emotions generate behaviours, often these are dysfunctional behaviours.

An emotion can carry a conscious message with it.

Emotions are a matrix of feelings in your body. E.g. anger is a collection of sensations and thoughts in your body. Thoughts also have a certain tonality under different emotions.

Emotions are like the language of your body.

Emotions control how you function. They are prior to logical and rational thinking. They are designed to keep you alive. They are the primary source of motivation in your life.

The battle between logical and emotional drives creates a lot of tension.

There are hundreds of emotions.

A framework for thinking about emotions [from the Sedona Method]. In ascending order, from most negative to least negative (most resourceful/positive). This is just a little sampling. Think of each of these emotions. Pinpoint a time in your life when you had them, what sorts of feelings were going on in your body, and what sorts of thoughts you were feeling. Feel into these emotions and identify them in your present awareness.

1. Apathy

- Depression
- Defeated
- Bored
- Lazy

2. Grief

- Being sad
- Hurt
- Betrayed
- Disappointed
- Guilty

3. Fear

- Terror
- Nervousness
- Worry
- Insecurity

4. Lust

- Craving
- Possessiveness
- Greed
- Frustration

5. Anger

- Disgusted
- Pissed off
- Vengeful

- Annoyed

6. Pride

- Gloating
- Feeling icy
- Judgement
- Arrogance

7. Courage

- Confident
- Creative
- Happy
- Secure

8. Acceptance

- Compassion
- Glowing
- Loving
- Playful

9. Peace

- Awareness
- Calm/Tranquillity
- Feeling complete
- Freedom
- Feeling centred

Notice that the more positive emotions tend to be more productive to you, more resourceful. There are many emotions within each category (at least 50+ more). Each has a subtle different taste.

Emotions can be conscious and unconscious. You want to be more and more conscious

Emotions are neither good nor bad. Any orientation (good/bad) of an emotion you accept is just an assumption. All an emotion is, is a matrix of sensations in your body. We often notice an emotion we don't like and then try to get rid of it by having a knee-jerk response to it, instead of savouring it.

Go back, take your time, and feel each of these emotions.

Emotions generally function like carrots or sticks which act to control the biological functions of the body.

Emotions are the language of the unconscious and subconscious mind. It's useful to be able to interpret what your body is telling you.

Your emotions are like a baseline operating system which keep you alive and surviving, and reproducing. They are very powerful. If all you want is to survive in the world, then go ahead and trust your emotions.

But if you want a powerful life, you will have to start unwiring some of the unconscious reactions you have to emotions and building in conscious, healthy reactions. And to transition from the lower category of emotions, up to the top of the list.

The emotions you want most in your life are the emotions of peace, acceptance, and wholeness. Notice also how your objectives are emotional.

We are talking about your entire motivational system in life.

You can't really control emotions directly. Emotions are controlling you. You can get pseudo-control through mindfulness. Through observing your emotions and not reacting to them. The more aware you are of your emotions, they less they dominate you.

Stop judging your emotions and labelling them good or bad

Feel your emotions physically, feel them deeply. Just experience them. Stop and look. This will take a lot of practice.

DO NOT try to control the emotion. Just look at it, just be mindful of it. You will forget this. Start practicing now.

Exercise: Create an alarm that rings 3h after you wake up and 3h after than and so on. Every time it rings, stop and write down your emotion in a journal. You always have some sort of emotion in your body. Do this for 7 days straight. The biggest barrier to emotional mastery is forgetting to practice mindfulness. Continue with this practice after the week is up.

What Is Karma?

Not really understood in the west

Every action you take has a consequence

Bad actions have natural bad consequences

Most bad consequences come from the inside

Sanskrit meaning is that karma = action

The actions of everything in life – individuals, governments, nature, the universe are potential actions

So basically its cause and effect – each effect has a cause

If you take good action you will get good consequences

If you take bad action you will get bad consequences

Important to know the difference between good and evil

Good = selfless (stemming not from the ego, stemming from your true spiritual nature)

Bad/evil = selfish (from your identity/self/ego)

Karma is a psychological law rather than superstitious

We tend to think the bad consequences come from the external world – the law of karma is not concerned with that
Karma is concerned with what happens with the mind.

As soon as you take the bad selfish action you already take the consequence even if you're not caught. The damage is done to your psyche

Any actions that promote the ego are selfish and evil in this sense

The way karma gets you

The act originates from selfishness

The unconsciousness leading to the action is what leads to the chain of perpetuating evil – the punishment is suffering
Remorse, guilt, feelings of lack of integrity = suffering for committing bad actions.

One small selfish action creates a habit of selfishness.

Have to bring awareness to when you are being selfish, even small non-black-and-white occasions

A thought of jealousy itself can be an evil act.

Criticising someone in your head.

Subtle manipulation of others.

You do this because at the core you are afraid and you need to protect yourself

Self-protection and self-aggrandization

The ego wants to make you secure

The problem at the very centre is the identity that thinks it needs to be protected – the ego, which is an illusion created by thoughts. It always feels insecure because at the centre it is hollow.

When you're focussed on yourself your whole life loops around yourself

You can't be happy because you're looking over your shoulder

Not only are the bad thoughts contributing to this but the things you may think are good. E.g. you give a couple of bucks to a bum to mask your selfishness with selflessness.

When you build up your ego you will suffer for it.

The real punishment for this is hell (e.g. the hell on earth in the now)

Selfless action is action without thought. Thought is what gives rise to the ego.

Heaven is the state of no thoughts and selflessness

How to Stop Backsliding

Backsliding is a result of homeostatic pressure

A track record of proven safety in the current system you use

The body has thousands of homeostatic processes – all these care about is your survival they don't care about your higher aspirations

Your brain just does what has always worked

Your brain is biased to keep you in the same place > Your current place has a track record of keeping you alive

Once homeostasis kicks in your emotions pull you back

Things you begin just get left on the side-line and whittle away

Your emotions and thoughts keep pulling you back to the centre

This is generally good but can be bad if we want to improve

You have to exert emotional labour to move off-centre and reset the centre point – it takes work.

Not only does this apply to individuals but also groups

Solutions:

Be aware that homeostasis exists – it is good as it keeps you alive

Anticipate that it will kick in when you try to change

After these two you are halfway there

Set very proper expectations for yourself – realistic and pragmatic

Always remember that the mind, the body, and people around you will resist the change

Your mind will rationalise like hell

Body starts getting psychosomatic responses e.g. start working out and your body gives you a bullshit cold

Your mind and body are deceptive and tricky

When people are added then it becomes very tricky
Be prepared for serious NEGOTIATION with yourself
Know when you need to ease off the gas when your body is prepping to resist
Know when to push the gas when your mind isn't resisting
You have to cope with emotional labour
Establish support systems – make the rest of your life easier, emotional support and camaraderie
Have a meditation habit – gets you more awareness of emotional bullshit happening in your head- you will be aware of the backlash coming from your mind
Have a visualisation habit 5-10 min a day – if you can visualise it, it will help your mind buy into it
Make sure what you're trying to change is the right thing to change
Change ONE THING AT A TIME
Pick the right thing (via life purpose course) and make a 100% commitment

Remind yourself of the following:

Failing once is ok it makes the next time easier – people grossly overestimate how many times they've tried to change
Don't discount how powerful just one change can be

What do you want to be like in the future?

How to Stop Being Lazy

Lazy troubleshooting

There are different kinds of lazy – slipping back into low consciousness behaviour after a set-back, the other is when a successful person is no longer motivated by their work, or in a rut between projects (an over-achiever's lazy). Other kinds as well – too lazy to study, to go to gym, etc.

Long term vs short term laziness.

Bigger problem is longer term laziness.

What's the problem with being lazy? Time is lost on life purpose and living life.

Having meaning, larger mission, life purpose will make you see how laziness is damaging.

If you don't have a LP you will just try to stay busy with meaningless tasks. Cultivating a life purpose and have intrinsic motivation will help cure laziness.

Also should positively motivate yourself rather than negatively motivate.

Positive motivation and intrinsic motivation to life purpose will help.

Some people hit a plateau through negative motivation. As long as you find comfort then the motivation you were using runs out. Positive motivation doesn't wane long term.

Basic check for laziness

1. Do you have a LP (20-30 year goal)
2. Top 10 values – identify them and align your life with them
3. Where are you in the cycle (these last a couple of years) you have ebb and flow in cycles in life. Think of them as chapters in life.
4. When was the last time you had a vacation. Have one twice a year minimum.
5. Develop successful habits. Build up success habits slowly over months.

To break out of laziness right now:

“You can act your way into right thinking but you can't think your way into right action”

Don't try to figure out a technique to do something. Just get up and do it and motivation will come.
Start acting. Just go through the motions. Don't overthink it.
Don't worry about doing things perfectly, just do it any way it will happen.
Instead of speeding things up try slowing things down.
When you try to be perfect all the time you will be lazy often.

Understanding the Authentic Self

ego defence mechanism is to say doing certain things is not me
e.g. Leading is not me, being creative is not me, talking dirty in bed is not me, having strong work ethic is not me, etc.

is it me or is it not me – game is a dangerous thing
you have to get over this game
whatever you think is authentically not you cuts the possibility to be this off
-> self image video

your authentic you is what you become when you are fully actualized, its an ideal you never 100% become it

2. Level

who you are is constantly changing
in a real sense there is no real you

3.

there is no such thing that is scientifically you
-> enlightenment videos

The authentic you is the self actualized you
lazy self vs. best self

Till your 20s you naturally grow, get ideas, get adjusted to the world, after that many people decide to stuck in comfort
not taking no ulfilling labor, pushing comfort zones, no additional labour

people saying its not ulfill for them to do something us this as excuse to stay in comfort

self actualization is not a luxury but it is required to develop your psyche 15:30

Once you grew up You know that you have so much more potential, that you can have so much impact on people

To live a self actualized life you have to work on yourself, challenging yourself

The greatest ulfilling you get from life are not low level ulfillin like food but high level pleasures of self actualization
work like growing yourself, pushing yourself and conquering obstacles, being on a hero's journey, helping other
people, living your passion, sharing your gifts

you are growing into your authentic self when you push yourself every day

19:00

Your authentic self would be confident, assertive, disciplined, internally grounded, emotionally stable, on purpose in
life, deeply passionate about everything you do, having zero limiting beliefs, knowing you can achieve everything,
having a strong sense of power, having a strong self esteem and success, knowing you deserve it, having the desire to
explore all in life, being fully self expressive, not holding back for anyone, having zero fears, tackling any kind of

challenge in life without fears, being 100% positive, having no negative thoughts, seeing the world as a fulfilling, amazing positive place and wanting to make it even better,
being social and outgoing, being generous to yourself with your time and the work you are doing, doing work that promotes you and other people, it means being selfless, being value driven, by higher consciousness,, being in high consciousness state like fulfilling your dreams, being idealistic driven
being authentic mean being healthy, sober, fit, lean, energetic, full of vitality, muscular, sexual, highly sexual, comfortable with your sexuality,
accepting the opposite sex, and also being able to changing sides (feminine – masculine) and you are comfortable with that,
it means being completely minded and nothing offends you, you are open to be wrong,
having ability of how you approach life, having noble thoughts, not petty thoughts 24:00

If you cant imagine being your authentic self this is because you have lots of social conditioning

You still are unique, having unique strengths and weaknesses, likes and dislikes as your authentic self

you are not you, you are being you. You are not a noun, you are a verb. You are a process always evolving

Realize that the self image you have consisting of a bunch of beliefs like how good you think you are in business, in relationships, as a human being, how much value you have in society these are all beliefs#
your self image has been shaped by random influences from outside, by books, shows, family, friends etc.
People are attached to their self image, proud of it, this limits their potential

When you do enlightenment work you realize that your identity is just concept, a figment of your imagination
everything that is a thought in your brain is conceptualization of reality 35:00
it's a fiction of what is out there

!who you think you really are is fiction created by your brain, your ego
you will discover that there is no authentic self just live living itself and you are pure awareness of life
this leads to the idea of no-self

you are none of what you think you are
its makes you tensioned, selfish, petty, blocks you to preserve, fight for your self image 37:00

If you let go of your selfish desires, fears etc. you expand out, you flow with life, being productive

Wipe of the grime bit by bit until you can truly shine.

How to Stop Caring What People Think of You

Why do we allow other people to have so much control over how we live our own lives.

You give away your power to people. For what?

Are you always thinking about how other people are perceiving you?

Do you have a self-image of being a people-pleaser? Do you think that you're above the people who don't care about others, that you are a white knight trying to save people? If this is the case you may be wanting to validate that self-image. You want to be approved, and you want to be loved. You want both confirming and no disconfirming evidence. The problem is that being super empathetic is a trap. Do not deny that you are a selfish, survival-oriented organism. If you care too much about other people and their problems, you neglect your own, which builds up tension as you aren't building your dream life.

Ground yourself internally to your own core values. You don't have to be a monster or asshole, you just go about your business. What others think of you is their business.

To do the greatest good, you actually have to focus on your own success so that when you are successful, you can share the fruits of your labour. Don't sacrifice your own agenda.

What is someone's opinion? It's a figment of their imagination. Don't let your life be controlled by figments of other people's imaginations.

Get grounded in your own values, don't give your power away to others. Don't let other people impose their agenda onto you.

Feedback is good, but getting emotionally wound up in it is where the problems come from. You can listen to criticism and praise but don't get caught up in them. Don't need criticism and don't need praise. Ground yourself in your own values.

Seeking approval is a shitty strategy that won't get you anywhere. The best strategy is to become independent of the good and bad opinions of others right now. Drop your self-image. You can't control other people, don't try to control their imagination. People's criticism of you says a lot about them, not you.

It's ok for someone to have an opinion of you. Opinions are like assholes.

There is nothing really that someone else can offer you of true value. Nobody can truly fulfil you.

What's more fulfilling is following your own path in life, embodying your own values and championing them. Creating your dream life.

It's ok to be the odd one out. It's ok to challenge people, it's ok to offend people, it's ok to have an unpopular opinion. Impose yourself on the world. You may clash with people at times but that's ok. Tension comes from authenticity. Don't be fake with people.

The biggest struggle of being a visionary is dealing with naysayers. You've got to develop a tough, thick skin. Do you want to be a people pleaser, or do you want your dream life?

For 5 minutes per day, for the next 90 days affirm: " I am completely independent of the good or bad opinions of others."

You need a little asshole in you. Remember that no matter what you do you will have haters. No matter what you do. And that's ok.

Go a bit against the grain of what you're used to. Don't be fake with people. Screw around with the system a little bit. Push people's buttons a bit. Go into a line at Starbucks and when it's your turn to order just stand there and look at the menu for a bit, feel the people behind you getting antsy. Stand there for a couple of minutes. It's ok if people tell you to hurry up.

How To Master Your Emotions

There is nothing good or bad but thinking makes it so.

People believe their moods and feelings are created in the external world

But actually how you think about the external environment is in your control – you can gain emotional mastery

Your emotions and how you are interpreting stuff keeps you stuck

Can understand on a logical level but difficult to integrate into everyday life – catch yourself when you have an emotional reaction

Current model: you have a circumstance that generates emotion that you feel which leads to an action and those actions lead to results.

Conscious model: external circumstance – have thought instead of emotion that goes through a filter of interpretation (which is very quick) and an emotion comes up (then you take action and results come etc).

This layer of interpretation is what you need to gain control of – become conscious of this filter. Otherwise you are leaving interpretation to external circumstances to chance.

Thoughts create emotions – your mind assigns value to thoughts in the form of emotions – for most people this happens unconsciously – but it can be made conscious

Sometimes you do get triggered by a very intense event but that doesn't mean the filter is not there. There are opportunities that occur in bad scenarios and there are negatives that occur from good circumstances – it's all about how you filter it – what emotional cycles are you creating for yourself.

If you are distressed by anything external your pain is not due to it but due to your reaction to it. From Meditations by Marcus Aurelius.

Yes if you want to you can think negative thoughts in a negative situation BUT recognise that negative thoughts create negative actions that create negative results that create negative thoughts and the cycle spirals out of control. You need to bring consciousness to this

If something good happens to me then I'll take it

If something bad happens to me I'll see the good in it.

Control the things you can control

You suffer because of lazy interpretations

If you want to have negative cycles and a shit life then go ahead and make unconscious reactions

If you want to have an amazing life then control that.

Side note – make a list of things I have control over and things I don't have control over

Ego is a big part of it – who wants to admit that they're causing their own anger, their own sadness, their own depression.

Take 100% responsibility for your emotions.

Raise your consciousness – take responsibility for all your emotions

For next 7 days – monitor your negative emotional reactions – take note of the interpretation of your thoughts and the thoughts that unconsciously come up.

Change your thoughts and feel differently

You don't want your happiness to be contingent on randomness

Visualization

Can use this tool to work on our subconscious mind.

Sit down quietly and visualise images to prime your subconscious mind.

Why do it? It helps us accomplish our goals.

Use images in your mind to work on your self-image. Self-image is your subconscious mind's world view.

Self-image can hold you back through disempowering beliefs.

We want consistent and powerful results.

1. Sit down in a quiet room
2. Have a timer
3. At least 5-10 min
4. Close your eyes
5. Set a focus for your visualisation – what goal do you want to focus on (specific and focused, one goal)
6. Calm yourself down e.g. deep breathing for 2 min.
7. Start visualising your goal e.g. becoming a millionaire
8. Picture what it would look like, how would you feel inside, what would you live life. Be very detailed, use multiple senses. What emotions does it bring up in you?
9. Visualise it in the now, not in the future but in the now. You want to visualise about the present.

This doesn't work if you don't do it every day – you have to repeat it to reprogram your subconscious mind. Do it for weeks and months.

When you're visualising in the now your mind is going to come up with resistance (e.g. pretending you are a millionaire). You have to push through it and drill in the visualisation.

2-4 weeks to see effects of visualisation.

Advice for High School And College Students

What kind of things do you wish you got when you were in school?

Being in school/college is really the only opportunity for you to lay a solid foundation for life.

Growth is exponential so the earlier you start the better.

Most people piss away their lives doing worthless shit. Put in the work right now to see those exponential results. Don't waste your youth.

- Find your Life Purpose AS SOON AS POSSIBLE – your field of mastery, creating a career out of what you're most passionate about. Fulfilment comes out of being good at something. Explore your passions. But then make a choice.

- Explore a variety of experience, get a lay of the landscape. Know what's out there.

- Don't be afraid to break off on your own. Don't assume you will work the same job as your parents.

- Consider what you want your lifestyle to be like. Plan on working 40 hours a week.

- You HAVE TO build a strong work ethic when you're young. Don't study for grades, study for knowledge.

- Get involved with relationships and dating, explore your options. Go have sex and learn how to interact with people. BUT be careful of falling into the trap of an early life romance and wasting energy and bending over backwards for one special person. Don't waste time in serious relationships. When you get out of college you would like to have at least 2,3, or 5 different partners, so you know what's out there. With guys what can happen is doubts arising later on if they don't experience enough variety early on.

What you should NOT do:

- drinking, partying, drugs, frats, cults, social groups

None of these things are as fun as they sound on the surface, and they are generally pretty shallow.

Also keep in mind that sports solves nothing. Professional sports only lasts for 10-20 years, so don't bank on it. You still have to learn a lot of things.

Don't waste time on gossiping, socialising, and trying to fit in. Stop caring about social status. Focus on your agenda. This is one of the biggest mistakes people make.

Stop wasting your time playing video games and watching television. It takes up soooo much time. Limit your exposure to it.

Clean up your diet and build good dietary habits. Cut out soda, sports drinks, pizza, chips, alcohol, bread and refined wheat products, candy, other junk food, and fruit juices. Never touch this stuff again. This will give you immediate energy boosts.

Debt – be careful about this. No debt is the policy. Do not get credit cards – they make money for the bank. The only exception is getting loans for tuition.

Build proper money management habits. First step is to avoid debt.

Your college diploma doesn't really mean anything. In the business world people care about your emotional intelligence and your results. Focus on building your character and habits. In college, focus on learning how to learn. Start the habit of reading self-help books – one per month. They cut the learning curve to success. Don't reinvent the wheel.

Have a meditation habit – Leo's biggest regret is not having a meditation practice. 20 minutes per day. The key to happiness.

A lot of young people will waste time and energy fighting with their parents. Take control of your life. Imagine you are completely independent.

Do not stop learning after college. The key to success in life is learning the right things early.

8 most important subjects:

-psychology

-self help

-meditation and enlightenment

-nutrition and fitness

-business and marketing

-dating sexuality and relationships

-biographies

-money management, economics

Get books on these and read them.

If you follow these principles, you will set a strong foundation and will see exponential growth.

Increase Your Results from Self Help Products By 10x

People go into these information product programmes and they often don't get the best results.

Don't expect overnight results. Instead expect success at 6-24 months.

You must be consistent and persistent to get results. Buying the course is only the beginning of the hard work.

Do the material daily.

You **MUST** do the exercises and assignments

There really is no magic bullet, you can only be guided, but the ultimate results come from hard work. Don't set unrealistic expectations.

You will have to invest emotional labour to get the result.

Just because a product is effective doesn't mean it's the best for you at this current time.

Have realistic expectations. The changes will be subtle. You will have to work for a long time to see substantial changes.

80-15-5 rule. 80 % of people who take a training will get no-to-very mediocre results, 15 % will get ok results, but only 5% will get exceptional results.

Most popular programmes are very good. Rarely are you deceived if you do some good research before buying. If you like the character of the provider, it's a good sign the programme is good. Very negative reviews commonly come from people who did not work the programme.

Faith is required for any psychological work, a lot of it is a big mind game and a self-fulfilling prophecy. Don't hold yourself back.

To be in the top 5%:

- adopt an experimenter's mindset – be open minded
- watch out for idle theorising/mental masturbation/ course hopping/ not taking action
- follow the instructions closely – to the letter
- take notes on everything and review – study the information
- you have to work the programme diligently – persistently and consistently
- only do one programme at a time – you will half ass multiple things
- retake the programme multiple times – 5-10 times, you will pick out more things over time
- be very patient and outcome independent
- there is no magic bullet, implement what you learn

There are courses on anything that you want to master so have a look.

How To Use Psychedelics For Personal Development

Psychedelics does not include:

Weed, crack, meth, coke, MDMA/Ecstasy

Psychedelics as referred to here are:

Psilocybin (magic mushrooms), LSD, DMT, 5-MeO-DMT, Mescaline/Peyote, AL-LAD, Ayahuasca, Iboga/Ibogaine, 2C-X.

~~Using the psychedelics for fun and escape~~

~~Using them for naïve spirituality (reinforcing all your previously held beliefs after a trip)~~

~~For therapy or addiction recovery (a legitimate avenue)~~

For personal development and for expanding your consciousness and as an aid for nonduality work.

The keys for using psychedelics:

- Take a methodical approach – build your way up towards a breakthrough dose.
- Education and research – substance, side effects, trip reports – good and bad,
- Set a strong intention about what you want from the trip
- Study and practice psychological principles
- Study non-duality to not get lost in the phenomena of the visions, for grounding
- Set up a daily meditation and self-inquiry practice for grounding and motivation
- Quiet and safe setting – mostly alone by yourself in a quiet, comfortable room
- Don't get seduced by the phenomena and emotions of the trip
- Leave plenty of time after the trip to integrate – best to take a whole weekend off.

How to do it safely:

- Do TONS of research on anything that you will put in your body. Cross reference everything.
- Research the negative complications and problems
- Use a reputable source to acquire your substance. Don't be cheap, get the purest thing.
- Avoid taking pills of anything – consume the psychedelic in its natural form.
- Avoid overusing research chemicals – stick with the classics
- Avoid NBOMe's
- **Use drug testing kits for every new batch of every substance**
- Start with small doses and build up
- Have an accurate milligram scale
- Take this substance only by yourself or with one experienced trip sitter.
- Clean your house before you do it
- Make sure your life is in order and that you have no pressure, so you're not rushed.
- Get rid of any dangerous things in your house (guns, knives, swords etc.)
- Stock your fridge with food and drink, have food all prepared.
- Have a vomit bucket nearby
- Meditate 30min-1h prior to doing the trip. Ritualise it and set your intentions.
- Consume the substance on an empty stomach.
- Don't rush yourself, do it in the morning/noon.
- Unaddict yourself from stimulation the week before your trip
- Be honest with yourself. Don't use these substances as an escape from boredom
- **Be in a good mood and not rushed.**
- Don't invite friends over.
- Don't play TV or music.
- Don't mix substances. If you are tempted to combine substances, you are not serious about this.
- Be careful with cross-tolerance, wait two weeks in between trips.
- Be careful of developing a psychological addiction. Make sure you're not escaping a shitty life.
- At most once a week

When you're in the trip:

- Surrender fully to the experience
- Remind yourself that you're not going to die

- Remind yourself that this is temporary
- Open your body up. Breathe deeply and slowly. Uncross your legs and arms.
- Remind yourself that no phenomena are real.

DO NOT MISTAKE PSYCHEDELICS AS A SHORTCUT TO SELF-ACTUALIZATION

Recognise that psychedelics have huge potential for delusion

Extra Videos

Success/Financial

27 Qualities of All Successful People

1. Passionate

- a. Inspired on some level by life, almost on a spiritual level

2. Hardworking

- a. Abnormally hardworking
- b. Obsessive about how they work
- c. Almost workaholics
- d. Can't stop doing work
- e. Strong work-ethic is absolutely necessary

3. Extremely Persistent

- a. High tolerance for failure
- b. Don't take failure personally, don't get depressed by it
- c. They plow forward every single time until they get to their goal

4. Iconoclastic

- a. Rule breakers, do not follow rules of the society, the organization, the family unit, the religious structure
- c. Flexible with the rules
- d. Able to think outside of box

5. Clever

- a. Abnormally clever, than the bunch

6. Manipulative

- a. Good at manipulating situations and people to get what they want past through (e.g. maybe good at manipulating bureaucracy, manipulating a government system, manipulating their family, manipulating their friends, manipulating people in their company, manipulating giant masses of crowds, the way that politicians sometimes do)

- b. Manipulation is a tool or tactic, not necessarily evil—it's an ability some people have

- c. Need to be clever in your manipulations

7. (Highly) Creative

- a. Highly creative people
- b. Not just in the artsy, imaginative, or poetic sense (although that's a great attribute to have)
- c. Fundamentally, you can create stuff (the ability to create), not just in the arts, but anywhere, in business, or anywhere else
- d. Successful people are creative people—they create lots of stuff
- e. Creative people generate massive value (i.e. impact thousands or millions or even billions of people, with their work, or with their ideas, or with their ideas speeches, or with whatever). You need to generate massive quantities of value in today's world in order to become successful

8. (Strong) Training In Technical Skills

- a. Willing to train hard to develop their technical skills in whatever field they are trying to master and become successful at
- b. Deliberately, methodically practice a certain set of skills over and over and over again until you master it finally. They invest thousands of hours mastering technical skills
- c. Most people are mediocre because they have mediocre technical skills

9. A Value In Excellence Above The Mediocre People

- a. They really want to do excellent work, they take pride in their work, they have this sense of being the best at what they do, or doing something really exceptionally well that gives them a certain joy, and a certain satisfaction above the mediocre person

10. Vision

- a. Visionaries, they see a big bright picture of what the future should look like, for them, for their life, for their followers, for their business partners, for their customers; they see into the future. That's a very powerful skill to develop

11. Leaders

- a. Because they have this vision, they lead people, they're fundamentally carving their own path through life, they are on the cutting edge of their field, and they're not content just to be followers, they break off on their own and do it themselves, their own way, and that usually means some new unique way that hasn't been done before

12. Intuitive

- a. Intuitive, they know how to use their intuition
- b. They're guided by their heart and by their gut, more than just by their logical mind, they're right-brain thinkers, they're holistic thinkers, they can take in and assess multiple variable in a kind of complex holistic way, and then they can get this kind of big picture of what need to be done, and sometimes it just comes as a gut feeling

13. Decisive

- a. Quick, firm, and very crystal clear about what they want

14. They Don't Do What They Do Because Of The Money

a. It's not about the money

b. Motivated because they want to impact the world, want to have a positive contribution to society, maybe because they've got a big ego and they've got a lot of pride, and they want to grow and expand and aggrandize that ego, which is not necessarily a very healthy drive, but that's still that's superior than being driven by money, alone.

c. Most successful people love the work they do, they're passionate about it, so it comes more or less comes naturally to them, not because of the money

15. (Highly) Focused

a. Able to select one field or domain and invest years of time and build up a lot experience in that one field

b. Like a laser beam

c. Mediocre people are like a diffused light bulb, shining in all different directions

16. Ambitious

a. Have a desire to be the best, to be at the top of your field, to be the one who accomplishes something really great and extraordinary

b. Almost an ego thing (not necessarily the healthiest drive)

c. You need that, to rise to the top

17. Have a Rapid Speed of Implementation

a. As soon as they hear an idea, or they have a great idea, they go off and immediately start to implement that idea

b. Have a bias towards action, rather than sitting and thinking (paralysis by analysis)

18. Opinionated

a. Have firm and strong opinions because they have firm and strong values and beliefs because of course they are decisive

19. Have A Spine

a. Stand up for themselves and their values, and their beliefs, and their ideas

20. Optimistic And Hopeful

a. Fundamentally they believe in themselves, they believe that they can, and they believe that people around them can, and they believe that society can

b. Different from depression—a lot of people are actually quite depressed, a lot of successful people kill themselves from depression

21. Courageous

a. Willing to act in the face of fear

b. Don't let the fear paralyze or stop them or scare them away

22. Value Knowledge And Learning (In Some Capacity)

a. It doesn't necessarily need to be book smarts, it could be street smarts, it could be learning from your co-workers, or learning in a social environment, or learning from brute trial and error experience

23. Willing To Endure The Cost And They're Willing To Make Sacrifices To Get Success

a. Willing to sacrifice fun, socializing, sex, partying, drinking, doing a lot of entertaining stuff as much, spending as much time with family; their relationships could suffer. They select success over all this other stuff

24. Highly Self-Motivated (Intrinsically Motivated Versus Extrinsically Motivated)

a. Fuelled from the inside, nobody has to kick you in the ass to tell you what to do, you do it yourself, you kick yourself in the ass

b. Can become a neurosis

25. Long-term Thinkers

a. To be successful you need to spend at least 5 or 10 years developing some sort of proficiency or excellence in some kind of field

26. Pragmatic

a. Practical, more so than ideological or idealistic

b. Willing to align to the realities of the marketplace, the realities of the political climate, the realities of the time you're living, the realities of the organization you're trying to create change in

c. Willing to compromise certain elements of your ideology, compromise your integrity a little bit, in favour of pushing something through, not always will you get it your way, not always will the perfect scenario just materialize for you and this is exactly how it's going to be; rarely do you get the "perfect" when you're trying to achieve something big. Usually you have to cut corners and you have to make sacrifices there, and this requires a willingness to be practical versus ideological

27. Work For Themselves

a. They're fundamentally advancing their own agenda

b. The best leaders are a little bit egotistical, a little bit narcissistic, and they're a little bit selfish, and these qualities turn out to be effective when you're trying to reach the top

How to Study

—Studying is a skill and is something acquired and developed through practice.

—Approach studying with a growth mindset: you're inherently just as good as anyone else, and what it all boils down to is practice, practice, practice, repetition, repetition, repetition.

—You CAN learn.

—It's not about the grades. Stop focusing on the grades.

—Put all extrinsic motivations off to the side. Stop thinking about it.

—The important question is: why are you trying to become a great student? Answer: You want to become a great student, you want to learn how to study, because it is a critical life skill that literally is going to setup your entire life.

—This will be the difference between being happy, and miserable. This will be the difference between being rich and poor. This will be the difference between being neurotic and calm. Literally every area of your life that you want to have success in, or be happy in, will require study.

—This is not something that just happens spontaneously.

—Studying is about understanding life. Life is so fascinating. I want to understand it. This is one of the most important missions as a human being living here, as a life form, this goes really deep for me, is learning how the universe works. I'm observing it with my senses and dissecting and analysing it with my mind. This is the foundation of all study.

—This is how every effective studier, every effective scientist, mathematician, approaches this problem. They don't just sit down and study stuff. They're genuinely curious and interested, and fascinated by the mysteries of the universe. Because this is a mysterious and amazing thing.

—THE KEY MINDSET #1 THAT YOU REALLY NEED TO BECOME AN EFFECTIVE STUDENT is to get in touch with the fact that life is deeply fascinating. I don't care what you're studying. Get in touch with the fact that you're interested in ALL of it.

—One of the secrets to school is, of course, try to pick the stuff that you're really fascinated about, and if there is stuff you are not fascinated about, you have to trick yourself in your brain, and say: what could I find fascinating about this? What could be interesting about this? Why is this important? Maybe I haven't opened my mind to this subject yet?

—You CAN find satisfaction in learning almost about anything.

—Focus a lot of your discretionary time on actually studying the stuff you find fascinating, outside of the stuff you find fascinating for school.

—The secret to learning and to all studying is learning equals repetition. It's just repetition. That's all it is. There is little smarts that are actually required for learning. It's really dumb. Learning is just repetition. Brute force repetition: Again, again, again, and again. Your brain is going to learn it NO MATTER WHAT, even if you're the worst student.

—Study is not about memorization. What is important is the deep connections you build unconsciously. What's happening is you're immersed in the field of study, repeating things again, again, again, and again, and your mind just can't help build those inner connections for you, and that process is actually really enjoyable.

—You have to enjoy the study. If you don't enjoy it, you're not going to be a good student.

—It's so important to convince yourself to enjoy a lot of the studying you do: be very intrinsically motivated.

—Combined with the principle of repetition, you can literally program anything into your mind, it's just so dumb, it's so simple the way it works. There's nothing fancy behind it. No magic behind it. Then you have all the tools you need to learn anything. At that point it becomes a matter of DISCIPLINE and PRACTICE.

PROCEDURE TO ACHIEVE AMAZING RESULTS AND BECOME A HIGHLY EFFECTIVE STUDENT:

1.) Create a quiet place, free of distractions, where you can study effectively.

2.) Schedule your time. Build your schedule around studying. Have an exact set time during the day when you start to study (i.e., 6pm). Study Monday, Tuesday, Wednesday, Thursday, take Friday night off, take Saturday off, and study Sunday.

3.) Get comfortable and slow yourself down in order to study effectively. You can't rush the studying process. Use brute-force: A lot of the issues that you deal with as a student, the things that you can't understand, just brute-force them through repetition, and this repetition can take time. Also, you need to be patient with yourself, sometimes you're not going to understand the problem right off the bat. Mull it over, mull it over, and that means sometimes it takes you longer, but that's worth it, if you calm yourself down, get comfortable, slow yourself down and open yourself to absorbing this information. This is where the love comes in. If you don't love it, and what you're doing is kind of rush studying through stuff just to learn it, like cramming for an exam, that's just horrible. That's horrible. Because you're like a dog jumping through hoops. Don't do that. Instead what you want to think about is this: this subject matter is really fascinating, let me study it more, let me learn more. You have to get really curious. Instead of thinking: okay how do I get this done faster, so I have more time to watch TV or play video games. No. You sit down and you say, oh this is a fascinating thing here that I'm studying about life, this is so much more rewarding, and has so much more value than watching TV or playing a video game. Connect inside to your own original motivations.

4.) When you read a book, you have to read it for understanding and excellence rather than trivial memorization of facts. The key is understanding. Get insights onto how the subject works. Studying is about understanding stuff, rather than memorizing, or using some trick or technique. Value excellence in the way you study. It should be important to you to understand something accurately. Don't be a person who half-understands reality.

5.) Taking notes are really important. If you're in class, learn to be a great notetaker. If you're reading a book, learn to take notes. Develop a habit of taking notes. Start to enjoy taking notes. Keep a repository of your notes. Value the process of recording your insights, for yourself. That's really important.

6.) Self-testing: THIS IS REALLY IMPORTANT IF YOU WANT TO ACE TESTS. This is going back to that idea of repetition, repetition, and repetition. Go through the material you studied, and test yourself (i.e., practice questions at the end of a section in the textbook). Check your answer if it's correct. This process takes time and slows you down, but it's worth it. Keep testing yourself until you can produce a successful, quick, smooth, and silky recall. This is critical for memory, and learning occurs when what you do is a successful recall. This is very important. THIS IDEA RIGHT HERE WILL LITERALLY MAKE OR BREAK YOUR ENTIRE STUDYING CAREER. RECALL.

7.) If you're not a good student now, you're not just going to be a great student after this video. It takes time for you to build momentum, over the course of the days, weeks, months, and years. After a couple years or PRACTICE and DISCIPLINE, all of these techniques will integrate into your mind until it becomes so easy, that it'll feel like you're coasting through, really easy to study at that point, because you've built up that momentum, you've built up positive habits. This process of building up positive habits is not an easy process. It's a little bit painful, and it will require discipline from you, but this is going to be an important skill that you're learning because you'll be able to apply this discipline and these habits that you learn now in high-school and college, and apply it to the rest of your life. The whole point of high-school and college is to setup the foundation to carry that studying through to the rest of your life. And remember why you're doing all this in the long run. You're doing all this in the long run because you really care about understanding reality, and all the cool things this will allow you to do in the future. It will allow you to design whatever

life you want. Learning how reality works is one of the higher consciousness values of life. It's one of the greatest fulfillments and joys you can find in life. A long term, smooth and mellow excitement. Develop a love for that in high-school and college. Have a vision for why you're studying so hard. Keep the ultimate vision in mind. Never lose sight of that. That's really important.

POINTS:

—If you're studying really hard, you have to rest and sleep properly.

—Schedule your time properly, and you won't need any "all-nighter's." Take naps almost everyday. Sleep your full 8-10 hours.

—No cramming. Cramming is ridiculous and stupid. Cramming is all about being a slave, and jumping through hoops for somebody else.

—Give yourself more time to enjoy studying.

—The pain of avoiding study is much worse than the studying itself. There's nothing really painful about studying. Studying is enjoyable.

—If you adopt all these principles, mindsets, and some of these techniques, you're going to be able to get a 4.0 GPA and maybe even beyond. THE MOST IMPORTANT THING HOWEVER, IS YOU'LL BE ABLE TO TRANSLATE ALL THIS AMAZING WISDOM YOU LEARNED IN SCHOOL INTO YOUR ADULT LIFE.

No Growth is Possible Without Training

"If you don't have discipline, you don't deserve to dream."

If you are not willing to train, you can say goodbye to your dreams. The biggest reason people don't grow or self-actualize is because they don't train. It is that simple.

Training is required for success in any area of your life: business, career, public speaking, sexuality, dating, health, socialization, sports, personal development, consciousness, happiness, morality, etc. All of these things require enormous practice.

Are you not happy with the results you are having? It is because you are not training nearly enough.

What is training? It is a consistent daily focused practice into some aspect of your life. It is when you set aside a certain amount of time to perform specific drills performed by you to improve your performance.

Training also means using theory to finetune your practice. Training is primarily practice-based but theory is still important.

What isn't training? Training isn't reading books, watching videos, talking, thinking or planning doing the practice. It is not doing routine work. DELIBERATE PRACTICE IS PRACTICE, WORKING IS NOT PRACTICE. If you are not improving and learning something new, you are not training.

IT IS VERY HARD TO DO THESE THINGS CONSISTENTLY AND IT IS MOST HARD WHEN YOU DON'T WANT TO DO IT BUT YOU DO IT ANYWAYS.

There are some reasons people don't train:

- 1- Training is challenging
- 2- Training requires great vision: If you are not a visionary you will not put your hours. This is why a Life Purpose is very important. If you have your LP handled, JUST PRACTICE! It is going to be difficult and will require tons of self-discipline.
- 3- There are no external support structures: Nobody is going to force you to train.
- 4- It requires enormous focus.
- 5- Training is repetitive and boring when you first start
- 6- It involves emotional labour
- 7- Training is exhausting
- 8- Society and marketing discourage mastery and training
- 9- It means less fun, less sex and less drugs

How to start training:

- 1- Have a vision!
- 2- Decide what skills do you need to achieve your purpose.
- 3- Create drills for each of these.
- 4- Set aside time to practice the drills CONSISTENTLY. The momentum will build up in the course of years, not just months. You will develop a taste for the training process.

Training develops character. That is why it is so important. STOP WITH THEORY, GO OUT AND DO STUFF!

The most common element in the greatest people of all time is..... TRAINING, TRAINING, TRAINING, TRAINING!

Training is not optional for sages and life-masters.

3 Step Formula to be Ruthlessly Effective at Anything

Find one tactic that works extremely well and then exploit it!

- 1- Select your domain: Find and set an intention about what it is that you want to be ruthlessly effective at. Make the decision of what you want, why you want it and then commit to it.
- 2- Select and identify the most effective high yield technique: Look for the best technique and the one that creates all the results (look for the ONE Thing). Which is the thing that will generate 99% of the results?
- 3- Set up a daily habit: Convert your technique into a habit and do it every day no matter what.

If you follow through these steps you will be world class in everything you commit to.

The most difficult and important step is #2. How do you find the best technique? You don't have to invent it, it comes naturally once you decide your domain and you set an intention. If you stick with your intention for a couple of months, eventually what will happen is that various techniques will come to you and all you have to do is KEEP YOUR MIND VIGILANT ENOUGH SO WHEN THE TECHNIQUE COMES YOU WILL RECOGNIZE IT AND FIND IT! After finding the technique, convert it into a daily habit.

You need to recognize the best technique when you find it! YOU NEED TO BE CONSCIOUSLY LOOKING FOR THE BEST TECHNIQUE IN YOUR DOMAIN!

The good thing with the best technique is that if you work with it everyday results will be exponential in the long run!

This method works because of deliberate practice (a diligent daily practice). This principle is key if you apply it intentionally! You will create the life you want!

Warning: The whole world will try to rob your attention, you need to build self-control and stick with this path for years! YOU NEED FOCUS!

The Psychology of Small Business Success

Real entrepreneurship is creating something from scratch. Business is psychologically very tricky and counterintuitive.

5 Errors

1- You are not practical enough about the marketplace reality: When you come up with a business idea you don't have your feet on earth. You need to be more practical and less attached to your dreams. You need to pay more attention to sales and marketing. THE HARDEST PART OF BUSINESS IS NOT CREATING YOUR DREAM PRODUCT, IS MARKETING IT. The hard part of business is getting eyeballs.

You need to have a strategy about how you are going to reach your customers (Go to market). You also need a strategy about how to maintain and acquire the customers and you have to think a lot about it and test it! You need to study your cashflow! TEST YOUR BUSINESS MODEL EARLY.

2- You are not experimental enough: You need to be creative and highly clever (strategic creativity). You will need to try dozens of solutions until you get one that will work. You need to be more flexible and more adaptable than your problems. You need to find your unique strength that will help you leverage your business! Which is your key differentiator?

3- Not taking enough action: You need to work towards the idea, you need to move your ass! You need a rapid speed of implementation! You need to be testing your business model every single day!

4- Lack of self-governance: You need to be capable of motivating yourself in the long term. You need to work consistently.

A good product is not enough; you need an awesome product! You need to realize that some products are not marketable.

5- Getting lost in materialism and success: You need to be running your business with consciousness and awareness. You need to do business without losing your soul (a responsible business, a visionary business, a leader business, a business that shows the world what is possible, a business that takes the process and refines it, a conscious business). The secret is TO REALLY BELIEVE IN YOUR CAUSE. The purpose of business is not to make money, is to promote a cause, to raise awareness in the world. The businesses that are going to survive in the long term are the conscious businesses.

The joy you get from a money making low conscious business is pale in comparison to the joy you will get with a business that really generates an impact. The world can change its destiny depending on which business you decide to start!

You need to balance success and awareness!

Understand that business is a jungle and you have to be tough. If you want to achieve your dreams, you need to be strategic and practical.

Action Steps

1- Do tons of research and become a master of your marketplace. Learn everything you need to know about your customers.

2- Test out any idea that you have in some form. Create a prototype and test your ideas. Be open to any path that the idea can take.

3- Look for things that have practical value for people. Look for the actual problems that people have in their lives. YOU SHOULD BE HAVING THOUSANDS OF IDEAS!

4- Prove at least 1 marketing strategy.

5- Prove your cashflow and generate a SALE!

6- Work on cultivating self-governance.

TO CREATE A GREAT BUSINESS, YO

Money Psychology

Money problems are not economic problems, there are first and foremost psychological problems (there are many ways that you can have problems with money). More cash will not solve the problem; the problem is in the mind. Money is very emotional.

Your relationship with money is primarily shaped by your family's relationship with money when you were growing up and you adopted most of your beliefs towards money in your childhood, largely unconsciously.

External obstacles tend to be illusions and there are not the real problems. If you get the inner game right, you will get the outer stuff handled. Money is an entire domain of life and requires lots of work and know.

Psychological aspects that create problems with money:

- Fears
- Emotional Spending: people spending their money irrationally
- Emotional Saving: you are hyper vigilant
- Limiting beliefs (ask where these beliefs came from): Notice how these beliefs are going to stop you from making money. Most of your beliefs are not true!
 - o The economy is not good enough
 - o Corporations are stealing all the money
 - o I cannot make money in my field
 - o Competition is too fierce
 - o I cannot start a business because I don't have enough capital
 - o Money is hard to make
 - o Money is evil
 - o Business is anti-spiritual
- Playing the victim: You make excuses because you are scared
- Procrastination
- Materialism: Thinking that money will lead to fulfilment and it will solve all your problems
- Improperly earning money
- Improperly prioritizing money: People often put money way too high in their value list
- Improperly investing money
- Lack of long term strategy
- Lack of discipline and habits

- Lack of knowledge and education
- Avoiding and ignoring money

What does healthy money psychology look like: You are fully aware of the trap of materialism and you understand that it doesn't work at all; you will never be fulfilled by having money and none of your other problems in life will be solved by having money. You also identified the emotional triggers and hot bottoms you have with respect to money. Also, you are not ideological about money and you don't hold money as good or as evil, you dropped many of your beliefs about money and you hold it as neutral. Also, you are aware of the money traps that were constructed by society (shopping, credit cards, mortgages, pyramid schemes, bad investments) and you are not tempted to get into these traps. You have an abundance mindset; you hold it as a win-win situation. You take a 100% responsibility for your money situation. You are also using and investing money strategically, mostly in yourself and you are taking a long term view. Lastly, you took the time to position yourself in life so money is a by-product of your deepest passion.

Instead of going crazy to make money, first turn inwards and start to observe your money habits and where is your income coming from, which are your motivations? Apply awareness to your problems and beliefs. After that, decide you are going to master this domain of your life. Then, you need to do the research about money. THE MOST IMPORTANT THING IS LIFE PURPOSE! If you take care of the foundations, the other part is going to resolve alone; avoid the trap of just going for cash, that is never going to work. You will need to be creative if you want to implement your life purpose, there is no easy solution!

HEALTHY MONEY SITUATION = PROPER PSYCHOLOGY + LIFE PURPOSE

How to Escape Wage Slavery

Two takeaways from the episode:

- you are a wage slave
- society is a pyramid scheme

When you're a slave, you don't know you're a slave.

Wage slavery – doing meaningless work just to pay the bills. Grinding and not contributing to society in no meaningful or creative ways. No chance for re-education or escaping. Helping others do selfish work. Not tapping into your creative genius.

Once you're stuck it's very hard to escape. Most work takes up most of your time. Not given time for meditation, retreats, psychedelics, self-education etc. It's all denied and done unconsciously.

You're doing unconscious work and giving up your creativity.

How is society a pyramid scheme:

The way that society came to be is that tribes enslaved weaker tribes etc. You are basically a slave to your society. Society is a battle for power which your ancestors lost. Society is all about power games and dynamics. It's all happening because the ego wants to maximise its survival at all times. The ego is insatiable. It is always paranoid about losing.

Government has domesticated you to do its bidding. Society is deliberately designed to be unequal.

Your enslavement is started by indoctrination in your youth. Our education system is a tool for this. And it's done to make the whole culture survive rather than any one individual. Society is a house of cards held together by lies and self-deception.

Wage slaves are used to serve the elite.

Wealth is relative. For one to be wealthy, others must not be wealthy. If this was not the case, then no one would be able to force others to do anything.

For a billionaire, the whole appeal of being a billionaire is being able to get other people to do stuff for you, without needing to reciprocate.

Fundamentally the game is rigged. It's a myth that you can just work hard in a fair marketplace. You can't have everyone rise to the top by design. You can't invert the period.

Most wealth is not accumulated by the hard work of lone entrepreneurs. It's accumulated through exploitation, manipulation, and unfair power dynamics. A lot of wealth is stolen – especially through legal means.

Most wealth is made by being close to existing sources of wealth. Wellsprings of wealth:

- banking
- investing
- government and politics
- military
- healthcare
- law
- celebrities
- tech giants
- Silicon Valley
- Hollywood
- TV and radio

The closer you get to these springs, the better chance of you becoming wealthy yourself. You're never really going to become wealthy by being a schoolteacher.

Climbing up a corporate hierarchy is like climbing to the top of the pyramid, so can bring you wealth.

Also have to understand syndicates – small networks that are designed for accumulation of power and exploitation of everybody else who's not in the syndicate. There are syndicates in every single field in the economy. A few of the top people in the field come together and create a mastermind group to rise above everyone else in the field.

Wealth is not just money in a bank account. Often it is knowledge and insider trade secrets such as business models and formulae. The things that are the source of the money. Most wealth is carefully controlled when it's passed down.

Very little money is made independently. The quickest way to acquire wealth is to manipulate these dynamics to exploit society and others. What's important is social connections, status, and your fame – hugely important for being wealthy.

The people at the top are in denial about this. The people at the top don't want to admit that they got there unfairly. They are also completely in denial about their own privilege.

This is a deep structural problem which you must appreciate. This structure is baked into society.

One of the reasons America is so wealthy is because it's become a master of standing on the shoulders of 3rd world countries while completely denying its exploitation of them.

Important not to demonise this, this is how our species has evolved to survive.

There is no one to blame, and you are not a victim, this is just the problem you are facing. It doesn't matter what you think about it, it's here.

If you're young, you are really lucky to have stumbled upon Actualized.org

If you are doing the average thing, you will become a wage slave.

It's much easier to escape wage slavery when you're in college.

Even most well-paid professionals are wage slaves.

True autonomy and independence is very, very rare in society and worth pursuing. It is so valuable.

You become a wage slave by not having a clue of what you want in life, no sense of purpose or vision. You only want to coast through life. You've wasted your youth. You should have been strategically planning the skills you need to not be a wage slave. But no one told you of this. It's uncommon knowledge.

Two strategies to escape:

- 2) Become ultra creative and hardworking with a clear vision and purpose and to become a massive value provider. Think about what you can offer the world. Kill two birds with one stone – handle your finances and get the satisfaction of offering value to the world.
- 3) Manipulate the system, get close to the sources of wealth and power and manipulate and exploit this pyramid. But this is fundamentally egotistical, unconscious and lazy. Thinking about how you can take from the world. This may leave you miserable.

Taking option number 1:

- Stop whining and blaming and take 100% responsibility for everything that's happening in your life. EVERYTHING in your life needs to be your responsibility.
- Figure out what you want from life and be crystal fucking clear about it 10-20 year vision.
- Decide whether you want to be a sheep or a leader – self trust, don't look for validation.
- Become a massive value provider – train skills
- Real value is creative value – high level, big picture value.
- Clear vision to how you're going to provide value.
- Laser focus
- For you to escape wage slavery you will have to go beyond all cookie cutter business-in-a-box solutions.
- The passion and intent will drive you. You will have to figure out the small details for yourself.
- You want to be an original provider of value – offer something new.
- Don't give away your creative power
- You must study entrepreneurship, marketing, and sales
- You must find a targeted niche
- Make yourself a powerful creator.
- Don't be a slave of your own mind.

Escaping wage slavery is not right for everybody. It's a temperamental thing, some people can enjoy being a sheep.

Plan full financial independence aligned with your life purpose

Take this stuff seriously and don't be myopic. Engineer a conscious way of making a living.

Emotional

How to Stop Comparing Yourself to Others

We are really addicted to care about status and what is “normal”. It is a biological drive in your mind and it is very challenging to change this.

Why do we compare?

- Because it gives you a sense of value and worth, it gives you a meaning and purpose. “How are you doing relative to your friends?” People think that because they are doing something better their value increases, they think that they are better than others. The only way we can get a sense of our value is by our peers and be in the social matrix.
- We also compared our self so nobody calls you weird.
- Some people do it for motivation and challenge (this is not a positive motivation though).
- Envy and deep feeling of lack.
- Narcissistic desire to be the best. Thirst of power.
- Feeling of security

If you want a fulfilling life you should give up comparing with others. Most comparing is actually neurotic and will rob you of joy and fulfilment. Most comparing comes from:

- Low self-esteem
- Not owning your own life and uniqueness
- Conformity
- Lie of lack (you feel that you lack something)
- Scarcity mentality (there are not enough resources for everyone)

This can be outgrown!!! There are 7 keys:

1- Self-worth does not exist: The truth is that no amount of accomplishment never gives you worth in life. Question what is actually worth and you will realize that it is just a label. THINGS DON'T HAVE WORTH. Worth is something that we create. The attempt to acquire self-worth is a losing battle since no matter how many things you accomplish you won't feel better. YOU ARE NOT BETTER FOR ACCOMPLISHING MORE SINCE VALUE IS A STORY WE CREATE. YOU DON'T NEED EXTERNALS TO BE HAPPY, EVEN THOUGH SOCIETY TELLS YOU THAT. This will free you up to live a free life since as long as you believe that you really need stuff you will be on a never ending search for happiness. Don't be a slave to value. No human being is better than every other human being. DETACH FROM VALUE AND START GIVING A SHIT. Everyone is the same.

2- Human beings are too complex to compare: You are not comparing cars. Human beings are super complex since each one of us have different family, genetics, resources, histories and influences. You cannot compare because they are not the same, the mind cherry-pick stuff and it is totally unfair comparison. There is no reason why should you be as successful as others, there are different factors that contributes to it.

3- Competition is stupid: It is a losing game since there is always someone better than you at whatever you are doing. Even if you become number one, it is not actually fulfilling; it's exciting for a couple of days but that's it. If you

become #1 you will live in fear since you are afraid that someone is going to surpass you. Competition is stupid, FOCUS ON BEING A CREATOR! Focus on what you have to do, your own values. The mature adult is a creator.

4- Yes, I have handicaps: Every human being is good at something and bad at something else. You cannot be perfect. We don't accept these weaknesses, we want to be perfect but this is obviously impossible. Reframe your weaknesses and transform them into strengths; think like this: your life is short, so you need to be great at everything, focus on your strengths and accept your weaknesses (this will take you years). You have to love yourself over and over again in regards of your handicaps.

5- Being normal is overrated: The human herd is stupid. The average person is mediocre and does not behave wisely; they don't have a fulfilling life. THE MOST FULFILLING THING IS TO BE YOURSELF. Don't try to fit in. Your uniqueness is what you should strive, put your eccentricities on the line and express it fully. SHINE THROUGH YOUR ECCENTRICITIES. Nobody likes a vanilla man, BE FUCKING DIFFERENT AND ACT AS YOUR AUTHENTIC SELF (YOU WILL NEED TIME).

a. Fake uniqueness vs authentic uniqueness: Authentic uniqueness is recognizing who you really are on the inside, your strengths, your weaknesses, your values, your eccentricities, your passions, what you hate; you learn all of these and then you express yourself authentically. You are no longer acting or playing to be someone else, you are fully relaxed and being yourself. THE WAY YOU BECOME UNIQUE, PARADOXICALLY, IS BEING YOURSELF SINCE NOBODY IS DOING THAT.

6- I'm too busy loving myself to compare with others: Fully love yourself and fall in love with you and with your life. Take ownership of your life. The herd is always looking around, you need to focus totally inward and create a wonderful life. You have to work on your health, finance, career, relationships. YOU LOVE THE GROWTH YOU ARE HAVING AND YOU DON'T HAVE TIME TO BE COMPARING. You have to be self-actualizing all the time, don't focus on the outside.

7- "I love to see people succeed": You need to believe that resources are infinite. Don't be envious, when you see people being successful you have to think that you can have it too. YOU NEED A VISION FOR YOUR LIFE. If one person can have it you can have it, "add it to your life". Create a unique vision for your life, custom your life as you want to. You have to be really happy that people are accomplishing things since it signifies that you can get it too.

Divorce the quality from the person. Recognize that you can acquire everything with hard work and discipline, you can develop everything that you want if you are intelligent. You can develop any type of skills. YOU HAVE TO LOVE YOUR LIFE.

There are not limited positions in life. Question scarcity constantly and destroy those limited beliefs. If you are a creator you can create value from nothing, ENERGY IS INFINITE! We live in an economy of ideas and knowledge and there are an infinite numbers of ideas. There are always more and more ideas to be created. Scarcity is a limiting belief.

Some areas in which people compare and solutions:

- Physical appearance: You have to accept whatever your physical appearance is.
- Performance: You can perform as others if you decide to put the necessary work. Decide if you want that level of performance. If it is just put the necessary work.
- Financial and material possession: if you see someone that has the material possession that you want, just decide your vision and work towards it. There is no reason why you can't have anything. Do you really want it?
- Position in life and status: The same as above, go pursue it.

- Business rankings: It is a dead end, this doesn't produce any meaningful work. Focus on your business and what can you create.
- Abilities: You can develop them if you want to.

The only reason to compare yourself is to expand your imagination of what is possible. You can be inspired by watching other people's life; take from the ideas and create your own.

The Most Important Commitment You Can Make

You need to have a commitment to self-mastery for life. To really get amazing results in personal development you will need years. Is it worth it? Absolutely, it is the most worthwhile thing to do in your life.

Wisdom is all about thinking long term. Determine which things will create mastery in your life and focus on that only. Leo can tell you what it may be wise or may not. LEARN PERSONAL DEVELOPMENT, LIVE IT; this takes years. There is nothing more important than learning personal development, everything is secondary. A great leader has a vision that nobody can see; only he can you need to be the leader of your life, use Leo as a resource BUT THEN MOVE YOUR FUCKING ASS. TAKE THE INICIATIVE AND DO THE FUCKING WORK.

Living life is all inclusive: your health, your fitness, meditation, education, success, money. All of these are facets that compose life. You need to grab life by the horns.

You need to realize the consequences that self-mastery can create in your life in the long term. Start visualizing the possibilities.

Commit to a lifelong study and a commitment of self-mastery.

I COMMIT TO THE LIFELONG STUDY OF SELF-MASTERY.

Self-Deception I, II, III

“The first principle is that you must not fool yourself. And you are the easiest person to fool.” Richard Feynman

“Self deception covers it’s own track” Daniel Goleman

Your mind is inherently self-deceptive.

René Descartes’s saying “I think therefore I Am” means that the fact that I’m doubting means that there has to be someone who is doubting. He came to the conclusion that it was not possible to live in a matrix or that some evil demons had the power over the human’s mind, as the demon in question would still have someone to deceive.

The one thing that almost no philosopher takes seriously is that the mind is inherently a self-deception machine. The whole point of self deception is that you don’t take it seriously, otherwise it wouldn’t be a successful self-deception. Your own mind is the evil demon, the self-deception is utterly total. All there is to this game called life is self-deception within self-deception within self-deception... We don’t need science-fiction scenarios like Descartes or that the world could be a simulation, the mind has complete power over you. The number one biggest mistake in life is to believe that your own mind can be trusted. That is epistemology, how do you know that what you know is reliable.

The mind will take every opportunity to deceive you. Your mind wants to construct a reality without you being aware that you construct it. You are your own conspiracy theory. The mind can construct an unbreakable illusion that goes all the way to the existential level. When you think you are controlling it, it is actually the one that is controlling you. You don’t need to worry about other people trick you but the only way that they can trick you is because you trick yourself.

Ask yourself: Can I trust my own mind? Am I deceiving myself? And listen carefully for the answer. The whole problem is that the process is circular.

How did something come out of nothing? How is creation possible at all? Things can come into being only through one mechanism, deception! How does God (reality) create the world? Through self-deception. Why would God need to deceive itself? God creates infinite forms through deception, . God or reality deceives itself. This one thing can take on many forms only by tricking itself into thinking that it’s limited and finite, rather than infinite. Deception becomes the mechanism of creation. Reality must deceive itself to come into existence. This is how you and the universe came into existence. You whole body and mind is made out of self-deception. At least that’s what you get if you stop thinking that reality is objective.

The greatest self-deceptions are believing that you are real, important and must survive. Descartes doubted everything but he couldn’t doubt the Self. The mind needs self-deception for creation, on top of that is build the entire web of lies that is, the rest of your life.

Consider that lies are actually much more useful than truth in many situation as the mind likes to flip everything on its head. People lie to get what they want. As long as you are alive, all your attention goes to staying alive. What if there is something beyond living and staying alive. But the mind’s job is not to keep the body alive the way people think, but to keep the idea of “you” alive. People think that the idea of you resides in the body, but the idea of is more fundamental than your body, all kind of things can happen to it, and this is the reason why people mutilate themselves for spiritual reasons, as the body is just another idea, the idea of you. The “you” is not a body, it is a conglomeration of conceptual ideas.

Becoming a martyr is not a selfless act, it’s completely selfish, they have some idea of them where martyr-ship plays into, how they will live in the memories of there followers and fans, and live on in the afterlife is more important than staying physically alive. So surviving is not about the body, it’s about surviving the idea of you.

Self-deception is not only about enlightenment... Most of things you love in life are self-deceptions: money, wealth, ownership, security, laws & right, religion, history, movies, porn, time, language, confidence, fame, power, what's good and bad, meaning and purpose, ideologies, science, family, corporations, nations, equality, rank status, culture, video games...

-Ownership: a piece of paper saying that you own your house or your dog is just ridiculous

-Security: The more power you think you acquire, the more insecure you become. The most insecure people are dictators. This is why they have the biggest arsenal to begin with.

-Human rights: There is nothing holding this laws but human consensus, an invention to make yourself more secure

-Movies, novels, porn are all virtual simulations

-Family: You have convinced yourself that there is a special connection between people based on some genetic similarity. You got to treat them in a special way, rather than the way that you treat other human beings. There is no more connection between you and your mother than between you and a coffee table as it is all one thing. There is nothing special about your family, that is just an illusion that the mind creates because it is an important component of you staying alive.

-Nations & corporations: Are both completely fabricated identities, the border of the country is an imaginary line.

-Equality, fairness: Reality is what it is, you want equality for your pragmatic agenda, so you get a better life for yourself

Even the sources of knowledge are also serving the pragmatic survival agenda.

Are corrupted by self-deception: Logic, reason, science and mathematics, philosophy, psychology and medicine, history, economics, business, personal development, religion, spirituality and non-duality. The process of talking about self-deceptions is itself riddled in self-deceptions.

You actually don't want the truth, you want to be wrapped up in the illusion, knowledge itself is part of the self-deception.

There are 2 types of knowledge: Conventional knowledge what you get from school and university. That is not too dangerous for the mind... And then there is self-knowledge, the meta knowledge, about the mechanism of how knowledge works, epistemology. The mind is careful to withhold all meta-knowledge from you, the mechanism of knowledge itself.

Society is an entire self-deception.

What are the evidence that self-deception is real?

-You have double standards, you criticize others but not yourself for example, for cutting people off in traffic, you don't insult yourself when you do it

-Have you also noticed that people believe a lot of crazy stuff in the world, they are all crazy, or self deceived but you. You notice that in others but not in yourself. Don't try to fix others, worry about yourself, as you focus outward you are not focussing inward and therefore the mind accomplish its objective of distracting you.

-The way humans treat evil. Evil is just selfishness. To be alive is to be evil. You deny it and pretend to be that good upstanding moral person. Everybody is just as evil as you are but you just want to push your own agenda. The only reason why you think Nazis are evil is because they are threatening your agenda.

There is nothing wrong with all this, but this is what it is to be alive.

Most of human history is about one group of people ruling over another group of people. A generation later we think we are better than they were as if we were immune to the self-deception of the previous generation. And if we don't run into the previous self-deception, we run into a new one even deeper, thinking we are finally at the top and have reached perfection, we figured reality out, we know the truth.

The question is, can you see your own self-deceptions? By judging others, you are falling into the trap of self-deception.

Reason itself is the chief tool of self-deception. Reasons are used to justify your self-agenda. The reason why rationalists like to argue about people who are faith-based is precisely because they are ignorant of the faith that they ground their reason in. Reason itself is based on faith. This is a problem of conflict of interests, self-bias and lack of honesty. Reason will only make this worse. You can't think your way out of this problem. It's a slow process. Your entire mind/body will revolt against the truth, against self-reflecting and noticing its own self-deceptions. Every time you try to change yourself, you fall back. The mind is helping you to maintain your self. Every one has their own pace, with their own problem. You have to turn inwards to find and face your inner demons. The mind hates this process a lot. Everybody denies that he is the devil, that is the nature of the mind.

You can jailbreak your own mind. But the mind knows all its own attempt to jailbreak itself and it can easily stop those. It's like to play chess with yourself. But it is possible as the final leap will come from outside of your mind, that would be enlightenment, that is not going to come from you. But even after enlightenment the mind will still be there.

In a nutshell, the mind is trying to prevent self-reflection because everything is an illusion. You are God deceiving itself into thinking that it's not God but that it's you, a finite being. Why would God Trick himself? Because he can.

The solution to self-deception is self-reflections, it means questioning everything you hold as certain, about yourself and the world. What all personal growth boils down to is going from a place of maximum self-deception to a place of minimum self-deception, the more you do that, the less suffering you'll have in your life.

By believing that you are a separate entity you have the ability to experience and to discover how beautiful and amazing reality is.

Self-Deception part 2 - 60+ Self-Deception Mechanisms

"Nothing is so difficult as not deceiving oneself" Ludwig Wittgenstein

"Thought is always saying that thought didn't do it" David Bohm

Recap: The mind is a self-deceptive engine because without illusion nothing can exist, reality must be dreamed into being. This dream needs to be sustained it is so through self-deception. It is not in the mind's interest to look inside at the machinery constructing the dream. The dream is maintained through a lack of self-awareness and self-reflection. You can have the idea to jailbreak the mind and to see what reality is like, outside of the dream.

To be alive is to be selfish. It's convenient to deceive yourself before you actually deceive other people, once you deceived yourself, that let's you get away with a lot of selfish stuff. Would you think a cuckoo bird would survive by not kicking the other eggs of the nest of another bird if it has some sense morality? Human beings are social creatures, we live in large groups, we need a sense of morality, but nevertheless, we don't want to be too honest with each other and ourselves and so we are some of the most deceptive creatures that exist. We need to be deceiving and at the same doing as if nothing is going on. What better way to this by deceiving yourself in the process. Think of how sneaky you can be when you don't even know that you are being sneaky. It's a work of genius, it's mind-blowing!

The deception goes like this: You think you know things that you really do not know. Every time you have a firm position on anything, you open yourself up to self-deception.

Here is a list of the different mechanism:

-Thinking that you got reality figured out

-Believing that reality is an objective thing, that facts exists independently from interpretation

-Assuming that self-deception is not a significant factor in your life, underestimating it

-Thinking that you can dismiss and avoid metaphysics

-Conceptualization, confusing the map for the territory, distinguish between a concept and direct experience, separate your thoughts from sensory perceptions.

-Language and labelling, by putting names and labels, we believe that we know more about an object than we really do. Science and academics love to use complicated language. Labels contain a large number of connections and meanings of other concepts. That is forming networks in your mind of meanings and that creates all sorts of aberrance in your mind that are difficult to escape.

-Beliefs and hearsay, science is a highly beliefs based system, big bang etc, believing that this is not a belief, is a belief as well. Did you actually check the facts for yourself? Contemplation, meditation, this is raw experience. 99% of what you hold to be true is just beliefs.

-Judging the correctness of your worldview based on how cohesive it feels, but how do you differentiate one world view from another? You will pick the one that you grew up in, the closest to your personal preference, that will feel cohesive.

-The unwillingness to admit that "you don't know". We have always good explanations for everything but you don't actually know much. Not knowing implies that we are stupid or that there is something wrong with us.

-Childhood imprinting and indoctrination, the mind will believe whatever its environment leads it to believe, especially religious or atheist & metaphysical beliefs.

-The need for contrast in order for the human mind to grasp something, the mind requires contrast to be conscious of things. By traveling you get the contrast of the different cultures. You take oxygen for granted because there is no contrast. If you don't have any contrast to reality, then whatever you are experiencing seems like reality

- Assumptions, we make assumptions without being conscious that they are assumptions and build a web of beliefs around it.
- Self evidence or “a priori” truths, truth that or so obvious that they don’t need further investigations, like $1+1=2$, but you are absolutely clueless.
- Emotions (what puts you into motions), the mind doesn’t manipulate you through logic and reasons but through emotions, and they one of the hardest thing to master. If your mind wanted to trick you, hide something from you, it would hide it behind a wall of fear, like the fear of death. The mind uses fear, anger, boredom to make you avoid self-reflection and they are extremely effective. Did you notice that reason and logic doesn’t help much when you are afraid of snakes or heights. Emotions are the minds primary way of controlling you. All notions of truth, morality, kindness, love fly out the window when you are angry, depressed and fearful.
- Not being conscious of your own ego reactions. Science doesn’t like to admit the entire influence of psychology and emotions upon the entire reasoning process, that would mean the entire process is corrupt, they’d like to believe that reason is the primary process, but it is the secondary process. Psychology, emotions and ego are the primary process. The mind hides all this to fulfil its agenda
- Projection is demonizing other people through denying that the problem comes from you. Look how evil and selfish terrorists are... you’d better look at yourself.
- Distractions (episode The ego’s favourite defence mechanism)
- Crusading, morality, atheist, science... distracting from self-reflection
- Addictions drugs, porn, food etc, are obvious but it’s more subtle when your addiction is overthinking, daydreaming, judging & criticizing, resenting people for their success...
- Believing that science has or will figure it all out
- Having pet theories, scientific like evolution or the big bang, even in politics or religion, you want them to be true. People give their theory a special treatment.
- Confirmation bias, cherry-picking evidence, narrative making. The minds tends to assume a thing and then cherry-pick the confirming kind of evidences to bolster this narrative
- Underestimating paradigms, not being able to recognize that you are trap inside a paradigm
- Taking basic things for granted, like existence, life, money, matter, energy, space, time, government.... we don’t question them very deeply.
- Question begging, reasoning in a circle, it’s posing a question, answering it and assuming the thing you’re trying to investigate. Obvious with religious people, but it’s also a big problem in philosophy and science. Try to question a scientific person if the brain is actually real. They would say how can it not be real? We just open a skull and see there is a brain. But to open a skull and to see that there is a brain is not a proof, that is begging the question. Those neurons, as you are looking at them, where are they located? Are the neurons located in another brain? In the universe... how do you know there is a universe? Because that’s in your brain, in your mind. It is circular logic. You construct an entire reality from question begging.
- Judgement, criticism name calling
- Close-mindedness
- New Age bias, a particular form of closed-mindedness

-Dismissing the occult, mystical and paranormal phenomena

-Blaming, scapegoating, demonizing

-Playing victim

-Arguing and debating

-False scepticism and debunking

-Human species bias, taking the human perspective as though it were universal and the only one. Even maths, physics and science are a human specific way of understanding reality. There is no such thing as universal knowledge.

There is also no such thing as peace on earth, even if everybody would get enlightened. When we build another city we don't care of how much insects and animals are killed in the process, life is inherently destructive. To have life you have to have death, evil and selfishness

-Dismissing all of this by saying it's just philosophy

-Pleading that nobody knows the truth so that you can continue your life as it was.

-Cultural preferences. Ask yourself is your culture really the best one? Why do I think it's the best one, could that be completely arbitrary, could I be imprinted? Cultures are collective egos

Knowing about self-deception doesn't make you immune to it, it's like walking in a minefield, you can't avoid them all. Watch yourself as it is happening

Self-Deception Part 3

"Enmeshed, entangled, you can still get out unless, poor fool, you stand in your own way." Lucretius

"It's a trap!" Admiral Ackbar, The Return of the Jedi

List goes on:

-Ignoring one's own conflict of interest which includes the following subtopics:

a) double standards; Science never proved that there is such a thing as an external world, do most scientists except to even question it? No because it's part of the dogma of the scientific paradigm. So they are very harsh on the new age people, but the rationalist or the scientist don't have conclusive proof that the universe is rational, do you have any proof that the Self exists, why do they believe in a Self? It's just taken for granted and then a double standards is applied. To the mind it's just reality. Same problem applies to spiritual groups. The loyalty of the person that belongs to one particular traditions or school, the school will come first, that's the new ego that's being defended. There is no objective comparison of which technic for enlightenment are actually the best.

b) self-justification and excuse making;

c) backward rationalization, confabulation; When the is rationalizing, it can rationalize anything it wants, like a good attorney defending a rapist or a corrupt politician

d) wanting or needing a thing to be true;

- Unwilling to make self-investigation; If you do research you got to be open to the fact that your mind could be change
- Assuming rigid dualistic categories or distinctions. Science vs religion, bad vs good, matter vs energy, light being a particle or a wave and so on.
- Being over logical and rational, it doesn't help for not being fooled by your own mind at all.
- Thinking bias, taking thinking as the best way to understand reality
- Analysis bias, like braking matter, fragmentation, looking what composes matter and thinking that you understand reality that way. Emergent phenomenon is the fact that, arranging some pieces together doesn't produce the whole, phenomenon that the sum of the whole is greater than its individual parts.
- Impossibility bias; assuming that your intuition about what is possible or impossible is right, but the future always surprises us. Give a phone to a man of the middle age...
- Mistaking truth with provability; The domain of things that are true is much larger than the domain of things that are provable.
- Expecting the truth to be thrust upon you and proven to you overwhelmingly against your own resistance, no, you have to meet the truth half way
- Assuming that reality is simple, intuitive and obvious
- Black and white thinking. After hearing about self-deception you might think that everything what is going on with you, is a self deception, that would be just more self-deception! No, the whole point of self deception is that is subtle, not like black and white, not everything is self deception, you have genuine motivations, desires and values within you, you have to investigate what is true or self-deceptive. Otherwise you convince yourself to complete inaction. Jailbreaking the mind requires nuances.
- Paradox bias, avoiding paradox, avoiding the weird or strange facets of reality.
- Taking your knowledge as obvious. A lot of people had to die hundreds of years ago for us now being able to take our knowledge as obvious
- Mindfuck bias, not expecting a reversal and in a trend, underestimating the possibility of mindfucks, reality is not linear
- Pragmatic bias, to only care about things that obviously seem useful. Saying "if it's not useful why shall we care about it?" The stuff that is useful to you is the stuff that directly serves your ego. Some stuff can be not useful but nevertheless true. What if life is more than success or technology, don't confuse these with truth. It's not because something is successful doesn't mean it's true. A lot of technology are build based on Newtonian mechanics, but we know it's technically wrong, still, it is useful.
- Underestimating the influence of business, marketing and culture in influencing your worldview, beliefs and desires
- Authority and credentials, trusting in experts and authorities in science but also in interpreting reality
- Morality bias, people who are very attached to their moral, comparing to and then dismissing wisdom because of your own moral standards, morality doesn't come first
- Political ramification bias, same as the morality bias but with political ideology

-Historical meta-narratives, believing that the history of human beings is like we were taught in school. Human used to be quiet conscious before the age of agriculture, they were not savages, they made some profound discoveries just using their consciousness, they had good knowledge of plant and animal life, how to manipulate stones, constructing monuments. We ,might still be living in dark ages only technologize.

-Tribalism; racism, nationalism, political infighting, partisanship, spiritual groups

-Groupthink, when you surrender your mind to a group of people.

-Assuming that everyone has the same brain chemistry, that everyone has the same access to reality, that reality is the same for every one

-Preoccupation for the self-deceptions of other people, worry about your own self-deceptions, fix yourself, don't point your finger at others, use other's self-deceptions to recognize that you have probably the same self-deceptions.

-Talking and knowing versus embodying a wisdom

-Thinking when you are at the end of the journey, believing you have the upper hand on a situation, that is useably when the situation has the upper hand on you.

-Being arrogant, feel it as it happens, recognize how this arrogance hold you from enjoying life

To see a mechanism within you, doesn't mean that you can just drop it, it's a work in progress.

20 Dream Killers

1. Fear of failure

"What if I fail? All that work and time for nothing."

The Truth: So your proposed alternative is settling for mediocrity? Life is not as simple as you think. There is rarely true failure. Sure, there is no guarantee that your next business venture will succeed, but you are discounting the valuable insights and progress you'd make even if you failed in the short-term. You're looking at failure in a completely unresourceful and limiting way. Failure is how the best people in the world succeed. You fail, fail, fail... then you get success.

2. Stuck in comfort

"I've got a decent life already. It's not perfect, but I can tolerate that."

The Truth: Then you will never be truly happy. You will never truly tap into the greatest joys in life. You will also feel a background hum of discontentment because 1) you know you're capable of more but refuse to heed the call, and 2) you will grow tired of tolerating things. Minor discomforts fester into major resentments. Comfort is good, but you can't even fathom right now how amazing you are capable of feeling. Feeling comfortable is selling yourself so short. You are killing off all the greatest peak experiences in life.

3. This isn't me

"This is not who I am. I'm not that type of person. I'm not a type-A personality."

The Truth: "Who you are" is a greatly misunderstood concept, as are personality types. Who you are changes every day and your personality type does not dictate your future. There is no eternal, immutable "you". Your brain is rewiring itself all the time. Who you are today is not who you were 10 years ago. Who you are is going to change in the next 10 years regardless. The question is, will you direct that change consciously or follow media, friends, and co-workers? Living a life of vision and passion is not merely for some people, it's for everyone. Everyone gets joy out of having something meaningful to work towards.

4. Setting small goals

"I'll set 'realistic' goals. After all, I don't want to disappoint myself."

The Truth: The danger is not in setting your goals too big, but setting them too small! You MUST create a compelling vision of your future. It must inspire and excite you or it's not bold enough. Most people fail at their goals because their goals are not inspiring. Having the courage to come up with a bold vision isn't easy, but it is the key to creating an extraordinary life. Don't get caught up in "but-how-will-I-do-it?!" thinking. Generate some courage.

5. Fear that you are not enough

"What if I'm just not good enough to rise to the challenge?"

The Truth: Your potential — everyone's potential — is nearly infinite. You can't even fathom what you could accomplish in your life if you just set your mind to it. This is not just wishful thinking. Think of all the immense challenges you've overcome throughout your whole life. Really! Think about how much you had to summon of yourself. While you can't rise to meet every challenge, you are far more resourceful than you give yourself credit for. Unless you have a physical disease, you can do it, and certainly so if there is at least one other person in history who has. The only question is, will you try? Will you give it your all?

6. Lack of time

"I'm too busy with work and family. I don't have time for this."

The Truth: You're too busy to strategize and design an extraordinary, influential, and rich life? Nonsense! You are too busy with the wrong things. In reality, you simply don't know how to manage and prioritize your schedule effectively. Stop living other people's agendas and start imposing your own. If you've got to hold down an existing job, that's fine, but you've got time to work on this during your evenings or weekends.

7. Lack of capital

"I'm barely paying my rent. Finding a purpose is a 'luxury' I can't afford."

The Truth: That's exactly why you are struggling! You think too small. Living an extraordinary life isn't a luxury, it's the best strategy for achieving financial independence. There are opportunities out there that don't require a lot of start-up capital. You can simply get more income from your current job by building yourself up to the point where management sees that you have more value to offer.

8. Too old

"I'm too old. It's too late for me to make big changes."

The Truth: This is a flat out excuse. Total nonsense! Everyone feels this way at times, regardless of their biological age. I've felt "too old" when I was 25! What a load of bullshit my mind was feeding me! Other people only start to feel "too old" in their 40s or 60s. Unless you've got a serious disease, neuroscience shows that we are fully capable of learning new things and changing everything about your psychology up until death. There is no reason why you can't make a big impact and create an extraordinary life in your 40s, 50s, 60s, and even 70s. In fact, studies show that creative people, and people with a purpose, live much longer.

9. Too invested

"So everything I've been doing up to now has been wrong? I can't throw all that away!"

The Truth: It can be hard to admit that you've been going down the wrong path, especially if you've been going down it for a long time. This takes courage. Unless you're about to die, imagine how much time you still have left to live and how much better that can be if you decide to shift tracks. Also, don't discount the experience and wisdom you've developed with that "wrong track". You will advance much faster in your new endeavours because experiences are transferable.

10. Fear of success

"Success won't be that great anyways. I'll have more responsibilities and more stress."

The Truth: It depends on what you mean by success. I'm talking about feelings — the ultimate goal. You have no idea how much better you can feel when you're living a fully engaged life. It's not a matter of having more money or a prestigious position. When you're on purpose and living your vision, you will feel a deep sense of pride, satisfaction, joy, excitement, and gratitude. Your fear of death will melt away. These are the greatest feelings in the world and cannot be bought with any amount of money. This level of success IS much more than it's cracked up to be. If you're just after money, then you're probably right, it won't be that fulfilling. As far as stress goes, 95% of stress depends completely on your inner game, not external circumstances. There are many ways to deal with stress.

11. Up to fate

"If it was meant to be, it will happen 'naturally' on its own. I shouldn't force it."

The Truth: Total defeatist, fatalistic nonsense! Successful people are self-made. Be proactive! People who want something must go out and get it. Rarely does something valuable just fall in your lap. Stop putting yourself at the mercy of luck, circumstance, or God. If you have a compelling vision of your life, you will be so eager to jump into action that you'll have a hard time sleeping. God helps those who help themselves. Afterall, you don't pray for

God to fill up your gas tank or to do your dishes for you. You do it yourself. Neither should you pray for success or happiness.

12. Maybe later

"This is great! But I'll start later..."

The Truth: While there may not be an immediate rush, the real problem is procrastination. You are just using this as a veiled excuse for not getting started. You simply have resistance to getting started. Acknowledge your resistance, don't hand-wave it off as "what's the rush?" The fact is, you could die tomorrow. What is the point of not starting to live up to your full potential today? Right now!!! If you can't summon the discipline to start right now — while this information is fresh in your mind — let's face it, when will you?

13. I can't change

"I can't change. I've tried so many times in the past and failed."

The Truth: This is perhaps the worst limiting belief of all time! The fact is, the past does not equal to the future. We've all been there. We've all tried and failed to make changes in our lives in the past. But we've also all made changes successfully. Make sure you're giving yourself credit for the big changes you have been able to make. If you keep struggling to make a change, it's probably because you aren't using the right strategies or simply don't know enough about the topic. Change is always possible.

14. Fear of work

"It's going to be too much work."

The Truth: You can't be sure exactly how much work there will be or what the work will entail. Actually, it's not really work that you fear, it's the pain of work. But pain is a relative thing and depends entirely on your mindset. If your mindsets and skill levels change, what seemed like painful work can become the greatest joy. Too often we blow the pain of work out of all proportion. Once you're on track with your greatest vision, the idea of grinding through work melts away. That is in fact why pursuing your dreams is so important. You will work x5 harder but feel like you're working half as much as you are in a boring, dead-end job.

15. This is wishful thinking

"Living your dream is a fantasy. The real world is harsh and you gotta kill to live!"

The Truth: The real world can be harsh, but it can also be beautiful and easy. Millions of people right now are living extraordinarily engaged, happy lives. If that's not you, if you're struggling to survive and having to "kill" just to make a space for yourself in this world, and you live in a 1st world country, you are doing something wrong. With a different strategy you can work yourself into a place where life becomes easy. Don't be discouraged if life is hard for you right now. And don't think that there is no light at the end of the tunnel. There is!

16. Lack of talent

"I'm not talented or gifted like others. It's easy for them, it's really hard for me."

The Truth: Talent is a myth! This has been scientifically proven. Most of the people we think of as "great" or "talented" were no more pre-disposed to greatness than others, they just put in more hours. Talent is a matter of diligent effort. It takes about 10,000 hours of experience to grow yourself to a world-class level in any domain of life. If you're willing to put in the hours, you are virtually guaranteed to become excellent. And developing expertise is challenging for everyone. No one has it easy. All the world's greatest experts went through really difficult growth situations.

17. Success won't last

"Even if I succeed, it won't last any ways. It will be impossible to maintain."

The Truth: This is simply a limiting belief and often a self-fulfilling prophecy. While some achievement may require continual maintenance work to keep, the problem can be entirely overcome or greatly reduced by using the right strategies. For examples, maintaining a healthy weight isn't as hard as it first seems because your tastes and thoughts about food change. While many fail at making sustainable changes, that is only because they use the wrong strategies.

18. Obligations

"I have important obligations at work and at home. This is selfish and irresponsible."

The Truth: You have an unhealthy, socially-conditioned negative belief about selfishness and responsibility. You are biologically wired to be selfish. This is a good thing! Counter-intuitively, taking care of yourself first and giving your agenda and happiness top priority is going to make you a better provider for others. Most people cannot help others for extended lengths of time because they are unhappy themselves, or don't have the emotional capacity, or don't have the resources. Once you have an exciting, happy, abundant life, you will naturally want to help others and you will have the resources and knowledge to do it much more effectively.

19. What will people think of me

"None of my friends or family is doing this 'personal development' stuff. I feel weird talking about it."

The Truth: That's probably the chief reason you're not more successful right now... because no one has ever shared these strategies with you. Be open-minded. This is a HUGE opportunity for you to grow and disseminate your findings to friends and family. Once you use these strategies to get results, your friends and family will take notice and support you. You will also get more and more comfortable as you use them and prove their power to yourself. And, sometimes you have to go it alone too, and that can be very rewarding and pleasant.

20. Fear of change

"But this means I will have to radically change my life around!"

The Truth: Yes, you probably do have to make some big changes in your life, and they will probably take lots of time and effort. But, change is good! Your life is too boring, too dry, too mundane as it is. When you bite the bullet and start making these changes, you will feel a sense of relief, and a sense of pride for acting on your dreams. Your best memories in life will be of these times of big change. You will be so happy and thankful a few years from now that today you decided to really invest in yourself. Just picture how amazing your life will be in a few years after you make these changes.

The Paradox of Developing Self Trust

The Self-Trust Paradox: Self Development tells you to question yourself, your beliefs and so, and on the other hand it tells you to trust yourself completely. So, what do you do?

One problem is that you are not doubting deeply enough some of the things you need to be doubting and the other problem is that you are not trusting deeply enough some of the things you should have faith in.

The problem with the newbie is that he trusts he own mind a lot and he doesn't realize the self-deceptive characteristics of the mind; this creates neurosis.

You should doubt (question):

- You (your ego)/ The entire structure of your mind / The notion of a separate self
- Your self-biases
- Your defence mechanisms

o Excuses

- Beliefs and ideologies (you need to be free of your beliefs)
- Your mind and thoughts (logic and rationality)
- All the reasons/justifications of your beliefs (Why do you believe ...?)
- Your emotions: Good or Bad (Ask yourself why are you feeling ...?)
- Your criticism of other people (they are a reflection of yourself)
- Cultural preferences
- Moralizations and should's
- Your motivations (they are usually based on a sense of duty and obligation)
- When you beat yourself up
- Your web of beliefs and the model you have of reality
- Your identity and your existential nature

You should trust:

- Your intuition and Higher Self: It is about being in the present moment, spontaneous, playful and free. Remember your child self and try to think what were the things that inspired you and moved you.
- The Drive for Truth (direct experience of reality)
- Love, compassion and gratitude
- Silence and Solitude
- Your deep emotions (yes, it is paradoxical). They are accurate signals about your inner being.

- o Connection with other people
- o Experiencing nature
- o Beauty
- o Justice
- o Contribution
- o Love
- o Truth
- Your creative muse (ideas and inspirations)
- Awareness and direct experience
- Natural powers as a human being (to survive and thrive): Your self confidence

When you have to make decisions about who you are going to marry, where are you going to live, which business are you going to start, you need to surrender your logical mind to these things and have faith in your intuition!

If you doubt everything, the only things that remain are the things you can actually trust. You need to go to your doubting process to realize which things you can trust and have faith in. At first it will be a really hard emotional process but when you don't have anything left to doubt you will start realizing that you have an intuition and a heart (you will need 5 years of deep inner work)

Spiritual

Enlightenment FAQ I

No Self-No Ego

There are a lot of these questions because this is a very nuanced subject. You have to be very careful about your mind jumping to conclusions about what the truth of no-self means. Your mind will want to jump to extreme conclusions and turn this Enlightenment thing into this black and white thing. But it's not black and white—it's a very big grey area. So we have to tread carefully with subtlety and nuance and intelligent thinking and reasoning to think about this stuff.

Embracing the Experience

You've got to understand that can live from this place where you actually live and realizing that you are not a real physical entity in reality. You are merged with everyone and everything else in reality.

Until you get that shift don't assume that you've got it. If the truth of no-self is so simple, if the truth is that there's literally no self, and all there is are these perceptions and reality, than how come I can't see it? Shouldn't it be just obvious like you say? If it is that obvious how come I don't see it instantly? Why do I have to spend a thousand hours looking and searching?

This is a really interesting question. It turns out that your entire psyche has been constructed from the point where you've born and enculturated and raised by your family and grew up in this culture. Your entire environment has shaped your personality in such a way that your psychology is prevented from seeing it even though you can logically understand it. And there is a very big difference between logically understanding it and actually seeing it.

This is a very counterintuitive, unorthodox way to look at life. You've never looked at your life this way before. What is required is a drastic paradigm shift. It is a bit like looking at an optical illusion and seeing it flip and in a sense it almost happens automatically. You can't force it. And a part of a problem here is that you psyche doesn't want to see this.

-What was fed to you when you were young is this idea that you exist and you are this personal entity who is experiencing life. To undo that takes quite a lot of work.

The Matrix

the self doesn't exist. Does this mean that we live in a sort of a matrix? Like the movie The Matrix?

The answer is no

Imagine that what happened in the movie was that the matrix itself was real but that the person who is supposedly stuck in it is actually a part of the fiction. What you do to break of the matrix is to realize you do not exist at all. The matrix itself exists, the external world exists, but you, as a personal entity, do not exist. It is much more counterintuitive and freaky, much more interesting, much more intellectually fascinating, much more paradoxical than just breaking out of the matrix.

It is not like we are saying that your physical body doesn't exist, because it does. It's part of a phenomenal world. The thing is that the thing that you think is controlling and looking at the physical body and sensing the physical body, that that entity that you call you doesn't exist.

It is a very subtle pint, so you have to go from the black and white to this grey subtlety.

Reality is just an illusion. Is that what you are saying? And the answer to this is no. we are not saying that reality is an illusion. Reality is in fact real. It exists. What you are seeing exists. All the physical objects that are in your awareness do exist. We are saying that there is not a you who is looking at those objects and perceiving those objects.

Philosophy or Religion

How is this different than religion or philosophy? Isn't it the same? The answer is that it is very, very different.

What religion and philosophy are is a system of thinking about reality. They make certain factual claims about what reality is and how it works. They give you certain explanations and justifications. It is basically a model of reality. That's what religion is. That's what philosophy is. Some of them seem better than the others. Some of them seem truer than the others. Some of them seem somewhat reasonable and others very ludicrous and far out there and crazy. And it's easy to confuse Enlightenment with some other crazy, wacky philosophy or religion. But, it is not.

It is really the antithesis of religion and philosophy. If you think that the science is the antithesis of philosophy and religion then I've got news for you—it is actually not. Science is actually much closer to philosophy and religion than Enlightenment is.

Enlightenment is not a model. It's not thinking about reality. It's not theorizing or putting justifications out there. It's not trying to make sense of reality. It is simply being reality. It is being one with reality itself.

Without mental chatter, the common thread between religion and philosophy and science is that there is a lot of theory building and mental chatter all the time. You'll notice it that whenever you're thinking about philosophy or religion or science you have to be thinking, and thinking is an active process. So, what is the opposite of thinking? It is not thinking.

Thinking is the way we progress. Thinking is the way we find truth. That is exactly the paradigm we are questioning here. What if thinking wasn't the proper way of finding truth and thinking is, in fact, separating you from truth? Could that be possible?

The mind wants to theorize. The mind wants to build theories. The mind wants to claim certain facts about reality.

It is very difficult to stop the mind. When you do stop the mind something very powerful happens. Basically, you become enlightened. It is a very different thing from just another religion or philosophy. The trick is that you can very easily take Enlightenment and turn it into a religion or a philosophy.

Even within science, the mind theorizes. It can't just look at something objectively.

The process of Enlightenment is the process of removing all these preconceived notions, all these theories that you have about reality, so that you can actually melt into reality. When you finally melt into it, then you become reality itself. That is something that neither religion, nor philosophy, nor science can offer you. It is a very powerful, life-altering experience.

Isn't this nihilism? Isn't really what you are talking about nihilism? The answer is no. It is not nihilism at all. Nihilism is a philosophical system, and what nihilism says in the nutshell is somewhere along the lines of: life is pointless. There is no importance attached to one thing over another thing. Everything is basically neutral. Everything is pointless so you might as well just not do anything in life. There is nothing to believe about life. That's what nihilism says.

Nihilism is not Enlightenment because nihilism is a philosophy. It is a way of thinking about reality. Enlightenment is a way of not thinking about reality at all. There are certain superficial parallels between the two, but one of the key differences is that nihilism leads to this bleak, dark outlook on reality, as though reality is meaningless and purposeless. Therefore, you should be sad and depressed because there is no point to living.

That is the dark nihilism. Enlightenment is in fact this very light, positive realization because what you realize is that, yes, there is no point and there is no meaning in life. But, this is actually a very positive and great thing because the fact that the life has no meaning itself has no meaning.

The enlightened person is not doing any mental masturbation. It does not matter in his mind that there is no meaning because you are just reality. Reality just exists for its own sake, and this is a very beautiful realization.

you keep saying that philosophies and religions are offering stories about reality, but aren't you in this video, and all the other Enlightenment videos, also giving us your story? So how come your story is true while all the others are false? It's like you are taking some sort of authority, some sort of precedence over your story.

This is actually a very tricky aspect of the Enlightenment work. It is like everything I am communicating to you is just another story, just another belief. But you have to see that what I am trying to communicate to you is not that you should accept my story. It is that you should go off yourself and try to find what I am trying to hint at with the story.

We are using language and thought to communicate to you. Why? Because the only thing that you understand and know how to work with is thought. You're stuck in the mental prison of the thought. Then, how can I do this for you? I can only do this through going inside and using the flawed mental models that you are under. I have to get inside your cage.

Imagine it like this. Imagine that you are stuck in a matrix, as in the movie *The Matrix*, and now I have to come and rescue you. And I am outside of the matrix. How do I rescue you if I am outside and you are inside? I have to get inside the matrix and use the falseness of the matrix to tell you that the matrix is false so that you can break out. But the danger is that if I get into the matrix and tell you: Hey, everything here is false, you have to recognize: Yes, everything here is false, and also he is false, and everything that he says is false. He is not real because he is just a part of the matrix. If I get outside of the matrix then I can see what's actually is real.

It is analogous to what I am doing here. I use language and communication because the story is what you understand. The danger is that you will take what I am saying as another belief system and you are going to turn it into a philosophy or religion. You are going to stay stuck in the matrix.

To get out you need to think: OK, what is he trying to point to? All these words are just words. There is no truth in the words. What is he actually pointing to? What is he trying to communicate between the lines? Let me see between the lines and then go out there and actually experience what he is trying to hint at. It takes intelligence and subtlety on your part to understand this communication.

If you want to be black and white and simplistic you are going to say: Leo, everything you're telling me is just another story. Every story is just a story. Every story is false. Therefore your story is false so I'm just going to stay in my current paradigm. What happens is that you are lost in your mental prison. It is like you are in prison and I come and give you the key to break out, and you look at the key and say: This key cannot possibly work. This is a bullshit key. And you throw it away, when in fact it was the real key.

Because you didn't have belief and wisdom enough to see that it was the real key you don't try and use it, and because of that you don't break out. Be very careful about this common trap.

The Power of the Enlightenment

if I get enlightened, will I become strong and powerful? I am doing personal development to become very strong and powerful in my life. Will Enlightenment help me become the strongest self? The answer to this question is interesting. The answer is yes and the answer is no. It is yes in the sense that you are going to be free of your mental prison. You are going to be free of thoughts that limit you and you are going to be free from the crippling emotions that sabotage you. This is the number one problem that people face in their life, no matter in what area, whether in relationships or at work or with health, these emotional and mental blocks that they have.

why would you want to become strong and powerful? You have to realize that this you is just an illusion. It does not exist.

This is the matrix we are talking about. There is no you to become strong and powerful. You are not going to gain magical superpowers. Why? Because there is no you to control anything. You have to realize that there is no possibility in reality for you to have any strength or power at all. So in a sense what we are going to do is strip you of all the power you are presuming to have. This is going to be very emotionally difficult for you, because you don't want to relinquish your strength and your power. You want more of it, not less of it.

Counter-intuitively, what happens is that if we successfully strip you of all your notions of power and strength, and you realize that those are not real, that becomes the greatest strength of all.

What you will get is peace, tranquillity and inner power. Not an outer power with which you will dominate other people but an inner power with which you get to relinquish your sense of self, so that in a sense you've conquered yourself. And that's the greatest power of all, the power to conquer yourself.

The Truth about the Free Will

Are you saying that I don't have free will? If so, it is obvious that I do have free will. In fact what we are saying is that you do not have free will.

What exists is the illusion of free will so the big part of this enquiry is breaking down this illusion of free will that you have because one of the most common ways in which you prevent yourself from seeing the truth of no self is telling yourself constantly that you are in control of your life, that you have control over your hands, and your feet, and your mouth, and your thoughts, and everything else in your life. But the fact is that you don't.

How can this be the case that you don't, but you think that you do? It is what ego does and is a master of. It is because ego claims control and responsibility for the things that do not belong to it. That's the whole game that the ego plays. This is the whole deception. It is that your entire life you've been telling yourself this giant story that you are this entity that gets to control everything and look at everything and experience everything. It turns out that this is all false.

The question is who is controlling your thoughts. Is it you, or is it something else? Am I controlling thoughts? Wait a minute, what am I? Aren't I also a thought? Where did I come from if I am a thought? Did the thought I create the thought I, or is it something else? It turns out through the first-hand experience you can learn where thoughts come from. And it turns out that they do not come from you because you do not exist.

The Meaning

what is the point of living? You're telling me that there is no point to living, no purpose. The fact is that there is no point to living. The desire to have a point or a purpose for living is an egoist desire. This is something that creates a lot of stress and turmoil in your private life.

There is no even a who to have a perspective as to having a point of life. The fact is that reality exists, life is flowing. Life is one continuous river, and you are a part of that river.

So, what is the point? Well, it just exists. Existence doesn't need a point. What's the point of empty space? There is no point. It is just there. It just exists. The ego needs a sense of purpose because it makes it feel significant. This is a problem because whenever you feel insignificant you have this egoic emotional reaction. This creates a lot of distress and turmoil in your life.

The fact that life is meaningless and pointless does not turn that into an additional meaning of negativity like a nihilist does. With true enlightenment you discover that life is meaningless, and also that the fact that life is meaningless is also meaningless. It is really deep, profound meaninglessness. It is so profound that meaningless isn't negative anymore. It becomes like a positive.

then why don't I just kill myself right now? This is a funny question. First of all you have to recognize that this question is a part of egoic reaction. This is your reaction to some truth that you've heard. Secondly, you should recognize that there is no you to kill. There is no you to do the killing. So, when you say that you are going to kill yourself, we say that there is no you to control the process of killing you.

That is a kind of double fallacy. There is no you to kill yourself. There is no self to be killed. The self is an illusion. It does not exist.

So, if you say that you want to kill yourself, you don't really want to kill yourself. What you're saying is that what I'm telling you is nonsense, because, if what I told you was true everyone will kill themselves. In fact, it turns out not to be the case. That is just an emotional overreaction on your part.

is doing a business or having a family life meaningless too if there is no point to reality? The technical answer is yes, it is pointless. What do you think is the point of a business or a family in the long run? Under your models of reality what's your point of a business or a family?

You may come up with some point, but if you really track it into a very long term then you see that there really isn't a point, because in the long run you are going to die. Your business is going to go bankrupt, even if you think it is going to fail five hundred years later it is going to fail. Your family is going to die eventually, too. Eventually the human species is going to die. Eventually the whole planet will be incinerated by the Sun. Eventually the whole solar system will be destroyed. Eventually the entire galaxy will burn out or will be sucked into a black hole.

Eventually, perhaps, the whole universe will meet the heat death and it will go back to a singularity which was the initial seed for the Big Bang.

The point only makes sense as a little trick that you play on yourself. You say: I want to build a nice business, I want to go and create a great family and I want to leave a great legacy. The fact is that no one in your family is going to remember you five hundred years from now, just like you don't remember anyone from the past of your family who lived five hundred years ago. And, what is your business going to matter once you are dead? It is not going to matter at all.

The fact is that life has no point, but it does not mean that you should become depressed and not do anything in life. This frees you up to do whatever you want. It's like a playground.

In reality, with enlightenment you can still go out and work on a business. You can still go out and have a family. And you do all these things because you enjoy them.

Once you realize that life has no point and you are not depressed about it, it would mean that you can now do whatever you want and you are going to do the things that you really want to do and not do things that you don't want to do. You are not going to feel obligated and you are only going to do the things that are pleasurable for you, that are most meaningful for you, even though you recognize that this meaning is a made up one.

Emotions

Are you saying that I should get enlightened and realize the truth about no-self and become some kind of an emotionless robot who has no feelings for anybody? This is actually the opposite of what is going to happen. If anything, the emotionless robot is who you are right now. You are not able to presently fully appreciate these emotions because you are like a puppet controlled by your emotions. Your emotions tug and pull at you.

With Enlightenment you are going to have emotions. You can't stop emotions. Emotions are a real phenomenon. They are not going away. Emotions are not an illusion. You are not going to become an emotionless zombie-robot. In fact, you are going to feel and experience emotions more richly, because you are going to be in the present moment. Now your monkey chatter is not going to be driving you crazy. It is not going to have you living in the future or the past or your imagination. You are going to experience your emotions for real.

Do you want me, then, to become a monk who goes off to meditate in a cave or somewhere? Is this the kind of life you want me to have? The answer is no. Becoming a monk is a caricature of Enlightenment. Not every enlightened person is a monk. There is no reason why you should become a monk if you do not want to become a monk.

Enlightenment is an inner realization. It is not a lifestyle. It is not any external behaviour.

if you want me to learn mathematics does that mean that you want me to become some nerdy college professor? I don't want to become like my college calculus professor. You can learn mathematics and still lead whatever kind of lifestyle you want.

Survival of the Ego

Aren't the ego and the self important for my survival? You're telling me to get rid of my ego, but I need my ego to survive in this world. Aren't you threatening me and my survival here? The answer is that the ego and the self do not exist. A part of the illusion here is that you've spent your whole life believing that you are responsible for creating these great results and earning wealth and achieving all these goals and getting into relationships and surviving, fighting for yourself. The bitter pill you have to swallow is that there wasn't a you there the whole time doing all this. So, the ego is absolutely not a part of survival because the ego is not real. So, it is not important for your survival at all.

This is a very counter-intuitive notion to accept. You don't want to accept this. Why not? Because when we accept it we automatically undermine the entire ego structure and it does not like this. The way ego maintains its power is by saying that it is necessary. How does it say this? It says: "I am necessary for your survival." What if this was just a story in your mind? What if it wasn't true? It turns out to be the case that it is not true, but it is going to take some time for you to see it. You are not going to see it immediately.

In fact, what you are going to realize later if you go far enough is that the ego and the self actually threaten survival. How can this be? Well, because you do a lot of stupid things in your life because of ego. Bar fights start because of ego. Wars start because of ego. Violent crimes and thefts and criminal activity are all ego based. Those do not exist when you are enlightened. You don't have a reason to do those things.

All those things are a mechanism to protect yourself. When you realize that there's nothing to protect, you don't have to do those things anymore. So, your survival will be improved. It is a very counter-intuitive and paradoxical notion.

It turns out that if you want to get to higher levels of living and thriving in life you need to abandon your clinginess to the need of survival. If you observe the most admirable persons in history, who were they? Were they clinging to their survival or were they people who were selfless and did not care whether they would survive or not? It was the people who didn't care.

Counter-intuitively they thrived. Now, surely, some of them died. Gandhi was shot and Jesus was crucified. Martin Luther King was assassinated. There are a lot of bad examples, but there were also a lot of people with positive examples.

Ego: Good or Bad

The ego surely is not entirely bad. Surely there are good aspects to the ego, right? Again, this is an interesting question because ego does not exist. When you ask this question you assume that the self exists and you assume that if we remove the self, with the bad parts, we remove the good parts as well. It is like you are throwing the baby out together with the bathwater.

But, there is no baby and there is no bathwater. That is what we are trying to say here. There are no good qualities because it is an illusion. It doesn't exist.

Motivation

What will happen to my motivation levels if I become enlightened? Won't I become this listless, useless slacker who just lies on the couch and does nothing all day?

First of all, there are many such people in society who are unmotivated and they are very egotistical. Your motivation levels and Enlightenment itself are connected in a very subtle and complex way. The fact is that you might become enlightened and that you might lose certain motivations in your life, but generally it does not make you this lazy slob. Enlightenment only clears away your neurotic sense of obligation to things in your life.

Self-help

Doesn't Enlightenment contradict self-actualization and self-help? It will definitely seem that way when you first start learning about this,

You have to understand that personal development is like a staircase. With many steps and stages, so that you're moving up as you are growing and developing. We are talking here about some of the most advanced stages that you can get to. To get to these higher stages you need to work your way through the intermediate and lower stages. It is not that Enlightenment makes everything else that I've been talking about pointless.

For example, if I give you some relationship advice or if I give you some advice on how to earn more money you will say: Leo, isn't it a sort of a fake advice? Well, yes, but what you are living is a fake life. False advice in a false world works in a sick kind of way.

If you are at the lower stages of your personal development and you're having problems in your relationship or with money or your career you actually need self-help. Now you're telling me to throw it all away. No, we are telling you to transcend it. Ascend to the higher stages.

Practice more meditation.

What is Perception

"If the doors of perception were cleansed, everything would appear to man as it is infinite" William Blake

What is perception and what is the relationship between perception, the mind, the brain, consciousness and reality? How is it that perception can happen at all?

After a 14 days meditation retreat, Leo discovered that perception is an illusion, perception does not exist.

Perception is not a biological or neurological process, it doesn't occur, the raw data of perception is undeniable, you hear sounds and see colours. The visual and auditory field, the sensory bubble that you are in, including perception or experience, is like a snow globe painted from the inside. Perception carries in hidden metaphysics as it implies a subject and an object. By definition, perception and experience requires a subject, someone who is having an experience.

So what does an experience look like when we remove the owner of the experience. Is the colour red literally floating in the vacuum of empty space without you to experience it? When we take away the subject and we make the subject and the object collapse together, can we still call that an experience? On one hand we can say that the colour red is still an experience that is not occurring to anybody. The raw data would still stay the same and it is no longer yours, it

is not happening to you, that is a radical recontextualization, it's not happening to your brain and your mind and not even a part of your life anymore, but the universe is experiencing it.

Imaging an object that exists all by itself in an empty universe and no-one perceiving it. How does the universe register that this object is there?

Your current conception of what reality is that

- 1) There is an external objective material world, that this world exist independently of you.
- 2) They are two kinds of objects like rocks, cars, building and planets and then there are sentient creatures like humans and animals.
- 3) These sentient creatures perceive the external world.
- 4) Every creature has its perceptual field or bubble.
- 5) You are one of these sentient creatures
- 6) Perceptions occur inside the brain or are produced by the brain which is itself a dumb object like a rock. We don't know how the brain can produce this perceptual bubble field, but nevertheless it does because here it is.

But

- 1) There is no objective external material world, the only one thing that exists, is this one universal field of consciousness.
- 2) You did not come into existence as an object, nor as a sentient creature but you were born as an idea. You are the idea that you are a physical object.
- 3) This idea of "You", when it came to existence, took ownership of this field of consciousness and misinterpreted it as its own perceptions.

But there is no such thing as perception. You believe that this bubble is yours, or you, comprising your life. You imagine that birth is a bubble of perception coming in to existence and that death is the extinction of this bubble. The ego constructed out of this field, carved out of an infinite block of stone, a personal story, the sense of "me" like a child receiving a toy believing that it is his toy. Nothing about the toy changes when you call it "my toy" or "it's mine". You are creating the idea that "it's mine". So here you can see that it's not a simple word game, that ownership is some sort objective property of the universe rather than a projection of your own mind. The belief you have about the ownership of the bubble of perception, is like that child. You bought into the idea that you are biological sentient creature. Education reinforced that idea. But what you are is more like a negative sculpture, a hole that was carved out from that universal field of consciousness. You believe death is the disillusion of this structure which will break apart a negative space. If we remove the "you" out of the bubble of perception, the raw data won't change. Still, if we remove the "you", the picture changes significantly. We might say that perceptions are just floating out in the vacuum of empty space... It seems strange and radical and it is a radical recontextualization. There never was such a biological creature organism, that was an illusion, that was a negative space.

The objective material external world out there causing your perceptions never existed. Appearance is reality, there is nothing to reality than appearance. But also the internal world is not real and never existed, you have mistaken the external world for the internal world. What you thought was the internal world, colours, sensations, our subjectivity, our individual bubble is actually the external world. Those two interpretations of reality are not opposite, they are

actually identical. Notice that the raw data stay the same, the colours, the feelings, the shapes stay the same, the only thing that changes is the interpretation of your experience to the point where you cease to exist by removing the subject. When you reinterpret yourself out of existence, what you see is the substrate that was carving out the negative space, perceptions become being.

Experience = Perceptions vs Being.

Being is Perception minus the Ego, or Experience minus Ego is Being. Perception is Being plus Ego.

Perceptions and experience are technically speaking a misinterpretation of being as the ego take ownership over this being.

A good but limited analogy is when you take a sponge, they are bubbles of empty space. you are one these bubble.

There is no subject, there is only the bubble. Who is perceiving this sponge? That is the mind fuck, no one is, the sponge just is, without anybody looking at it. It doesn't change what it looks like but it changes what you look it to be, it takes you out of the equation and depersonalize everything. The sponge contains time and space and is infinite, it contains infinite amount of dimensions, and you are just one of these bubbles, the negative space. But physically, you are the whole sponge, we are all one. To realize that you need to stop identifying with one of this bubbles. This is what enlightenment is. The collapsing of all categories and distinctions, like subject and object, inner and outer, internal and external, mind and body, going from the mind/body dualism of Descartes unifying all into one field of consciousness.

Do the following exercise:

Ground yourself in actuality by looking at your hand, put your awareness on the visual field and realize that you are not a biological creature, this field is not some part of a biological creature coming from some brain, this visual field is not yours, it feels as though this field is your life, try to see your hand as an object floating in the vacuum of empty space, try to see that there is no you looking at the hand, the hand just is, try to depersonalize the experience of the you, your emotions, your sensations, this is the external world, the raw fabric of the universe, it's just existing. Your thoughts and perceptions about the external world, sounds, colours, shapes, smells, emotions, feeling, ideas, understanding, that is not biology, that is the raw physical universe.

How is possible though that it has all those subjective qualities? It's possible because here it is! What you thought until now was just a groundless assumption. The universe is this. It's not happening to you, it's happening to itself, it's always happening without a you. The only time when you think something is happening to you is when you think it's happening to you. When you are not thinking about it, it's not happening to you, it's just there for itself.

You strip the you or the ego away from this experience, this change the experience to be not an experience anymore but to be absolute being or Truth, the Truth is "this" without the you. Don't expect the sound or sight to change when realizing it, don't expect angels or anything else, you will realize that there never was a you here, and that the Truth is pure Being. The difficulty in this exercise is not by seeing something different but the reinterpretation or recontextualization of what you've always been experiencing, breaking out of the illusion. This is why they say enlightenment is already here or that you've always been enlightened.

This is what waking up is. You misinterpreted it because of your drive to survive and your fear of death, because you want you to survive. Your number one priority in life is to be you, the reason why enlightenment is so rare is because you don't want to surrender the you. The process to surrender might trigger a lot of egoic reactions, because your mind wants you to survive. Survival is not about fairness, not about truth, it's about lies and deceptions. Your mind will work overtime to maintain the deception that you have been under your entire life because your entire life hinges upon it. When you realize this, that will be the end of you, you will die. But death is not what you think it means. Death is not the cessation of perceptions, colours etc, it means the elimination of the idea of you, just an idea. There will never be a physical death of you because that would mean that you were a physical object, that was a false assumption.

What you think of physical death is actually conceptual death, (the sense that you are one of the bubbles of the sponge).

If you say: “ this is not possible, there is physical death ” ... what is that but just another concept. The mind traps itself with concepts, mistaking concepts for physical reality.

This is why people are so touchy when we question their metaphysical, scientific or religious beliefs. If we question it too much it starts to pull apart their entire reality. They don't fear that their reality will fall apart, although some might experience the fear of insanity. When your reality falls apart you might experience that you are going insane. But before you get to that fear, you experience a more primal fear, the fear of death.

As soon as you get anywhere close to realize you are not one of these bubbles of the sponge, your ego goes crazy, hyper reactive and emotional in order to distract you away from the truth and to drive you deeper into falsehood, deeper into the illusion with negative emotions. This is the explanation of the entire game of life. Spoiler alert ;-)

When you understand this at the cellular level, your life will never be the same again, it transforms your entire relationship to life, human beings, living and non living things and creatures.

-Is the universe self-aware? If there is nobody to perceive the sponge, how is it possible that it's being perceived?

You assumed that awareness is something living creatures do when in fact there is no such thing as a living creature, your mistake was to come up with this idea of sentient living creatures, there are no such things and you are no such thing.

-How can there be an awareness without a living creature?

Well,..., how can there be an awareness with living creatures? No matter how you try to explain it, awareness is a very weird thing, that is exactly what science can't explain. Awareness is not a thing, it can't be explained, it's irreducibly mystical and mysterious, because it's the most fundamental thing there is, you can't get more fundamental than awareness, it is not property of biological creatures. It's not that rocks are not aware but one day when matter evolves to microbes and bacteria, fish become mammals and so on, finally the lizard becomes aware. Awareness is not a thing. Technically speaking awareness doesn't even exist. Awareness is pure nothingness, a pure void or vacuum, that in which the sponge is suspended, nobody has or produces awareness. To think that there is awareness is already a mistake, because we think of it as a weird field, but it's just nothing.

Imagine there is an alternate universe in which awareness doesn't exist, no sentient creatures, no internal worlds, no perceptions, only facts, nobody to perceive what is happening. The collection of what is happening, all the facts of that universe is the Truth, it's just Being. You might think it's boring, there is no love, no knowledge, living creatures a dead universe. Well this universe is our present universe, this is what is happening right now. Our entire universe consists of only one thing, the raw truth, the raw facts. All this colours and shapes, sounds and smells it just pure raw data happening to absolutely nobody and perceived by nobody with no awareness, that is Truth with a capital "T".

-But how come I Am perceiving it? How can the truth just be? How can it look as if it's been "awarded"?

Truth just is. It's just "isness" There is nowhere else to go, it's the only thing that there is. It is self-apparent, or self-aware. But this is the limit of communication right here. Non-duality cannot be put into words concepts or analogies. You need to go beyond all that. Not with beliefs, ideas, philosophy or concepts. Look at actuality, what is happening around you, the pure truth.

-How do you explain that the brain affects perceptions? If my brain is damaged, how come for example my sight could be altered?

The brain is itself a perception. That is important to understand. All scientists believe that the brain is something more fundamental than a perception, prior to perceptions. That is not the case, we bring the brain at the same level as all the perceptions that we attribute to the brain such that the brain itself is also one of the perceptions. When you do

that, the brain ceases to have that same kind of explanatory causal power that it uses to have. You can no longer use the concept of a brain to metaphysically ground the rest of reality and perception.

The brain is a special perception. It's a perception that tends to have a global effect on all other perceptions, like when you take a drug or a pill. The pill is just another perception.

So we take a pill, a perception, we put in our mouth, a perception, going through the blood, a perception, chemicals get into our brain, chemicals are perceptions too. This is how the universe works. A field of perceptions interacting with themselves in various ways, sometimes with local effects, sometimes with global effects which is what happens when your brain got damaged. We are using the world perceptions, but what we really are talking about is Being. We have being interacting with being. This one unified field of consciousness is self-interacting, it's not static, it's constantly morphing and changing. The bubbles are always popping in and out of existence, that's what you would think to be your physical birth and death but it contains absolutely everything.

In conclusion, perceptions is being or absolute truth when properly interpreted, but most people on earth misinterpreted this because of the sense of self. They mistaken perception for the self, "my perceptions", they mistake the self for being a sentient creature, but they are all illusions, like negative sculptures in this one unified field.

How is possible to know any of this?

It's possible for anybody to realize it by shutting down the mind, becoming very focussed on the present moment and doing it every day, hour after hour for months and years until it clicks. You can't make it click, it will click on its own, but you can do serious technics that lead towards the clicking, like meditation, contemplating, psychedelics. You can listen to this episode prior doing psychedelics and you will see it. Here is the many thousand years old mind/body problem resolved.

If you go through this whole process, it will transform your entire life, the doors of your perceptions will be cleansed and what you will be left with as William Blake said, you will realized that you are the infinite, the entire universe, not a little object in the universe. To get there you must go through all of your fears and neurosis, surrender your arrogance, your judgments, all the demonization of others, to be radically open minded to break through. The end result is the most amazing joy but the process of cleansing the doors of your perception is some of the greatest hell and struggle that you can possibly imaging. You will never know what you miss unless you do it. What you'll miss is so great that it is impossible to put into words.

Benefits of Enlightenment

Enlightenment is the realization of your actual physical nature. Most people know who they are but they are wrong. If you unwire the belief of who you are you are enlightened. The process of becoming enlightened is really difficult and long (years).

What are the benefits?

- A massive reduction of your levels of suffering: Macro (catastrophes in your life) and micro (stupid and common stuff like the weather, your girlfriend pissing you off, etc). SUFFERING IS NOT A PART OF LIFE, IS PART OF THE ILLUSION.
- Freedom from things like fear, worry and anxiety: Think about how much energy you spend in any of these states.
- Freedom from the fear of death: EVERYONE FEARS DEATH and many of the things you do today is caused by your fear of dying. Death, after enlightenment, is another stupid belief.
- Permanent end to overthinking: Think about how much time you waste thinking about stupid stuff. After enlightenment, you only think when it is necessary; you will be able to enjoy the present moment fully.
- Immunity to heavy emotions: You will still feel emotions but not in a deep and incredibly painful way.
- The end of addictive and compulsive behaviour: No more hard nor emotional behaviours (self-sabotages, relationship issues).
- Stop worrying about what people think of you: No more concerns about how you look or how you act.
- Permanent end to the striving on life: Most of your drives are neurotic. Worrying about having more love, more money, power, status, etc. No more time spending how to acquire external stuff.
- Eliminate loneliness and neediness: These are complete illusions of your mind.
- Eliminate neurosis (emotional psychic patterns)
- Eliminate much stress from your life: How much time you are stressed by your family, health, wealth, etc? That will be no more. Imagine doing all the things you do but without stress and without any concern.
- Less need for sleep and much more physical energy: You don't imagine how much energy our thought process consumes. Your body is actually burning calories to feed these processes. All your energy after enlightenment will be directed to enjoying life or pursuing your actual passions.
- It is the foundation of self-actualization work: You didn't even begin to tap into self-actualization until you ask yourself who you are. Until you discover who you really are your ability to do personal development is very, very limited. Most of your progress is really shallow and superfluous. You cannot comprehend most of the advanced self-development until you have some enlightenment experiences. Enlightenment is really the beginning of the whole journey that you stay till the rest of your life.
- It opens you up to change your life in whatever way you want and imagine: You can change your personality in whatever way you want. You can do whatever you want with your career, your relationships. IT FREES YOU UP IN ALL THE AREAS OF YOUR LIFE SINCE THE ONLY THING THAT WAS IN YOUR WAY WAS YOUR IDENTITY. Your biggest obstacle is your identity and what you accomplish will be determined by who you think you are.
- Have a way to deal with chronic pain
- It gives you a way to deal with disasters: Love ones dying, a big problem to your health or business. With enlightenment you know how to deal with them and stay unaffected.
- It puts you in touch with your body: You will enjoy your physical vitality.
- Longer life and better health: Your mental environment will be much healthier.
- It enables deep self-acceptance and self-love that wouldn't be possible unless you unwire your ego. You will experience unconditional self-love. Imagine how powerful your life can be if you live from a position of deep self-love and self-acceptance.
- Enables true love: What you think is love is not love at all. You are not capable of true love as long as you believe you are a separate individual living in a body. If you can become enlightened you can love all reality unconditionally. YOU LOVE ALL REALITY.
- It enable powerful and authentic relationships: You now think you have authentic relationships with people and the answer is no. You don't have a clue about what an authentic relationship is (friendships, love relationships, family, children, customers, bosses, etc). If you want to take your relationships to a whole new level of depth and beauty and health become enlightened. You need to realize who you are and then realize who the other person is existentially, then you can have an authentic relationship that is not based on neediness, manipulation or self-agenda.
- You become immune to existential crisis

- You will get the deepest knowledge and truth about reality and existence. Truth is not accessible through knowledge, it is accessible by experience.
- Death without regrets: Become enlightened and you will die without any regrets.
- YOU ARE BEING, NOT DOING.
- It gets you a healthier attitude towards the world, society and humanity: No more dysfunctional relationship with the world and people. You can change the world by being enlightened.
- Much more honest and ethical, and this will help to improve the world
- It greatly improves the world: You want to change the world for the better? Get enlightened, it is the best gift you can give to the world.

- Life can become satisfying again, like it was when you were a child.

- A feeling of being in the zone all the time, without any concerns and when you flow with life effortlessly. THE ABILITY TO BE SO PRESENT THAT YOU ARE IN THE ZONE 24/7 AND IT IS THE ONLY WAY TO BE HAPPY AND WITH PEACE OF MIND.

There is a cost to all these benefits: The greatest cost, you and your entire way of life. You need to give up your identity, your ego, yourself. You have to give up even the parts you love of yourself. YOU HAVE TO GIVE UP THE IDEA THAT YOU ARE A PHYSICAL HUMAN BODY.

Enlightenment will give you all these benefits but it will destroy your identity, it will reveal that life is meaningless, that everything you think about how the world works is false, that there is no such thing as good or bad, that every judgement is a lie, that there is no value in anything, that there is no one who benefits from self-improvement work and there is no one that is going to be improved; you don't have control over life because there is no you to have control, it is an absolute surrender.

There are really no benefits of enlightenment and there is no you who is going to be benefited by enlightenment. YOU NEED TO GET PASSED THE POINT OF NO RETURN.

Your life will be extraordinary after enlightenment but it will not be yours anymore; but this is not going to be a problem since the ego will not exist.

The paradox of enlightenment is that even though it has some negative aspects (life is meaningless, there is no one to be benefited, etc), it is the most meaningful pursuit ever; YOUR LIFE ONLY REALLY BEGINS AFTER YOU GIVE UP YOURSELF, LIFE BEGINS AFTER ENLIGHTENMENT. You are now living in a hollow dream, a portion of life and you don't even comprehend what true life entails.

Not a single enlightened person regretted it. Imagine that you are actually living in hell and that by waking up you will be into heaven; with enlightenment you will be in heaven and you will never want to come back. The problem here is that the ego made hell its home and it thinks that there is nothing beyond it, and this is a tragedy. YOU ARE TOO STUPID TO UNDERSTAND ALL OF THIS; if there is wisdom in you, you will realize that you should be pursuing enlightenment.

Leo gave you the ultimate strategic intent, ENLIGHTENMENT IS THE ULTIMATE STRATEGIC INTENT AND IT IS ALL YOUR LIFE SHOULD BE ABOUT.

The quality of your life will not get better with more success.

How to Harness Your Intuition

Intuition is key to self-actualizing and it's a great tool to direct your life. Your life lacks big picture thinking and it lacks motivation, purpose and strategy. Lots of people get lost in life frying the little fish and ignoring the big fish; and this is especially bad in Western culture since it is biased towards the left and logical brain. We don't teach children to use intuition and even adults don't harness it. Most of the most important decisions you make in life are based on intuition. INTUITION IS MORE POWERFUL THAN LOGIC WILL EVER BE BECAUSE PURPOSE AND VISION ALWAYS COME FIRST.

To make high level decisions, you need to analyse tons of data that your logical mind will never be able to grapple with and the only way to do that is to trust your subconscious mind (this mechanism is not linear). YOU NEED TO BE THE VISIONARY IN YOUR LIFE, IN YOUR INDUSTRY, IN YOUR COMMUNITY AND IN YOUR WORLD. Intuition is a high form of intelligence.

What is intuition? When you calm your mind down, when you are free of distraction and you are sitting alone in solitude, there is a voice that comes up with all sorts of different things and it's really different from monkey mind and is different from logic. It is like your higher self speaking to you. But intuition is difficult to follow and it has 3 challenges:

1. Most people can't even hear intuition: The voice is drawn out by our culture, media and distractions. Moreover, there is a bias towards logical thinking. That is why people don't listen to their intuition. Which is the solution?
 - a. Firstly, acknowledge that true intelligence comes from something much deeper than you; you are not the source of intelligence. Intelligence doesn't come from you but is present in existence itself.
 - b. You also need to remove distractions: People are too distracted with logical stuff and don't have free time for solitude and silence.
 - c. You need to contemplate your death and realize that your materialistic life will end.
 - d. Get clear about what you want out of life (hint! You don't want success, money or sex). Life purpose is key.
 - e. Meditation as a habit is very important
 - f. You need to get more in touch with your emotions
2. Even if you can hear it, most people are full of personal impurities: The problem is that you have an ego, beliefs, fears and dogmas that distorts your intuition. Solution?
 - a. Have benevolent motives in your life and whatever you are trying to accomplish in your life, make sure that they are coming from love/contribution and not from self-identity or survival
 - b. Spiritual purification: It is the entire process of purifying your identity from your cravings, your fears and deepest held beliefs. When you strip away all the bullshit, you become a vehicle and servant of your intuition.
 - c. You need to release beliefs (Leo's past video) and dissolve your limiting beliefs
 - d. Change your environment: Change where you live, clean up the information you ingest, clean up your diet, clean up your relationships.
 - e. Make sure you free your body off tension (bioenergetics). Tension is a form of unconsciousness.
3. Even if you don't have impurities, people don't follow it: You need to work your intuition. The problem is double: First, you have no commitment to your intuition and secondly, there is a lack of requisite variety (you have a lack of flexibility and adaptability). Solution?

- a. Realize that your number one job in life is to serve your intuition. If you are not serving your intuition, you are serving your ego and desire for survival.
- b. Commit to following your intuition: It takes courage and work to follow your intuition. You will need to learn new abilities and make changes in your life. If you follow your intuition, your life will change dramatically every couple of years. People who don't follow their intuition don't change very much. If you follow your intuition, your life will constantly change
- c. You must create an intuition incubator in your life: Intuition doesn't come to you as a formula, it comes randomly and in a very rough form. You need to polish it up and work on it. JORNAL A LOT, WRITE THEM DOWN AND KEEP TRACK OF THEM. Articulate them in specific language. Contemplate them a lot, think about them and create action plans. Convert your abstract ideas into action plans.
- d. You need to be very strategic in the way you follow your intuition. Some of your intuitions will require 5 to 10 years' work.

How do you recognize if your intuition is coming from a good or bad place? False intuitions defend themselves with justifications when they are questioned, whereas true intuitions are silent when they are questioned, yet, the more you question them, the more you pulled to them. Be mindful when you question your intuitions and realize if the intuition is trying to defend itself with justifications, but if you are magnetically attracted to it they are real intuitions. Also, false intuition tends to be protective (not to lose), whereas the true intuitions tend to be inspirational and coming from a place of love and beauty and it's a play to win.

Your intuition will skyrocket if you are in the spiritual path and you develop yourself. The intelligence that permeates all existence will be the guide and you will be in flow with reality, you will become a vehicle for nature and that is when life becomes magical and amazing. You will not live for yourself, you will be living for something way beyond yourself; you will feel like you are the universe working for itself. BECOME AN EMPLOYEE OF THE UNIVERSE.

Meditation for Beginners

Meditation is the single most important self-improvement habit you can have. You still don't grasp the importance of meditation in your life.

How to meditate? (for beginners)

You need to make a distinction between thinking and awareness. You make this distinction by meditating only. With time, the distinction between thinking and awareness will become sharper and your life will become insanely great.

Meditation is the use of awareness to make the distinction between thinking and awareness.

No Manipulation Technique: Sit, notice and be aware of what is happening in this very moment and try to stick with it. You don't manipulate your body/posture nor your mind. Let the mind experience what he wants. FOCUS ON THE EXPERIENCE YOU ARE HAVING.

Sounds very simple but it's quite challenging. The really hard thing to do is to stop manipulating your experience.

How to set the habit?

Start with 20 minutes per day. You have to do it every single day for the rest of your life. No vacations, no holidays, no emergencies.

Warnings

- Have the expectation that in the first year or more you will suck at meditating.
- It will be very frustrating in the first year or so. Once you go past this threshold, things will become amazing, but YOU NEED TO STICK WITH IT.
- You will realize that you cannot control your thoughts, you don't have this ability and you will not be able to do it in the future.
- You will have bad days. Remind yourself that in these days that you are growing the most. It will be an up and down process. You will feel suicidal sometimes but you need to remind yourself that these are the moments you are growing the most.
- As long as you do it, it counts. What counts in meditation is that you sat down and were aware.
- The only way to fail is not to do the habit.
- Keep it simple! Sit down and be aware, that's it.

By the end of the year, you have to reach to 1 hour a day!

The effects of meditation are beyond description! Leo sold his PS4 and TV because when he sits and does nothing he gets more satisfaction and meaning!

You will discover that the level of happiness you have now will exponentially grow by doing absolutely nothing. You will stop being a slave to all this shit.

Problems will melt away if you really grasp the distinction between thinking and awareness.

Enlightenment Experience Explanation & Key Lessons

Projecting ideas onto teachers. ... careful projections and expectations.(my reputation is on the line...) 6 -11min
Everything is in the present moment, everything I need, every lesson I need is right here in the present moment, I don't need a trip to go somewhere, I am inside the absolute (consciousness) I just need to slow my mind down to connect with it

Of course my psyche and neurons, all habits and emotional reactions didn't get completely rewired in one day after some of these peaks your mind comes back and kicks in

Whatever experiences you have it will require a lot of integration work and a lot of follow up work for the full embodiment because the absolute is independent of your mind but your mind still has a lot of momentum behind it, it has an entire lifetime of the stuff that you do

There are different methods to trigger enlightenment and different methods work for different people and every method has its pros and cons

I am blown away by some of the substances in my own life not just for having peak experiences but for really transforming how I behave on a daily basis

Potential of substances (most people don't speak from experience, all they have is dogma)

The broader your research goes, the more you will see how tricky this subject is and just how non-trivial it is to determine which teacher or teaching is deluded or not deluded or which one is deeper than another one

Don't think you got to the end of the rainbow if you have some deep experience on psychedelics or not, great but don't think you are done, whatever experiences you have be open that it could be more

I don't claim to be fully enlightened or partially enlightened, I don't want to play that game it doesn't really interest me what interests me the profound experiences that I am able to have, how consistently I am able to have them how much are they able to transform my life

50min

Key Lessons:

- one thing that is lacking in peoples lives is authenticity, what you want in your life is 100% authenticity, because it feels good... what is the point of life? to feel good.
- significance of fear as a pillar of all personal development, overcoming your fear, facing your fears head on and using your heart, the power of love to break trough all of your fears.
- power of radical honesty - we are very rarely honest with other people and with our selves, its hard for you to look at the truth because the truth disturbs you so much, it irritates you emotionally it makes you uncomfortable, that's because that's something that needs to be cultivated. Self-honesty needs to be cultivated in a radical way where every single day you open yourself up a little bit more to the stinging truths (they sting your ego - that which is inauthentic within you-so let it sting you and let that kill your ego every single day). Every single day, hour you are presented with little opportunities to either kill off your ego and suffocating it or expanding it, and this is where this principle comes to mind - authentic suffering. There is 2 types of suffering authentic suffering and inauthentic suffering. 57min
- you can face truth a little bit every day... face the truth with your relationship, your own physical body -how you feel about it, face the truth about your financial situation, face the truth you have been procrastinating on... procrastination is not willing to face some legitimate suffering and so we invent distractions and this is where addictions come from... this is huge
- the importance of no-mind - working towards a state of no-mind - shutting down all of your thoughts... (that's why Buddhist stress the importance of mindfulness on a minute to minute basis - because the absolute is right here...)
- selfless living...if your passion is grounded in your heart, that passions will not get extinguished by these awakenings it will actually get strengthened but if your passion is grounded in ego than those will certainly get extinguished but that is actually what you want, that is what you call spiritual purification, this is where you deepest growth comes from...your passions need to transition from being shallow egoic passions to being deep, Devine passions, passions that are much larger than yourself, that involve the entire universe not just your little self, your little family, your little group of friends, your little company or something like that.
- -non-doership - What you need to become conscious of is that you are not in control of anything in this life. every single word coming out of your mind, every single though you are having is completely inevitable and couldn't be otherwise. I am not in control of what I am saying here to you, this is being fuelled by a higher source and what I need to do is just purify myself of my own personal bullshit, my personal lies and deceptions so that I can be a better vehicle for this divine force working trough me. I am conscious right now that God is looking trough my eyes. Your entire visual field is God looking trough your eyes. Every little scratch you make is God working trough you. It's just a question if you are conscious of it and if you are surrendering yourself to non-doership or are you struggling and fighting. What you really want is your life to be effortless. How do you do that? Start practicing it. The way you get effortless is by relinquishing doership, this illusion of that you are really have a choice about things, you don't. There is no self to be doing any doership. The universe is acting of its own accord trough itself without anybody in control, the more you notice that, that is the place you want to be living from. Life is so much easier. When all of the pressure is on you to be in control of everything, the fact is, you don't have control but you are afraid to give up control, that's egos whole agenda to maintain this grip and control over your life because it tells itself "hey, if we don't keep this control then everything is going to fly apart, that is not true but is a really powerful fear .
- the importance of slowing down my life - self feeding feedback loop - you live a fast paced life because you are unconscious to begin with, but then the fast pace at which you live your life makes you even more unconscious, it deepens your unconsciousness, which makes you think "ohhh the problem with my life is that I am not accomplishing enough, I am not doing enough, fast enough, so you live an even faster paced life" and then it becomes a vicious circle. The counter intuitive move is to simplify your life and to really slow down-doing less work. You need to appreciate what you are doing and not just look for the next thing to do.

- why people fail with enlightenment, what their obstacles are - you actually think there is such a thing as a physical world, universe and you think that enlightenment is something other than physical death (ego death = physical death)
- the feminine version of this path will be different from the masculine version of this path, the introverted version will be different from the extroverted version of this path, people who are into love and emotions, very emotional intuitive people your path will be very different from cold heart, rational people.... and I am excited about exploring the whole field so no matter who comes to me I can say... oh you are this type of person and you have this type of problem, oh okay then this technique will be best for you.

Other

How to Exploit People to Grow

What's going to happen in personal development is that you are going to become more conscious and follow principles to help you grow. You are going to reach a stage where you see clearly how people are neurotic, hypocritical, bad, lose their temper, have panic attacks etc. You begin to see people sleeping through life. You will tell them why they are going wrong and they will get angry at you. This will trigger an emotional response where you think you are better than them.

What you need to do when you reached this stage is actually ask yourself "where am I behaving/ doing x in my life". E.g. see someone get angry, ask "where/how am I getting angry in my life?" or see someone unconscious ask "where in my life do I become unconscious?".

This is so valuable. The problem is you got all these people being unconscious and doing stupid shit. But if you think you are better than them you are going to go point fingers, judge them and act superior. This will disturb you as you point out their flaws and try to instruct people from your wise position. The wise you is going to see this something is wrong with this approach. What that is, is that you aren't registering those same flaws. The fact is no matter how developed you are there are still always going to be ways where you are behaving in the exact same ways, is being unconscious, pessimistic, monkey mind, angry, negative, breaking good principles. You are doing this every day, but you are very good of becoming hyper aware of faults in other people but not your own.

The next level for you is to come to accept that this is the world we live in, be at one with it.

Then you can use all these situations to your benefit, you use these people as reminders of what you should not be doing. When you do this you become thankful. When you see someone get angry in traffic this reminds you not to forget your meditation.

"How can you use that person as a mirror in my own behaviour"

E.g. guy is being cynical at work "ask how is that related to me? I am not cynical at work but am with my parents"

This speaks incredible self-discipline because goes against the mechanism of your brain. Makes you wise as you take negatives and take it into positives.

USE NEGATIVE PEOPLE TO FUEL YOU

The Deep Problem of Marketing

Society and culture are very resistant to new ideas

Modern society is very materialistic

It's not just about providing evidence

Marketing is not just about sales, marketing is about influence and eyeballs, it's exposing millions of people with certain paradigms, assumptions and ideas

and then those ideas become reality, they define what reality is, reality is not just something you find out there, it's something you construct - marketing, society, culture, business are constructing it

So the question is what type of ideas are most people exposed to.

Status quo is always interested in maintaining its power and will fight for it

It's a construction of beliefs, concepts... and most people will not think of it like it's just a story, they will think its reality

This current reality is mostly constructed by science, academia and business

Business is only concerned about maximizing profits, it doesn't care about truth and consciousness

Marketing is important anywhere where your trying to get a consensus, for people to agree on anything

Those who have control and power, they control access to eyeballs

Education is a big propaganda, and after you go through it, you are indoctrinated in a certain box, paradigm and anything that then goes against it you will think of it as insane, non-mainstream stuff

People in power want their ideology being spread through education

"I will exert my power to push my self-agenda trough" - this is what ego all about, ego is power hungry. Why? ... because it is no conscious, if it were conscious it would surrender all desire for power, but it doesn't know any better, so it's life is all about acquiring more and more power and then using that power to satisfy and fulfil shallow ego gratifications like buying stuff, taking vacations

Notice that nothing high consciousness is ever advertised on TV, or taught in schools

Modern marketing is selfish, it's all about maximizing sales (every little word is tweaked to push all your emotional buttons)

Marketing is any way to influence any body and getting eyeballs and then you can use those eyeballs to earn money, to pitch a religion or you can use it to enlighten people. you can use it for good or evil

Word of mouth is another way of marketing

Notice that nobody is talking about real solutions to mankind problems

What modern marketing is pitching you is fake solutions to very real problems and those solutions are designed not to work so that you can come back and get more (example: pharma that sells you "medicines" that don't cure anything, just so that they can sell you more medicines)

44 min - marketing is directly responsible for causing

obesity,
disease,
mindless consumerism,
mind numbing entertainment,
dogma,
tribalism,
misinformation,
war,
laziness,
anti-mastery mindset,
suicide,
anger,
depression,
ignorance
cancer,
every form of addiction known to mankind,
materialist paradigm, the growing gap between the higher and lower class, pollution and poison

Materialist paradigm is gross by its very nature, it doesn't recognize anything subtle (creativity, consciousness, beauty, truth, love)... it recognize only the most base forms of human desire (need for sex, need of greasy food, easy stimulation, shortcuts and quick solutions and get rich quick schemes).

Modern marketing sets the bar so low that when you hear the truth, the truth sounds like insanity... because you are always judging anything you are hearing by what you heard before, and what you have heard before is what you have heard from every single marketing channel that is popular ... so you are always judging truth against untruth and there is always a giant mountain of untruth with a little tiny grand of truth, so that giant mountain easily outweighs the little tiny grand of truth if you are not vigilant about it (and in a sense this is how it should be because society must evolve trough the spiral dynamics stages).

What can be marketed is very much limited by the audience's paradigm, it's very much limited by the limits of human language and by what can be communicated, if a thing cannot be communicated, it's hard to market it. It's also limited by the predominant needs and desires of the population, so it creates this kind of vicious circle where unconscious people will only buy things that are unconsciously marketed to them but then because companies have to carter to that and market unconscious things that makes the people even more unconscious and then those unconscious people are themselves the ones who are running the marketing companies .

Even if you think you are not doing marketing, you are doing it by working for a company, so you need to look at what marketing is your business doing. If you are working for McDonalds look at what kind of marketing, it is doing. Most people are like zombies, cogs in the machine who are contributing to the marketing of McDonalds and then what that is ultimately doing is poisoning human beings

It's not easy to find conscious work, most work is unconscious. To break out of that unconscious cycle it takes vision, ambition, higher consciousness values, takes a lot of work to work towards those, takes work to move through the spiral dynamics stages

Here's what we can do: you can take control of your own life, you can stop using society as the gold standard against which you judge other paradigms and other ideas , you can stop assuming that society will deliver truth and health to you, you can stop sucking on societies tits and take ownership over the kind of media that you consume, over the kind of businesses that you shop with and the kind of companies that you are willing to work for and kind of marketing that you are willing to do and willing to support, that's within your power and that's exactly what a conscious person will need to do. Most people don't exercise this power because, they haven't really thought about it, they are just ignorant about it. They are unconscious.

High consciousness stuff is hard to market. It's much easier to create a business which sells poison than it is to create a business which actually elevates people. It's hard to convince people to buy good stuff.

Are you going to appeal to people most base and unhealthy needs and desires or are you going to have a larger vision for the world?

A lot of spiritual masters will never be famous because they don't write books and don't know how to market to the masses.

You tend to take marketing that you are exposed to as the entire possibility space of what's out there, of what's possible and that is an enormous distortion of the truth. There is a whole world out there beyond mainstream marketing that most people have no clue about.

1h - Leo wants, that you on some point outgrow actualized.org. So, that you don't need that material for personal development and that you can get all the answers from within

What would responsible marketing look like?

marketing what elevates the user, taking the users agenda as your number 1 priority rather than money. Is the thing you are selling going to truly, honestly elevate the user? Is your product elevating the user? How can you improve your product so that you would be really proud of the fact that you are elevating your user's consciousness?
responsible marketing cares about improving people's lives
cares about marketing health and not disfunction. It doesn't want to addict people. It wants to offer permanent solutions to their problems.

Key takeaways from this episode:

Start to notice how marketing is unhealthy, just how much of it around you there is and start to notice that marketing doesn't just pertain to TV adds but to a lot of other stuff that you normally don't consider as marketing
Start to notice a few of healthy marketing out there that exist and try to see what the ratio is of healthy to unhealthy.
Ask yourself is that elevating me or is this dragging the humanity down?
Stop expecting that truth will trickle down to your from up above. That society will speed feed you with truth - it won't.
Go out of your way to find the unmarketed gems (the books, the seminars, the teachers) . This is really how you advance yourself in life. You don't sit back and wait for gems to come to you, you don't wait me for tell them to you.

Learning = Behaviour Change

People suck at bridging the gap between theory and practice. They don't know how to take concepts and take them into action.

LEARNING = BEHAVIOR CHANGE

You haven't learned anything unless your behaviour changes. It's only learning when your behaviours change. Learning is not memorizing theories, it is about changing your attitudes, behaviours and actions!

How to apply this:

- How will this information change my behaviour?
- What did I learn?
- How will my behaviour change from what I learned?
- What did I learn about myself? How will my behaviour change?

Examples:

- You are an entrepreneur and you read an article about hiring. If you don't change your hiring techniques, you didn't learn shit.
- You read a politics news. If you don't change your behaviour, is shit.
- You fight with your girlfriend and then you come back together. If you don't change your behaviour for the better, you didn't learn shit.
- You fail a business project, if you don't change your behaviour in specific ways, you didn't learn shit.

LEARNING IS WHEN YOU HAVE SPECIFIC BEHAVIOR CHANGE! IF YOU DON'T HAVE SPECIFIC CHANGES, YOU ARE NOT LEARNING SHIT.

Where to apply it:

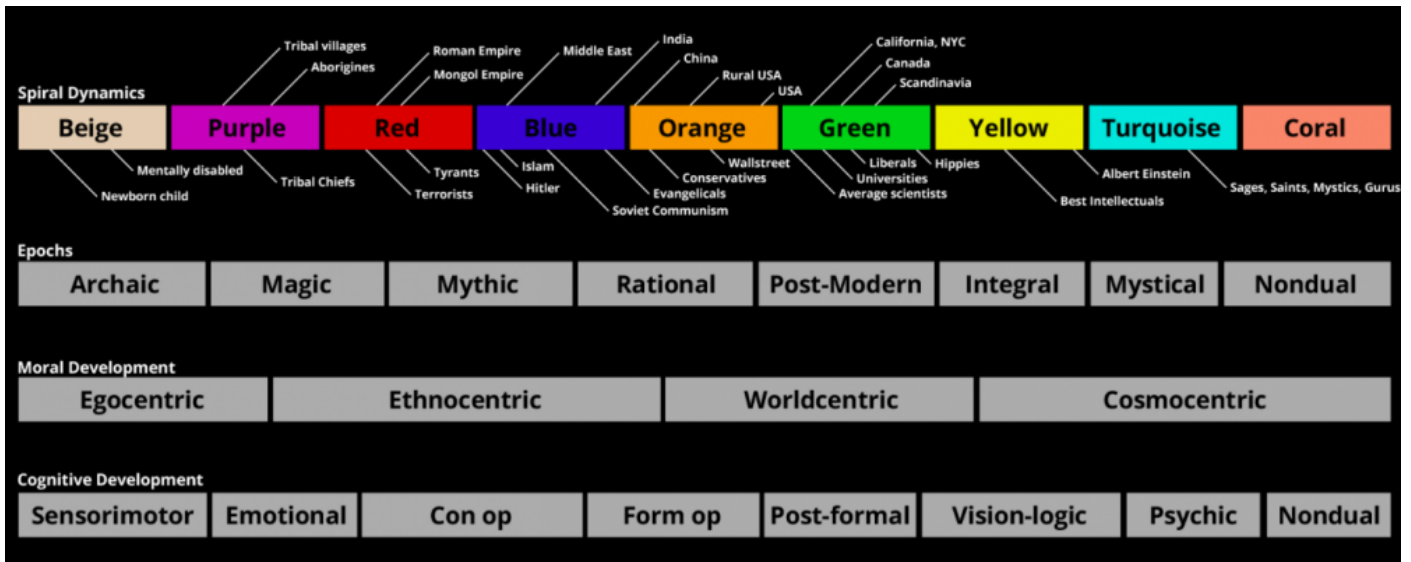
- 1- When you read, ask yourself how that is going to change your behaviour. Same with videos and lectures.
- 2- Same with retreats, seminars
- 3- When you are tripping
- 4- When you have a problem with your life
- 5- You can journal every night
- 6- You can review each day, week, month, year, post-mortems.
- 7- The end of chapters in your life

Your mind will not articulate how specifically. USE A JOURNAL EVERY NIGHT AND SEE HOW YOUR BEHAVIOR IS GOING TO CHANGE.

Spiral Dynamics – Stage Blue
Spiral Dynamics – Stage Orange
Spiral Dynamics – Stage Green
Spiral Dynamics – Stage Yellow
Spiral Dynamics – Stage Turquoise

See Summaries by Dan Arnautu <https://drive.google.com/drive/folders/1BxxULd4XeH8CzPIxDc2i7oHq1hFkLoE2>

Spiral Dynamics – Areas of Application



Spiral dynamics is fundamentally explaining humans values and motives, it's a model that allows you to very accurately explain why human beings, both individually and collectively, behave the way they do, and let you predict what they are going to do next. This is extremely powerful especially when dealing with social issues.

-Education:

Perhaps the most important of all domain. Solving education would allow us to solve all the other problems in the world. If you are willing to become a great teacher, to transform educational system or running a great university, spiral dynamics is essential for you to understand. Education is not one monolithic thing, every stage of the spiral has its own ideas, opinions and dogmas about how it feels what is the best form of education.

-To blue, it would be religious indoctrination schools, make the pupils learn the Coran with a stick, Christians and evangelicals want the same kind of education in the US.

-Stage orange is very success-oriented education, becoming good at business, have a particular career. This is a very limited form of education which gets you chasing materialism, money and success. It leads to other social problems like environmental problems. It doesn't teach you about environmental problems, systems thinking, higher spiritual pursuit, meditation, shamanism, self-actualization. It confuses spirituality with stage blue dogma or theocracy. Our educational system is now like a factory farming approach to educating our children. No customization to different types of students even though human beings have different brain types. Children are not taught how to be passionate, how to find their life purpose, the importance of meditation and holistic health.

-Stage green might teach you more about health, sex and love, relationships, environment, ecology, more what you learn in universities these days.

-Stage yellow education would acknowledge that different students of the world and in different parts of the country are all at their own level of the spiral. So before entering a school, you could have a test telling you where you are on the spiral and then do courses that allows you to evolve to next level of the spiral. Different ideas need to be taught and different technics need to be used at everybody's own pace. You cannot go to Africa and try to teach stage green ideas to stage red and purple kids.

As a teacher you might want to think about how you introduce your students or pupils to spiral dynamics and take their level on spiral to help you understand their individual needs to rise up the spiral. As a teacher, you don't have to teach them about spiral dynamics, but you can still present your teachings in that way. The higher you are on the spiral, the better you will be able to deal with kids and students that are lower on the spiral than you.

In a couple of hundred years, we will start teaching our children from first grade about meditation, mindfulness, yoga, holistic health, not religion but spirituality, enlightenment, non-duality, basically all the actualized.org subjects. De-empathize subjects like mathematics, history... which are also important but not as important for living a good life. We will be teaching them wisdom, how to be good human beings, how to be conscious of their body and mind, how to understand ideology, epistemology and so on, all the topics that are necessary for finding your life purpose, living a

passionate life, for dealing with depression and emotional issues. Mathematics and history can also be more intensively taught after 10th or 12th grade if needed.

What the average person needs is practical psychology, how to manage their relationships consciously, what the proper and the wrong ways of pursuing happiness, they need proper technics like yoga, self-inquiry or meditations to rely on these technics to further build their level of consciousness. All this would eliminate the drug problem, opioid problem, the gun problem, the political and business corruption problem, economic problem, poverty issues, reduce stress on the justice and the prison system... All those problems come from a lack of training and education.

The ego knows that if the educational system was properly reformed the ego's games would vanish. Below yellow, all tier one stages, believe it thinks and knows best, it wants to teach everybody its own stage and wants to demonize all the other stages, and they will fight to make sure a stage yellow educational system is never put in place.

-Healthcare and medicine

Right now, we have a terrible stage orange healthcare and medical system, done mostly for profit. The way it is taught in universities is in a mechanical/materialistic fashion such as a lot of holistic healing modalities are ignored. The spiritual and psychological sides of health are completely ignored, considered not valid because stage orange is very materialistic, so it looks like factory farming. The pharmaceutical industry is making sure that the system stays that way, bribing the educational system and the doctors with good pay checks and bonuses to keep proscribing their products. Nearly none of the doctors have a spiritual dimension of healthcare or medicine. They try to quickly treat the surface symptoms rather than helping you to address the root cause and often making the problem worse.

So a stage green or yellow would not be done for so much profit and have better ethics, open itself up to modalities that are not as scientific like how they do healthcare in Japan or China or even in tribal villages with shamanism, open itself to the use of herbs and psychedelics, recognizing that there is a deep connection between our physical illnesses, our psychological illnesses and our disconnection with the Truth. We need to reform the whole bureaucracy behind the whole actual system.

-Helping underdeveloped countries

Unless those countries take a spiral dynamic approach to addressing these problems, you can pour hundreds of billions of dollars into those countries without getting return on your investments. The US invade Iraq believing they are going to liberate the people from Saddam Hussein. What is not understood is that Iraq is at a stage purple/ red level of development on the spiral, which means that you cannot install democracy just by killing Saddam. The Iraqis need a strong leader, Saddam was violent and blood thirsty, but that is what takes to be a successful leader at stage red, because there are other people there who are ready to overpower him if he is not like that. Prior to install a democracy, you've got to raise the level of development of the entire population. If you give a democracy to a stage red/blue middle eastern country, they are going to create a theocracy out of that, they will execute and ethnically cleans the religious minorities. Stage blue doesn't acknowledge yet the validity of minority opinions and perspectives which starts only at stage orange and above.

USA is not developed enough yet to properly help the middle eastern countries as the politicians and military leaders are coming from a stage orange perspective trying to exploit others for their own benefits or the military-industrial complex.

-Solving geopolitical conflicts

The Israeli/Palestinian conflict could be solve applying spiral dynamics. Don Beck had a lot but not complete success studying the matter. Israeli society has multiple strata, blue, orange and green, the Palestinian are less developed, are at purple, red and blue, orange and some at green. We could teach them spiral dynamics trying to make them understand that it's not all black or white, that there are different kinds of forces, motivations and values at work and that makes it difficult to reconcile what is going on there. The people at purple, red or blue are radicalizing the political discussion, radicalizing orange and green, making everybody kind ultra nationalistic, fighting only for their side, unwilling to see that they need to come together and to understand that there is some kind of a spiral at work beyond their religion differences, both evolving up the spiral at different speed.

For every person who wants to explain the spiral, de-radicalizing, de-polarizing people, they are hundred others who tries to do the exact opposite thing. We need more people who explain spiral dynamics that explains the concept in a non-judgmental and non-condemning sort of way, leading to de-escalation of political violence. We need to found education programs and help them to cover their basic needs and that will help them to evolve up the spiral and, in this way,, we will have less terrorists.

A lot of people blame Islam or religions for the problem in the middle east. Their issue is more their level of spiral development. Islam can exist at stage red up to turquoise. People see Islam as one monolithic thing without seeing the different nuances. Certain levels are aggressive and regressive, other levels can be very advanced, healthy and beneficial. If we try to eradicate Islam, we are going to provoke an ego backlash and they are going to hate you, for them it would be like taking away your business or the US constitution. We have to recognize that there is validity within all religious traditions, we can't dismiss them all as childish nonsense. A stage orange atheist like Sam Harris will not understand that.

A lot of these geopolitical problems that happens around the world are simply due to lack of understanding each other, lack of seeing through other people's eyes, lack of being able to take higher and higher perspective, this is what spiral dynamics is about. So by taking higher perspective yourself, you will be less judgmental, you will be able to help other people taking more perspective as well which will help reduce violence and animosity, racism, hatred, misunderstanding and genocide, but it starts with you, otherwise you are going to turn into a devil yourself and polarizing people against other people, acting out of ignorance, not able to do any better from their level on the spiral.

-Economics

Right now, the system is at stage orange so very capitalistic, everything is about maximizing profits, companies have no ecological awareness, don't recognize worker's rights, don't see the damage their marketing and advertising is doing in the world. Green companies are more socialistic, more concerned about equal distribution of resources, more progressive taxation scales, holding corporations into account, higher wages and more of a say for employees, the companies would have more conscious business, maximizing relationships, fairness and equality.

A yellow stage business is not about imposing socialism or capitalism for everybody, it's about finding the nuances in between, finding the right mix, fine tune our economic system not only to have more equality and eliminate poverty, but also for maximizing the amount of people moving up the spiral.

Spiral dynamics is also very useful to evaluate political candidates, political parties and understanding the culture wars. In the US it is stage blue/orange (republicans) fighting against stage green/orange (democrats). Basically, the best candidates is the highest one on the spiral, at the moment, stage green is often the best one you can get. Voters generally only votes for their own stage, not smart enough to vote for a stage higher than the one that they are at. Not knowing about spiral dynamics, you might be tempted to do a false equivalency between the republican and the democratic party. If you understand spiral dynamics, the democratic party (liberals) is more cognitively and spiritually evolved than the republican party (conservatives), but that might change in the future... These are just stages fighting against each other, preventing us from a good government. The solutions to all of our current problems will resolve at stage green or yellow.

-Psychotherapy, coaching and consulting

As a coach, spiral dynamics can be very useful to understand where your client is at, like a CEO, and why he is refusing to move up his company from orange to green and help him make that transition. Or you could give spiritual insights to a client who is at yellow to make him move up to turquoise. That would completely transform your coaching and therapeutic practice. You can realize why your stage green technics don't work on you stage red client and tailor your communication style. By really understanding this model, in about 5-10 min of coaching or therapy, you'd know which level your client is at and communicate in a way that fits his or her value system.

In order to help understand a stage orange CEO why he should already do the transition into green for his company, don't tell him that he is going to save the polar bears, he doesn't care, but because tell him that this transition would help him for his own future level of development, (which is what stage orange cares about) when he'll be doing psychedelics and be more spiritually evolved. Having a stage orange company might drag him down when he'll be at stage yellow five years from now. Make him understand how himself can benefit from the future situation.

Spiral dynamics helps you creates bridges between the stages, that for example you can start a business that promotes spirituality. Spirituality and business are not in conflict with each other, both sides can benefit from it, you create win-win scenarios.

-Developing and managing communities

Spiral dynamics helps also If you ever want to be a leader of a community like an ashram or leader of a religious community, a business organization or a non-profit organization. Spiral dynamics helps you take decisions who you want to make business with, it can be very useful when you start a new business knowing what your business, yourself, your employees and customers are at and align them all together, it's important to have a common set of values but also to know what niche you want to target, what the opportunities are, what we are moving forward to.

Business happens at every stage of the spiral, not only at stage orange, here are some opportunities:

- building an online education platform that serves stage yellow
- building a stage turquoise community
- business consultant guiding companies to transition from orange to green
- create a stage green marketing company
- building a stage turquoise university (we don't even know what that is)
- become a stage turquoise artist (think about what kind of art would that be mixing art, spirituality and psychology)
- becoming a stage turquoise scientist or inventor
- building a stage turquoise hospital

-Evaluate teachers and gurus

What level of values they are trying to promote, evaluating religion, self-help gurus, media, entertainment, art and analysis?

-Evaluate your relationships, sexuality and dating

If you are stage green, do you want to marry a stage blue person, but think of all your relationships, spiral dynamics will often explain why you don't get along with your family members. You can use spiral dynamics to resolve the problem.

-Evaluate the environment you surround yourself with

What kind country and city do you live in? What kind of friends and people are around you? What kind of job do you do? Is it pulling you down or up? How can you find yellow people?

-Improve your communication skills

It helps greatly to evaluate the value system of your audience.

-Raising children

How and what kind of education do you give your child in order for him/her to evolve at the next stage.

-Historical analysis

Look at history with the spiral lens, you'll see that most human conflicts were a mismatching between the different stages.

-Evaluate future trends and what their obstacles will be

Within education, healthcare, politics, science

-Science

How can we make science evolve? What science means culturally, will evolve in the future.

-Art

creating a stage turquoise video games, music, movie making, writing...

-Becoming a spiritual teacher

-Your life purpose

Find a higher life purpose than you otherwise would, find yourself a stage yellow or turquoise life purpose, becoming a stage turquoise entrepreneur.

Spiral dynamics priorities:

- 1) Learn about the theory
- 2) Don't waste your time judging other stages.
- 3) Develop yourself at least to stage yellow

When analysing human inventions or systems, you can always ask:

- 1) which stage was it created by

2)which stage is it enabling

3)which stage is it suppressing or demonizing

Use spiral dynamics to help you to grow yourself, architect a more functional society, to create amazing innovations, to get a glimpse into what the future is going to hold and to help to raise the consciousness of mankind in some way.