

From the Roots Up

A Progressive, Spiritual Philosopher's Notebook



*A Provocative Collection of Counter-Cultural
Notebook Entries to Ponder, Challenge and Inspire*



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*May these notebook entries serve as signposts,
helping to guide you towards The Way.*

*There is no such
thing as 'random.'*

*Everything is
causality.*

*What random really
means is: 'I don't
know the cause(s).'*

Nothing is created from nothing, for there is no nothing. Everything that is comes from something(s) that were, reducible all the way back to the first and, ultimately, the only thing of which everything is. Thus, everything 'original' is made from that which always is.

Creation is reassortment. This is a law of philosophy, art, physics and spirituality; a law inseparable from the whole of existence and the entirety of human endeavor.

Divided
is
conquered.

*The only failure
is being too
afraid to try in
the first place.*

*Before you can
properly take
on the world,
you have to
win the wars
with yourself.*

*The closer you are to
what nature intends, the
healthier and happier you
are likely to be, for
natural cause creates
natural effects, while
unnatural cause creates
unnatural effects.*

*There may be no simpler
or greater wisdom.*

For purposes of energy conservation and survival we are wired to take the path of least resistance. Yet growth requires challenge, requires resistance, and therefore requires that we go against our evolved construct and seek out uncomfortable, challenging situations in which we grow by overcoming resistance, starting with our own internal resistance. This requires not being afraid of 'failure' to the extent where you become comfortable with it and almost seek it out, knowing it's the path to growth and achievement and thereby redefining failure as being so afraid to take chances, put yourself out there and push your personal limits that you never find out what you're capable of.

Life is War

When you're ideologically driven; when you're progressively principled; when you constantly feel the moral imperative to act against those that seek to take a piece of everything and everyone, reducing the potential of all people and all things to serve their greed and ego; when you see this systemically embedded; when you see that equity is all that matters financially else you're a profit to be made, a tool in someone else's trade forced to fight for wages and salaries to survive and experience some comforts; when you see that landlords are leeches; that corporations control the world, including our false sham of a democracy said to serve the people it betrays; that even housing, healthcare and education become opportunities to feed off the people's needs; that food is processed and poisoned, and the people that consume it are made sick and weak in the process without the knowledge and discipline to eat naturally and that the land and animal life are left raped, degraded and murdered to provide it; that religion boxes and feigns to control the all-encompassing Spirit in ways that reduce and strike fear and set at cutthroat odds its gullible adherents; that the people we're taught to honor and look up to and follow in the footsteps of are dishonorable glorified crooks; that morality is mutually exclusive with the prevailing pursuits and belief systems; that all these fronts and many more exist and everyone, especially the most vulnerable, are hemmed in and must be guarded on all sides; when you see all this you know and feel its pressure, and life is one thing above all else: WAR.

What is Love?

Spiritual currency. The dissolution of the illusion of separation. The relative sensation of inseparability, when the illusory barriers built between lifeforms based upon ignorance and limited perception are wiped away.

The Costs of Credit-Centric Consumerism

While credit has the benefit of permitting people without the requisite disposable income access to goods and services which they might otherwise be denied, this access is exorbitant. And I'm not just talking about the interest we pay for this privilege. I'm talking about the broader societal cost of encouraging mass consumerism and increasing the disparity between the ownership class and the working (and mass consuming) class that enriches them through both the credit system and the consumerist culture it perpetuates.

The global disparity in income and wealth across the socioeconomic classes is the primary measure of the disparity in quality of life experienced across global society and all its associated injustices, including all the pressures and inequalities in access to opportunity.

Spending beyond our means to enrich the major shareholders of commercial and financial enterprise only widens the ever widening gap. This disparity is the heart of the low total value of life which the entire planet experiences compared to what we are capable of experiencing, as, in most of the world at least, disposable income and wealth buys all the things, including most of the opportunities, by which we may increase our quality of life. So as the disparity increases, largely through mass consumerism, the 5-10% with considerable means, those that own the vast majority of the global equity through which most wealth is accrued, have ever more while the other 90-95% have ever less, and the total quality of life of the global populace continues to fall. This of course goes to the heart of the Total Value Economics theory I advocate, with the credit score being a major contributor to our reduced total value potential.

The calculation of the credit score is based upon spending for long periods of time across multiple credit cards and other lines of credit, always maintaining a spending-beyond-your-means balance to pay off and spending on credit rather than with cash and savings so that you can 'build your credit.' So, in league with the prevalent consumerist western culture, the credit system is yet another design

to keep us enriching corporations as much as possible while paying interest on our purchases and, in so doing, sacrifice the opportunity, or pay the opportunity cost, of far more valuable investments with far greater total quality of life returns, including the opportunity to pay within our means in a manner that makes us more appreciative of the value of money and more likely to not reflexively, insatiably acquire things but, instead, to save for bigger purchases that have greater quality of life impact, including the possibility of owning real estate, of purchasing an equity share in the enterprises to which we contribute and in anything else we're denied the vast benefits of owning whilst we're financially-leveraged consumers.

Credit-centric, reflexive consumerism also comes with the opportunity cost to be conscientious, selective purchasers that only patronize (and thereby only support the supply chain) of highly ethical companies; the opportunity to be cognizant of the fact that, again, the borrowing and spending of money is a major means by which the few profit off the many to inestimable total long-term cost; the opportunity to realize that acquisitions are not the best route to true, lasting satisfaction which we sacrifice by being duped into never being satisfied with our possessions or our lives, like we're always lacking something that can be bought... that we can fill the void in our hearts with possessions rather than the love, growth, purpose and experiences that actually can fill that void and bring happiness. On top of this there's the outright denial of our responsibility to minimize our impact on the environment through the relentless production, pollution and natural resource extraction that goes hand-in-hand with the shop-'til-you-drop cultural convention fueled by the credit trap; a mind and lifestyle trap. Add up all these costs and you'll find they far outweigh the value of the compulsion we're conditioned to feel; the need to obsess over all the ways in which we're never to be satisfied and to believe we can buy that satisfaction which can only be earned, not paid for in the course of improving our credit as obedient little consumers.

In this 'Land of the Free,' how free are we, truly? It seems to me that you're free to act so long as you act as cultural convention dictates, so long as you consume and have a career enriching the rich and borrow to buy more and believe in the ever more mythical American dream and accept the fantasy that we're ruled over by a democracy and so forth, else you are coerced and criticized and peer pressured into following the type of course that empowers and enriches the majority ownership aristocratic class that has always ruled our nation and most nations past and present. You are free, in other words, to follow the herd, and your freedoms are seriously infringed upon and you are judged, shunned and ostracized by the majority otherwise – few can handle the repercussions of not following cultural conventions.

The people should unite and buy back control of the nation's

agriculture by not demanding the supply of corporations, especially those with inhumane and environmentally ruinous practices, and instead invest our money, both directly and in terms of our demand, in a nationalized CSA (community supported agriculture) system.

When it comes to any consumer commodity demand is king – it determines supply, which dries up without it. Where the consumer procures their produce dictates the market; dictates what is grown and consumed, and all the practices this growth and consumption entails. Ideally such a nationally dominant CSA system will include an educational outreach program in which those that participate are taught the basics of cultivation (which is a highly rewarding and even therapeutic practice from which the vast majority are entirely disconnected, and is beneficial in terms of cost and carbon saving as well) and are encouraged to grow some of their own produce, either through community garden networks (possibly on open plots purchased by local governments and/or philanthropic groups with sub-plots cheaply or freely leased to families or communities) or on their own private property. The benefits conferrable to the consumer and planet and the effect upon agricultural practices and the economy are inestimably great were these possibilities seriously pursued and given government backing, from consumer supported agricultural farms, community gardens and consumers growing their own food on their own land; from the consumer having access to produce that is as fresh and therefore as nutrient dense as possible (as produce begins to degrade in nutrient density and overall quality as soon as it is harvested) because it was produced and harvested as close to the point of consumption as possible, avoiding high-carbon-costing emissions of transport and storage, and from refusing to support the ills perpetuated by conventional agricultural practices. The possible gains are simply far too great to ignore – but one example of how diverting power and money away from the conventionally irresponsible corporate system and their stakeholders is clearly in the majority best interest.

There is a Native American parable that is particularly pertinent to the struggle against the inherently corruptible body and mind with which mankind is perpetually at war – the war between the needing, gratification-seeking, limited, susceptible body and mind and the incorruptible Spirit speaking through the heart.

The parable states that there are two dogs always at war in each of us. There is the weaker, susceptible, corruptible, self-centered, ego-driven dog and the one that follows the guidance of the Spirit through the heart and is ever motivated to learn and grow and serve life as a whole; to serve the shared self; as Buddha said, to serve the big, not the small, self.

Which one wins?

The one you feed the most.

Ironically, a place of religious worship is a place

wherein God is less present than most places, for when you attempt to monopolize the Spirit and exclude all of its other interpretations and their believers, you exclude a great majority of those people and places that are manifestations of God, or the Spirit, and you thereby stand against God.

And this is before accounting for all the ways in which religion acts unjustly towards those same manifestations, such as by discouraging their propensity for critical thought and the doubt which learning demands, by denying them the fruits of scientific inquiry threatening religious propaganda and by brainwashing, bullying and manipulating them to fall in line, all of which are highly offensive to God, or the Spirit, because they're a disservice to what is in the best interests of the Spirit's collective manifestations, i.e. Life.

The more that you come to understand religion and its historical use by those in power and the basis and purposes of its existence and what it has costed and continues to cost us, the more you understand the great irony that little has produced more evil in human history than religion, and that entering a church insults God.

How much can you blame a person for acting unjustly due to a mental shortcoming? How much can you blame them for acting out of weakness or due to stress or because they feel mentally or physically threatened? How much can you blame a person for acting on some pain, pressure or limitation, because they don't know or understand, or because their ego is under duress? It's critical for our own peace of mind and for the possibility of building a relationship with those that think and act unjustly, for the possibility of not limiting ourselves to being enriched by and to enriching only those mythical beings that always do right, and for the possibility of helping them and ourselves along the path of progress, to realize that wrongdoers are not the enemy; they're the victims. It is one of life's most important lessons: realizing that everyone who is in the wrong is always a victim of stress and/or some form of mental or physical limitation. The correct response, therefore, isn't anger or indignation, but understanding and compassion. Listen; lend strength, guidance and knowledge if you can. Make them better by helping relieve them of as much of what victimizes them as you're able. Treat everyone with love no matter what they say and do every time, including yourself, and you'll always be in the right. You'll always seek to understand rather than simply reacting out of ignorance or ego; you'll forgive yourself and others; you'll come to see that mental and physical weaknesses that compel people to commit unjust acts are inherent to the unavoidable limitations of body and mind. Acting in any other manner demonstrates your own relative egotism and mental limitations; the extent to which your own actions are based upon your self-conception, ignorance and intellectual incapacity. For we are all, as mental and physical beings, innately limited and susceptible to various stresses and vulnerabilities. We are all wrong to various degrees.

This is the nature of the mental and physical self; it is

unavoidable. And there will always be more people in the wrong than there are people in the right, for the simple reason that is both easier and more profitable (i.e. parasitic) to be in the wrong. Being in the right requires knowledge, intelligence and the moral conviction that compels progressive belief and action even when tempted by money and easy pleasures to believe and act otherwise. A slim minority possess these qualities, and the pressures of progress thus fall on their shoulders as they are forced to carry everyone else along on their backs kicking and screaming. And the greatest champions of progress must first realize why so many are so wrong. Not because they're bad, not because they're perpetrators, but because of the limitations of the mental and physical self that make us corruptible relative to that limitation and thus give us the capacity never to be inherently evil, but to commit evil acts based upon our limitation and corruptibility. The more progressive you are the more you act on this lesson, forgiving your own acts of limitation and those of others while ever endeavoring to strengthen those weaknesses; to lessen those limitations in and for yourself and for as many of the Spirit's manifestations as you can. And for me, the greatest victims of these weaknesses and limitations and the hardest to whom to apply the principle of treating with love and understanding of victimization are those that see themselves as conservatives; that group that may be divided into two general categories: (1) the corrupt manipulators and exploiters profiting off of victimization of the far larger group: (2) those they dupe, manipulate and exploit – those whose mental weaknesses the first group takes advantage of, turning them into servants of injustice delivered upon the vast majority, including themselves. This second group are those most needing understanding and love by progressives not only due to being the greatest victims in the most need, but because, as servants of injustice, they're the ones that most support evil, and thus are most costly to collective life.

There is no limit to the number of prophets. Anyone that speaks the truth, especially about the nature of Spirit, qualifies. There is no monopoly on speaking the truth just as there is no monopoly on speaking on behalf of Spirit as religions nevertheless arrogantly, falsely, devastatingly pretend to do.

If you're concerned with the veracity and value of the

information you seek and receive, be very wary of your sources. There is no such thing as unbiased for the simple reason that everyone, if pressed, has an opinion. Simply choosing which stories to cover, regardless of how they are covered, is itself a demonstration of bias. And, unfortunately, the prevailing bias of most information disseminators, whether the medium is a TV broadcast, radio, a website or otherwise, is financially-based. Ratings are what matters most of the time because ratings attract advertisers that bring ad revenue to the broadcasting entity. And if ratings are the foremost concern then what appeals to the largest audience is the foremost concern. And because of the mental characteristics of the majority constituting this largest audience that appeal is never veracity and poignancy, but is what the average person finds provocative and entertaining, which rarely coincides with the truth and the most important information from the perspective of its global impact, or its value of principle, morality, progress or any other critical factor contributing to the greatest good of collective life. Therefore, only entities who don't prioritize ad revenue, or income in general, can generally be considered worthy, uncompromised sources, which usually means they must be public or financed by those with impeccable integrity and unquestionable conviction; by those never willing to sell out such conviction. Or, more likely, they must be free from financing altogether, like a blog by someone not using that blog as a source of ad revenue. Such informational sources are exceedingly rare and thus immensely valuable.

*Everyone and everything tells a truth,
whether it, or they, intend to or not.*

*With people, it's a matter of exercising our
ability to see the motivation behind what
is said and done. Why is always the most
telling question, yet how is also revealing.*

*Both when we are dishonest and truthful,
why and how we are dishonest or truthful
tells a truth about us. The very fact that
we focus on the telling of a particular
truth or untruth is itself revealing to those
that see the psychological makeup and
motivation compelling the expresser, before
even delving into the particulars of the
statement's veracity or deception.*

Tribal thought; racism; war; prejudice and judgment

of every condescending, malicious, contemptuous kind; every manner of evil is rooted in the illusion of distinction of identity; is rooted in the falsely misleading sense of separation; an illusory independent self. When the highest truth, we are infinite of one Self, is held within the mind as clearly as it is always possessed by the heart, evil is vanquished. Therefore, the highest goal, what may be considered enlightenment to the extent which it prevails in the mind of the enlightened, is non-ego; the eradication of the small self, and the consequential liberation of the big Self.

This is the Self free from regressive, oppressive, reactive and overly physically, mentally and psychologically vulnerable thought and action. This is the Self existing as a version of the Spirit, within the identity of non-individuality that does not have to be conceived, molded and maintained like the egotistic self, but is eternal, already known and communicated through the heart. Do not react as a self; act as the Self. It's not you; it's We. The Big Self. For above all it is the divided self that kills.

Ego is the enemy; the cause of all greed and injustice. Therefore, ever endeavor to see not as a self, but as the one true shared, united Self.

When you are successful in this you act divinely.

What most Americans fail to realize is that most of our values, traditions and beliefs were built by aristocrats for aristocratic purposes; set in stone by the wealthy and powerful to help conserve and build upon their wealth and power to the exclusion of the vast majority of us. Individualism keeps us divided and easy to control. The idea that capitalism is the 'free market' is a misleading half-truth ignoring the freedom to be acted against, only acknowledging the freedom from obstacles to action as favoring the wealthy and powerful above all others. Socialism is made a dirty word because it threatens profits, even though all those that truly understand it know it is essential to be at least semi-socialistic in any just, progressive society, as it opens more doors and grants greater quality of life and opportunity to more people. Anything that has a market value has to be profit-maximized else the profiteers will be up in arms, and will use our so-called democracy to rip the jugular out of any proposed regulation threatening that maximization to the severe restriction of the vast majority's greatest potential quality of life. For the problem to any moral, progressive human being is that this absolute maximization of profit is indiscriminate, costing those that can least afford it, even when it comes to commodities of necessity and those in desperate circumstances. Therein lies the greatest virtue of semi-socialism: save those in disadvantaged circumstances lacking the wherewithal to save themselves from the lording leeches; save them by granting them the freedom the so-called free market robs them of: the freedom from having their needs, stresses, desperation and disadvantage fed off of by the parasites preventing progress and leeching off of the whole of society, inflicting us with the costs of their greed. Those costs are more than financial; it is the morality, heart, Spirit and evolution of mankind and the life which we steward upon this planet, as well as the planet itself, that pays the price. Terrorist has become another term, like socialist, that triggers all the reflexive non-critical thinkers to respond to the targets with immediate contempt, even though many of those targets have often been freedom fighters defending their nations, families and property from imperialistic invasion and occupation by bullying powers, including America. Our being a land of democracy is more propaganda, as the people's power as required by any true democracy is filtered through the upper-class and corporate interests so extensively that we are far closer to a plutocracy in truth. Even our dominant religion, Christianity, is a remnant of the original truths passed down from a spiritual philosopher after they were hijacked and edited by Empire and put to use to keep the population in profitable line. We cannot simultaneously conserve such traditions and

progress to our highest shared states; these are mutually exclusive possibilities.

Outside of its application to business and private property we should be aware that 'ownership' is ultimately an illusion. The term 'ownership' implies something which never truly exists, rendering it such that it should never be considered an absolute, regardless of its use. The ego says 'that's mine' and enlarges, yet no individualization of the Spirit ever truly owns anything. It does not belong to you, at least this version of you, this individualization of Spirit, for neither it nor you are everlasting. You are simply borrowing it; borrowing that which belongs to Spirit generally, in totality, and which will be broken down and redistributed endlessly, as it did long before and will long after you. And when you are borrowing things for the right reasons you do so in order to apply them to more fulfilling life experiences for yourself and others such that you and it are coexisting in the greatest of purposes: increasing the total quality of life experience for life as a whole.

Divest yourself of the notion of possession and think more along the lines of utilization; its quality of life utility value. You're using it on your journey, not possessing it as a destination in itself. Take this into your mindset, borrowing for temporary utilization instead of taking for permanent ownership, and you'll be less likely to covet for the wrong reasons or to deprive others of things of value which they can better use to improve the quality of their lives simply because you want to 'own' those things; to hoard and control them and consider them 'yours.' This is pure greed, ego and illusive folly perpetuating suffering in

a world wherein there are always a limited amount of resources, financial or otherwise, at any one time.

Most people act as if they are an island, separate from the sea, failing to see that they, like all members of existence, are inseparably bound drops composing the same ocean.

There is this prevailing theme of socialistic critique which asserts that socialism entails a loss of individuality; that it's overly cold and systematic and repressing of passion and humanity and the great joys of being an individual seeking and traversing your own path. And perhaps this is true of outright communism, of the extremes of socialism and its autocratic corruptions, of Nazism, Stalinism, Maoism and the controlled economy and the delusion of being able to entirely control society and the heart of humanity. This is not possible, for the human spirit is too strong and shall always foment insurrection in response to too much control and suppression by those in power.

*I came across another example of this critique in Aldous Huxley's brilliant *Brave New World* and, in fact, find this theme to be one of the foremost objections raised by his dissident protagonist, Bernard Marx, and perhaps by the writer himself. At one point, for example, Bernard is seeking a greater experience than his mindless society's conventions offer, and wanting privacy with the woman, Lenina, that he is interested in not merely for sex, as his society coercively dictates, but for passion and love...*

He is riding his helicopter near to the crashing waves of the coast while Lenina complains of fear and desiring distraction from the gravity of the moment, so she turns on the radio. Bernard turns it off and says: "I want to look at the sea in peace. One can't even look with that beastly noise going on." Lenina: "But it's lovely (the silenced

music). And I don't want to look," "But I do," he insists. "It makes me feel as though..." he hesitates, searching for words with which to express himself, "as though I were more me... More on my own, not so completely a part of something else. Not just a cell in the social body."

I myself, being semi-socialistic and believing in the imparted benefits of the socialistic-capitalistic blend, and being strongly spiritual, believing that the truest identity is Spirit, the universally-shared self, and that ego, the narrowly-conceived and perceived small self, is the source of most tribal, covetous, cutthroat conflicting thought and action demolishing collaboration in the world...

I believe that focusing on individualism over the collective good, as dictated by conservative culture, is the cause of betraying the best interests of humanity; of serving greed and suffering and reduced total quality of life. Placing the individual or, for that matter, any excluding group over the whole is at the heart of most suffering and injustice. That said, promoting and endeavoring through beliefs and idealized systems to work for the greatest total quality of life, the greatest collective good, and even to see others as a version of one's self, in the great spiritual practice, does not necessitate the loss of individualism, for we are both inseparable from Spirit and an individualized form of Spirit simultaneously, and should retain and even honor all that makes each of us unique while possessing convictions conducive to the best interests of the total collective.

Everyone thinks “we’re the good guys,” with the obvious problem being everyone designated in the mind as not being a part of the tribal identity, of the narrow form of “we,” is not one of the good guys and must therefore be a bad guy to some extent; a less good guy at best, an enemy at worst; someone less deserving of resources and happiness at best and not deserving of life at worst. So long as the majority thinks in this way, outside of the larger “we” inclusive of all forms of life, all versions of the One, injustices based upon a lack of understanding and cutthroat greedy competition are unavoidable. It is a prerequisite of the greatest progress that “we” must include all of life; this is an essential step towards the next stage of our evolution.

The greater the love, the greater the potential pain of the loss. The greater the reward, the greater the challenge and risk demanded by the trade-off built into the existence of all things; for the bigger it is, the harder it falls; the higher we soar, the further we may potentially plummet. And, thus, great pleasure and love exist commensurate to the pain and heartbreak that may befall those dealt their deprivation.

Truly secure individuals feel no need to form ideas of themselves in their minds; to think bigger of themselves in their minds, talk themselves up or otherwise reinforce their self-conception.

This type of thought and talk is born of insecurity; of the fragile ego; of the false shadow of self.

Those with absolute faith in science often seem highly arrogant in their implication that science possesses a monopoly on truth. They commonly claim or imply that if it hasn't been recorded by instrumentation or proven through the scientific method that it holds no validity. Yet it is consistently reaffirmed that science has not captured every truth. Furthermore, the employment of reason and philosophical lines of logic are just as valid routes to truth, and perhaps the only routes to the principles and higher truths with the most wide-ranging, valuable application to life. Consider that even a cursory examination of quantum physics suggests that science may not even be capable of capturing the higher truths. The uncertainty principle; the inability of science to explain and predict the quantum mechanisms governing the smallest units and basis of physical and energetic reality; the widely backed theory that every point in spacetime is intimately connected to every other point in spacetime; the experiments demonstrating that our observation and recording of photons actually alters their behavior; the emerging evidence that we can alter our biological construct through belief... all of this suggests that the most fundamental governing forces in existence cannot be captured by scientific proof; what has been called 'the dirty little secret of science;' all these things suggests to me that science should be seen as but one revelatory method, not the only one, and that, at best, science is not currently capable of capturing the most fundamental truths and, at worst, it never will and may not be meant to, as there is, again, evidence suggesting that there is no truly objective truth, only relative truth always in motion and continually changeable when observed by a sentient being. Science, in other words, has become the faith of much of the scientific community and seems to follow the same folly as those of religious faith, presuming to monopolize a higher order of truth without the fundamental basis, the evidence and reason and basis for asserting objective specifics, to claim such monopolization. This is not to say that science is not a powerful tool, it is one of the most powerful, and shouldn't be underestimated. And when all the evidence and repeated experiments demonstrate a truth it should be respected as a truth, but perhaps not as an absolute truth. For when things underlie those truths on the most fundamental, quantum level that are not able to be predicted by science and are altered by our observation and recordation of their phenomena, and when it's reasonable to believe there is no separation whatsoever, that every point in spacetime is inseparable from every other point such that their causal interactions are unknowable, and when all truths captured by science are a matter of relativity that don't necessarily apply when our physical instrumentation, our senses, the velocity by which we travel through spacetime and other factors inherent to human existence are altered, then how can we ever claim any absolute truth is known to science, or arrogantly dismiss other modes of understanding?

*My heart soars
above my body.
Not even my mind
can touch it. Here,
and only here, is
there happiness.*

*“Happiness is
cultivating your
own garden.”*

- Voltaire

Pride distracts you from what is most important: the present moment. With pride you are inside yourself, feeling, acting and thinking from a narrowly self-reflective perspective rather than being outside that self-conception and its concerns; outside of how things impact you as an individualization, immersed and fully present in the moment.

The more you are within your mind and self-conceived identity the less you are without and a part of the complete, fullest, truest form of self: the Spirit.

The True and Total Cost-Benefit of Life

The cost of every life may be visualized as a two-sided scale: The Cost of Living Scale. One side of the scale is weighted by what you charge, or cost, others for goods and services; the value to life that you provide which they demand and utilize, or consume, in service of their lives. This is your total value addition. The other side of the scale is weighted by what they charge you, and what you charge the planet, for the goods, services and other resources that you demand and consume in service of your own life. This is your total value subtraction. From a Total Value Economics standpoint (the economic theory which I conceptualized and detailed through my writing and know to be far more inclusive and representative of the true costs and values of living than the purely financial, enterprise-focused side of value championed by Free Market Economics), both sides of this scale include costs to the health of the planet and the quality of people's lives which are ignored or at least under-appraised in 'free market' theory.

One of things that I think people most need to understand about Free Market Economics is that this disregard is highly purposeful, and has been from the start, for this traditional form of economic theory was concocted in the service of greed, which has been the 'bottom line' motive of its aristocratic and mercantile proponents from its outset. For if economic theory were to focus on the full costs and quality of life values that belong on this Cost of Living Scale the conclusions that would be drawn through its measurements would contravene the capitalistic cause of using economics as a means to concentrate the finite value available to life in the hands of the ownership class; that is, the class that owns the majority of the equity of the enterprises comprising the economy and a hugely imbalanced share of all the resources, material goods and property owned by the people.

Employing Total Value Economics' Cost of Living Scale, when we delve into a person's life we see many costs that they incur and charge others that Free Market Economics ignores, and we begin to reconsider the costliness of life in general. We see that only some of the costs, the costs which Free Market Economics tallies, are charged directly through the buying and selling of the 'market.' But what of the costs that are disregarded by the market? What about, as but a couple of the more costly examples, the cost of our environmental impact upon the planet which everyone, including future generations, relies upon for life, or the cost we charge others when we, for example, deny them the opportunity to enjoy certain benefits through our actions or force them into usurious charges to seek those benefits, such as forcing them to use their savings to make up for any major health ills or to carry immense debt throughout their lives for the privilege, what I believed should be the right, to pursue a high quality higher education, or forcing them to work for minimum, paycheck-to-paycheck, survivalist wages because they lack what is necessary to compete for greater compensation, simply because that is 'what the free market economy dictates' to the immense benefit of the cost-of-doing-

business-cutting, boil everything down to the bottom line regardless of people's lives consolidating ownership class that denies those people the ability to earn a higher quality of life for themselves and their families? Such opportunity costs are made immense following the 'free market,' as they are concealed as they accrue.

Indeed, using the Total Value Economics derived two-sided Cost of Living Scale to weigh the impact of any life on the life of the people and the planet as a whole leads us to some very different conclusions than the purely financially-concerned version of the scale which Free Market Economics would have us employ. One of the first things we find when we switch to the Total Value Economics version of the Cost of Living Scale is that simply choosing to use the Free Market Economics scale is highly irresponsible and costly in and of itself, as it distracts and misdirects us from noticing this irresponsibility and costs by having us instead focus on creating as much income as possible to pay only for the costs of living that are, again, financially charged, regardless of the true total costs we incur that must be paid by the people and the planet in some way. All costs are paid, regardless of how ably the conventional economic theory and business practices blind us to this.

Have you ever truly considered the complete cost of living? And, again, not just the financial costs. Think about the total costs of utilities, the gas and electricity you use in your residence and the gas and electricity used by the waste disposal company that picks up, drives away with and processes your refuse – think about how that energy that you and they utilize is produced; the carbon costs of fossil fuel derived energy. Think about the cost of the food that you consume and all the related costs that most people don't even consider that go beyond what they spend at the supermarkets and restaurants, including the healthcare costs of the inconsiderate consumption of fast and processed food, the costs of consuming animal-based foods that are inherently ten times as costly per calorie produced than plant-based consumption habits (even more so when not purchased from local producers and shipped hundreds to thousands of miles to the store you patronize – the gas and manpower and carbon emissions of that shipping alone are highly expensive), the costs of non-organic, chemical-fertilizer-and-insecticide-intensive large scale farming operations, both in terms of the costs to your health of consuming their chemically-infused products and the cost to the environment, the soil degradation and the runoff into water systems etc.; then pile on the moral costs of the horrendously inhumane treatment of living beings that take place on factory meat farms which the producers do everything they can to make certain you don't see. Think about the costs of your car, of choosing to use energy-intensive planes, trains and automobiles instead of the human energy of bicycle and foot. Think about the energy industry in general, and the difference between green energy and fossil fuel energy that is spewing planet-warming, extreme-weather-pattern-pushing, ice cap melting emissions into the atmosphere. Think

about all the products that you consume that you don't need; that the minimalist finds abhorrent; and think about how and why you are made to feel that you need them by the commercials and peer and cultural pressures applied daily to every member of our consumerist society. What is the cost of producing, consuming and disposing of the related waste? Think about the costs of having a clean, secure place to live, and the costs of healthcare and insurance and higher education, and the strain these basic commodities and services create in the life of those that are charged so much for them by corrupt suppliers because our political puppets side with the greed of 5% of the population over the quality of life of the other 95%.

Both sides of the Cost of Living Scale are of equal importance, because, from the standpoint of every person (or entity), the two sides capture all quality of life values and the costs incurred to enjoy that quality. On the side of the scale representing what you charge, or cost, others for the goods and services, the value to life, that you provide which they demand and utilize, or consume, most of us levy that cost upon people and the planet through our employers, which is of course how the ownership class extracts and consolidates wealth and total value. Your employer extracts much of what you charge others through your providing of goods and services using the employment contract. Because most enterprises are owned, or equity-controlled, by a very thin slice of the population (the ownership class), your financial position, your inability to purchase an equity stake in enterprise and your need for an income to pay for the financially-assessed items on the other side of your scale, on the side weighing what you are charged by others for all that you demand and consume, is taken advantage of by your employer. The truer, fuller value of what you supply is filtered through the corporate sieve, leaving you far less than you deserve. This is the accepted method of using the workforce; of excluding them from enjoying a fair share in what everyone charges everyone else through the enterprises for which they work. The irresponsibility and immorality that lies at the foundation of traditional economic theory and purely capitalistic business practices continues to come into focus: many of the total costs of life are ignored by these systems but still paid by the vast majority of the people and the planet whose disadvantages are taken advantage of by the equity-consolidated standard business. At the same time, everyone is taught that so long as your income can pay for the things that you demand and consume and given a financial assessment by the traditional marketplace that you are personally 'in the black,' even as you, the planet and the vast majority remain exploited victims of the equity-consolidated business model and traditional Free Market Economics teachings. Those teachings are absent a fundamental lesson: nothing is free. Everything, including opportunity cost (like the opportunity to own a share in an enterprise and a piece of the bottom line), is paid for, one way or another, by life.

And when it comes to what we consume, the costs are greater than what we're

lead to believe. Anytime you use something that you didn't produce yourself, or which was not naturally granted by the bountiful gifts of nature that evolved to sustainably pay the costs of its production through symbiotic relations with other beings and its environment, there is a cost to be paid, whether we recognize and account for those costs or not. And, sadly and to the disservice of total life into perpetuity and the health of the planet we all rely upon to serve life, many of those charges aren't recognized by the vast majority because our society, and the values passed down to us from the aristocratic founders of western empire through our society, teaches us to ignore them; teachings you see everywhere, from the get-everyone-ready-to-produce-as-much-as-possible classrooms to the maximizing-equity-is-all-that-matters accounting courses to the profitability-is-all-that-matters business schools and practices upon graduation to what the commercials and cultural conventions compel us to covet as insatiable consumers in our class-based competitions for all the best houses, cars and toys to what the politicians, especially the exclusively-greed-conserving conservative politicians, persuade us to believe through their misguiding talk and action; all these prevailing western lessons pervade the popular mindset and persuade us to think and act in the service of their greedy, irresponsible proponents, even while most of us remain ignorant of the fact that we've been conditioned, or programmed from childhood, to think along such conceptually inconsiderate, immensely costly lines. But there is a better, more responsible way of life: the way of total costs and total value.

Even before conceiving of the theory of Total Value Economics there was something about self-sufficient living that appealed to me. It was an instinctive sense of living in the right that was occasionally alluded to by the reading I've done on thinkers of the past. I sometimes think of Thomas Jefferson, for example, and his vision of every American owning and operating his or her own small, self-sufficient farm; he was one of the few true progressives amongst the aristocratic founding fathers; an idealist who was not exclusively concerned with consolidating wealth and value like most aristocrats.

There are so many costs to be saved through this vision; so much weight to be removed from what we are charged by others, and what we charge the planet, for our total costs of living. Imagine saving all that carbon and money and planet-spreading, soil-killing pollution expended from irresponsibly growing and shipping that food. Imagine having a consistent supply of the freshest, most nutrient-dense (as nutrients begin to diminish the moment of harvest) food at our disposal, and of no longer having to pay the opportunity costs of nature deprivation and missing out on the joys of cultivation? None of these costs are assessed in the traditional free market model, though their payment is evident in our depression and suicide rates and warming planet and generally poor health and ballooning health care costs siphoned off by greedy healthcare and pharmaceutical companies. Healthier

food and medicinal plants grown in our own backyard would vastly reduce this tragically inflated bill charged against the planet and the quality of our existences.

Once we grow at least some of our own food on our own land and get most of the rest from local organic farms and community supported agriculture we no longer incur all the immense aforementioned costs charged to us and the planet by the irresponsible factory farmers; the immense set of financial, health, environmental and immoral costs. And think of the costs we could save with a true energy revolution backed by large-scale government support? Once we have the means to invest in our own energy production through solar, wind, water turbine and other means, depending upon our locale, we no longer incur a financial or environmental cost for the energy we use; we are no longer charged, and no longer charge the planet, for all the immense costs of the machinery, the energy production plants, the burning of fossil fuels etc. that this entails. Once we take on a more minimalist mindset and learn to be more in the moment and enjoy and fully take in the simple pleasures of life we turn away from being mindless consumers coerced by profiteering mass producers and their marketing schemes to endlessly buy and consume things we don't need to fill or placate some psychological sense of need or fear or desire or insecurity that they detestably manipulate, and we no longer pay the associated costs of this consumerism which are similar to those incurred through our food consumption. When we choose to move more by our human energy, when we travel on foot and work the land and aren't daily driving to our jobs to enrich the owners of the enterprises for which we toil we save ourselves and the planet even more. The personal side of our Cost of Living Scale begins to drop dramatically, toward the point of minimization; toward the point of justifiable need and meeting truly fulfilling desires. And when we combine this with creating value for life through our efforts, something which can be done in countless ways, including by advocating for systems that give everyone a seat at the table rather than placing them on the menu and that are responsible and sustainable and protect them and the planet from exploitation and encourage collaboration in common cause pursuant to the greatest good for life in total, our personal Total Value moves well into the positive, away from the prevailing negative Total Value which the prevailing systems encourage. These are some of the means by which the Total Value Additions and Costs are visible and measurable, and thereby may encourage us to lead lives which contribute to a far greater, truer total value addition to both our own lives and to life in total.

Quality is King

Yes, the evidence gathered by paleontologists and interpreted by paleoanthropologists suggests that our evolution into Homo Erectus about two million years ago and progressing towards our modern forms holding our larger, much more energy-demanding brains coincided with our control of fire and the practice of cooking, as this practice allows us to condense food calories and expend less energy chewing and digesting, yielding far more net calories (more calories consumed and less calories expended in consumption and digestion) than when our ancestors were entirely reliant upon raw food. That said, nutritionists find that the most micronutrient dense diet is raw (or crudivore) veganism; and these nutrients, not the macronutrients that supply energy directly and as reserves and the building and maintenance blocks of life (carbohydrates, fat and protein), are what protect our systems and increase our duration and quality of life. And in the modern day Western World in which we aren't expending energy catching and harvesting our food, and in which many don't even cook or otherwise prepare their own food, we have a caloric overabundance such that even when we consume an almost entirely raw plant-based diet we have no trouble consuming the energy we need for our brains to operate at peak capacity while receiving all the benefits of a diet rich in raw organic fruits and veggies.

Thus, in this modern day Western World post Homo Erectus the role of cooking is not as critical to our well-being and is not, as it once was, essential to our survival. In fact, the processing of food in general, including not just what we call fast or processed food but our overreliance on the most common form of processing, cooking, is giving us more macronutrients and accompanying calories than most of us can healthfully process and is diminishing the nutrient density that modern man should be focused on to best serve our wellbeing. And not only do we lose a lot of nutrients when we cook plant foods, but cooking meat, especially at high heat, with direct flame and with the addition of highly processed (non-virgin cold pressed) oils dramatically increases the carcinogenic and inflammatory effect of its consumption; cooking meat at anything over two hundred and twenty degrees Fahrenheit creates carcinogenic compounds that we then subject our bodies to. Cooking anything over this threshold increases cancer and inflammation risk, especially when fried in naturally-inflammatory, high-Omega-6 plant oils. In the distant past our ancestors, dealing with sometime food scarcity and not consuming processed foods or cooking with plant oils, derived more benefit than risk from the act of cooking, even if they were taking on some risk in the process. Today, however, that risk is not worth it, at least from a physical health standpoint; it tastes better, but at what cost? Our best state of being, in other words, is derived from moving away from what helped us evolve into our modern form, as the suppliers and production methods and general environment from which we procure our food is no longer that of the feast-or-famine, scared-of-scarcity hunter-gatherer or early agriculturalist that benefited more from the increased net energy production of constant cooking, from caloric quantity, than from nutrient and consumption quality. Today quantity is the nemesis, quality is the king.

The Point of Life:

To maximize the experience of life, which essentially means to maximize the amount of love experienced throughout life; love of others, love for self, love for the world; love of life in general.

Most of the dishonorable aspects of western culture are fed through all the means by which we're ingrained with the compulsion to shop and consume,

including, to name a few: valuations concerned with classism as captured by the commonly held belief that the higher your socioeconomic class the more material goods you have and the more you're worth as a person as judged by society; the commercialistic means, with the psychological manipulation of the masses made through our constantly being bombarded by advertisements that play on our fears of missing out on something; the promotion of individualism, in which we are generally divided from one-another in our property and pursuits and thereby feel the need to compete with one another and possess things for satisfaction in substitution of the satisfactions we'd receive from commonality, communalism and connection.

This compulsion to shop and consume is a cultural value that is disturbing on many levels, including the fact that it was created to enrich the select few that own any considerable equity stake and profiting interest in the vast majority of the companies selling the goods and services shopped for and consumed and thereby serves to expand upon the disparity in income, wealth and quality of life across society created through those purchases.

This conditioning also misdirect us from the fact that products and services are poor substitutes for the types of enriching, quality relationships, experiences and pursuits that offer true, lasting satisfaction building to happiness; experiences and pursuits like geographical and cultural and all other forms of exploration, property and social cultivation and mentally-enriching education. The shop and consume compulsion is also highly environmentally irresponsible considering the planet-warming, ecologically-degrading by-products of the production and disposal of the excess goods and services we buy in the vain attempt to fill a void in our satisfaction that can never be filled that way – that can only be filled with the aforementioned experiences and pursuits and, of course, with love – love of the experiences of life, of the connectivity we create between us, and the love of self that comes from living honorably with a sense of purpose and conviction concerned with promoting the greater good. We lose so much to the buy, buy, buy mindset; far more than most see or will admit, and all so that a sliver of the population can sit on more wealth than they can ever use to increase their quality of life while so many others around the world are desperately deficient in the resources that, with even a tiny piece of that collective financial waste, could drastically increase their quality of life.

Good and Evil in Human Relations

Right and wrong in human relations of every type boil down to a simple dichotomy of what motivates the relative thoughts and actions feeding the relationship: heart or ego. On one side is a following of the Spirit and its truth of shared essential Self towards what is best for all, towards connectivity, understanding, empathy and mutual best interest.

On the other side it is a following of the narrow-minded self-conception and its falsity of separation and the self-centered interest it perceives, regardless of the cost to greatest good and mutual interest.

Spirit or ego. Shared, essential, eternal Self or divided, transitory physical self. Big or small. Connection or division. Good or evil. All effects are relative to this core cause. Which is why I see the evolution of the human species heading toward the endgame of infinite potential manifestations of life, terrestrial or otherwise, even as those lives are lived with as close a connection to other lives with as much of a seamlessness and collaboration of commonly shared, symbiotic intent as possible.

When I look into your eyes I see a

version of myself looking back, as we're all biological manifestations of the same being evolved from the pure energy encompassing all space, time, energy and matter for the sake of limitless variety and perspective upon one inseparable existence. When I practice looking at the world and 'others' in this way it encourages a form of transcendental meditation; an ability to transcend the physical and mental self and inhabit the entities whom we observe and interact with. Try to see things from their perspective, to feel their pain and pleasures; feel their related experiences in order to live their moments with them, thereby engendering far greater intimacy, empathy and understanding than when acting like an entirely independent being.

Don't even think of members of the opposite sex as potential mates. Think of them as friends, regardless of your sexual attraction. Block such thoughts from your mind. Don't give into them. Don't sell out to this impulse, hold out for the far greater good. Take sex out of the equation and everything will be easier and more natural.

You're much more likely to create a strong emotional connection and foundation for a powerful relationship that will serve you, and your sex life, much better over the long run. The sex impulse, in other words, may very well be what's preventing you from having sex, and especially the best sex built upon a strong emotional connection.

There is only one reason that big-business-controlled Republicans want 'small government,' and it has nothing to do with the ostensible reason they sell the ignorant, gullible, non-critical-thinkers: because they believe in Americans' right to freedom.

They don't give a shit about any form of freedom except being free from the controls, regulations and taxes that reduce their wealth.

The small government ideology is based upon the same foundation which almost all conservative policy is built: serving the greed of the very select few at the cost of the vast majority and the planet that always pays for this greed. Nothing is free, and it's not the greedy who pay. Small government means as little regulation as possible – the fewest hurdles and lowest possible cost of production for the highest possible profit for the increasingly more consolidated suppliers of goods and services across all sectors of the economy.

Of course, the owners of big business interests advanced through both major parties, but the Republican Party especially, hide these true motives and deceive the public, concealing their true motives behind ostensible motives for reducing the scope and power of the government and the 'tax burden.' A desire to reduce government size and debt, stabilize the economy and make the economy and the businesses that compose it as unimposingly 'free' and efficient as possible are cited in order to conceal their true motives: being taxed less and being able to do whatever they want with their businesses regardless of the effects on the environment and the working class which are heavily infringed upon and lose the opportunity to grow into the best forms of themselves in the inseparable process of the super-rich being free to take as much advantage of them as possible.

Government spending is the central means by which the disadvantaged and the public in general are granted greater advantages, opportunities, well-maintained infrastructure, clean urban and rural environments and reduced stresses in their lives. Economic regulation is the central means by which the working class and the environment are protected from irresponsible business practices and their transgressions. Conservative fiscal policy betrays the people and total quality of life on both these indispensable

fronts, dishonorably choosing to serve the greed of the few instead.

And, again, they attempt to confuse and conceal this by claiming that, as one of their main arguments, the rich are already overtaxed and there's no way to pay for what the naive idealists want, like free healthcare and higher education. Nonsense. First of all, the nominal, or gross, tax rate isn't the true, or effective, tax rate. The gross or stated tax rate conservatives cite to justify their greed is that which exists before tax write-offs, or deductions, most of which are only available to property and business owners and investors; i.e. the wealthy. Tax rates are reduced relative to the types and amounts of deductions qualified for. Most qualify for few such deductions and, thus, the rich have rigged the game.

There's a reason Warren Buffet talks about the absurdism of paying a lower effective tax rate than his secretary, and it's not because the rich are overtaxed; it's because they perpetually lobby and pull the strings of their political puppets to keep as many possible deductions available as they can and keeping the corporate and inheritance and capital gains tax rates as low as possible (all of which help them keep consolidating as much of the world's financial and general resources as possible, which are further used to maintain or accelerate that consolidation) while declawing or outright destroying all protective regulations. And this is before all the government expenditure on 'defense' and subsidizing GMO agricultural business and other means by which our very limited public funds would be much better applied to the total quality of life of the people as a whole, rather than on making the rich richer.

Don't believe their bullshit. Greed is the heart of conservatism.

*Want to know about the true costs of
what we eat? Watch Food Inc.*

Everything about the ultra-consolidated, morally-minimized food production industry is about bigger, faster and cheaper production for the profits extracted by the greedy few. But when you actually look at the total costs, when you look at the human, environmental, health and moral costs it's not cheap at all but as expensive as possible. It's just that conservative free-market economics teaches us to ignore these total costs, the massive negative total value produced by this industry and its top corporations, because the interests that crafted that economic theory and that espouse its twisted virtues would much rather we remain unaware of these costs, because an aware people wouldn't support them in their humanity-and-general-life-decimating costs of doing business.

*Cravings are weakness
leaving the body.*

*The more you deny them,
the stronger you become.*

*It's as if 75% of the energy and efforts of our so-called
representatives are dedicated to games of undermining,
manipulating and outmaneuvering political opponents and to
serving the corporations financing their careers, and have nothing*

to do with actually leading or governing or concerning themselves with the best interests of those they are said to represent. Under our current outdated, perfectly divided two-party plutocratic system in which favor is legally bought and sold, if you don't have the means to advertise yourself you can't survive as a 'representative,' and you can't have the means without being open to corporate-scale campaign financing and related lobbying, and you can't even get to this point without being endorsed by one of two heavily financed and controlled political power centers that, in their perpetual division, keep most any great populist progress precluded. These inherent characteristics of our current political system necessitate that we do as the Declaration of Independence empowered the citizenry to do from the beginnings of our nation.

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness. That to secure these rights, governments are instituted among men, deriving their just powers from the consent of the governed, that whenever any form of Government becomes destructive of these ends, it is the right of the people to alter or to abolish it, and to institute new government." Our government has become destructive of these ends, and we have the right to abolish it, placing true, for and by the people democracy designed for the modern era in its place; a government truly deriving direct consent from the governed, if not governed, to a large degree, by the people themselves, creating the basis for building far greater opportunities for the vast majority to pursue happiness; opportunities currently grossly inhibited by a system serving those with objectives which are mutually exclusive with the best interests of the vast majority.

I like Buddhism's emphasis on letting go of the desires and perceived needs that underpin suffering; of not clinging to people, things, aspirations, the need for recognition and status and such which, when these desires and perceived needs are not realized, produce suffering. Practicing not clinging can indeed

mitigate suffering, and I've reminded myself during certain times of suffering not to cling to certain possessive thoughts and the feelings they trigger; feelings of anger, sorrow and resentment.

For example, I once possessed very strong thoughts and feelings towards a certain young woman; a coworker whom I couldn't help but adore and, as is my tendency, whom I became obsessed with. It had been a long time since I felt so strongly for someone, and her presence and my interactions with her made me painfully aware of the massive aching void in my heart that I'd long learned to ignore. It was as if her phantom filled that hole for a time, and I couldn't help but imagine what it would be like if she were to take her phantom's place. I began to romanticize her, thinking her one of the greatest people on the planet, and there's no way to say that she wasn't, and that I couldn't fall madly in love with her, and perhaps her with me. But of course she had a long-term boyfriend; a great guy she was madly in love with. But my heart didn't know the difference. She made me aware of my aching void, and was the only one I interacted with on a consistent basis that so ably reflected that inner ache back to me.

Thus, due to my obsessive fixation on her she could, in my absolutely vulnerable state, torture and crush my heart swiftly and easily and, indeed, did so regularly, though not usually purposefully, but because I loved her I couldn't stand to see her flirt with other guys or for other guys to make her laugh or to hear anything from her that even implied that she would rather be doing something other than spending time with me. Of course, I also learned painfully that anyone possessing great power over others, even very good people, can't help but wield that power to some degree, a degree typically relative to the security of their egos. She constantly did little things that reminded me of this; this was the value she derived from me; an egotistic satisfaction. So I constantly did my best not to cling. I tried reminding myself just to appreciate the time I was granted with her and not to

cling to any idea of having any claim whatsoever over her, or to allow my low-esteemed ego at that time to pain me by telling me that she seemed by her actions to appraise my worth as being so much less than those she spent time with by choice. I was tormented by my love for her and inability to disentangle that love from my desire to have an intimate relationship with her and my reflections upon what my interactions with her and her interactions with others seemed to suggest about my sense of self; my fragile ego. Gradually our relationship became more and more unsustainable; an ongoing reinforcement of her ego through the diminishment of my own. My love for her was used against me.

So I used that emotional suffering to practice not clinging, and it helped. I gradually learned not to covet any claim over her, and to simply be happy that I could spend any time with her at all. And I've long practiced not clinging to any vulnerable, egotistic sense of self, to various degrees of success. But I also see a danger to this Buddhist practice. Buddhists go so far as to say they don't even cling to the body or to life, for these too will be taken from you eventually. The problem is that this not clinging can easily lead to not engaging and not taking full advantage of life; to not being proactive and not fully living; to denying the fulfillment of desires that can make life worth living. Not clinging can, if taken too far, lead to disconnecting from life and relationships and our responsibilities toward other lives. I think you have to accept some suffering and risk in order to pursue the greatest rewards of life; in other words: you have to cling to the possibility of happiness else it may forever slip from your grasp.

*Meditation is about connecting with
the Spirit by letting go of the mind*

and body; about drawing closer to the one essential, universal Self by letting go of the mind and body that constitute the individualized aspects of your current form of self. In the deepest states of meditation you lose your mind, your ego, your body. You sense that there is no such thing as 'this self' beneath it all. This self is an illusion; an impermanent form of that which constitutes all things; all forms. This is where we dwell when we meditate. Here, fully here, suffering ends, for there is no 'you' which things reflect upon negatively. There is no mind to be troubled; no body to be pained. It's all one We.

People who speak the truth

are always misrepresented, vilified and undermined, as they challenge political correctness, conventional wisdom and the beliefs, systems, individuals and hollow justifications backing greed and its controls, along with every other self-righteous delusion; they refute false notions of truth and righteousness clung to by those blinded by ignorance, self-centeredness and ego.

In Vino Veritas

When the nerves and inhibitions are diminished not only thoughts but personalities and, indeed, every aspect of the mental self is more readily revealed, bubbling up to the surface and released more naturally such that thoughts and feelings already present are more likely to be laid bare – the truth is more likely to be presented to yourself, you're more likely to accept that truth, and you're more likely to express all those feelings buried beneath the timidly apprehensive surface.

In everything but the financial sense of market value, in the far more meaningful and significant form of value, the value of all of our possessions, of all our material and monetary holdings, is entirely dictated by the value they add to our lives; by their quality of life utility value; by how much they add to the quality of our experience of life. If we do not use them, they add little to negative value. If they take up space and occupy our minds and time and energy and must be maintained while adding little to nothing to our quality of existence, they likely have a negative overall quality of life value. In the context of the Total Value concept (see Cultural Cornerstones, Recarved or Infinite of One), they have a negative total value. What we possess can weigh upon us, and only if those possessions do our lives or the lives of others a service may they be considered to contribute a positive total value. And, indeed, many possessions which would be better off liquidated and having their value rededicated to greater total value do us and others a disservice. This is especially true when opportunity cost is taken into account, as it must be in any accurate evaluation. Opportunity cost demonstrates the disturbingly dishonorable waste of a society with as vast a disparity of wealth and possession as ours.

I know from experience and reflection that we have not one single 'soulmate,' but can love innumerable many; that each of us can fall in love with untold millions made into our 'significant others,' and that it is the dedication of our time and energy, the focusing of our hearts and minds and the building of a life with someone that makes that love feel irreplaceable. And, of course, to a certain extent that love is irreplaceable, for we cannot create as profound a connection with everyone due to incompatibilities of personality, character and belief. And every connection is different, such that, in moving from one love to another, it will be clear that the new love is not exactly the same. Every love is unique, but innumerable can be equally profound. Even the most earth-shattering sense of love, the head-over-heels, loss of all sense of self-concern, heart-soaring, ultra-vulnerable love can be replaced by one equally as profound and impactful, albeit different, and special in itself. I'm reminded of the love I held for a coworker once. It was intense. It haunted my heart and mind, and my thoughts fixated upon her.

We spent a lot of time together, conversing for hours sometimes, and she became lodged in my heart and mind despite all of my self-preserving attempts to kick her out. But that love I built for her was based upon her being a captive audience. It was just her and I, and one other coworker in this facility whom would only chime-in occasionally. That was what made that love possible. For the connection we all may build for one-another, that every manifestation may establish with every other to some degree, what we call love, is based upon understanding. In romantic relations it usually starts with physical attraction, but that is just the shine of the lure; it cannot keep you on the hook; in and of itself that attraction can only satisfy lust. And after a time I was completely impaled upon her hook, so much so that sex was the furthest thing from my mind when I was around or was thinking of her. I wanted it all; I wanted to fan that flame of loving connection.

And that, again, was because I got to know her. Yes, she was awesome; beautiful, intelligent, sweet, charming and possessing of lots of parallel interests and values as myself. So we were compatible in that sense, which is necessary in order to tie the greatest, strongest of bonds. But I was also aware of the fact that there are millions of others that qualified, they just weren't captive audiences. All those other women weren't forced to stand firmly upon the bridge of connection that, when well enough tread, creates love, so most such loves are never to be known.

There was a powerful lesson there: spend time really getting to know anyone of any serious degree of attraction and compatibility and love will blossom; it is all but inevitable. All our lives are lived with countless unrealized loves passing us by. Yet, this is not a bad thing so long as our hearts are filled; so long as some great love is lodged within. There is but one soul, Spirit, and each of its manifested lifeforms may be bound in love to innumerable other manifestations.

The Eternal Self Already Knows What You'll Do

The Spirit, constituting the pure energy composing all things and not being dependent upon matter and, therefore, not constrained by a body and not proceeding along a linear existence as material bodies do, a linear existence we call time and know as the fourth dimension, must therefore know what lies at the end of all the lines and how they intersect; must exist at every point upon that line; every point of what we call the past, present and future. The Spirit exists at every point in spacetime and as the essential-most element of all matter. It cannot be divided from or exist independent of any point in the existence of anything, because it encompasses everything. Such an existence is very difficult for the human mind to grasp, considering how bound we are to our material bodies and finite existences. No beginning, no end, existing at all points along the spacetime continuum at once.

Our current sense of self is but one layer in an infinite number of layers of the truest, unchangeable spiritual Self. And the very fact that this spiritual Self, the Spirit, chose to expand from its energetic eternal singularity into an infinite plurality of finitely existing forms of that indestructible, ever-redistributing and reforming energy suggests that it is existence that matters most; that the point of life is life, the inherent value of the experience of existence across infinite finite material forms of existence made possible by spacetime and matter. If this were not the case, if limitlessness of existence were not the point, Spirit would not have chosen a finite, infinite plurality over its eternal singularity that I believe is, or was, from our individualized perspectives, its original state of being. The Spirit chose the possibility of life as an extension of its divinity; its divine voice speaking through all hearts as the truest, incorruptible Self of every being in existence.

Amongst the fundamental problems with too much self-definition, with

forming an identity, a set of characteristics around which you build your idea of yourself, your ego, are the effects of conformity and constraint. The more you've built up your identity with said characteristics the more you feel the need to conform to those characteristics, the greater the self-imposed constraints of that conformity. You limit who you can be and what you can do by trying to adhere to a narrow self-conception.

Everyone notices certain things that seem inherent to themselves, but few of them, aside from certain natural capacities, or aptitudes, are truly inherent; are essential, indivisible elements of yourself. So I think that, ideally, you identify and apply your aptitude to building the best quality of life for yourself and others, to getting the most out of your experience of life and putting as many others in as good of a position to do the same, but that you keep your idea of yourself as open and general as possible so as not to limit and mislead yourself and build up an illusory idea of self that you think defines 'you' but that is really something you molded, as if out of clay, that can easily be remolded into whatever shaped identity you want. Don't set your clay, but leave it wet and moldable; as flexible and as limitless in its formations as possible.

For example, saying that I'm good with words and at developing and entertaining ideas... these are general aptitudes; abilities I believe that I'm naturally gifted at and well equipped to apply to the creation of quality of life value for myself and others. But if I call myself a 'fiction writer' or a 'creator of game concepts' I begin to narrow myself, and to limit my experiences and creation of value. And while specializing can be a very valuable thing, as the better we are at anything the better we can use it to create value, all while others apply their own specialized value, I think we pay a very heavy price by narrowing our paths, as we're that much less likely to allow our identities to expand and to see ourselves in a more general light and be open to people and experiences and such that don't fit, or overlap, with constraining labels – this limits us and, as with certain identifying labels, like those of religion, nationality, ideology and such, puts us in the position to see ourselves as inherently different from and in competition or confliction with others that we or they apply separating labels to. We're bigger and less likely to conflict with one another when we're less self-descriptive and self-identifying. The whole make the rich richer system that everything is built around in this country and more and more of the world at large, growing like an

all-consuming parasite boiling everything and everyone down to the profits to be extracted by the ownership class through the socioeconomic-political apparatus, has us all by the balls. We're all forced by the necessities of survival and basic desires to work in the ownership-is-everything model of equity-consolidated businesses that, through that equity consolidation and the treatment of employees as costs to be minimized cogs in a heartless machine on the business's balance sheet, only make the rich richer while everyone else maintains a mostly flat compensation that largely ignores merit and attempts to exclude those employees from a fair reward for the value they contribute to those businesses, thereby binding our professional productivity to a modern form of aristocratic servitude, with the aristocrats being the ownership class of those owning any significant share in any major commercial enterprise. At the same time we're hit on the other end of the equation.

We work to enrich others, at least until we can afford to buy-in ourselves, something which but a select minority ever accomplishes, all while simultaneously being encouraged by the American Dream and its equivalent in other nations following our lead to continue to enrich that modern ownership class aristocracy through our purchases with those straight-line compensatory wages and, for the middle class, salaries.

Our culture, from the advertisements to the conservative ideology of valuing ourselves based upon our possessions and socioeconomic class and buying power and such, has indoctrinated us from youth and inculcated us with this consumerist, materially and financially hoarding mindset. This includes not only the more basic items like furnishings and electronics, but the big ticket items like cars and houses. Convincing us that we need these things to be complete and happy locks us into the consumer and credit traps that enrich the ownership class that we already work to enrich through our professional efforts. We serve them on both ends of the economy; on both ends of the accounting equation.

The only way for most of us to have our own house, after all, is to have an interest-owing mortgage, the only way to have the mortgage is to have the consistent work history, to be an effective cog with a strong salary or wage leading to a good credit score, and the only way to have a good credit score is to buy lots of things with lots of credit cards and other lines of credit through gouging lenders. We're all trapped and

played by the system, and so few really fight their way out or even, from my experience, seem to question or resist their binds all that much, even though this working to enrich and consuming and borrowing to enrich set of activities absolutely dominates the time and energy we expend throughout our lives. Most of what we do is based upon these traps; this servitude to the greedy exploiters, extractors and consolidators who of course mostly own our sham of a democracy; this is how we spend most of our lives. The only way to pursue the dream we're all told to dream is to enrich the business owners that had the wealth to buy the businesses by working for them and buying from their exploiting band of cohorts. Have your disadvantages exploited in order to have a chance at becoming an exploiter yourself in this land of the free to make the rich richer. How can we believe that this is the best we can do? That it best serves us all?

We all must feed the greed and ever growing disparity in income, wealth, opportunity and quality of life just to have a shot at the house and the car and everything we're conditioned to value in western society. To me it's tragic that more people don't see or question these things, and I hope the younger generations will, because the equity-consolidated business model and the credit and consumer traps are central to the production of evil in the world, for injustice and its evil sufferings worldwide are based more upon the disparities in quality of life which these systemic traps inherently exacerbate every second of every day. This is, perhaps, especially the case when it comes to the lives and environments with the longest, ugliest histories of being exploited by the West because of their underdevelopment and because their governments don't protect them but are instead bought-out by the exploiters and/or don't have the largesse to defend themselves from the neo-imperialist aggressions of the West that are as much economically globalized and commercially hegemonic as anything. We're all being tapped from all angles like the expendable resources the equity-consolidated machine treats us as, and the degree to which we're tapped and trapped is always based upon our collective ability and will to question, resist and fight off their parasitic shackles.

I think a strong argument can be made that the ego is largely a compensatory device that we use to mask our sense of weakness and limitation; our vulnerability, limited capacity, insecurity and the like. It seems to me that the more a person uses, or demonstrates, the ego, the less secure they are. It's like an equal and opposite reaction: the more the egotistic talk, the more the self-doubt. For the outpouring of the ego is mostly triggered by a need to compensate for self-doubt; an attempt to counterbalance this uncertainty of self and its connected fears with self-assurance. After all, the only reason why anyone is ever compelled to try to build themselves up in their own minds or in the minds of others is because they feel small – to some degree they feel weak, limited, vulnerable, etc.

If they didn't have the need to feel bigger, they wouldn't find a need to use the ego thought and speech that is very easy to identify, whether they're saying it outwardly or just inwardly, within their internal thought processes, trying to appear better than others; smarter, more knowledgeable, more capable, better looking etc. Our relative use of this thought and speech is commensurate with our insecurity. The truly self-secure have enough confidence, enough belief in themselves not to feel the urge to build themselves up in thought, speech and action. They know they're big enough already. It's the internally small that need to convince themselves or others that they're big.

You can boil all the talk of freedom and its use by the founders and their inheriting ownership class aristocracy down to a simple

fact: when it comes to the type of freedom that most believe is the only version, the no obstacle freedom to do as you wish, the more power you have the more you benefit from having no obstacles. The greater your means the more this type of freedom can be used, and abused. You might visualize this form of freedom as the ability to break down walls. It's the trebuchet.

Protective freedom, the positive freedom of purposefully creating those fortifications which protect the vulnerable from being encroached upon and pillaged by the negative freedom wielders, the type of freedom preventing those possessing the negative, obstacle-free form of freedom from unjustly using it (including when we use it against ourselves due to a lack of knowledge and discipline), is actually sold as a lack of freedom in our prevailing, traditional American ideology. Why? Because this vital form of freedom restricts the ability of those that have the greatest power to act; to use the negative form of freedom to profit off of those with insufficient positive freedom. Positive freedom costs profit.

The vast majority have very limited negative freedom; we are controlled economically, politically and culturally. It is therefore clearly in the best interest of those that most benefit from the negative form of freedom to sell that negative freedom as if it's the one and only type, and to make it a bedrock of the American identity. We're a 'free country' with very few restrictions. It sounds good, just like it sounds good to say we're a democracy; it sounds virtuous. But it's a misrepresentation; an oversimplified deception made to control the people and keep us trapped in systems from which the few extract and consolidate. The more unlimited this so-called virtuous negative freedom the more that those that wield all the wealth and power use it to restrict the quality of life, opportunity and potential of the vast majority.

You don't go anywhere when you die. You're already there. We're already and forever here, within that which makes up all

things. We're within Spirit right now. Everything you see and feel is Spirit. It's everywhere and everything. The essential-most element that not only cannot be created or destroyed but cannot be reduced to a more basic, or fundamental, set of constituents. There cannot be anything outside of Spirit, or God, because there cannot be any true, absolute separation, and because absolute annihilation, or nothingness, is equally impossible.

There is no separation or division between us and God. We are made to believe that separation and division exists because it appears such to our limited senses and intellectual capacities, and because separation and division are necessary for the formation of certain religious and imperial constructs, the hierarchies and idolatry and after-life myths and the divide, conquer and control methodologies by which they've always attempted to control the minds of mankind, but these separations and divisions are never absolute; they are always relative to concentrations of the one essential energy source that is the building block of all things.

Spiritual hierarchy, separation, division... these are untrue. We are an indivisible part of God; forms of the Spirit. Upon the cessation of our corporeal existences everything that constitutes our individualized selves is reintegrated with the perfectly universal collective Self; the truest Self: Spirit. If I were to endorse a version of reincarnation it would be this; the constant recycling of energy into material embodiment. We have no individual soul that is separate or levels up to some higher plane or finds its way into an afterlife, but our essential Self and everything that makes up our individualized self is infinitely reborn; everything constantly reintegrated and constituted into infinitely new forms of the one thing across the spacetime canvas upon which our total existence is painted with limitless colors.

Collective Translations

None of our ideas are purely our own. We are not the point of origin. Everything that I think and write and create and say is a product of innumerable experiences and knowledge that I've accumulated. Everything is inspired by something or someone else. I use all of this data to create things that are new to me, but they are not absolutely novel – they are a product of any number of things that have entered my mind. I simply manufacture apparently new things out of those preexisting things. I am but one of the causes of the creative effect, just as my effects will contribute to the causes of future creations. It is only our ego – our need for recognition and validation – that says “this is mine.” “This is my creation.” It is always our creation. Some are just more gifted compositional translators than others – better at translating data, ideas, inspirations and the like into products that appear entirely novel.

True wealth is spiritual wealth; wealth

of spiritual satisfaction experienced as love transmitted through our energetic focal point, our greatest concentration of Spirit: our hearts. Wealth is both the priceless power of this feeling and the power of our solidarity of shared purpose and identity brought about through it, all of which the conservative notion of individualism and its dividing lines and hoarding of property and financial wealth and accompanying power-over-others concentrations precludes us from possessing. The more that financial wealth and all of its accoutrements are the goal of any culture, in other words, the more we are restricted in our ability to together build the much greater version of wealth: the wealth of Spirit.

The conduit between heart and mind does flow both ways, for the thoughts of the mind may act upon the heart, but it seems to me that far more flows from the heart to the mind than vice versa. The heart has far more influence on the mind than the other way around, I find, which is just more evidence to me that the heart is the base of our existence – the most essential element – the greatest gateway to Spirit, the essential Self.

The greater the desire, the greater the attraction

and love, the greater the potential for misery related to the loved and desired subject; the flip side of the coin; the equal and opposite ready to react as soon as the coin is flipped. One cannot be experienced without the potential for the other.

There's always a commensurate degree of potential pain traded for every pleasure.

It's therefore so easy to see why so many build up walls around their heart; why we all do, to various degrees, and why some do it to such a great degree, based upon their pasts or the fear they feel when they yearn and love, that they refuse to let anyone in and eventually become hollow and embittered. I know it's out of fear and vulnerability, which is what makes it ironic that those that act as though they're 'hard' say it so often, and why it's a hallmark of the hardcore rap artist and those that emulate them, but it's easy to understand the 'fuck bitches' sentiment.

It's another way of saying: If I let you into my heart you could hurt me badly, so I'm going to pretend I don't give a shit about you instead.

Dwelling Within

I know the power that meditation has for me: the peace and revitalization I receive from dwelling in Spirit. I know in these moments of dwelling in my heart, with my mind clear, that, beneath this impermanent, ethereal form lies my truest Self, and it is indistinct from all other selves; all other individualizations of Self. I feel the truth of inseparability. No 'this self.' Only the Self. This is where we dwell. This is meditation. Here, fully here, suffering ends, for there is no 'you' which things may adversely affect or upon which things may negatively reflect. It is all one – all We. Meditation is about connecting with the Spirit by letting go of the mind; about drawing closer to the Big One by distancing yourself from the small one. You let go of individualized truth so as to be naturally, gravitationally pulled into the greater truth.

I used to think that I detested salespeople; that there is something dishonorable in the pushing; in the peddling. And to some degree there is something ignoble in too much pushing. But eventually I realized that it's not the selling itself that's necessarily despicable, for we all have something to sell, whether it be a product or a service or just our talents, efforts, time and energy. We're all selling something: ourselves, and the work we do. So it's not the selling that's inherently dishonorable, it's what's sold and how it's being sold. High pressure salespeople that live and breathe sales and can't have a conversation or make new acquaintances without thinking about how to manipulate them in order to turn them into a customer; that can't even avoid the attempt to turn family and friends into patrons for the sake of greed, for the sake of making as much money as possible in the total absence of scruples and dignity; there is certainly something shameful in this methodology.

And it's worse when what is being sold is of questionable overall value; when the product or service adds little to no to negative value to the lives of those that consume it and when it is sold by a company with irresponsible business practices that exclude their workforce from a merited share in its profits, as the vast majority do, and engage in pollutive manufacturing processes and take advantage of people and places unable to protect themselves from exploitation, from having their disadvantages taken advantage of, in terms of their workforce and the derivation of the natural resources they use to make their products and such; all those things which have negative values which must be balanced against the positive value their products or services add to the lives of their consumers in order to determine the total value of their commercial activity. But when what we are selling has great value, when we truly believe it will add value to the lives of those purchasing and consuming it, and when we sell it honorably, then we're in the right.

With me it's my writing and my ideas; I truly believe that my ideas, when understood and if embraced, explored and implemented, can and will have a positive impact on those that consume them, so to speak,

That is what I am selling, and if others believe there is enough value there to support my ability to continue doing it, then I will continue to be able to dedicate as much of my efforts as possible to doing so.

Loaning Life

Death is simply the cost of life. It represents a balancing of the energetic equation. It is the necessary trade-off; the yang to the yin of whatever energy is involved in bringing matter into life being returned, as all energy, including the energy maintaining our bodies, is borrowed and must eventually be repaid.

Not only is the Business Collective (see Cultural Cornerstones, Recarved and Infinite of One) the far superior commercial construct in comparison to the modern equity-consolidated corporation in terms of its ability to promote a meritocracy in the workplace, justly rewarding those that contribute to their organizations relative to the value of their contribution pursuant to rectifying the absurd disparity in income and wealth underlying the vast majority of evils delivered upon mankind, but it's also far superior in terms of morale and fulfilling the heart and mind of the worker. Everyone knows the difference between being a cost-minimized tool of a business and a legitimate member of a business when those differences are experienced. The difference between the mental and spiritual health of the wage-earning employee, even the salaried employee to a large degree, and the equity-sharing owner-operating member of an enterprise is immense. You feel like you're a legitimate part of something and therefore feel much better about your endeavors on behalf of that something, and are likely to work harder and develop a far greater passion for your work than you do when you feel like a cog in a heartless profiteering machine, which I think the vast majority of modern day workers feel like.

Not long ago I was successfully encouraged by a nurse friend to seek health from a naturopath, and finally some of the dark corners of my conditions and overall state of health were revealed. The naturopathic doctor that I saw, who was a full-fledged physician in addition to being trained in the use of herbal supplements, nutrition, exercise and relaxation techniques, including yoga and acupuncture, revealed to me the way in which the medical profession must inevitably progress, as she was truly holistic; she looks at the entire patient and digs for the root causes of their symptoms; the underlying imbalances themselves; instead of simply attempting to conceal the symptoms without trying to treat the causal imbalances.

Most of our imbalances begin in our guts, she informed me, where the body produces the majority of its neurotransmitters affecting mental health ('leaky gut is the same as leaky brain,' she'd say) and where the body is forced to process unnatural elements which the human body didn't evolve to healthfully process, including foods high in lectins and gluten and similar products which damage the gut lining, causing an inflammatory response that can spread throughout the body.

Removing these things, including grains, dairy and sugary substances which wreak havoc on the digestive system and metabolism, is indispensable to healing and gaining full health. Then add healing foods like bone broth that our ancestors once naturally consumed by making use of the entire carcass, gnawing on bones or cooking the entire animal; not just the muscles but the skeletal system and all, in soups and stews.

We lose a lot of potent nutrients tossing the carcass, as evidence suggests the collagen and other nutrients in the bones and cartilage are potent gut healers, immune-system-boosters and cellular revitalizers. In addition to further spurring my

nutritional education, my 'functional health doctor' ordered a full set of labs on me which essentially mapped-out a great deal of my physiology, mining for actionable health intel and probing for issues of potential genetic disorders, nutritional deficiencies, food sensitivities, hormonal imbalances and the like, telling me that, though there are certain basic lifestyle recommendations for diet, exercise, relaxation and overall lifestyle that she'd advise to anyone, she wouldn't begin the process of prescribing too specific of a supplement or dietary protocol until she possessed all the data she needed to do so.

No other doctor has suggested such a comprehensive health assessment, always moving toward specific medications and physical interventions prior to an exhaustive diagnostic analysis. It was as if I'd finally found a healthcare professional that was using all the tools in the toolbelt, not just the ones that they're trained to use because they're profitable for those that produce equipment and pharmacological products. Why advise a holistic approach that uses herbal supplements and diet and exercise at zero profit for the insurance companies and Big Pharma and machine producing companies and their operators, especially if it gives you the knowledge and the path to actually heal and no longer need their services, when they can just continue prescribing you pills and tests to placate the symptoms of a lifelong customer?

Everyone should be assessed with these tests, I realized afterwards, and carry the knowledge of all their specific interconnected physiologies coupled with nutritional and exercise and relaxation and the whole healing, maximizing-health approach forward in service to their fullest life!

Gaining Through Abstaining

Some of the benefits of not masturbating:

Increasing drive to pursue women, and the energy and testosterone to back it, are noted benefits of those that attempt this. But there are many other benefits as well, including increased self-esteem, greater productivity and less fatigue and brain fog.

It is also posited that you become more attractive to women – perhaps due to your increase in energy, drive, awareness, testosterone etc. One researcher says it is as though women can sense the difference.

You also tend to become more social and less anxious. Reductions in depression and addictive tendencies are also reported among abstainers.

Then there's the fact that people carry around guilt from the act – if the guilt and need to justify the act is a common experience, there must be a reason! People instinctively sense there is a cost that they are paying when they self-stimulate.

Nothing is free, and when sex isn't earned through a natural, reciprocal relationship, it's paid for one way or another, in money, health, potential etc.

*Proceed with
your heart open,
your ego closed
and your mind in
the moment.*

It may already exist, but I can see myself writing a book entitled something like 'The Republican Playbook: How Conservative Ring Leaders Convince their Constituents that All Their Policies are About Something Other than What They All Are: Greed.' Freedom and democracy sold to convince those constituents to back neo-imperial invasions to expand markets and enrich private industries attached to the military industrial complex and expansion of globalizing opportunities for western corporations at taxpayer expense. Freedom to choose healthcare plans sold for protecting the profits of the already insanely lucrative healthcare industry, including the health insurance and pharmaceutical companies and the healthcare providers themselves; all immense profiteering machines primarily owned by a select portion of the ownership class, like most of industry. Freedom from the infringements of Big Government on your rights, negative freedom, sold to hide the motive that the freedom actually sought is the motive to be free from the ability of effective government, government directed by and for the people, to impose regulations in order protect consumers, workers and the planet from the irresponsible, destructive, unsustainable profiteering exploitations of the ownership class in general; to permit the continued no-holds-barred laissez faire business tactics the wealthy use to maximize the profits of the few at the expense of the people and the planet. The one way version of freedom, in fact, the freedom 'to' while ignoring the freedom 'from,' is perhaps the most common way the non-critical-thinking are duped. It's pure misdirection. Look this way, pretend we are guided by these motives that distract you from looking at us while we pursue our true motives: the greed for wealth and power of the few. These are all propagandist tricks; methods to dupe those that don't see them for what they are, for deplorable deceptions, to support the greed of the enriching few at the expense of everyone else, especially the uneducated working classes self-destructively supporting them.

The core problem in western society and the globalizing world following in our wake is simply that morality, progress for the

majority, justice... all these things are really the same thing... different ways of saying 'the right thing' from different angles; from different perspectives... The core problem is that the right thing never comes anywhere close to being as profitable to consolidating commercial interests as possible. In fact, the right thing is usually the unprofitable thing, because profit is conventionally extracted from the majority for the greedy benefit of the few. Very few people own most of the profits, so profits can never be in the interest of the majority, whereas if everyone owned equity in their respective enterprises much of this evil would be mitigated. So with this not being the case, and with profit being, by its very nature, based upon extracting value, upon taking value away from people and the planet through taking advantage of disadvantage, then morality, justice, progress for the majority... these things contradict the primary motive and thus must fall by the wayside, only being parceled out at the least amount necessary to prevent outright revolt.

Our 'Greed is God' cultural cornerstone, along with the egotism and spiritual ignorance that underlies it, is the core of almost all manmade evil on earth. So long as this greed, the extracted profit and its consolidation in the hands of the ownership class, the taking of all things of value and exclusion of most of mankind from using that value to improve their quality of life, remains the motive by which mankind is ruled, remains the way we define success, evil must result. There's no way around this. Extraction, consolidation, exclusion, deprivation, all suffering evil. It is an incontestable causal chain. Success as contributing not to increased overall quality of life, but to stagnant or decreased overall quality of life. 'Success is achieved by contributing to evil.' This is the epitaph upon the gravestone of mankind's murdered potential. This is our undeniable heart of darkness.

The biggest problem in the world today: there's no money in doing the right thing. We must, therefore, learn to be paid through spiritual and moral fulfillment; through adding value to life.

On engaging those of the opposing mindset: Lead them without their knowing they're being led. It's almost a necessary deception, like making them feel as if it was their idea. For if they suspect, even for a moment, that they're being attacked or judged, that they're being condescended to or in any way disrespected, they will stop listening. They will hear your words, but they won't be able to truly listen anymore. It's almost a psychological certainty. They will be in defense of ego; of self-worth. The walls will go up, you won't build or cross the bridge and the divide will be maintained, and may grow further.

Whether or not most medical professionals act on this motivational fact or not does not change it as a fact, or the fact that motive drives behavior and systems: healthy people are lost customers. In the conventional healthcare world the game is masking or mitigating symptoms, not healing – not digging for the root of ailments and correcting them. When you look at the profits of the healthcare and pharmaceutical industries which are, of course, in collusion, it is very clear that a massive incentive exists to keep people dependent upon prescription drugs, surgeries, tests and trips to the doctor. The reality, however, is that consuming by basic guidelines, like the elimination of all things known to cause issues in the body, including the spiking of inflammation, damage to the cardiovascular and metabolic systems and the compromising of gut health (which modern research is continually pointing at as the basis for total health – something Hippocrates suspected over two millennia ago), will heal most modern health ills and save you from being dependent upon healthcare for life and all of its many costs; not just to your wallet but, more importantly, your health, capacity, quality of life and chance at sustained happiness. So while nutrition and physiology can become immensely complicated if you delve deeply into it and all the actions of the endless nutrients and their interdependent interactions in the body, if you can summon the strength of mind, the discipline, to not eat for comfort and emotional reasons, but based upon basic criteria like Dr. Fuhrman's rule: Health = Nutrients/Calories, and you can get those calories from unadulterated whole, raw organic fruits and vegetables as much as possible, that's all you really need to know. Essentially, the more your diet is made-up of whole (unprocessed), raw, organically-grown fruits and vegetables the more successful it is. I recommend in regularly engaging in 'juice fasts' or intermittent rejuvenation, consuming nothing but smoothies composed of raw, whole organic fruits and vegetables mixed with a high quality vegan protein powder and supplemented with matcha tea and things like bone broth and golden milk. This will max out your nutrients and start you down a healing path where you can retrain your taste buds and begin to see the results of eating for quality of existence rather than the quick-fix sensory satisfaction.

Smoothies also allow for the nutrients to be more readily absorbed (as less digestion is required to extract the nutrients and pass them into the blood stream and the body's cells), allow for a greater quantity of nutrients to be consumed (since you can consume more fruits and veggies when blended than when eaten) and allows your digestive system to take a break from digestion, which can be particularly beneficial to those suffering from poor digestive health, like 'leaky gut.' I've experienced a direct causality between my relative consumption of raw fruits and vegetables and how I've felt; how clear-headed and energetic and happy I felt, thereby repeating mantras to myself like: Don't sell-out for the quick sensation, discipline yourself to build the infinitely greater good. Stop looking for justifications to keep yourself weak. Serve your strength, not your weakness.

I heard what I believe was an Ayurvedic quote once that went something like: "Tension is who you're trying to be; flowing, letting go, is who you truly are." I find this quote extremely insightful. We all believe that there are certain characteristics which are more desirable than others, and most of us feel this need to be 'cool' and such because we think it will garner us greater benefits, like being able to cultivate greater friendships and attract the attention of beautiful women and the like, and to some extent this may be true; they may believe the false façade if we're able to maintain it, and we may gain their company. But eventually this façade will break down, and the best of them will sense that we aren't being real, and that we're going to attract other fakers with this strategy. It all goes to ego, of course. It all connects to my belief that we should spend as little time and energy as possible in the self-conception that constricts our identity and lends a false sense of self that we believe we need to cultivate. When we begin to believe 'this is me,' we begin to emphasize, or accentuate that characteristic, trying to make our self-conception our true self, but just the fact that we are undergoing this attempt to fit this self-conception to our true self is a tension brought about by trying to force a characteristic that, were it true, were it innate, we would not need to force it; trying to be cool all the time is a tension. Our coolest self is our truest self; it comes about when we aren't trying; when that self flows through us as we let go of the tension of trying to be a certain type of person; trying to enforce a certain self-conception. Of course we all have innate characteristics; aptitudes and tendencies based upon innate qualities we were born with or cultivated through our thoughts and experiences. Yet we don't need to reflect upon or accentuate these qualities if they be true. I, for example, believe and, rather, know, that my thought processes tend to be 'philosophical' in nature; that is, I tend to search for fundamental, underlying truths, meaning and connections between things. However, I need not reflect upon and attempt to emphasize this quality; this characteristic; it's always there. If it's a part of you it will shine through naturally. The lesson: Let your true light shine, don't fabricate lumens. This doesn't mean that we shouldn't work to improve ourselves, but that, as we improve, we need not reflect too much upon how we've changed, but simply allow that change to adhere to and flow through us.

Mankind's self-awareness and higher intellectual capacity relative to other lifeforms is certainly both a gift and a curse, as it creates suffering in us through the doubts, through the ego, through the limitation and susceptibility of body and mind that allow us to be corrupted. There's a Yin-Yang quality to absolutely everything. We're equally served and disserved by the fact that we're aware of so much information to be assimilated from the world that may be made use of; so much raw sensory data, ideas and theories attempting to encapsulate and utilize the power of that information. We're driven to grasp, control and direct this information to our advantage. But this is a stressful compulsion, as it becomes very difficult to let go of this drive, especially amongst the more contemplative and reflective, many of whom know that the greatest peace, the greatest Self, is found when we let go of our thoughts, and our egotistic, small, individualized self, gaining fleeting glimpses of the great peace of enlightenment and eradication of separation, but who are simultaneously impelled by the desire to understand, to process and make use of the endless tide of informational and conceptual inputs to which we're exposed. I meditate and lose myself in certain activities to let go of the stress of this endless practice, and yet I return to it and find great joy in it as well; it is the method both by which I am stressed and by which I grow, as growth likely requires stress; it is the cost of growth, reminiscent of the idea that good is gained commensurate with difficulty. Learning when to let go and when to hold on to this drive is the trick, I'm sure, but personally I find the need to let go more often; to ride the inner flow. Be at peace in the grander, ego-alleviated Self. I'm trying, but the quest is life-long.

In the greed-prevailing modern day everyone's got something to sell you, with most of it costing far more than money and almost all of it costing far more than it's worth.

Become a highly selective, discerningly slim customer, else grow fat with discontentment and the weight of working without equity to enrich the excluding few whilst buying and consuming their fare in order to fill a bottomless hole.

Exposure to lots of people is, like most everything, a trade-off; a Yin-Yang double-edged sword. More people means more ideas, more cultural influences, more backgrounds and histories and means to challenge and expand the mind. At the same time the more people there are the more impersonal those people and the society they inhabit become.

The tendency is to become overrun and to take them and their virtues for granted while also tending to be stressed by their noise, manipulations, ignorance, pride, guile and greedy tendencies; by the limitations of their minds. It can be very difficult to see past these detractions, which tend to accumulate, provoking a desire to flee or else gradually become jaded through exposure and defense. This is why I prefer the bucolic life of the cultivator interspersed with cosmopolitan visits to a fascinatingly diverse, energetic city like SF or Portland. I wish to live in the fertile country, growing in a natural alluvial valley like while visiting the Portlands.

I find it fascinating that spiritual searchers such as myself inevitably discover and root within the same ground; we come to many of the same conclusions, though we may word or conceptualize them differently. And I think this is because we're all channeling the same truth that's always been; we all learn to listen to the Spirit, the unifying source, and to instinctively heed the spiritual wisdom we all hear speaking the same messages. So, of course, we cannot help but come to many of the same conclusions.

This overlap is based upon infinite possible manifestations of the Spirit listening to the Spirit, translating its message through the mind and, therefore, coming to the same realizations, just conceptualized differently based upon the specific qualities and experiences of those minds. Almost all searchers come to see the same truths from their own particular perspectives. To each of us it feels new, like a discovery no one has made, but in reality we are each unearthing what has always been and, thus, what has been uncovered countless times before our individualized selves unearthed it within our own existences.

I was listening to a yogic teacher recently, for example, and it amazed me how much of the ancient yogic teachings ran in almost perfect parallel to my own conclusions, though I arrived at them through a different route; through my own philosophical ruminations tied to the same spiritual message; to the voice of God spoken through the heart. It is incredibly humbling at the same time as it is incredibly empowering: the truth is always there and always has been

and always will be. Be one of many to tap into and harness it to the great service of yourself and life in total.

My continuing health education has gradually revealed that the masking of ills and dissuasion from correcting their cause is characteristic not just of the use of pharmaceuticals to conceal the root of depression, but of the entire conventional healthcare system. Profitability dictates that the more symptoms there are to suppress, the more money there can be made suppressing them. If you correct the underlying imbalance, deficiency or other cause and the symptoms that are but the side effects of the condition actually go away, if anything close to a cure is achieved, there is no ongoing profit to be made. And this entirely conflicts with the motivation of the life-long consumer model. So even with the atypical doctor here and there equipped with the knowledge to truly cure the underlying condition and driven by the moral imperative to do so, the system as a whole was crafted and is continually maintained by the profiteers that have their hooks in everything from the medical schools that say little of nutrition and preventatively keeping the human body whole to the politicians that refuse to regulate against the disservice and massive damage done to the citizen that relies on the profits-over-people model. So modern money-making healthcare sees a weed and overcharges to hack off its head, making no attempt to pull it out by the root and thereby expecting the weed to grow back up from that root so that it can charge to hack at it again, for the rest of the life that the patient-consumer's landscape remains littered

with them, forever incapable of cultivating the landscape that life requires to reach its fully fruitful form. We must, therefore, pull the weeds up by their roots ourselves.

Beyond the Box

(The New Parable of the Fisherman, Version 2)

There is nothing more sacred, more essential, than Spirit, than the indivisible essence of all things. Thus, nothing could be more offensive than narrowing Spirit into a religion that self-righteously, arrogantly presumes to possess an infallible basis of judgment and dominion over all things through a belief system that, by its very nature, constricts and excludes; that pretentiously claims to possess the one book of words, the one set of saints and prophets, the one interpretation of truth. For in so doing the most inviolable truth of Spirit is violated: Spirit encompasses all things, and nothing can be excluded from it.

If there is any division, hierarchy or claims to control in your spiritual belief system whatsoever you've missed the point and have trampled upon the heart and betrayed the great uniting power of spirituality by, ironically, doing that which is antithetical to spirituality: attempting to force monopolistic dominance and exclusion upon that which is perfectly indomitable and inclusive by nature. Yet, those that do so are to be forgiven for their ignorance, irrationality and egotistic arrogance, for mankind seeks to understand and be in the right even when the understanding and basis of righteousness is lacking, when claims to them must be taken on faith, and when the vulnerabilities and limitations of body and mind make mankind prone to folly. And yet, at the same time, there can be nothing so offensive to Spirit than to arrogantly try to stuff it into a confined religious box, calling all other boxes fraudulent when it is the box itself that is the fraud.

To see and feel and conceptualize Spirit for what it must be and

thereby know it cannot be boxed in is, to me, the only correct answer, but even to deny or be uncertain that there's anything to attempt to box in the first place is far superior to asserting that one and one's pretentiously excluding clan hold such a box and have already stuffed the Spirit inside it. This pretense makes the religious the least qualified to talk about God; less qualified than the respectfully doubtful agnostics and even the arrogantly presumptuous atheists who, though they arrogantly presume there is no Spirit to stuff at least don't make the mistake of pretending they can specify the features of something they've already caught and placed in the box that perfectly contains it, all without the least shred of evidence or logic that those features exist or that such a box can be constructed in the first place, much less than that it's in their possession. I've imagined people's position on God as being much like a parable of a fisherman that ventures with his net upon a boundless sea seeking to catch a small, slippery fish that no one has ever proven to have caught, or that even exists and is able to be caught in the first place.

Atheists say they're certain the fish is a myth, for though many have claimed to catch glimpses of it, it is certainly silly, irrational ignorance to believe in something that hasn't been proven to exist. Agnostics see the holes in the net the fisherman is casting and proclaim that, regardless of whether or not the fish exists, the fisherman cannot catch it, for even if it swims into the fisherman's net he will not pull it aboard, as such a small, slippery fish will surely slip through the holes of the net. The purely spiritual person sees the net being cast into the sea and smiles. She knows, or at least feels in her heart, that the myth has always been misguided, for what is really being fished for is not this one small, shiny, slippery fish. For even if one resembling it is caught the people will surely not be satisfied; most will doubt that it's the fish and, regardless, another even more elusive fish will be rumored to exist, and another, and another. She knows that it is the catching that man will forever covet and, thus, in his narrow quest to glorify his ego man forgets this sea is boundless, and that he can, therefore, never cast a net so wide as to catch "fish" in the general sense, as this must be the egotistic endgame; the ego's

ultimate quest: to catch and control all the fish of the conquered sea and thereby possess the one divine fish which must be among them.

And though in their hearts the atheists, agnostics and religious know they're wrong, only the religious possess the particularly offensive belief that there was only one fisherman that has ever cast the only net capable of catching the one most glorious of fish, that it was caught long ago, that it was the most beautiful and magnificent fish that will ever swim in the sea, and that the fisherman who consumed it was granted everlasting life, and grants the same to anyone proclaiming to possess absolute faith in his fish story, all the while ignorant of the fact that said fisherman didn't even write nor claim to write that story and that the same story existed long before him and was spread by many other peoples heralding the miraculous feats of their own one great fisherman. The religious aren't aware that the fish story they read contains only occasional smatterings of their own particular fisherman's words and experiences, and that it was mostly written by the long-dead predecessors of those that sell the boats and the nets to profit off of gullible and greedy fishermen, most of whom continually buy more and bigger boats and nets and set out upon the boundless sea with the ambition that they'll someday be glorified for having been the one that caught the biggest, the best or the most fish.

The religious are entirely ignorant of the fact that the fisherman that they so revere was, in contrast to his portrayal in the accepted fish story, actually quite content to eat any fish he was fortunate enough to catch, seeing that most fisherman are so consumed by the need to catch fish that they miss the experience of actually being on the sea; of being borne by its currents and carried across its cresting waves; of being whole-heartedly appreciative of what the sea provides for all of life; that they miss the fact that no catching of fish, no matter how many or how large or how shiny and mythically elusive, can ever satiate the one that lives not for the experience of fishing, but for the catching and consuming, regardless of how large their bellies grow and how many others remain hungry beside their gluttony. He knew that loving everyone, including by nourishing the hungry through what

may only further fatten the overindulgent, promised more bountiful joy than any fishing trophy that may be granted. This is the truth of their spiritual wave-riding fisherman, his true life and lessons lost at sea to anyone other than those that see and feel the sea as he did, absorbing its truths while casting the false fish tales overboard.

The Purpose of Government: The Traffic Cop

There are endless examples of the inherent equal and opposite, Yin balanced by Yang tradeoff built into all things, including the concept of freedom. On both a personal and interpersonal societal level, in the face of commonly insufficient knowledge, discipline and morality, every freedom to do something infringes upon the freedom from having that something being done to you, and from all of its effects. This might be said to be the entire purpose of government; its sole reason for being: knowing when and why to open, block, slow or speed lanes on what's always a two way street. This is also why having a society in which most people believe that the street of freedom moves only in one direction, the freedom to do as one pleases, and a culture in which such freedom is not granted anywhere close to equally to the citizenry, but is mostly based upon the ability to buy it, is so dangerous and destructive to the common good requiring the streets be balanced.

Look at the evidence and it'll become quite clear that the control of traffic upon this street is ultimately dependent upon government; a government which only pretends democracy but which, with its open lobbying, campaign finance and general corporate and government collusion, betrays the sole purpose of government due to its being corrupted by the ability of money to buy politicians, their policies and the way in which every two way street is managed; and there is a street for every issue. When the wealthy are able to buy the freedom to do something which others cannot afford, to use lanes unavailable to others, those

that cannot afford this access are no longer free from the encroachments of that traffic, and good governance has failed.

If a pharmaceutical corporation is free to charge what the market will bear for one of its life-saving drugs, those that need it to survive have lost the freedom from having their survivalist need exploited for bankrupting profit. If a billionaire is, behind the guise of his Super PAC, free to finance political campaigns and lobby without limit with the aim of, say, being free to pursue his business interests without what is, from his perspective, the bottom-line-diminishing restrictions of environmental, labor or consumer protections, then everyone affected by those pursuits guaranteed through his influence over government policy loses the freedom to be free from those effects. This is, as I said, a fundamental principle applicable on a micro and macro level; applicable not only to government policy and broad societal and global concerns, but to the personal decisions of the individual.

If I lack the knowledge and discipline to protect myself from the effects of unhealthy habits, for example, then my freedom to engage in those habits infringes upon my ability to be free from their deleterious, best-interest-betraying effects. I've heard that such protective positive freedom, a freedom granted by sufficient knowledge and discipline, is the greatest of freedoms; the freedom from the costs of one's weaker self. But this is, again, a matter of personal knowledge and discipline, and I believe I must earn such positive freedom when its lack may only negatively impact me, for the most part, even though nothing is ever perfectly contained in this perfectly interconnected world. If I'm miserable and supporting unscrupulous sellers through my bad habits and connected purchases then my misery will affect those whose lives touch mine and whose lives touch others and everyone else in the six degrees of separation, and those sellers will be better able to go on selling. Alas this should likely remain a personal struggle.

I must educate, discipline and morally develop myself in order to

prevent creating this negative effect in myself and from having that effect ripple out across the ocean of existence. But when the issue is more clearly interpersonal the government's moral imperative to use its power to promote the greater good, to abide by its fiduciary duty to the people, is what must win the day else, again, good governance is lost and cannot honorably be claimed to exist. This fundamental principle of the two way street of freedom does, in fact, paint the dividing line between most liberal versus conservative issues. Wealth knows no party, of course, but I find it to be particularly decimating to the greatest collective good on the right side of politics, with the wealthy backing the conservative politicians conserving the greedy strategies and traditions of aristocracy and empire tricking the uneducated and non-critical-thinking into believing that there is only one version of freedom, provoking them to cry "don't mess with my freedom," all while the puppet masters laugh to themselves knowing that it is this very concept of the one way version of freedom that keeps those they dupe from the much greater worth of being free from the encroachments, exploits and oppression to which they're subject as a result; from being forced down one constricting lane. Even if those being tricked by this one way street argument have some awareness that freedom is, indeed, a two way street by its very nature, the gullibly simple minded will remain susceptible to the manipulations of the plutocrats; they will retain the predilection of thinking in more aggressively reactive and narrow terms of the freedom to act, believing in their egotistic ignorance that it's weak to need to be protected from the freedom to be acted upon. The plutocrats use this 'shoot first and ask questions later, if ever' reactive mentality against those they trick into keeping them in power, manipulating this egotistic, ignorant simple-mindedness to get their victims to vote in ways that aren't in their best interest. By tricking them into believing they're strong to wave their flags behind the freedom to act they have

made them weaker, as the very freedoms they've supported will be used to inhibit their freedom to become more, a freedom which can only come from self-protection and government guarantee.

Guiding One's Travelers

When you come to the conclusions that I have on the foundational nature of Spirit, on the fact that everything is a version of the same one irreducible thing and that spacetime affects only those things which change, namely material forms, including the physical form of self, then you begin to gain some insight on many other concepts and phenomena. Spirit is, in other words, without dimension precisely because it composes all dimensions; it has no past, present or future, no up or down or mass or speed or anything else relative to physical forms of self, because it is in all places at once across spacetime; it is all masses, all speeds, all forms of energy. It is only from our perspectives, from our relativity, that these distinctions exist; that there is any type of other space, time, person etc.

These are inseparable facets of what I call monoexistentialism, the reasoned belief that every life is a different form of the same existence of the Spirit. And once you begin to comprehend the implications of this weighty, mind-bending concept which is the foundation of spiritual philosophy, in my opinion, and you begin to see things from its perspective, then new light may be shed on almost everything, including the false perception of the mutual exclusivity of free will and determinism. We think they cannot co-exist because of the illusion of absolute separation, because of our perception that if something is preordained for us we cannot choose it, but as I just mentioned, from the perspective of Spirit unbound by spacetime the events of one life can be known, including its 'outcome,' so to speak, such that the Spirit is aware of what each one of its forms are going to choose to do. Choice itself is a phenomena of an existence limited to a narrow band of spacetime and matter and the thought processes of beings inhabiting such a narrow band, for from the perspective of Spirit looking at the entirety of spacetime there is no 'choice,' only what is done and what isn't done.

It's all inevitable. It has all happened already. It's all but a matter of the seemingly independent players that make it happen playing it out upon the existential stage for the inherent value of having those experiences; for the experience of playing those parts. One might even argue that this truest fundamental Self has a 'plan for us,' as religious adherents are so fond of saying about God, and knows what the result of our lives will be and how our life affects all other lives, and that this outcome may require that we experience immense suffering or even a tragic death in order to lead to the greater good for life as a whole. We may be guided towards this eventual, inevitable outcome, towards this destination that we nevertheless stride toward of our own volition, for just because we have no choice but to roll a snake eyes doesn't mean we didn't choose to roll the dice. Or take the overlapping concept of 'instinct' and the sense we often experience that we are being guided towards better outcomes, or that we know something without having any identifiable reason to know it relative to our limited notion of 'self.' If Spirit has experienced everything that every one of its material forms ever has experienced and ever will experience it can help guide us towards the best outcomes by granting us a 'sense' of what we can and should do.

*This communication isn't linguistic but energetic, a knowledge communicated through the heart, our energetic core, though our minds must interpret this communication and interpret it using language, the bricks by which we build our thoughts. And of course our minds are limited, so we can choose not to listen or can misinterpret this communication which, of course, gets into some hairy philosophical content, for one can imagine how, if the Spirit knows one of its specific manifestations is going to block or misinterpret its guidance it may misguide that life-form on purpose in order to produce the best result; guidance by misguidance, much like a double-negative producing a positive. It reminds me of that scene in *The Matrix* where, when 'The Oracle' tells Neo "Don't worry about the vase," Neo is prompted to turn around and knock the vase over, shattering it upon the floor. Neo responds by asking her "Did you already know I was going to break it?," to which she replies: "What's really going to bake your noodle later is would you still have broken it if I hadn't said anything?"*

No, but that doesn't mean Neo didn't choose to turn around. Who then broke the vase, Neo or the one guiding him? I suppose your answer to

this depends upon whether or not you recognize a distinction between Neo and The Oracle in the first place. From the perspective of monoexistentialism there is no separation and, thus, the one doing the guiding is the same as the one being guided, and we may simply say The.

Choices in the Matrix

Watching The Matrix; Oracle, Spirit, broke the vase through Neo's instinctive decision to turn around.

Choice is a perception based upon the belief of possessing a will independent from all other forms of life; from Spirit as a whole. Our sense of independence of will creates choice. Thus, choice is very real to the individualized entity and, therefore, is not entirely illusory. However, because absolute separation between anything is an illusion, perfectly individualized choice cannot exist; it cannot be separated from the will of the whole; of Spirit. The whole cosmic chain of causality is set when all spacetime is experienced at once. Choice is a spacetime-material phenomenon to which Spirit is only subject in its individualized forms. But I digress a bit... Back to the concept of instinct and how it connects to the concept of choice.

As one very small example of the unlimited Spirit's possible communication of instinctive knowledge I can imagine how my future self can essentially know the repercussions of something done in the

past and, through Spirit, which is strung between what we perceive as past, present and future and its traversed spaces and exists in all these spacetimes at once, can warn my present self not to do this something because it'll negatively affect me.

My present self 'instinctively senses' not to do this thing because the one truest, essential self is in all spacetimes at once and is warning me against the action being contemplated. We can be warned not to open a door, per say, not because we have concrete knowledge of what's on the other side as this materially-formed 'self,' but because the one Big Self, Spirit, is inseparable from us, from our material self, and is already on the other side of the door.

But, again, just because pain and suffering exists on the other side and we are being warned against opening the door doesn't necessarily mean it's not the right thing to do. Perhaps opening the door promotes the best possible outcome not for ourselves, but for life as a whole, and we are nevertheless being instinctively warned against opening the door because, by experiencing the repercussions which appear negative from our individualized perspectives we are being conditioned to follow our instinct, to follow our hearts, as exercising this muscle, so to speak, strengthens it and leads to us using it in our

own best interests in most cases, except, perhaps, when that personal best interest conflicts with the best interest of life as a whole, which is Spirit.

Serve Others by Serving One's Self

For me, life ultimately boils down to two inseparable, preeminent priorities: first, deriving as much pleasure as possible from one's own life by as fully as possible immersing one's self in as many rich moments as one is able; by appreciating and absorbing the intricate indulgences offered up by the boundless variety of people, places and things of the world; second, by helping others do the same, which means, above all, by preventing as much suffering as one possibly can and by providing as many opportunities as possible to others as one can, for the more one suffers the less they are able to absorb the aforementioned full, rich complexity of pleasurable moments existence offers us all, as suffering entraps one in an experience of attempted survival and amelioration of pains wherein the pursuit of pleasure is, to some extent relative to the extent of their suffering, lost to them. And the enrichment of life requires the opportunities used to attain it; the professional and educational opportunities and those granted socially through a progressive

government. These two priorities are, of course, linked, as the more one alleviates and prevents the suffering of others the more one will be filled with the spiritual pleasure, or fulfillment, we call love.

Suffering through Specificity

Don't need; don't claim people, places or outcomes, but desire fiercely – because Buddhism can, with some, lead to something verging on apathy and being irresponsibly detached and withdrawn from life.

Work hard for improvement of your life and the lives of others without needing any specific outcome.

Work hard for personal and larger progressions without worrying about or needing anything specific to happen. Through this ethic the spirit and work required of progression and the improvement of one's life and the life of others is instilled and leads the endeavors of one's life without one needing to cling to any specific person, place, thing or outcome.

It may, in fact, be the grasping to particulars which leads to suffering, and the general spirit and effort

of improvement which remains the enriching force.

Spiritual Distortion

Being inseparable from Spirit, which composes and is inseparable from everything, including all experience and all knowledge that may be derived from what is the 'past, present and future' from our individualized perspectives, we already know everything, we just don't know that we know it. That knowledge must be filtered through the limited mind and the self-perceiving ego and, thus, the result is seldom as pure and clear as the signal received; depending upon the mind the light shone through it is not as bright and may be distorted and refracted in different directions relative to our bias and egotistic

perspective. Clearing the mind and being as neutral as possible grants the clearest reception and translation of the signal.

Grab, Don't Grip

To me, much of the wisdom and value of Buddhism lies in its encouraging its practitioners to recognize the ephemeral, impermanent nature of all things and thereby let go of our need for anything to stay the same, as they never can. Want, but don't need. Desire to do right, to have things, but don't need specific outcomes, or cling to anything, as all is impermanent and clinging invites suffering when that to which is clung slips from your grasp. Were you not to grip it, it would not need to be painfully ripped away, but would fall away in its natural course, without pain or resistance or, ideally, even awareness.

This is, of course, an incredibly difficult lesson to apply to life, but one worthy of the self-conditioning required to enact it.

Eternally Enmeshed in the Quantum Screen

After developing my theories of morality and economics as being based upon the conviction of creating the greatest total quality of life value (total value created minus total value extracted and consumed), I stumbled upon the concept of utilitarianism, which is inseparable from Total Value Economics. I'd heard of utilitarianism and utility value in the past, of course, but had not considered that Total Value Economics is essentially the theory of evaluating economic activity and outcomes based upon quality of life utility. The discovery of this overlap is somewhat of a theme for me, of late, a theme of discovering the extant indirectly, not by way of stumbling upon what others have crafted before me, but by way of my own contemplation and creativity leading me to the same conclusions; by way of building my own edifices upon very similar structures buried in the archeological record of mankind.

I had a similar experience recently with my discovery of the overlap between my spiritual theory of Monoexistentialism and the age-old theory of 'non-duality,' which itself overlaps the inseparability of all things and the manifestations of pure spiritual energy and the perception of those manifestations; our perceiving things as physically separate from ourselves, and the fact that, as I like to say, science and spirituality are only seemingly at odds while, in fact, science and spirituality are merely observations of two sides of the same coin; two means of elucidating the same truths, such as Samuel Avery explores in his fascinating melding of spirituality and physics "The Quantum Screen," which I've only recently read long after coming to very similar conclusions. That said, I can conceive of the possibility that Avery and I might be able to help one another complete our respective, overlapping puzzles; I think that I have more of the metaphysical spiritual philosophy and Avery has more of the metaphysical physics – the science.

In his attempt to reconcile the enigmas of physics with our perceptions of reality Avery has concocted a model of 'perceptual consciousness' that may go a long way toward demonstrating my own belief that science will eventually prove Spirit, that such is it's ultimately fate, and that science will eventually be seen as describing spiritual phenomena.

Chapter Four of The Quantum Screen begins: "Within the Box (of how science and consciousness are conventionally considered), consciousness is commonly understood to be a complexity of mechanical interrelations emerging from unconscious matter. From the standpoint of the Quantum Screen, consciousness did not evolve within space or within time. Time evolved within it, as an essential structure of the Screen."

But, getting back to the fact that so many come upon the same discoveries separated across space and time, I found my own repeated experiences of this type to be simultaneously humbling and encouraging.

With thousands of years of human thought it seems there is little to nothing new under the sun. At the same time, however, to have arrived at classical philosophical, spiritual and moral truths of my own accord, to have discovered them through my own contemplations and creative force, led to them by my own mind in collaboration with Spirit, I find to be both confidence-boosting and encouraging for the human race, as this suggests that one can always find one's way to the most valuable truths even outside of books and other traditional modes of education, for they're always there beneath the surface, waiting to be uncovered.

Those that don't uncover empowering truths in the written record may uncover them in their own hearts and minds and build them up anew, making their own particular valuable additions per their unique perspectives. Furthermore, the fact that so many come to the same conclusions even when so immensely separated in spacetime suggests that truth is truth in that it can and should be applied to all people in all places when it is particularly empowering, regardless of any apparent obstacles of geography, culture, language or the like, and without regard to giving credit to any one individual or group of individuals.

Truth is like mathematics; it is a universal language and invaluable

currency; once adequately expressed or otherwise arrived at through one's own experiences and thoughts it is immediately recognized and carries weight, demanding to be applied to the advancement of life.

Prophets Unlimited

If you're speaking of spirituality and you're not being all-inclusive, you're probably wrong. This is what is wrong with any spiritual search that becomes ordered and specific, moving towards religion; towards structures and systems by which its adherents are controlled; towards some having power over others, which is always the primary motive of ordering and personifying spirituality paired with the practice of mythology wherein characters and powers are invented to fill in gaps that haven't been filled by science or philosophy.

The 'this is just God's test' deniers of evolution, fossil evidence, reason, logic and science prove time and time again that the gaps in 'God of the gaps' shall remain obstinately maintained even after they've been filled well beyond all reasonable doubt, for those gaps herald from a hierarchical construct created to control its adherents and, therefore, those gaps cannot be permitted to be filled, for the filling of those gaps means undermining the whole hollow structure whereby specific claims and stories are mistaken for the perfectly universal.

Specificity brings exclusivity and absolutism in label, understanding, control and so forth, and all those whom

are truly channeling spiritual truth recognize the fact that there is but one absolute, and that spirituality is always all-inclusive and unspecified. If it's specific and thereby exclusive, excluding anything lying outside specific people, places, powers etc., it has lost the power, clarity and fully-inclusive requisites of spirituality and been corrupted by ignorance and man's egotistically, greedily-driven quest for power over his fellow man.

Anyone that thinks in hierarchical terms when it comes to spirituality, in terms of things like saints and prophets and 'the Lord,' i.e. one and only one prophet, and in any other idolatrous manner born of mythology and its eons of being interwoven with the imperial methods of mind control, misses what is likely the most fundamental governing principle of spirituality which is irreconcilable with such imperially-hailing modes of thought:

Spirit is everywhere; it is the essence of everything; of everyone. Hierarchy is therefore entirely mutually exclusive with true, uncorrupted spirituality. Yes, some might demonstrate greater 'spiritual intelligence' by being better gifted at and more developed in their ability to listen to their hearts and channel the spiritual message conducted through everything into passionate words and convictions that resonate with others, but that doesn't make them 'the prophets' so long as such a term has any hierarchical connotations and excludes anyone from entry. Anyone that speaks pure of heart, that follows heart first and foremost in their words and actions, that ably channels the Spirit is prophetic. It's limitless. Don't

look up, look in. Yes, allow able conductors to inspire you, but always know that they're conducting what's also within you, and within every life; within every impermanent piece of permanence.

We think that, trapped in our relatively singular, set, egotistically-constrained mindsets, that this is it. But it isn't.

This is but a version of it.

*Love is the force of
creation; the essence of
everything; the power of
God, of Spirit, shining
through its manifestations,
willing them to connect
with one another and
everything else so as to
know the kinship of all.*

Pain. Pleasure. Time. Energy. Matter.

These are what makes things real; what makes them 'matter.' They are what allow for and make infinite experience as infinite forms from infinite perspectives worth it; what lend the substance of reality to the experience of being. But none of them bring an end, or finality, with them. It is only the mortality of our bodies and minds that creates this perception. In our hearts the truth can be found: your essential self is immortal; not bound or dependent upon this body or brain, or upon matter or time.

Do not proceed to the construction of anything until you know how and why you're building it; until the design reflects a comprehensiveness of analysis and thorough, testing exposure to the pitfalls of the past and the foreseeable challenges of the future; until the foundation is securely, classically set, ready to stand the tests of time; to support the weight of its purpose and potential. This principle is applicable to all things, including the intertwined systems of human society, the nature and motivations and perceptions of the self, and to the life we can only build to its greatest heights in solidarity of purpose and understanding, knowing that, while each of us is unique, we are simultaneously precisely the same.

It is also this principle which led to my writing Infinite of One, and why I'd invite and, indeed, implore everyone to read it.

Every great truth rests upon a paradox of seemingly opposing perspectives, such as: this life is everything to me, and but one of an infinite number to Me; the ego is the self, the Spirit is the Self; science and spirituality describe the same truth, but from the outside-in or the inside-out; love and hate and sorrow are actually

all love, but from the perspective of its fulfillment, its offense and its denial.

Why is the term 'terrorist' so valuable to the political hawks and their plutocratic beneficiaries? Why is it so valuable to anyone that financially benefits from holding a stake in the military industrial complex or any of the multinational business interests that complex creates expansionary room for by cutting a path through those resisting our consumption-based culture's ability to spread abroad?

Because terrorist is a non-specific, changeable condemnation that non-critical-thinkers emotionally, reliably react to with hostility and condemnation of their own. Terrorism is an idea with limitless potential application based upon the conquering whim; it is the universal bad guy; the bogymen; those that fight against 'American interests,' which really means a

label applicable to anyone and anything that gets in the way of the plutocratic version of progress; to anyone that forcefully resists our globalizing commercial interests and the imperial forces by which they're disseminated.

It is in the fight, the struggle, the challenge and, to a great extent, in the suffering that the greatest rewards of life are rendered. Thus, be careful seeking too much peace and comfort, for

much is sacrificed to the fear of facing difficulty.

U.S. foreign policy has always had the exact same objective as U.S. domestic policy: make it easier for U.S. corporations to do more, and more profitable, business. There is no conflict we've been a part of, and no 'enemy' we've fought, since the end of World War 2 that cannot be explained in this context; that does not fit this prevailing motive. All the effort that has gone into 'fighting communists' then 'fighting terrorists' is not about freedom or democracy, it's about greed. Communism and terrorism are bad for business. Terrorism itself often tends to be inseparable from the resistance to the spread of greed.

It's the same with liberalism and progressivism, with anyone that wants to downsize the military or 'defense' (which really means threat of offense) manufacturers and contractors or close tax loopholes for the rich or raise corporate taxes or regulations that protect the workforce and the planet or make health insurance and, ideally, healthcare a right or make education and opportunities more accessible for the majority or otherwise spend American political capital on anything that improves the state of overall quality of life for the citizenry as opposed to the state of doing business for the very select, excluding

few who make most of the money. What 'We the People' lose to this is beyond calculation; what we lose to this plutocratic false sheen of a democracy is our best opportunities for being the fully-fledged collaborating people and nation we deserve to become. These are of course some of the reasons I've attempted to Recarve our Cultural Cornerstones and why I wrote Infinite of One...

The hollow heart is like a vacuum, the longing ache of its emptiness posing a perpetual pressure, ready to suck in anything passing by possessing any promise of filling the void and ending the ache. That ache is like an echo; the greater the

chasm, the greater the pain evoked in its reverberation.

Eating for health, for vitality and the promotion of one's highest quality of existence and greatest potential is based upon the same standard as eating ethically; as eating to promote responsible environmental practices that aren't directly causing suffering to living beings or degrading the planet:

Don't eat anything with a nervous system; anything that suffers; and anything in any way stripped,

processed or unclean; don't eat anything not in its truly whole plant-based, naturally-derived form.

So much of what strengthens and improves us is based upon a disciplined enactment of philosophical truths; upon possessing the ability not to act, think and consume entirely for gratification or glorification of the ego or material or financial amassment – all those things which victimize and essentially mentally enslave us to do their bidding in the diminishing disservice of ourselves and others. All the benefits of minimalism, utilitarianism, self-denial and the protection of the people from having their weaknesses preyed upon by their own weaker cravings and susceptibilities, and by all the parasitic exploiters looking to feed off of these vulnerabilities.

I'm speaking of the great undervalued form of freedom so shamefully lacking in the western world: positive freedom. The purposeful creation of limitations to guard, protect and grow what matters most. The ability not to consume and hoard; not to live merely for money and accumulation and status. The ability to use one's resources pursuant to one's convictions and to find joy in things naturally and spiritually bequeathed to us. This as opposed to negative freedom, the only type of freedom glorified in the West because it benefits the wealthy: the freedom of having no boundaries; no limitations; no obstacles. The wise know that restrictions are not always negative, but

are sometimes highly empowering, invaluable things set so the greatest good might prevail. The examples are endless, spanning the gamut from everything on the more personal side of the positive freedom scale, like denying yourself the cheeseburger and pharmaceuticals and learning to savor natural, whole foods and a purified, vitalized, capacious body and brain, to protecting ourselves from the overarching systems sucking away our potential in our plutocratically-dominated nation.

What is a profit? Taking out more than you put in. This is the basis of western, capitalist, corporate-driven life and culture.

It is the dark, greed-based heart that drives us not to create as much value as possible in the world, to increase the quality of life of as many lives as possible, but to do the opposite. Rather than instill and nurture greater life and love, our entire society is based upon reducing and limiting it so that a select few can have more than they can ever use to increase their life and love. Make no mistake, as physical beings we are dependent upon physical resources, and so long as the vast majority struggles to have the resources

necessary to increase their own quality of life and the life of those they love such that they may know some semblance of happiness, stuck in systems that make them sacrificial pawns in a greedy global game of commercial and political conquest, life and love loses.

Very few question, much less resist.

Most simply obey, playing the game set up for the few to win at the expense of the many. For were the many led to, and were they to come to understand, the answers and implications of asking the right questions, the only course of action would be resistance. And a united resistance will triumph. It is only unquestioning and unaware that

the best is lost; it is only distracted, divided and obeying that we fail to see the tragedy of mankind's current reign over itself and the planet.

Most of the world and its complex dynamics, everything from the climate to human behavior, can be understood in the context of equal and opposite reactions pursuant to the seeking of equilibrium; to the natural, peaceful place of resting balance. As but one example amongst a limitless number from the parental practices: a child raised in a highly structured environment in which everything is controlled and every action and shared thought is psychoanalyzed by her parents and wherein she feels powerless to make her own decisions and to think for herself will tend to act in a way perceived as reckless, resenting the fact that she isn't free to feel and think and act as she wishes, and will tend to look for ways to take control of her own life or else shed the sense of control entirely. A child raised in a restriction-free environment to bohemian, counter-cultural parents that see everything around them as oppressive and an impediment to their personal liberties and artistic sensibilities, on the other hand,

will tend to seek structure and control; control of themselves or dedication to a controlled, predictable system, wanting the discipline and work ethic and feeling of belonging to and contributing to society in a more conventional manner. Both children will seek a stability through counterbalance; a balancing increase in negative or positive freedom, respectively.

I watched Gran Torino recently and was revisited by a powerful sentiment: love, community and, perhaps most especially, honor, are so lacking in conventional western society. We are about the material and financial measures of class and quality of life; dedicated to the values that enrich the over-rich; measuring our own success and value in the manners that keep us chained to their irresponsibly gluttonous service and means of judgment. What we miss by conforming to this is that true wealth is measured in love, experience, creativity, adventure, romance, learning and living principled lives for ourselves and others; living for the creation of total value.

When Clint Eastwood's neighbors honor him and his acts for their children, and when the entire community hears of his deeds and honors him in turn, bringing food to his door, treating him with love... I was overwhelmed by the upwell in my heart... I started sobbing. I felt the Spirit. The binding love. We in the West are so dishonorable by comparison. We have so much to learn from the Eastern cultures and their dedication to the pursuit of perfection, to discipline, honor, natural worship and especially communal identity and service to the whole; not walled off in our private worlds on our private fenced-in properties within our little 'class' defined

enclaves massaging our egos and greasing our greedy wheels. Individualism is a trap set by greedy empires and aristocrats; the old divide and conquer to which we remain subjugated.

It reminds me of an excellent quote I heard recently:

“If you find that you have more than you need, instead of building a higher fence, build a longer table.”

There’s no such thing as ‘doesn’t matter.’ There’s no such thing as ‘just,’ as in ‘just this or that.’ There’s no such thing as ‘random.’ There’s no such thing as ‘nothing.’ These are examples of pure fiction, rendered such by the fact that everything connects to everything in the eternal chain of causality.

Everything we do has an impact, and impacts accumulate. Everything connects to everything else, meaning nothing can ever be ‘just’ anything, but is based upon, impacted by and impacts everything else. ‘Random’ is an illusion based upon ignorance and limitations of intellect and technology. If we had all the information and the equations and technology to interpret that information and the mental capacity to understand the results, the illusion of randomness would be eradicated.

‘Nothing’ is the idea of nonexistence, which is

logically disproven. If something exists, that upon which it is based must have always existed, because nothing can be created or destroyed and everything that is must come from another one or more things that are, or 'were.' Anything times or from zero is always zero. These are foundational tenets of spiritual philosophy. One of the most profound conclusions of which: we're essentially inseparable.

Corporatism: Take advantage of everyone and everything in every possible way as much as possible to extract as much as possible from life and the destabilizing planet that all of life depends upon through a legally-insulating apparatus that prevents personal responsibility.

No communalism. No integrity. No honor.

No sense of moral accountability, much less moral imperative. The vast majority of

us back this system with our actions if not our words, supporting the perpetuation of this deplorable fundamental basis of western society and thereby guaranteeing the continuity of all its connected evils.

For those searching for wisdom in Christian texts, I'd first say learn to guard against the propaganda entrenched within, and let this not be the end of your search, but a place to seek out and pluck the few surviving principled passages surviving from the words of the spiritual philosopher that said them: Jesus Christ.

Then read the Gnostic Gospels, not the Old and New Testament, for two simple reasons above all: the Old Testament is largely nonsensical, painting the picture of a small, overruling, emotionally-fickle God, which is preposterous, and the New Testament is an imperial document. It is the propaganda-infused edition of the spiritual sage that inspired the creation of this faith.

The Gnostics and some of their contemporaries knew this, just as many of us know it today by understanding the basic motives and tactics of the powerful that have always produced the prevailing trends of history. The Gnostic Christians were embroiled in that early fight for what constitutes a Christian. They searched for the deep spiritual truth that they believed Christ offered, a more direct line to grasping Spirit, without the inserts and revisions written in by conquerors and mind controllers for the humanity-subjugating aims antithetical to the true teachings of Christ, one of history's great spiritual philosophers. The Gnostics were crushed in this

fight, of course, as most that resist the greedily powerful come to be. But it is equally true that the Gnostics prevailed in the fight for spiritual truth, and that this truth is everlasting, its approaching path illuminated by the heart's eternal torch. In the end it doesn't matter how many books the mentally-enslaving censors burn, because spiritual truth cannot be destroyed. Don't read the imperial documents, but those written by the dissidents; they dissented, and were persecuted and executed and assailed from all sides and in all ways for a critical, revelatory reason: they were threats, chasing spiritual insight and its liberating, universally-empowering truths without the shackles of the prevailing Christian power structure.

Art is love; instinct; spiritual awareness. Science is intellect; reason; logic. The greatest, most empowering, profound truths lie right down the middle, requiring both perceptions; granting mental elucidation to spiritual reality.

*Hence the spiritual philosopher
and his or her pursuit of gnosis.*

Ultimate humility always.

*Minimum assumption and
blinding of the ego.*

The greatest truth and

*beauty is always to be gained
from this prideless position.*

*We're actually all communicating
with God all the time, whether
we are consciously aware of it or
not. Those that become aware of
it on some level become better
attuned to the subtleties of this
communication; become better
spiritual listeners, so to speak,
and thereby come to love and*

*inestimably appreciate the deep
wisdom and pervasive love to
which this language leads them.*

*Nerves, self-doubt, the egotistic
trappings of forming and
conforming to an identity... these
things make me wish to experience
the world without the world
experiencing me... to look at the
world without the world looking
back. Only when we're able to
condition ourselves to the point*

*where we don't fear the perceptions
and judgments, but invite and learn
from them, are we able to truly be
comfortable in the world.*

*We don't own our
work. Corporations
do. That's the base
injustice of the*

contemporary human condition.

More on the Underestimation of Positive Freedom

The empty calorie 'comfort food' eaten for pleasure and not nutrition, not vitality, and the other unhealthy, even unnatural hedonistic habits like narcotics and alcohol abuse and gratuitous sex without love and the like all feed a vicious cycle in which the user is using themselves, paying an accumulating cost that makes them less and less physically and mentally able and, per the psychological, brain-conditioning of habit, less and less inclined toward earning the far superior longer lasting pleasures, satisfactions and, ultimately, true heart-glowing happiness that life potentiates, including attracting a balancing, fulfilling mate. The overweight, sickly, lethargic man with an alcohol and drug habit cannot produce or carry anywhere near the appeal of his healthy, fully-functioning self, and the more these descriptions fit him the more true this becomes the truth and, thus, the more likely he is to

rely upon them to give him the ephemeral taste of satisfaction that can never compete with the lasting satisfaction of being as healthy, capable, productive and appealing as he can be, and the satisfaction and pleasures he can earn for himself as this more complete form of self. Luckily this particular snowball gains mass regardless of whether it rolls up or downhill, though the higher elevations of happiness require more effort to propel the amassing snowball toward, especially in the beginning, when you're attempting to reverse direction. But it's well, well worth it. Reward is commensurate with difficulty.

Leeching Isn't Inevitable

We've accepted and laid down to this corporate leeching basis of society, but we don't need to. It's not some unavoidable outcome inherent to humanity as the so-called 'realists,' who are really mentally-corrupted immoralists, would have you believe. It's greed, control and hierarchy handed down from empire to empire and aristocracy to aristocracy. It need not be accepted, and we can do much, much better in terms of the production of total quality of planetary life. What's more, we have the collective power to produce this revolutionary change, it's but a matter of realizing these truths, collectively waking up and seizing the sleeping power within us all imploring us to wake up. We can do so much better as a race, as evolved stewards of

life on earth and the earth itself. Essentially, and to the disgust of our better natures, we've been led, or misled, by the greedily corrupted elements and actors of human history to become parasites and cutthroat competitors for the consolidations of the few and the deprivation and suffering of the common people. These are the unevolved characteristics that the modern western world encourages us to invest in and develop and which will, ironically, be derided and condemned as deplorable and archaic the more that we evolve toward our future form of modernity.

There's nothing truly 'new,' as everything is assembled from bits and pieces of what was, from what previously existed, to compose the 'new,' that which is only new to us, going all the way back to the source: that which had no previous; the one thing from which all must be derived. This is true of all persons, places and things, including the thoughts and ideas of the mind and everything 'out in the world.'

Everything I've ever thought or written, any idea I've ever had or concept I've

undertaken to develop is a composition of previously extant information, ideas and inspirations; those things I know which my intellect and imagination draws upon to create, never from scratch, but from everything that's ever entered my mind. A composition may be novel, but the elements from which it was derived never can be.

Do not try to fill the void from the outside, with things and gratifications, but from the inside, with increased health, strength and capacity of the body and mind and all the potential

rewards we must earn for ourselves and others with our ability, energy, knowledge, discipline and determination.

Who am I?

Like you, I'm a facet of God. The degree to which we're aware of and

thereby think and act upon this truth is the difference, as we're a part of that truth regardless.

Planned Obsolescence

Consumer items are produced not to be truly high quality and to last, but to break down and to become obsolete.

If it needs to be replaced sooner, either because it stops working or because the manufacturers are milking the technology, selling six products between major technological upgrades instead of one, making people feel like they don't have the latest and greatest,

many more products will be sold at a much greater overall profit. This is, of course, objectionable on many levels, a sacrificing of good for greed, as it costs the victimized consumers much more and is highly environmentally irresponsible, leading to excessive waste and run-off and pollution etc.

Don't be among the many that lead lives of quiet desperation, content to play their assigned role in convention, to be cogs in the prefabricated machine contributing to the status quo.

Break out. Make your own moves. Think for yourself.

*Create outside convention.
Have the courage to heed your
heart and chase your dreams.
You won't regret it.*

In relation to most of human history and the evolution of the sensory receptors and biochemical reward systems of the human body and brain meat, and animal products in general, were a rare blessing strongly linked to survival. They're loaded with calories, often including calorically-rich fat, while also providing fur and other natural resources prized by our ancestors of previous ages; and this was before the advent of domestication, after which animals also lent support agriculturally and provided companionship and protection.

Within this context it is no wonder that we are physiologically and maybe even psychologically predisposed to desire and consume animal products. But in the 'developed' world we've surpassed survivalist need.

We produce clothing and maintain warmth from machined plant sources and have specific species we tend to classify as companionship animals. Most importantly, the modern developed world is now decidedly not survivalist; we are not in 'feast or famine' anymore, but a perpetual feast that the vast majority have not the knowledge or discipline to healthfully respond to. In this contemporary context animal products are unnecessary and present more risks, and clear moral shortfalls, than they do benefits. This is a certainty of nutritional science which, of course, goes hand in hand with human anatomy. Modern man, excepting those fighting 'food insecurity,' perhaps, are now fighting their evolved and, I would argue, anachronistic biochemical systems.

What evolved to serve our best interests now stands against those best interests. We can easily satisfy our protein requirements, which accounts for

no more than five percent of our caloric needs, without any animal products whatsoever. A common way this is illustrated is by citing the fact that brown rice, as an example, is composed of eight percent protein; four times the requirement. Yes, it is very low in some of the essential amino acids (the building blocks of 'complete proteins'), but said deficiencies are easily filled elsewhere, regardless of what the justifying omnivore tells you. In fact, overconsumption of animal products and protein is at the heart of what ails modern man, as it is not only highly damaging to human physiology in the long run, forcing the body to process and store or expel what it can't use and setting us up for a whole host of associated diseases and maladies, but also displaces the consumption of whole plant foods that are exponentially higher in the micronutrients that fortify and maintain truly good health and longevity.

Look at probiotics, or 'good bacteria,' as well as the 'prebiotic' raw plant foods those bacterium feed upon, and their role in gut health and its connection to overall health, including mental health, from a historical, evolutionary perspective, especially in comparison to the modern human diet and our probiotic deficiency: we as a race have primarily been plant-eating-gatherers, with the proceeds of hunting constituting but a small portion of our food supply; being a rarity which, nevertheless, has traditionally been greatly honored owing to the benefits (previously mentioned) of a successful hunt and the dominant roles the hunting males have historically held in the mostly patriarchal societies of the more muscularly-dependent past when the size and the strength of a person conferred much greater benefits than today, when the much greater benefits usually go to those with brains (and those not bound by morality, but that's another story). Since produce gathering constituted the vast majority of our diet for the millions of years of ape-to-human history, our bodies have evolved to make use of a wide variety of mostly fresh-picked organic plant foods delivering an abundance of micronutrients and requiring minimal processing, as it wasn't until the agricultural revolution that concentrated farming, monoculture and the processing of foods and domestication of animals became the dominant means by which we were fed, with this portion of our history not being rooted in our evolved physiology anywhere close

to the same way. So food naturally harvested in environments without pesticides and herbicides and not then sprayed down and processed and sterilized and shipped and canned and cooled and frozen, but directly eaten or naturally preserved using fermenting techniques is all rich in probiotics and the prebiotics those healthy bacterium feed upon in order to reproduce and play their symbiotic role in fostering human health. This is the food we ate throughout the vast majority of human history composing our genetic evolutions. Hippocrates said “let medicine be thy food, and food be thy medicine” and “all disease begins in the gut.” Did he also say “may modern man mind the implications of his evolved physiology?”

The closer you are to knowing that you're not an independent being, the closer you

are to the true Self.

The moral man. The rational man. The educated man. The spiritual man. All of these men have profound reason to be offended by religion. The moral man because it is immoral to control people through their fear, ignorance and need for comfort and security, subjecting them to a hollow hierarchy and idolatry and other conceptions that make them feel and act small, insignificant and needy, without power or self-responsibility, living for a mythical afterlife in fear of eternal damnation or unfavorable reincarnation. The rational man because religion is inherently irrational, making assumptions and declaring narrow interpretations and identities as absolute, entirely without the need for evidence and wholly absent of logic. The educated man because religion discourages learning most things, as the more knowledge one possesses the more questions one asks and the more unfounded and refutable religion becomes, and the less likely the religious person will remain an adherent, under control and on their knees, needing

approval from those that only have the power we give them. The spiritual man because true spirituality is all-encompassing; non-idolatrous; non-hierarchical. We are all living in the energy of Spirit at all times as impermanent mortal manifestations of the one being. Narrow this into religion and you've committed a sin against God, the one eternal Self. This is religion's great irony. If you embody all of these men then it is a continual struggle to remember that all people are inherently good in their hearts, in their conduction of Spirit, and that it is only the limitations of their minds and needs of their bodies that leads them to do evil, including the evils spread through their religiosity.

'Conventional' profit-first 'medicine' isolates and reduces symptoms at great cost to overall well-being, typically weakening one's overall system and creating more symptoms to be masked in the long run, thereby increasing the patient's need for more pharmaceuticals and surgical interventions (their need for the exorbitant, profitable services of conventional medicine) while simultaneously leading the patient away from the things that will actually solve the problems.

Naturopathic medicine, aka 'herbalism,' on the other hand, seeks to strengthen, fortify and

provide a path to healing afflictions working with nature, at the intersection of physiology and man's coevolution with plants. There's far less profit to this because nature abounds and can't be controlled or made proprietary; it cannot be owned and thus cannot be overcharged for. This is the only reason conventional medicine is conventional in the first place, and the only reason it dominates.

The corporate bottom line has become the western world's bottom line. Most of our pursuits and values are built upon it without our knowing it. And the absurd immorality and irresponsibility rippling out from this black, twisted cultural heart to inflict endless damage and suffering across the world is impossible to overstate.

The more the individual fully realizes this the greater their conviction and the closer they come to becoming an activist; i.e. a true force for good. Anger, or perhaps more appropriately, immense indignation, is the correct emotional response. And yet we lionize the profiteers; the greatest evildoers.

All those innate qualities of human existence that make mankind inherently corruptible and thereby capable of evil, the needs, limitations and connected vulnerabilities and susceptibilities of human body and mind which potentiate evil - these are what the dishonorable profiteering parasites we're raised to revere target to accrue as many financial and natural resources as they can beyond the point which they can use those resources to

increase their quality of life at the massive deprivation and suffering of the majority.

The profiteers are thereby the demons of the world - taking advantage of all forms of weakness in their evil tactics and creating great evil in their results. We must all come to see their ways as the scourge of the human race; as immoral anachronisms of an un-evolved, antiquated age of giving into evil that isn't inevitable.

Narrow identifying concepts like “my people” and “my family,” while historically granting us the greater concern that motivated the continuity of the species via ‘survival of the fittest,’ is more and more the heart of humanity’s problem. So long as we miss the great spiritual truth, that all are inseparable aspects of the one spiritual being, and so long as we thereby fight amongst different narrow concepts of identity, the

'me's,' 'we's,' us's' and 'them's,' we'll stay in cutthroat conflicts guaranteeing that we use, hurt and mistreat one another, treating one-another unequally and thereby guaranteeing the perpetuation of evil. The only answer is to have and live by the great spiritual epiphany and treat not just every human being, but every form of life, as equally sacred; to see that all forms of life are 'our people' and 'our family.' This is the greatest evolution; where the ascendant are headed.

If you repeat to reinforce just one message to yourself let it be this:

*Have faith in the Spirit
and its guidance.*

*Learn to place your faith in Spirit,
in essential, indivisible Self and to
translate its messages spoken
through the heart and its signs and
signals spoken through the world
and you'll always be on track.*

*Stay a student of
life, for life; both for*

*the totality of your
life and in service of
life in its totality.*

*Create. Educate.
Contemplate.
Cultivate. Explore.*

*Forever discover
and rediscover the
great joys of life.*

Many people speak of love like it's an absolute weakness; like it makes us less likely to survive; as if being spurred by love leaves us open to obliteration. But the truth is that love, the weakness of being vulnerable, is empowering.

Love is what compels us to fight for and defend things in life, impassioning all of our endeavors. It is our greatest

source of strength. And, as with everything, there is an equal and opposite trade-off imbedded in this.

The more we love, the more strength we have, the more pain we may feel when that love is endangered or decimated.

You cannot have any measure of strength without an equal measure of weakness. This is a law of life.

Don't cling to anything or anyone. This doesn't mean don't strive or fight to improve or seek love. Always be learning, loving and building. Just don't cling to any of it, any person or

physical thing, for a sense of identity or purpose. Don't need it/them. Love it, don't squeeze or suffocate or try to control it. Hold it gently. Don't cling. Always be ready to let go. Of everything.

There's no greater quality in a leader than knowing how and when to let others lead you. The ability to cooperate, to invest in and give complete delegating faith to others that know and can do things that you can't, to divest oneself from one's ego enough to know when others know and can do

better, and thus to listen to them and derive as much value as possible from their knowledge and abilities. These are the qualities of a true leader. They are those without the impediment of too much ego, that know that the greatest good of the whole is the greatest good of the one. The best leaders, in other words, sense the particular powers of those around them and empower them accordingly, and for the good of all.

There are a select few whom I choose to give power over me. Power over can, in fact, be quite empowering. One might even say that the truest power is the power given, whether to oneself over oneself to counteract weakness, or by and to others, for the sake of oneself and others. This is the nature of

symbiosis: everyone is stronger because everyone gives, and receives, strength from everyone else, making the whole far greater than the sum of its parts. Those best suited to lead understand this, that what's ultimately in everyone's interest is everyone's interest, and best understand how to cooperatively pursue that greatest collective interest, granting others power over in a truly empowering way.

What you put into your body is vitally important, literally and figuratively. It composes your physical being, building,

*maintaining and defending, or
stressing and deconstructing,
your body and brain and, by way
of body and brain, the mind.*

*There's no way around it. There's
no way to avoid the innumerable
interconnected benefits and costs
connected to consumption habits.*

*The Spirit, or God, is communicating
with all of us all the time. At every*

moment the channel is open and transmitting, as a matter of fact.

Though everyone is subconsciously aware of this fact, for it is innate to existence, not many are consciously aware of this and, thus, not many have developed the capacity to listen to and make use of this immensely empowering, guiding, pacifying force.

The indispensable importance of health extends to all avenues of life, including all the ways in which we may impact the world into which our rippling effects spread across the entirety of each of its landscapes, literally, socially and so forth. It reminds me of a powerfully astute metaphor I heard once whilst working in mental health:

“Self-care is about far more than self, for one cannot serve others from an empty vessel.”

Why sushi is my favorite food: there's an elegant sense of simplicity and cleanliness to it and an honoring of the taste of the unadorned elements and the ratio with which they best complement one another.

It reminds me of the Oscar Wilde quote:

“I adore simple pleasures. They’re the last refuge of the complex.”

Sushi is simultaneously simple and complex. There’s nothing pretentious or convoluted in it, just a humble desire to present each honored, quality ingredient as perfectly as possible, respecting each individual element, not burying it within each of the others, letting it both stand on its own and in clean complementing accompaniment. It is also perhaps the healthiest of popular foods and bound to Japanese culture and its focus upon honor.

Above all else have faith. Have faith in Spirit, its guidance spoken through the heart and the journey and destination to which it leads you. Nothing happens on accident. There is always a reason; always a lesson; always a way to grow. And, in the end, you are a manifestation of Spirit.

Your essential Self is eternal.

Spiritual faith isn't something granted or grown; it is unearthed.

Like all great truths it always has been and always will be. It lies in the heart and subconscious mind, awaiting the conscious mind's having the experiences and making the connections required to unearth it; to dig it free and embrace it.

*To fully appreciate
the heights of
heaven one must
have ascended from
the depths of hell.*

Speaking is ego.

*Listening is
enlightenment.*

*The more subjective
your dialogues and
experiences and the
more introverted your
manner, the crazier
you're considered.*

*Wisdom is derived from distillation; from
perceiving and rooting out the greatest*

possible value from the appearance of chaos by seeing through and plucking out the essence, the most fundamental factors, and then disseminating them to those willing and able to put them to good use.

Without clarity, without removing the nonessential, this cannot happen.

Confusion, distraction, uncertainty... getting lost in translation will block the path. This is the heart of organization as well. One clean, clear chain of cause, knowledge, purpose and planned action. It's indispensable. And it's also the heart of the best philosophy: digging for the roots. Seeking the essential takeaway. Seeing a sea of trees and finding that which they all have in common; that from which they all grew and are most dependent for their greatest growth.

A friend of mind made a very astute observation:

Discipline is freedom. This is absolutely true, I realized. I typically say that “discipline is the difference between knowing right and doing right,” which is essentially the same principle.

Possessing discipline means being free from your bad habits, tendencies, predispositions and the like; from all those things you know detract from your best interests and/or, in the moral sense, from the best interests of others, or from life in general. Once you know what these things are it becomes a matter of acting upon that invaluable knowledge. This is the meaning of ‘positive freedom,’ of purposefully producing and enforcing limitations for the greater good. This as opposed to ‘negative freedom,’ the restriction of obstacles and limitations. Such positive freedoms are both personal and, on the larger societal scale, compose the heart of the best laws and regulations, protecting people, animals and the planet from allowing the unscrupulously immoral, greed-infected and undisciplined the total negative freedom which accrues to devastating results.

*To attract people
and their imparted
benefits you have
to have one or more
things they want.*

*This is always true,
even if what they
want is to serve.*

When you know that you have something of value to offer people, something to contribute and to be recognized for, you refuse to take no for an answer.

You fight and work and find those most able and willing to recognize and employ that value.

Never give up.

*All those things which
grant us our greatest
strength require trading
our greatest weakness.*

*Nothing is free. There is a
Yin-Yang, equal and
opposite characteristic
built into everything.*

Religion as a whole represents the most dangerous anthology of fairytales ever written, designed to guilt and peer pressure the gullible, strike fear into the hearts of the innocent, manipulate the ignorant and uninformed, stroke the pretentious egos of the self-righteous and divide the people into falsely misleading identities that set us upon one another in cutthroat competition, often literally. Far better to treat its most valuable espoused principles and parables as piecemeal products of philosophy than to swallow it all whole as organized religion, else be amongst the culprits perpetuating the aforementioned evils under the concealing, false facade of righteousness.

(Inspired by the film Captain Fantastic)

Ego-Aversion: A Most Excellent Exercise

I'm conditioning myself in a manner that's already relieved much of my suffering. It is a Buddhist practice; a disavowing of the clinging ego that pains through its false, imposed needs which we cling to and, as they cannot be held tightly and controlled, must thereby pain us when they slip from our grasp.

Whenever I feel a need for power or control, or resent others in any envious way, or find myself engaging in self-reflection and self-definition, or delving into any similar thought or entertaining a paralleling feeling, I have learned to recognize it as an extension of my ego; of my false, small self.

When this occurs I simply acknowledge it and turn away from it, letting it, and the futile, destructive, painful dwelling within it, go. This is especially true for those whom, like me, are prone to obsessively ruminating upon such thoughts and feelings, to becoming lost within and bound by them; by the egotistic imposition spinning within them seemingly without end, continually building the pain. Let go. Stop resisting. Recognize the attempt of the ego to control your thoughts and actions and turn it away.

'Conventional wisdom' is very near to being an oxymoron; an inherent contradiction.

For what prevails as conventional wisdom is made more by ignorance, laziness, fear, peer pressure and the traditional influences of the powerful promoted to control the majority against the best interests of that majority than it is made by the requisites of true wisdom:

Reason and logic applied to experience, coupled with discipline and what is often derided as 'cynicism:' the ability to recognize greedy systems, institutions and values passed through conserved traditions detracting from the majority best interest, as the aristocrats have always done.

Anything conventional must be regarded with great suspicion as such 'cynical' protections demand for these invaluable reasons, as 'cynicism' is inseparable from recognizing that selves are inevitably motivated to benefit themselves; it's inseparable from acknowledging that people, corporations and institutions do things based upon motive; usually a motive that is costly to those that patronize them. Being unaware of these truths and their trespasses is to be a victim.

You do something well enough, with sufficient conviction, reason, passion and inspiration, it shall make an indelible mark, and last forever. That is the definition of classic; of standing the tests of time in order to become immortal. Such is the power of great writing, of poetry, philosophy and works of an allegiance between strong mind and stout, guiding heart. Everyone recognizes the power of such works. Everyone knows a truth when they come upon it, even when they refuse to acknowledge it because it contradicts their interests or ego. It is only and forever such works that can lead us to where we're going.

*No one ever
accomplished
anything they
knew they
couldn't.*

*Every pain
is a lesson
in disguise.*

People and the connections they make are unique. And while every form of beauty is also unique, and everyone is lovable in their own special ways, beauty and lovability are themselves perfectly ubiquitous, as is the inherent capacity to form connections, all of which is grown from and wrapped around that which connects everything: a pristine, incorruptible shared spiritual essence that is the one indispensable component in all things. It is an invaluable gift of life that these two truths exist simultaneously: the uniqueness of form and connection, including the infinite forms which beauty takes, and the perfect ubiquity of love, beauty and the capacity to connect.

Everyone and everything therefore embodies both the perfectly unique and the perfectly ubiquitous wrapped into one. Everyone and everything possesses qualities which are universal, yet offered up in their own unique, inimitable form. And this is precisely the purpose of spacetime and matter: allowing endless experience of the inexhaustible variety of beauty's forms and the connections created between the unique individuals embodying those forms. The spiritual source is the one constant, the unchangeable spiritual Self, ever reforming to permit endless variety of perfectly unique experiences of its beauty and connections.

Distinguishing races is the basis of racism. Distinguishing identities in general is the basis of all evil done by one to another, for it is only the seeing of 'other' that makes it possible to do wrong, as we never act to wrong ourselves, but act to wrong others when we believe it is in some way in the interest of ourselves. The perspective of 'other' is therefore the foundation of evil. It is the core ignorance, countered by the court truth: one indivisible underlying identity: Spirit. If we see every other person and, indeed, every form of life through the spiritual lens of shared essential self then we can no longer do evil to them any more than we can do evil to ourselves. And while we still act against our own best interests out of limitations, weaknesses and susceptibilities inherent to physical and mental existence, we always intend to act in our own interests, and were this intent to include all forms of the one essential Self all evil would approach eradication, leaving only the wrongs done out the aforementioned limitations, weaknesses and susceptibilities of body and mind, which themselves are mitigated through knowledge and discipline. Thus, the erasure of all wrongdoing, including everything that might be considered evil, is based first upon eradicating the sense of otherness, and then upon gaining the knowledge and discipline not to do those things which go against our own long-term best interests, naturally extended to all of life.

Art

*Your interpretation gives
you insight into yourself.*

*Through your perfectly
subjective focus upon and
interpretation of its
various elements, art
reveals you to yourself.*

Education 101

Teaching and learning are never separated; never independent. They are always mutually interdependent. The best teachers and students know they are both.

There is nothing more important to the wellbeing of any society and to the quality of life of its constituents than the overarching systems that protect, govern and spur progress for said society and its constituents.

Put the ideal interconnected systems in place and the ideal outcomes will tend naturally to come to fruition. Yes, the qualities and convictions of the individuals themselves are indispensable, this is true, but, beyond the extent to which the ideal systems tend to foster those qualities and convictions, which they certainly do, this is the responsibility of the individuals themselves. Those that devise, implement and are tasked with forever being dedicated to the improvement of the overarching systems cannot become too caught up in individual cases without losing focus on maintaining and pursuing the perfection of the systems themselves; the systems which impact the quality and potential of every individual constituent.

Displays of arrogance are indicative of insecurity. They're compensating coping mechanisms for the knowledge that you're not more than you think you are or feel the need to be. Humility is true confidence. Awareness that you are what you are, that you're capable of what you're capable of, that you, like everyone else, are vulnerable and limited and have a lot to learn and gain from experience and others and have nothing to compensate for. This powerful knowledge of every self, humility, combined with following the spiritual guidance of the heart, is where the greatest, most authentic confidence comes from. There's no need to seek reassurance and validation from one's self and others if it's always within.

The sources of capital accumulation, and the capitalist equation itself, are historical matters which were literally built from the ground up.

The origin of all capital is the land and its natural resources; the ability to take, hold and extract or otherwise derive value from the land.

Those that possessed the power to take possession of the land began to build their wealth from its resources and advantages. This is the first source of capital. The second source of capital is labor; the ability to exploit the energy of animals and humans to build wealth. The goal is to minimize the expense incurred by these first two sources in order to maximize capital accumulation. The third source is the consumer and his and her marketplace. The fourth and final source is the investor and his or her marketplace. The goal is to increase the income derived from these second two sources in order to maximize capital accumulation. It's not difficult to determine who and what loses when the capitalist well executes this equation.

I don't want, and have never wanted, a 'career.' I want a calling. I want to create my role in the world; to craft my own fate based upon the particular talents I have to offer, not fill a cookie cutter role invented by others that merely builds a bottom line from which the majority of the world is extracted and thereby excluded and made less by.

This can never be for me, nor for anyone else creatively and progressively driven and inspired, or even those simply seeking a just share of the best benefits to be had for themselves and their loved ones from their endeavors.

*There is never any trouble even as
trouble endlessly abounds.*

*This is the seemingly conflicting
truth, the paradoxical cognitive
dissonance, of the spiritual entity
locked in a limited, destructible,
ever-afflicted physical form.*

It is wrong that we should ever react to anyone, to any form of treatment, in an immediate, reflexive manner of like kind, believing that we are warranted in doing unto others as they have done unto us. Just because someone is cruel or otherwise inconsiderate or unjust towards us never warrants or justifies us returning that treatment. Being diminished by them doesn't necessitate us diminishing them and, through such reciprocated diminishment, ourselves in turn, along with everyone else inevitably wronged as an extension of our returning wrong; as an extension of the anger, sorrow or other pain or damage we unnecessarily perpetuate. Always act with love and understanding regardless of how you're acted upon, especially when you're acted upon unjustly. Break the chain, don't extend it.

The few that are strong enough to live by this creed will do inestimable good for all.

*The best, most valuable
philosophy is grossly
misunderstood and underutilized.*

*It is nothing less than the
employment of reason and logic to
build fundamental, ubiquitously
applicable governing principles by
which to live one's life and serve the
best interests of life as a whole,
ideally through creating and
employing overarching systems
conducive to this preeminent aim.*

Again and again it is demonstrated: all human endeavors are at least partially driven by ego; everything is somewhat motivated by insecure self-perception.

Observe human activity from this foundation of psyche: everyone always trying to prove themselves to themselves and others in order to garner more love and empowerment from themselves and others, or to manufacture or reinforce some self-identity they think they need in order to attain these aims. And the greater the insecurity the more this is true; the more it drives the insecure individual through their unstable, reinforced ego.

I love rap and hip hop; they are powerful art-forms of great communicative, uplifting potential. That said it is an industry and mode of musical production dominated by 'artists' continually egotistically compensating for insecurity and ignorance. That is clear when you listen to it.

We're so accustomed to living and thinking within the conventional, contemporary socioeconomic framework that it is very difficult, and for some people quite impossible, to think outside of it. But think about this: there are more than enough resources to go around; more than enough for people to have their own space, home, food, water and all other necessities and many luxuries and for most people to naturally pursue their passions and follow their inclinations and aptitudes towards producing value in their own lives and lives of others; playing some valued role in their societies. The only reason our lives are dedicated first and foremost to increasing our incomes and building our wealth is greed. Historically, someone gains more power than others, which then enables them to start controlling the land and resources and determine how it is to be parcelled out in exchange for what, and eventually you have capitalism and unnecessary suffering and hard slavery before soft corporate slavery and all the evils lying atop the abhorrent and growing disparity in wealth and general resource distribution because that exchange was set by those with power; power created and maintained either through purchase, through quid-pro-quo arrangements with others that purchase it, through force, or through some combination of these. These tactics have expanded and gained nuance through history as those with power have faced progressive pressures, but the heart of it remains the same: we live lives centered around income and wealth because it is dictated by those with power that gain from this arrangement through our efforts, not because it is inevitable that humankind should live this way.

Much, if not most, of human life boils down to a competition amongst egos; a doing of things not merely for their intrinsic value,

but for how they are believed to reflect upon the identity of those that do them. You see this in all things: the primary motivation behind thought and action being relative to self-perception and self-image in comparison to the perception and image of others. It is a problem of identity and insecurity; a constant need to prove oneself to oneself and others based upon the doubts and confidence one has in oneself and how they feel they compare to those around them. We are all driven and victimized by this, for were we not compelled by this egotistic insecurity we'd collaborate far more, see our commonality far more readily and create much greater value through the shedding of our narrow cutthroat competitions in favor of creating value for the common good regardless of who gets the credit, and whose egos are buttressed or reduced as a result.

The entire system is rigged to support the greedy cost imposed by the ownership class upon the working class: corporatism, consumerism, individualism, equity excluding careers and wages, debt, credit ratings, investment markets, the corporate controlled plutocratic political system (our false 'democracy')... it's all a pyramid scheme in which the planet and the many on the bottom support the weight of the few on the top.

The Cynic Sees Through: Healthcare, Convention and Progress

I've gradually come to find that an understanding of the healing potential and application of nutrition and herbal medicine is indispensable to my quest for regeneration and recapturing of my true self long lost to self-inflicted affliction. In line with my obsessive predisposition, the study of and personal experimentation with innumerable dietary strategies paired with herbal concoctions of one type or another consumes a major portion of my time, energy and limited disposable income. The knowledge of the ancient Ayurveda's, Chinese and Native American nature-revering herbal practitioners are gradually being ingested, their lessons and wisdom so misunderstood and undervalued in a western world so dishonorably corrupted by the profit motive pushed upon its citizenry; a citizenry compelled to ignore and even breed contempt for anything that the major corporate shareholders can't parasitically use against that citizenry for their own greedy value consolidating and total quality of life sacrificing purposes. Conventional wisdom dictates that I regard this awareness as negative, pessimistic and 'cynical,' yet I know the truth: it is not only fact but, when harnessed as conviction of action, is what leads to positive results. Becoming 'cynical,' in other words, doubting the motivations of others and guarding against the self-centered, the overly egotistical and the profiteering parasites of the world, is the first step in creating good. You just can't allow it to turn you into a pessimist, which is another thing entirely, and something which is commonly mistakenly conflated with cynicism. The cynic sees through convention and knows where it tends to come from: the overlords.

Conventional wisdom is anything but wise; a set of falsely dictated truths, more often than not. Most of modern society and its conventional beliefs and practices are passed down by the conquerors of the past and their greedily inheriting aristocratic class, now embodied and financed by the major corporate shareholding ownership class and perpetuated by their plutocratic political puppets. The profit-ruled practice of modern 'medicine' is but one particularly reprehensible example of this, considering the quality of life and financial cost levied upon the people by this industry. Cynicism leads to this awareness: awareness of motive, means and opportunity, and of the chain of cause and effect connecting the past to the present predictive of the future. I refuse to be an ignorant victim, and will continue to protect as many as I can from falling prey to the subjugators and oppressors, no matter how many slights and indignities I'll continue to suffer at the hands of the narrowly perceiving conservatives along the way. For that is the burden of every progressive and patriot fighting for the greater good and higher quality of life of our brethren.

Conservatism:

Take everything you can.

Liberalism:

Give everything you must.

*If your heart is in
it, you have the
blessing of God.*

End of discussion.

*Fuck housing
developments.*

Fuck the suburbs.

*We're meant to be
surrounded by land.*

*This cookie cutter
crunched together crap is
against our nature, and it
has a denaturing effect.*

Low on Plato

Counter-culturalists like me who enjoy discourse, who thrive on the intellectual 'debate' that the vast majority seem to have very low tolerances for and even fear, and whom have developed strong, counter-conventional convictions and seek to explore ideas and uncover or create ideal systems and not simply accept the values, traditions, consumerism and wealth-and-status-chasing that we're expected to remain slaves to... why does it seem there are so few of us? Why am I still searching for my brethren?

Plato said: "The unexamined life isn't worth living." This is a part of my blood; inseparable from my mindset. And yet most people I attempt to engage in discussions with have no desire to do so or else are very easily offended. It's as if I am putting them through something unpleasant when I bring up anything challenging. It sadly seems most would rather just make their money and entertain themselves and get back to 'typical' activities. This is fine, I suppose; they simply don't have my makeup. But there is such a struggle in a world where so few do, and where the philosophical mindset is so undervalued and misunderstood and even discouraged. We live in an instant gratification, covetous, accumulative society so low on morality, honor and intellectual exercise. It's so sad that it takes so much work just to find 'my people;' they're few and far between.

The greatest wisdom is locked within the heart, not the mind. The mind is for capturing in one's conscious awareness and putting to valuable use all that which is already known to the heart; for uncovering what has always been there, and for unlocking the endless details of the heart's all-encompassing, Spirit-fed, essential-most knowledge.

Spirituality:

*Everything is a
facet of one thing.*

The psychological drive for power, control and ego enlargement through emotional manipulation is always there, lying within each one of our ego's attempting to stabilize and expand itself. And I think it's most effective when the manipulated individual is lacking in the area possessed by the manipulator; when the manipulator has something their victim desires. This is likely what compels the manipulation in the first place. I also think that such manipulation is probably natural and thus all too common; that when someone finds they easily wield great power over another that they can't help but do so to some degree. This must be true considering that even the best, most considerate of people seem not to be able to resist doing this.

Everyone seeks power, it seems, perhaps especially those that have felt disempowered by life or become addicted to power or need that sense of power to compensate for insecurities or areas in which they, in turn, are lacking. And it may be a universal law that people tend to take advantage of the emotional state of others, instinctively using it to their benefit in some manner. Perhaps, above all, it's about the balance; the sustainable equilibrium.

The success of most relationships boils down to the power dynamic; that is, if there is a severe imbalance in the power possessed between people in a relationship, whatever the nature of the relationship and regardless of gender (for abuse is clearly gender neutral), the one lacking power is inevitably going to feel as though they are being abused and manipulated by the one with the power, as that is the state of things; they are wide open to it and almost inviting it through the imbalance.

And, therefore, even when the one with the power is a very good person, they'll be aware of the power and will not be able to entirely help using it in ways the other construes as damaging, for that is the nature of the dynamic. The extent to which that power is abused is the only thing the powerful one has control over, not the fact that they wield it and will invariably do things that the powerless feels adversely affected by. The takeaway: seek, create and foster relationships with a stronger balance of power that are thereby more mutually beneficial and less prone to abuse and creating ill will.

More Confirmation on the Sad Antithetical Modern Jesus Paradigm, from National Geographic Magazine, December 2017:

“The Search for the Real Jesus:”

*“By far the mightiest force at the time shaping life in Galilee was the Roman Empire, which had subjugated Palestine some 60 years before Jesus’ birth. Almost all Jews chafed under Rome’s ironfisted rule, with its oppressive taxes and idolatrous religion, and many scholars believe this social unrest set the stage for the Jewish agitator who burst onto the scene denouncing the rich and powerful and pronouncing blessings on the poor and the marginalized... (in *The Historical Jesus* the theory was put forward) that the real Jesus was a wandering sage whose countercultural lifestyle and subversive sayings bore striking parallels to the Cynics. These peripatetic philosophers of ancient Greece, while not cynical in the modern sense of the word, thumbed their unwashed noses at social conventions such as cleanliness and the pursuit of wealth and status... (he tested) the boundaries of his religious upbringing.”*

None of this is surprising to me. He was a progressive, moral and spiritual left-wing philosopher with charm and insight whose powerfully inclusive message resonated with the masses and would stand against the power structure and consolidating systems of the modern day, and against so many of those that wear his emblems and claim to stand for him. His anti-power-structure messages now antithetically belong to that very power structure. All the most interesting people, and the truest leaders, are the dissidents; the resisters; those with the will and conviction to fight back,

The Game: How to Win Who and What You Want

Recently I've come to the conclusion that all that many people respond to in personal relations is 'The Game,' especially when they are younger and attractive. That is, it is all based upon the power dynamic. It is all about confidence, including the show of confidence when true confidence doesn't exist, and upon not showing anything resembling need or attachment.

You can show desire, but it can't come close to resembling anything too strong, at least until it is matched by the person of interest. When one person possesses more power over the heart or perceived needs of another they are in control, and they lose interest in what they control all too easily. In this imbalanced state only unhealthy relationships are possible, in which the one with the power uses it in ways that are manipulative and exploitative of that power relative to the need and weakness of the other. The only healthy relationships are those based upon an equality, or near to equality, of power and mutual benefit. The game, therefore, is to either retreat when it is clear the power is or is becoming unequal, or to pretend not to care or need or, ideally, even to want, until that point where the power is balanced out, then more of the disempowered person's true feeling can be safely revealed. To act otherwise, to act or say anything based upon need or attachment, is to assure that you cannot have what's desired.

So, what's the surest path to having who and want you want?

One word: power. This is pure psychology, and has been confirmed over and over again in my experience and reflections upon said experience. If the desired individual perceives power, which is the same as saying if they perceive that you are in

control, she or he will be interested in you. You must be in control of the situation. This must be the perception, at least.

A personal sense of integrity, honor and principle may dictate a need to be honest, and that you really do need to be in control if you're going to demonstrate it, and that it's wrong to pretend otherwise. But, absent this undervalued sense of honor (especially in the egocentric western world), even if this control is convincingly faked, the result will be much the same. If, on the other hand, she or he in any way picks up on a lack of control and a sense of need, otherwise described as self-doubt, insecurity or fear, their interest will drop; the greater this sense the more the desired individual becomes unobtainable.

I believe this to be a psychological fact, especially in younger individuals and especially still in those fitting certain psychological profiles; the profiles of those that have been inundated by a sense of lacking power/control in their past; in past relationships or in their lives in general. Such a past drives them to have a deep-seeded awareness of the possession of power and control, and, thus, that is what they emotionally understand, need and are influenced by above all other things. It is core to their psyches. Again, this is true of everyone to some degree, but to such individuals more than others.

Thus, this is the surest path to having whom and, through people, what you want: the perception of power/control in those that have what you want, whether authentic or feigned.

A Key to Happiness

It may sound a bit cliché, but I think one of the greatest keys to happiness is not to need more than you have, not to want to be anywhere other than where you are and not to want to be with anyone other than who you are with. It is the perpetually unsatisfied feeling of not having everything you need to be happy, the ignoring of what you have in the perception of what you lack, the forever restless sense of needing, seeking and coveting people, places and things that creates much of the suffering we endure. I certainly know this to be the case with me; that I spend much of my time seeing only what I don't have. And when we are grounded in where we are and appreciate what we have and who is around us without telling ourselves it is not enough or we need something or someone else, we are far happier. This, of course, goes hand in hand with being fully present and absorbed in the moment rather than in our minds and looking for something outside our present experience. We appreciate all that the moment has to offer, all its presented beauties and joys, only when we are actually in those moments. Without this absorption all that incalculable value is sacrificed in the endlessly unsatisfied search.

Life's a War for Power on Multiple Fronts

Recently I've come to realize just how central the struggle for power is in humanity; it is one of the core driving forces behind people's actions. Power, otherwise known as influence or control, is something we all are compelled to acquire and increase. And there are many forms of power, including many forms of power over one's self (aka 'discipline' and positive freedom) and power over others, whether personally or professionally; power over other's hearts and minds and sexual urges, power over the professional endeavors of others etc. This drive is, of course, wrapped up in the other human imperatives, including the drives of the ego and the desire for wealth and the maximization of pleasure, and is core to being a 'self' that is inherently selfish...

If you don't know the other writings of myself and others on the subject, the incontrovertible concept is that, as a self, we are all compelled to do only those things which benefit us, even when they benefit others as well and that, therefore, there is no such thing as a 'selfless' act but, in fact, every action and, indeed, every thought is selfish, for even when it is aimed at helping others we are motivated by selfish benefits of lending that assistance by, as examples, feeling good about ourselves for doing the right thing or knowing that by assisting others they will be grateful towards us and/or will owe us something beneficial in return. This of course means that 'selfish' acts are not inherently bad, but simply inherent to being a self. Power is a part of this.

We all seek more influence and control. I have, in fact, heard it said that power is freedom; for only when we are powerless are we not free from that which has power over us, including our weaker natures. An alcoholic or drug addict, as examples, has no power over his/her compulsion to drink and use, respectively; they are slaves to it. Even love, the desire for which is perhaps the greatest driving force in humanity, is glued to the power game. We try to buy love so that we have power over it through our wealth, we try to influence those we are interested in or already together with so they feel greater attachment to and need for us, and we break apart or lose interest in romantic relationships when an imbalance of love grows too great; when one person possesses too much more power over the other. We try to acquire more power to put those we love into more beneficial positions, benefitting themselves and ourselves in the process. And when others come to love us we use that love for many forms of benefit. I've written before that love, for all its romanticism, is tied to a very pragmatic motivation: you benefit me as much as I benefit you. This is the psychological side of love and power, cold as it may seem.

What Does it Mean to Serve One's Country?!

There are so many examples of falsely-misleading, narrow-minded, unjust paradigms imbued in the conventional conservative culture of America which constantly resurface in my thinking and writing; notions that the concept of 'success' is based upon how much value you pull out of the working people and the planet and insert in your own accounts and material accumulations; that 'democracy' is represented by our plutocratic republic and its control by the wealthy few, a system which merely lends the illusory pretense of 'for and by the people;' that 'health' is something you gain through doctors and pharmaceuticals and surgical procedures rather than seeing that these avenues are immensely costly to health and one's wallet, that they turn us into perpetual customers concealing symptoms, and that true health is nothing less than one's state of existence and is dependent upon understanding nutrition and exercise and how the natural world's products coincide with our evolved physiologies and true biological needs; and that 'honor' and 'patriotism' and 'serving one's country' are based upon absolute obedience and allegiance to those that rule the nation and are equated with military service, without any thought as to the motives of those in power and those that benefit and what it costs the less privileged both in our nation (how many of our dead since the Korean War have hailed from privileged circumstances?) and those running aground of our 'defense of liberty' in countries that just don't quite see things the American, i.e. corporate free-to-expand-profitable-opportunities, way.

The greater truth on this last matter? So long as no true democracy exists and the wealthy few control so much of the political realm and its policies and actions which largely act against the best interests of the vast majority in service of the greed of a minority of the nation, 'serving one's country' more honorably means resistance. It means fighting for the many against the few that control the nation and its political priorities. This fight is multi-faceted, of course, but it certainly does not entail blind obedience to a military industrial system that has us planting bases and roaming the world's oceans for grandiose games of geopolitical power, sometimes called 'military adventurism,' that benefit a small percentage of the population holding major shares in multinational global corporations that profit from the expansion of the power they produce through control of American politics, the top priority of our government's foreign policy post WW2.

Good vs. Evil

The truth doesn't pay. Honor, justice, the defending of the disadvantaged, the championing of common cause over the narrow identities and tribes and corporate entities, the fighting for the universally shared Self of Spirit over the narrowly-conceived, misleading mind-controlling mechanisms of the Church. None of this pays. Serving the corporate masters that leech off of the people and the planet in the hopes that you might gain a larger share of what they extract; this is the only thing that pays. This is good vs. evil.

The Parasitic Imbalance – Another Perspective on Power

I've had some interesting discussions with a colleague recently as to the observation that much, if not most, of what constitutes evil cause and effect can be traced to imbalances of power in relationships; to the difference between mutually beneficial symbiosis and unequally beneficial or, relative to the two sides of the relationship, purely advantageous-to-adverse parasitism.

When you look at unhealthy relationships, personal, professional, political or otherwise, you see this pattern, and how rampant the inequality of benefit is in relationships in America; how it's essentially endemic to our culture. Workers used as cost-minimized tools in corporate profit-making machines; constituents duped and manipulated by politicians serving their plutocratic beneficiaries at the immense loss of most of those constituents the politicians are meant to serve; people using one another for sex and a sense of power and egotistic gratification. The 'successful' in America may be said to embody the parasite, in fact; to be 'winners' in the power struggle, holding as much power as possible to the great detriment of those they maintain and abuse their power over.

I've seen this in my own personal life a lot lately, in fact; my wanting the friendship and love too much more than the other and that fact being consistently taken advantage of in subtly abusive ways with long term, cumulative adverse effect upon me. On a case by case, interaction by interaction level this fundamental power dynamic might be alleviated by an honorable tact: relinquish the need to be right and invest in a sense of equality - a sense of coming at things on an equal level, perhaps especially when you know going into the encounter that you feel superior to the other person, or that the other person wants, even needs, more from you than you do from them. Otherwise they'll sense a condescending disrespect and exploitation of their weakness/disadvantage and no progress will be made; only ill will may result, regardless of right and wrong.

A More Personal Perspective on the Universal Power Struggle:

The only relationship that I've had in years that has really mattered to me, with the only person I've truly cared about outside my family in that time, has taught me two things above all else: how fiercely, even desperately I can love and want someone, and how horrendously lopsided the power dynamic can be in a relationship. It is difficult to reconcile these two conflicting truths of the quarreling heart and mind...

It is clear to me upon reflecting on this unequal relationship, and thinking about the conversation I had with said young woman on the subject after broaching the general topic on social media, that the 'blame,' if blame is anywhere near to the correct word, for this vast inequality is to be shared on this: it is first to be laid upon myself, for being weak, deprived and needy enough to allow such an immense power disparity to take root and grow in the first place, and secondly upon her, for all the subtle ways and means and by which she was motivated to grow and maintain this gross power disparity, which was very clearly grown, and which, in her pride, she was unable to admit. Upon gaining some distance and perspective it is very clear to me that she did many things to maintain that power, and it is equally clear to me that she received egotistic gratification from this power and the control it granted her and all the compliments, support and other benefits she received from it, for her subtle manipulations were ongoing.

This led me to state the following conclusion on social media:

"Every relationship has a power dynamic at play. The more

equally that power is shared, the more equal the benefit derived, the healthier and more sustainable the relationship is."

Later I realized that power sharing, or the lack thereof, is core to every romantic relationship, and likely all forms of relationships. You don't want one person (or party) wanting it more than the other, which is the same as there being an inequality of power. The more powerful wants it less. They have less desire or need of the relationship and, thus, are more in control. And the one without the power will inevitably resent the imbalance and feel degraded and abused through its degradative maintenance, rendering the relation untenable.

Another way to state this:

There is a very simple, direct correlation between desire and power in all things, and all relationships. The more desire a person or thing holds, the more power it holds through that desire over the one(s) that desire it. And benefit is derived through power. Except in the rarest of cases wherein the truly wise, fully secure, righteous person holds the power they use to empower the less powerful, unequal power = unequal benefit.

Thus, the greater the desirability, the greater the power held and benefit that may be derived through it, and the more unequal the desirability, power and benefit, the less mutually balanced, or symbiotic, the relationship, and the greater the resentment and pressure placed upon it from the unequally benefitting, and the more unhealthily unsustainable it is.

Balance of Benefit = Balance of Power = Justice.

The One War

The only war that really matters is the one for hearts and minds, for it is what we believe and value, what we love and hate, that leads to our thoughts and actions. Bring the mind around to what the heart already knows and all war is won. And while you'll never win everyone's heart and mind, the truth has the advantage of being the truth, and comes with a power all false facades of truth pale to in comparison once recognized. Thus, fighting to spread that recognition until it overtakes all deception and misconception is the One War.

Stimulation Sans Substance

I suffer the same plight as every thinker in the modern era attempting to find our community and receive recognition for our work;

Most people can't be bothered to think, they just want to be entertained.

Stimulation sans substance, that's the prevailing cultural characteristic of the vacuous modern day western world.

*I know something
which most don't:*

Unity matters most.

The Same Sick Proposition

With most business propositions all I see is: More money for people that already have more money that they can use to significantly increase their quality of life, in deprivation of those that can use the same money to drastically increase theirs.

Unconditional

*There's not a speck of you
I don't love. Forever and
ever. No matter what we
say or do to one another.*

No matter what.

*Why do I see what
so few seem to see?!*

*What bounty and
burden was born
unto me?!*

Fractured Foundation

*Once you trace all the
major causal strings
you realize that the
suffering of the many
is always the
foundation for the
wealth of the few.*

Learning is Grossly Undervalued

I am tired of hearing this trite argument that is most typically associated with high school learning and more generally associated with an underestimation of the value of open-ended, liberal education... with a misunderstanding of what is gained through reading and education throughout not just high school and college but all of life... it is a specious argument that those resistant to learning and whom struggle with certain subjects repeat, and that I've heard many, many times since high school and throughout my academic experience, and that is:

“What’s the point of learning this? I am never going to use it!”

This argument misses the larger, far more important point. It’s not always about the direct application of knowledge; that’s not the only value of learning. It’s just as much, if not more, about exposure to new ideas and perspectives, gaining a love for learning, determining aptitude and one’s future trajectory and exercising and expanding the mind and, through that exercise, gaining and increasing abilities and self-worth. The direct knowledge is just the surface. The aforementioned values are more valuable in the long run, trust me. The enrichment we receive from exposure to new information, ideas, experiences and perspectives isn’t always obvious, but it’s always there, whether we can see or appreciate it or not. That said, perhaps it requires a certain level of capacity in order to desire ongoing intellectual stimulation and the empowering growth of learning in this way and that, therefore, this lesson isn’t applicable to all. Some people would rather not face the music as they are unable to appreciate its melodies and fear that they possess not what is required to comprehend it, and perhaps this is not their fault; they just don’t have the ear for it, and must force themselves to listen to what others are naturally driven to absorb and appreciate.

Why Entrepreneurship?

Anyone that doesn't own their own efforts, that toils for an organization without any significant share of ownership in that organization, is much like a sacrificial pawn in somebody else's game; a replaceable part in someone else's profit-producing machine; a cost-cut tool in someone else's equity-excluding trade.

Pick your metaphor. None of them are favorable, and all of them amount to the conventional cultural injustice of having your disadvantages taken advantage of in one way or another, especially, tragically, your doubt, fear, laziness and inability to buy in.

Customary Disservice

Conservatives tend to do things simply because they're customary; because it is the generally accepted thing to do; the conforming thing to do; that which won't lead to others questioning or criticizing you; failing to ask or understand how and why it became customary in the first place, and whether or not it is the most valuable thing to do; that which is the most beneficial for oneself and others. This is a failure based upon fear, the insecure need of acceptance by others and a lack of sufficient examination of the issue at hand. If you do anything simply because it is customary or traditional or because others do it, you do it for the wrong reason(s), and typically to the disservice of yourself and others.

The Prescription for Depression *(and for the healing of most any other ill)*

A whole foods diet excluding anything not available to the hunter-gatherer and emphasizing organic fruits and vegetables, especially raw/uncooked, with low to no animal products

A focus on probiotics and prebiotics, and anything else improving gut health, as neurological health begins in the gut

Natural Anti-Inflammatory and Health-Boosting Herbal Meds

Regular exercise, especially in the outdoors

Stress reduction techniques, excepting those that increase stress in the long run, like narcotics and too much alcohol, which must be minimized – meditation, stretching, yoga, music, the previous (exercise) and the next on the list are examples

Nature exposure - modern man suffers from a dearth of exposure to the environments in which we evolved

An exploratory, adventurous outlook wherein you always have new places on your to-be-explored-and-absorbed list

Social interaction – we're social beings that suffer in isolation

A love life – touch, and having someone to love and lean on, are invaluable buffers against stress and depression

A strong sense of purpose: contributing value to the world

You have to know where you stand before you can stand.

How many people live their entire lives without ever figuring out what they stand for, standing for little as a consequence, merely falling in line, ending up standing for the status quo? Too many.

And at what cost to life? At what sacrificing of progress?

*So, is the body a
playground or a temple?*

*Who says you can't play
in a temple? You need not
defile it or tear it down in
the process, but can honor
it by recognizing that
enjoying life within its
structural limits is
precisely what the temple
was built to play host to.*

Mass Delusion?

Tell people that you talk to God and they'll think one of two things: you're mentally ill and suffering delusions, or you're religious.

The irony for the spiritual person is that everyone speaks to God, most just don't know it; for the language of God is not the language of man, but is wordless; the mind adheres words to it as it is conducted through the heart, approximating the messages being conveyed.

The Depression Quotient

$$\text{Depression} = \text{Stress}/\text{Satisfaction}$$

This simple equation tells you your depression score. Yes, there are some that suffer from legitimate neurological disorders of the brain whereby their brain's ability to produce or utilize neurochemicals is impaired and/or, as science is learning, where chronic inflammation and/or problems in the digestive tracks where neurochemicals are being produced reduce said chemical production due to commonly dreadful consumption habits which, in turn, diminish our health, and with poor health placing a constancy of stress upon us. That is, I find that at least as much, and likely far more, of what is considered 'depression' in the modern day, with depression and suicide steadily on the rise, is circumstantial rather than, or existing before and precipitating, the neurological.

The modern human being, in other words, is overstressed and under-satisfied. This causes its own neurological impact, with mind, body and brain all being connected. We are so consumed by lives of fighting to get ahead, and often just to keep our heads above water, that too many of us live in constant fear of drowning. This is the source of the depression: modern day life. Too little fun, relaxation, exploration, even love... what is sometimes called 'self-care;' all those things providing joy and a sense of fulfillment. And far too much emphasis on garnering greater wages and improved careers and trying to do and have it all and fretting over mortgages and credit card payments and student debts and unfulfilling jobs where we feel used and underappreciated and disconnected from one another in our egocentric culture of ambition and individualism in which commonality, collaboration and shared identity are underserved and, I believe, purposefully discouraged for the purposes of preventing any real measure of unity from disrupting the status quo. We need, in other words, more and better means and modes of fulfillment and less stress (and/or more stress reduction). This is the only cure for our horrible depression rates, and for dropping the antidepressants and alcohol and overconsumption and other ways we mask that depression that tend only to exacerbate it in the long run. A revolution in the conventional cultural values is required, as is, likely, systems serving majority interest.

A possible secret to life:

Give, don't take.

Receive through the reciprocation naturally engendered through giving, creating a naturally self-perpetuating cycle that grows to a mutually beneficial level that taking can't come close to matching.

This is how love, and the completing fulfillment of happiness, is made. By doing the opposite of what our culture teaches us: defining success by giving, not taking. By creating and increasing, not restricting or subtracting, total quality of life.

Murderous Marketing

To a very great extent the difference between terrorism and The Department of Defense is the ability to afford an aircraft carrier and successfully disseminate a propaganda campaign amongst an amenable population.

Investing in Illusions

Most people are only interested in perception-based popularity; in whatever they think grants them the greatest advantages based upon the conventional understanding of those things painting people in a relatively flattering or unflattering light. This is what drives the ego; the false, concocted, popularly-perceived self. Accepting and esteeming the small self as perceived by others. Popular, surface-level perception. Very few are all that interested in the underlying truth that is far more real, difficult and rewarding to grasp in the long run. Social media 'likes' over literature. Gossip over ideas. Facebook over philosophy. Instant gratification over the fuller, completing satisfactions that must be earned, and which impart truths that easy gratifications can't touch. I see these all as effects of the wealth, social status, individualism, ego worshipping western culture betraying the best of life.

The Core Dichotomy: Two Sides, One War

You have nothing to fear from me, for I forever try to ride The Spirit more than the ego. That is the truest core dichotomy for the sentient being: the identity of We versus the identity of Me, and the differences in thought and action to which these discordant identifications lead us.

This is the One War, the front of all battle where Me has prevailed in most cases, but where We steadily pushes back, gradually moving towards an inevitable victory, and an of each with the all.

I'm mostly unconcerned with people's snapshot judgments simply because they're based upon a mostly ignorant impression far more than any true depth of understanding.

Art and Science: Separate Only in Perspective

The difference between art and science is the difference between feeling and investigating the truth; the difference between intuition and intellect; between sensing and tracing; between channeling and detailing The One.

It's not a difference in subject, but in the perspective from which the subject is viewed.

The West Walks Behind

“Too many people with too much. Too many people with nothing at all. Your society values people by how much they have; ours by how much we give away.”

- Woman Walks Ahead

We consider ourselves more advanced, but the Sioux were far more advanced in the ways that matter most, the ways of the Spirit and its total quality of life serving morality, than our European, aristocratic-hailing conquering culture ever has been.

Biology and Psychology

Some prey evolve such strong defense mechanisms that they become predators. Learning to use their temptingly inviting, innocuous presentation to their advantage, they lure their prey all the way in under the mistaken belief that they, the prey, are the predators. These entities become slyly lethal, not revealing their danger until it's too late, the fatal blow having already been struck, their deceived stalkers not realizing the role reversal until they're being fed upon.

Is this biology or psychology? Both.

When Winning is Losing

Some people become very good at playing the game; at learning the rules and using them to their advantage. Some even work to rewrite the rules to further their advantage. The problem is it's a game; a game in which the winners are made at the expense of the losers, and where participation requires sacrificing the better part of one's time and energy and typically the greatest good of the greatest numbers for the accumulation of wealth, comfort and commodities instead of the far more rewarding, purer pursuits, truths and common cause collaborations. I want progressive purpose, calling, adventure, romance, creation and mental and spiritual enrichment, and refuse to sell this for the conventional causes created by and large as the means by which the many are pushed towards sacrificing themselves for the few.

A Culture of Conflict

*“The world lives by trickery.
If you want to succeed you
can't be too good.”*

- The Tree of Life

Culturally-Conveyed Incentive

This is the flaw in capitalist controlled society: it incentivizes and thereby encourages greed, immorality, deception and the creation of winners through losers. There is little common cause and identification. It's 'success' through individualization, divide and cutthroat competition. True success is much the opposite; success of love, morality and shared spiritual identity, measurable by the amount of value we create and pass to others, not take and hoard for ourselves. And so we're all caught in this constant cultural conflict between what we know is right and what it dictates is required to get ahead. It is near impossible to be true to both.

The Prime Principle of Progressivism: Total Life Service

Perhaps it is obvious, but it is my contention that progressivism is entirely principle-dependent, that the prime principle is that what is best for life as a whole is always the correct choice and that, therefore, no true progressive can ever be loyal to any particular person or group of people over this principle, or to any and all moral and spiritual principles, ideas and political and commercial policies and concepts that branch from the service of this prime principle. Pursuing the highest possible quality of life for life as a whole, and everything that depends upon this, is, in other words, inviolable. That is, progressivism is defined by discovering and serving the methods and means providing for the best interests of life as a whole, and can never permit this conviction to be compromised by anything, by any person, place or organization or any other thing which conflicts with the prime principle, including not just one's nation, but one's family and even one's self.

A narrow sense of 'patriotism,' for example, cannot be allowed to conflict with the service of the totality of nations of the world hosting life as a whole, nor can a true progressive permit his or her self to serve his or her self-perceived interests or those of his or her family if such service betrays what is best for a greater number of other individuals and families. This is the driving force of true progress, and to allow any type of narrow, ego-based identification, tribal thought or personal, familial, national or organizational identity and interest to interfere with this force is to betray true progressivism and the relative extent to which one belongs amongst its honored members.

Conspiratorial Quackery?

Or is that just what they want you to think? How do inspectors solve crimes? Motive, means and opportunity. Where do these match with recent US foreign policy history and the motives of its plutocratic controllers, with the exaggeration of the Al Qaeda and Bin Laden threats (one alleged successful attack ever), with the mythical weapons of mass destruction in Iraq leading to invasion, with the logical inconsistencies of the official 9/11 report in comparison to on-the-ground witnesses and evidence and even structural physics, with the Patriot Act built upon the public's manipulated perception of these events leading to total control of information, surveillance and the justification of privacy's end?

Who stood to profit, and had the means and opportunity to do so?

Geopolitical power games of international control of foreign resources and markets and billions upon billions of dollars made by not just weapons contractors but a litany of corporate interests controlling our sham of a democracy that is actually a plutocracy. Watch films like Fair Game, Green Zone and Zeitgeist and think logically about motive, means and opportunity on a global level and how power and wealth corrupts and controls the corporate world that controls the political world. This is the only way to avoid being diverted and confused by the misinforming propaganda campaigns designed by those with wealth, power, motive, means and opportunity to do just that: drum up support for their greedy objectives by confusing and misinforming the public about the true causes of our invasions and the invasion of their privacy and our bloated 'defense' budget etc. so they don't object. It all makes too much sense not to be true, and all those that see through the misinformation to the truth know this. Unfortunately we seem to be a slim minority, as the vast majority buys into the notion that those that recognize such truths are simply 'conspiracy theory nuts.'

*“It’s the old 1-2 combination:
Start a war, and when everyone is shit
scared about the foreign hordes you
relieve them of their civil rights.”*

- Secret City

*Hmmm... 9/11, Afghanistan, Iraq, The
Patriot Act and its ease of increased
domestic NSA surveillance for
consolidated control, i.e. power, over
the flow and use of information, itself
one of the greatest sources of power
and applicable to everything, including
public perception, politics and all
profitable opportunities. Who could
possibly possess such a motive? Maybe
the major owners of corporations that
collude with our ‘public servants?’*

We are meant to believe that it is the nature of mankind, and thus the world, that the strong prey upon the weak; that the only 'realist' perspective is that those with greater wealth, power and ability control, take advantage and profit off of those with less. This is false in two critical ways.

Firstly, it takes far more strength to be able to prey upon someone and not do so, to decide to serve them and increase their position, opportunities and quality of life instead. Secondly, following the first, the 'realist' perspective is not the absolute reality, but the conventional, historically prevalent reality based upon this perceived strength that is actually a moral failure and sign of weakness.

*See to the craft else
squander the sea.*

When Wrong is Right

Depending upon its nature, the extent to which a treasonous act may be considered wrong or right is relative to the extent which the government against which the act is committed wrongs or rights its total citizenry.

If the act works to right great wrongs committed by the government against its people or even against people, life or the planet in general, that great act of treason is certainly an act of great good. This is but one logical perspective from which we may glean how hollow is the unquestioning fealty version of patriotism touted by the right wing.

Love's a bitch.

*There's no bitch
more brutal or
more beautiful.*

It seems to me that most everyone is still playing the old game: get as much as you can for yourself; look for the best angles; find advantages over others. When we learn to play the new game everyone will end up better off in the long run in all the ways that matter most. That game? Lift one another up.

Self-Denial Breeds Strength

I've found that little is more rewarding, empowering and hastening of self-improvement and the potential to become my greatest form of self than developing the discipline to deny myself those things I know weaken me in the long run. Knowing these things, then abstaining from them, is commensurately difficult and rewarding. This battle is core to everyone's personal war, and you do yourself a major disservice by laying down your arms and refusing to fight it; by refusing to defend your greatest self and higher potential.

Wisdom is being imparted at all times. You only need attune your six senses to it, including your instinct, to glean its elucidations.

*Everyone loves
you to the extent
which you show
your true self.*

True leaders bring people together in common cause, crushing division and seeding solidarity for the greater good of all only achievable in collaboration and shared identity.

Fake leaders do the opposite, sowing misunderstanding, hatred and division in order to control others and greedily draw as much power and wealth to themselves in service of their ego and sensory gratification as they can, gratuitously and without end.

Business is Parasitism

The successful business person and the successful parasite possess near the same definition. Both beings succeed based upon their ability to extract as much as possible and give back as little as possible, keeping those whom they feed off of as weakly undefended as possible; only as strong as they need to be to continue playing host to be fed off of.

*There is no worry but
that worry we make.*

*We must learn from
our missteps so that we
can step rightly, not
add counterproductive
stress by worrying
about where we've
stepped in the past, or
may step in the future.*

Most women don't want the heavy brooder, they want the light floater.

This is mostly because the first is difficult, perceived as 'negative,' tends to pay off in the long term, if at all, and represents the greater challenge and reward that must be earned, while the second is easy, perceived as 'positive' and fun and represents the instant gratification to which we're culturally conditioned. That doesn't mean you should strive to alter your nature if you're a ruminator, just be aware of what and whom has mass appeal and why this tends to be true.

Canine Revelation

You know the ironic thing about all these dogs trying to go nose to nose on walks and get to know and sniff and feel one another out and all of their 'owners' pulling them away and saying "no?" The dogs are more naturally connected than their owners; than most of humanity.

It is natural to meet, build connection and gain its irreplaceable satisfaction; it is unnatural to be cordoned off, living as so-called 'individuals.'

Slip from Grip

*Money comes and goes.
It spills and it pours.
Let it. Don't cling to
it. It is the experience
that's valuable; the
ways which money
serves life. This is its
purpose: serving the
total quality of life.*

*Everything is relative
except for the One thing.*

*Nothing is absolute
except Spirit, that all-
encompassing thing
which all else, including
truth, is relative to.*

This so-called 'progressive' trend towards 'non-judgment' is silly and, ultimately, self-righteously deluded. Everyone judges everything and everyone all the time, whether they consider it judgment and can admit it to themselves or not.

When someone advocates for a certain idea or position or anything else, we judge the merits of the proposal and render a personal decision. When we witness an action we judge whether or not we agree with it; whether or not we would do it. It is natural and perhaps even inevitable to do so, for we possess positions, back ideas and act ourselves, and our judgment of the positions, ideas and actions to which we are exposed and arrive at through our reasoning and logic is how we do so. There is no way to act rightly unless we can judge 'right and wrong.' It is, in other words, not the rendering of judgment that is wrong, but the relative knowledgeable, rational, logical and moral basis upon which it is rendered and, I've found, the difference between rendering judgment upon the positions, ideas and actions of people and the people themselves, for there's something to love and respect in everyone regardless of their beliefs and actions which, even when wrong and leading to unjust effects, can always be remedied.

The ideas, positions, beliefs, reasoning, logic... the composition of the mind... these are fixed in the moment and worthy of judgment, whereas the person is dynamic and ever-changing, and the only thing entirely fixed, or absolute, within them is their essential spiritual self common to all, and forever worthy of love. The contents of the mind are ever changeable, even when seemingly fixed.

Everything is a science or an art, and, with the masters, both simultaneously; both a skill advanced by rigorous, systematic study and the sensuous development of intuitive feel.

And when we see our experiences and activities in this way they gain a richness in what they impart, becoming sophistications and gateways to mental and spiritual growth. This is true of everything that we do. It's the romantic artistic perspective that's more fully absorbed in the moment and deriving more from life.

This may, in fact, be one of the great secrets to increasing quality of life, and is much akin to what we call 'mindfulness,' offering the same invaluable benefits, and then some. Try to see things this way and learn how much richer life can be made in the process. I surely intend to.

*Most doctors are glorified
drug dealers; little better
than sales reps for the
disturbingly profitable
pharmaceutical industry.*

Psych 101: The Power of No

There is a lot of power in saying, or at least implying, 'no;' in maximizing the advantages and benefits of finally saying 'yes.' This is by no means progressive or morally correct, of course, but it is psychologically correct. It is psychological law. And the games and mounting tension it creates can also be quite fun, and very rewarding when the

'yes' is finally rendered.

The more food you need to feel satisfied the weaker you are, especially when it's nutritionally-poor, empty calorie 'comfort food.' In fact, the more you need of any type of unnecessary gratification to feel satisfied the weaker you are, both mentally and physically; the more that you're paying for, instead of earning, your satisfactions. There's always a toll paid for this giving in to weakening temptations of overindulgence.

*Great is the one
who needs
nothing, for
this is the
divine state.*

*Anything can
come from
something...*

*For something is
the basis of
everything.*

“Why is it we want the ones who don’t see us instead of the ones who do?”

- You’re Not You

Because we desire what we can’t have, and the more someone ‘sees’ us the more they perceive our value and begin valuing it themselves, increasing their desire for us. We, in turn, see them as needy, weak and easily possessed relative to this level of desire, whereas the ones that don’t see us value and desire us less, and seem comparatively more difficult to impress, stronger and harder to possess, and thus more valuable and worthy of our desire.

In Boxes, Between Lines

If you don't fit between their lines they will attempt to force you between them for their own comfort and control; you belong in one of their contained boxes.

Yet no one that creates significant change in the world fits neatly into such boxes or is comfortable staying between the dividing, confining lines.

How can we define, categorize and control you for our profitable benefit? The only question the aristocrats and imperialists, today surviving as the ownership class, ever really asks.

I, myself, shall forever fight to defy any such costly constrictions. Beware the great costs and dangers of conformity!

The Trite Truth of War

As trite as it may sound there are no winners in war, only the prevailing of certain greed and prejudice perpetuated through said prevailing, with true victory only coming when war and its division, suffering and injustice themselves are what's lost.

The Malignancy of Modern Medicine

To put it as succinctly as possible, the problem with 'modern medicine' is that it is a business, and one of the most abhorrently profitable ones on the planet, and that, per its design, it vastly overcharges in order to conceal, very rarely to heal, health ills, turning its patrons into lazy, quick-fix addicts dependent upon the consumption of endless consultations, procedures and especially laboratory-concocted pharmaceuticals with horrendous side effects.

Only nature can heal, sometimes with the assistance of select procedures. Naturally-present medicines abound in hundreds, even thousands of plants to the outright ignorance of the average consumer. Combine their raw consumption with an active lifestyle, especially one immersed in nature, and almost any health ill can, with time, dedication and discipline, be resolved. You can't buy it. You have to earn it.

Religion is Not Spirituality

Many people equate religiosity with spirituality. In fact they couldn't be more different.

Religion is specific, hierarchical, idolatrous, excluding, non-scientific and irrational.

Spirituality, when well enough conceived and understood, is egalitarian, perfectly inclusive and ubiquitous, scientifically informed and rationally concrete.

Art is a mirror.

*It can show you
only what you've
seen of yourself
and for yourself. It
will reflect what
you have inside of
you, nothing more.*

Question Everything, Including This

Asking questions is the basis of all discovery; the path leading to every truth. If a person, group or institution attempts to convince you not to question, that to doubt is to lack faith, to be cynical, untrusting or otherwise in the wrong, then you can be certain the truth is not on their side, and they are compelled through their admonishments to conceal this fact, justify their actions and control your thoughts and actions in greedy, dishonorable, unscrupulous ways.

Controlling vs. Understanding

*You know what the problem
with the human race is?*

*We're trying to control and
profit from everything before
really understanding anything.*

You Are What You Think

Of course I care not

For such small thoughts

Stay in those small thoughts

And you'll forever stay small

Leaders, True and False

True leaders don't seek to divide and conquer for power and profit, but unite in collaborating common cause for the greatest total good, possessing the progressive perspective that the truest power isn't that which is held over people, but which comes from the people as a true representative seeking their greatest total collective prosperity.

*I am a soldier of light
precisely because I have so
long lived in and learned
from the darkness.*

Natural Wisdom

So much of the greatest wisdom available to humankind boils down to learning from, honoring and working with nature rather than against it; comes down to recognizing humanity's hubris in believing we know better than the natural systems, planetary, physiological or otherwise, that have garnered their built-in wisdom over billions of years of symbiotic co-evolution. Work with biological and physiological systems, informed by their most natural, thriving states, rather than attempting to subdue and control them for short-sighted greedy and gratuitous aims.

Truth in Action

People can fake what they say, but not what they do. Therefore, in the absence of complete trust, which many would say is impossible, look to a person's actions to reveal their truth, don't let yourself be tricked by untrustworthy words.

Spiritual Truth and Sanction

The heart always knows the truth, including right from wrong. You need no other authorization or sanctioning than that which is granted by your heart; by Spirit, aka God, speaking through the heart.

*“Beauty is a manifestation of
secret natural laws, which
otherwise would have remained
hidden from us forever.”*

- Johan Wolfgang Von Gurta

Love Rules

*Love is the ruling force -
the evocation of Spirit
connecting all things
which can only ever
appear to be disconnected
due to the necessary
sensory limitations of the
corporeal manifestation.*

Less is More

One of the foremost means of gaining and maintaining strength of both body and mind is by consuming less; not just food and drink, but in general. The conspicuous consumer; the slim customer.

Spiritual Utility

The purpose of matter is to serve energy; i.e. to serve the Spirit and its total manifestations into matter.

Everything follows from this:

The purpose of material resources is to provide the substance of life; the purpose of wealth and possessions is to serve total quality of life.

The greater the efficiency of this conversion of material and financial resources into total quality of life, the greater the success. This is the highest possible form of utility value: spiritual utility value.

Money as Motivation

Money must remain a side effect of what you do; a reward commensurate with the value you provide. If it's the primary reason you do what you do, your fundamental motivation, then you're lost; you've gone over to the dark side and, to some extent, you contribute to the evil in the world.

What is the source of all wrongdoing? The insecurities, egos, unhappiness and other mental and physical pressures and deficiencies of the wrongdoer(s) manifesting themselves in their treatment of others. Work to resolve and reduce these deficiencies rather than resorting to hatred and being drawn into reciprocating such injustices, which can only diminish you.

Deviation

If one could measure the characteristics of any population and plot the summed characteristics of every person upon the same graph, with each person represented by a point on the graph distributed around an absolute center, one would find a good representation of why people are more or less likely to be happy. The more standard deviations you are from the center the harder it is for you to establish commonality, to establish shared identity and community, with others. And social connections are indispensable to happiness in social, spiritual beings that constantly crave connection; that crave love and understanding.

Those far from the center also tend to comprehend more and are driven to create clarity from confusion and are more likely to have more on their minds, much of it tending to be challenging or troubling. Hemingway said: "Happiness in intelligent people is the rarest thing I know."

Egotistic Self-Defense

If people's ego's, their self-perceptions and self-conceptions, are threatened by you in some way they will try to tear you down to maintain those egos; they will try to make you appear smaller so their ego can maintain its apparent size or grow. This is one of the commonmost motives in the wrongdoing done by people to other people. It is thus valuable to be aware of this motive so you are better prepared to recognize it in action and insulate yourself from its potential damage.

Forever Buried

There's a reason so many thinkers, so many sages, philosophers, theologians and the like arrive at the same truths and champion the same principles, even when separated by the greatest historical and geographical distances: because the truth is the truth and always has been and always will be. It's always been there. We are not creating it, we are uncovering it; uncovering that which always has been and always will be.

Principles are more important than any person or group of people precisely because the best, most valuable of them are inviolable, will outlive all people and serve the best interests of people in general.

We live in an endlessly wonderful world replete with fascinations of every order, of a near

limitless multitude of new ideas, places, people and perspectives to pursue, ponder, appreciate and absorb. What kills the human spirit is being professionally, financially and geographically trapped; being imprisoned by our endeavoring at financial enrichment, by our lack of resources, by underestimating the rejuvenating, progressive power of exploration, by being withdrawn from nature and cordoned-off from one-another, spinning the corporate hamster wheel while giving up on the dreams and adventures we sell for social standing, comforts, accumulations and the conventional expectations of family, friends and society. How wise are these conventional pursuits when they leave so many overstressed and unsatisfied, sacrificing the ownership of their work and the self-determination of their pursuits along with their dreams and greater potential, largely out of being pressured to conform to standards that keep us under control so the rich can get richer? These imprisoning standards are so enmeshed in our culture that we're beholden to them without even knowing that they're there.

“You look at It, but you cannot see It.

Because it is formless, you call It invisible. You listen to It, but you cannot hear It. Because it is soundless, you call It inaudible. You grasp at It, but can't get hold of It. Because it is subtle, you call It intangible. With these three qualities, It cannot be made the subject of description; hence we blend them, and obtain 'The One.'"

"The Sage holds in his embrace humility, and manifests it to all the world. He is free from self-display, and therefore he shines; from self-assertion, and therefore he is distinguished; from self-boasting, and therefore his merit is acknowledged; from self-complacency, and therefore he acquires superiority."

- Lao Tzu

Religion:

You are separated from everything and everyone, including God ruling everyone and everything from above.

Spirituality:

You are inseparable from everything and everyone, which is Spirit living through and guiding everyone and everything.

Nothing that distinguishes us keeps us from being the same. Diversity is to be celebrated as endless revealing versions of one thing; endless perspectives upon the same truths, not distinct, separate things or truths of their own. These things and truths are relative, not absolute. They are relative to the absolute truths to which all things are subject, and to the One irreducible thing in which those truths were born, with those truths revealed in the endless interplay of the forms and forces of the One thing produced upon exploding from its eternal oneness into the ubiquity of energy, matter and dimension.

If you identify the need for something to be done, just do it.

You'll gain the satisfaction and, with an open, aware mind cognizant of the value of the work, even the joy of doing something necessary and, thus, worthy. There is great freedom in such work; in being immersed in the necessary and redeemable endeavors of life. While so absorbed you relinquish the guilt of not fruitfully employing time. Besides, no one else is likely to do it for you, and even if they are, you lose the opportunity to gain in satisfaction and growth by waiting.

Americanism is the antithesis of spiritual truth, teaching that individualism and gaining as much as possible for one's self and the Christian idolatry and hierarchy with God and saints and even priests looming over and directing us are the core, virtuous truths. Conversely, spirituality teaches that we are inseparable manifestations of the same eternal consciousness, Spirit, that what is best for others is best for one's self, as there is no difference in the truest, eternal self that guides and unites us in our deepest centers, and that this energy lives through us, not separate from or above us. Spiritual truths are derived from the eternal source of all things, are empowering, uniting and liberating, naturally engendering common identity and collaboration towards the shared best interest that can only be gained through the embracing, embodiment and employment of its truths, whereas Americanism was derived from divide and conquer empire and its aristocratic ruling, owning class whose greedy interests stand in opposition to the spiritual truths that imperil profit margins and the greedy consolidation of profit and wealth.

*The greatest truth
cannot be known.*

It must be felt.

*You're precisely where
you're meant to be.*

*Everything we do is
perfectly accounted for.*

*There is nothing that is
done that has no meaning,
and no impact upon the
perfectly cumulative
causality of existence.*

*Everything has its
purpose. Everything.*

Time is only relevant to mortality. To that which has always been, to that which never began and can never end, time is immaterial; it has no bearing but upon those entities which are subject to it and its limitations.

*The greater the pain
experienced, the greater
the likelihood of learning
and embedding the lesson,
as you remember the
lesson through the pain.*

With the quantity of resources in the world no one should ever be homeless. It's absurd.

Everyone that has more than they can reasonably make use of should feel guilty about this, and is complicit in this crime.

Perhaps that's the primary impetus of charity: the subconscious need to assuage the guilt of depriving others of what they need through taking more than can be used.

*Where one thing starts
and another begins is
always somewhat
arbitrarily assigned,
for there is no true
division, and, thus, no
precise coordinates
along which to draw
the dividing line.*

The greatest mass murderers in world history are the owners of the military industrial complex; the major shareholders in the immensely profitable 'defense contractor' industry that trick, coerce, corrupt and buy politicians and their policies through lobbyists and veiled threats, compelling our so-called 'representatives' toward increased military spending, presence and violent incursions in order to threaten our way into opportunities or otherwise clear the way to western influences creating new natural resource and consumer markets. This is neo-imperialism; the plutocratic empire and its shareholders holding our 'democratic' reins. Behold the Dick Cheney's of the world. No, the devils don't pull the trigger. They would never risk entering the war zones they create. Instead they make the guns, create the excuses to use them then dupe the undereducated and underprivileged into carrying them into bloodbaths for profit.

*If you feel love,
express it. There is
no controlling it,
only suppressing it
to the disservice of
yourself and
everyone to whom
your heart wishes
to tie threads.*

*Unlike true, naturally-
occurring medicines,
pharmaceuticals don't
heal, they merely conceal.*

*Nature is far wiser and
more trustworthy than
man, especially any man
seeking to profit off of you.*

*Every fulfilling
thing that we find
without fills by
virtue of finding
and filling that
which lies within.*

A person with no integrity, no honor, no knowledge of Self, only the illusive sense of self, knows only material, financial and egotistic repercussions.

Physical intimacy is a requisite of good mental and physical health. Seeing that health is the foundation of existence, and that high quality life is impossible without good health, helping people find compatible sexual mates and, ideally, loving partnerships, should be a public health initiative.

Romance is the art of coming to know, and thus appreciate and needing to defend, honor and worship, that which is uniquely, irreplaceably beautiful and sacred.

*Our egos
drive us to
reduce those
we fear are
greater than
ourselves.*

*There is little distinction
between the 'thinker' and
the 'philosopher.'*

*Thinking for one's self, in
fact, invariably leads to
developing one's own
philosophies. Thinking
only what one is taught
to think is, on the other
hand, how the mentally-
enslaved masses are made.*

All men beware the all-mighty power of feminine guile, that which, when wrapped around an enchanting figure of bewitching charm, can convince us to do anything.

It is for this reason that I believe beautiful women rule the world, whether they are aware of it or not.

*Satan is ego, ignorance and
greed; the obfuscating,
suffocating weeds of hate.*

*God is humility, knowledge and
generosity; the illuminating,
healing harvests of love.*

*These are mythical embodiments
of earthly forces and human
nature. If you interpret them
literally or absolutely you miss
the point, and the practicable
values imbued within all such
insightful metaphors and myths.*

*Writing is
the art of
having
something
to say.*

Where I work, there's an emphasis on boundaries.

I think boundaries are very often the problem.

We must ask why they were created in the first place, and why they're perpetually reinforced: as a measure of control. Those things and people being controlled are seldom in enviable positions.

*'I' is the
problem.*

*Wisdom is found in
following the
truth, regardless of
the impact upon
one's misleading
sense of self.*

*The high point of
communication
is to first
interrupt, then
redefine, the
reality of the
listener, reader
or viewer.*

Men were made to adore and honor women. Every man knows this in his heart, and the closer he is to embracing this truth, the closer he is to becoming a true man, and having his heart beam with the light of the Spirit as a consequence. And in uplifting her upon this ethereal beam she shall know that she may make him a man, and both may know the fullest of fulfillments in this mutual enlargement.

“The truth carries a weight that no lie can counterfeit.”

- Highlander

*People are walled
off into 'mine'
and 'yours.' Trace
that towards its
logical conclusion
and you'll find
that we all lose.*

*Job security is
for wimps.*

*Ownership, or 'equity,'
is for true men and
women, and
undeserving inheritors.*

*Don't wait for
it to happen.*

*Make it
happen.*

Full stop.

*Beauty, knowledge
and love or
ugliness, ignorance
and ego. It's the
choice we all face
at every moment.*

It is said that possession is nine-tenths of the law.

And if nine-tenths of the wealth is possessed by one-tenth of the people, is it not logical to assert that the law is by and large made to protect the excluding, greedy interests of the minority?

*Careful what you buy;
and I don't just mean
that in terms of literal
purchases, but the lies
that we buy as well.*

*I think you can discern
the relative advancement
of any people by the
extent to which they are
slim or fat customers.*

*And the U.S. is filled
with fat customers.*

*Everyone's on their
own trip in life.*

*Partnership,
romantic, platonic,
professional or
otherwise, is about
how well those
trips overlap.*

Despite whatever you may think there is no 'the one,' but the one you choose because of geography, circumstance and whatever other forces may bring you together. For, trust me on this, there are at least a million others you could fall in love with, were your circumstances to align in a similar manner.

“Silence is consent.”

- Latin Proverb

They say that I'm obsessed

That I need to let go

*Yet to obsess over anything
that might restore me*

To refuse to let go of hope

*Is the only sane response to
my condition*

Beautiful women

Nothing nears their worth

*Each one is a dream
aching to come true*

Debauchery

Lost to the drink

*It must be a
Tuesday*

Every time I see her

*I fall in love all over
again*

*She doesn't even
know my name*

*There is but one question to ask when
considering making any purchase:*

will this bring an increase in quality of life for myself or others? i.e.: can and will I and/or others use it to increase overall quality of life?

If not don't buy it, for, compelled by any other motive, the purchase will cost without true worth, and will come to weigh upon you one way or another, even if just upon your buried conscience and imbalanced ego, if not upon your financial stability, your space and your freedom from consumerist manipulation and materialistic trappings.

What is instinct?

*That which, or
whom, knows
without knowing.*

All of life is a

*manifestation of God.
The more living energy
is present, the more
God is present.*

*It is thereby in the natural
world that God is most
readily found, and in
nature's deprivation that
unnaturalness of mind and
body, and a commensurate
loss of divinity and increase
in suffering, is experienced.*

This “Those who can’t do, teach” line is nonsense.

Those that do best must become the teachers, for they have the most to teach. Do what you teach. And if you can’t do what you teach, you shouldn’t be teaching.

After a certain level of investment and development, with fertile enough property, sustainable green energy apparatuses and complementary trading partnerships, we can exist in league with nature and entirely independent of money and capitalistic influences. This may, in fact, be the ideal state and the ultimate expression of freedom and enactment of resistance to injustice; to live without being subject to monetary, financial and most political controls and corruptions.

*Life is a law of
interacting
electromagnetic,
gravitational forces
set between
competing, relatively
repelling and
attracting realities.*

*Religion makes for
a convenient cloak.*

*The makings of evil are easy
to conceal in the fabricated
robes of righteousness, as few
are able to see past them, to
the truth of what's hidden
beneath. Aristotle accounted
for this appearance of
credibility in his 'modes of
persuasion,' calling it "ethos."*

The greatest, truest freedom is the freedom from our weaker selves, the weakness that, when given into, prevents the manifestation of our stronger, greater selves; freedom from our basest bodily impulses and the cravings they create the more we feed them, and from our egotistic insecurities and mental limitations, including our ignorance and the blind spots and prejudices they produce. The extent to which we possess this positive freedom, the freedom of self-control, self-protection and understanding, is the extent to which we may help others produce it for themselves; the extent to which we may free others as we've freed ourselves.

*Create your
own reality.*

*You're free
so long as
you agree.*

*Don't give in to
this culture of
taking. Be defined
by your making of
value; your
contribution to
total quality of life.*

*Learn what makes you
weak. Learn what
makes you strong.*

*Condition yourself to
deny the former and
develop the latter and
you will know your
greatest form of self.*

*The most
important
dialogue we
can ever
have is with
ourselves.*

I have nothing.

*Nothing without that
one thing.*

The one thing I want.

Everything you are.

*Out of insecurity a lot
of people will try to
bring you down,
including yourself.*

*Don't believe any of
them, including yourself.*

*The world is replete
with wonders
when seen through
innocently
unassuming eyes.*

*Preyed upon by
leeches and
vultures at every
turn. Why the
wise wander into
the wild in search
of peace, where
the Self is found.*

Women need to be worshipped like their every inch of body and mind is sacredly unique, because it is. If you're not covering her ground, you're not fully loving her.

*Recklessly
abandon the
self in order to
find The Self.*

*I am tired of
thinking with my
member. It's not
very intelligent.*

More and more I am realizing that most of life, of the life that we make for ourselves, including how we think both about ourselves and the world and our prospects and others, is based upon how we feel.

This, in turn, is based largely on our physical and mental health, which is inseparable from stress and anxiety levels. To a very large degree we manifest our realities, and that reality is manifested largely based upon our attitude and outlook, which is inextricably tied to how we feel. Thus, if you don't feel right, if you constantly suffer from physical and/or mental afflictions, if you're perpetually unloved and unfulfilled and stressed out and anxious, you will find it near impossible to manifest your best reality, for you haven't yet manifested your best self, the maker of this reality. Therefore start with how you feel. Do everything to improve both your mental and physical health (which are themselves inseparable), reduce stress and anxiety and put yourself on fulfilling paths. Everything else will follow naturally; will naturally manifest itself upon this foundation.

Too many of us attempt to build lives upon shoddy foundations. Don't start building up until your foundation is firmly set! Start with the foundation, else the structure will forever remain unstable, and will be prone to fail and come crashing down else forever require reinforcement and reconstruction.

*Very few people are
interested in the truth.
Most people are interested
in anything that supports
their bias and egos.*

*When the two are
misaligned the bias wins
with everyone but the
humbly self-secure.*

*Every heart was made
to be conquered, and to
conquer in kind. Its
vulnerability is its
purpose, for to ever be
secure is to have
nothing to risk, and
nothing to fight for.*

Profit makes perfect.

The American way.

*'Reality' is but
a confirmation
of your truth.*

*The Nature
of God:*

*Collective
consciousness
creating reality.*

*The body
and mind
were made
to serve
the heart.*

Hope:

*The last
shred of
sanity.*

*What does 'I felt
it' really mean?*

*It means more than you may
think; more than mere emotion.*

*It is the 'sixth sense;' the
connections inseparably bound to
and flowing through us that can't
be captured by the conscious
awareness that they influence.*

*A brute guarding his
unfulfilled property.*

*Half of the conventional
insecure male's
relationship with his
significant other.*

*Ordering a dead
animal is creating
a dead animal.*

*Causality is inseparable
from all, regardless of
what you may or may
not tell yourself.*

*Everything is
information; ones and
zeros if you prefer.*

*Yet it is not all read
mathematically. Much is
read instinctively.*

*The better reader you are, the
better you are at connecting
the dots expressed by all
things at all times, the
greater the knowledge
gleaned from the information
to which you're exposed.*

Stranger Things 3, Episode 7:

(while at the fair)

“It doesn’t get more American than this, my friend – fatty foods, ugly decadence, rigged games...”

“They are rigged, these games?”

“Yes.”

“They do not look rigged.”

“That’s just it, my dear Alexei. They have been designed to present the illusion of fairness! But it’s all a scam, a trick, to put your money in the rich man’s pocket. That, my dear friend, is... America.”

American politics, economics and conventional culture in a nutshell!

*The greatest
truths breed
both confidence
and humility.*

In most, if not every instance in which others have had issues with me, in which bad interpersonal situations have arisen, I've found that the source of those issues, their core cause, is that those others feel threatened by me on some level; that I trigger one or more forms of insecurity within them.

Thus, I can't help but wonder if this is the cause of all disharmony in human relations: the motivation of self-defense, usually of one's egotistic self-perception.

Amongst the innumerable truths dictated by the law of causality is the uncomfortable, inconvenient truth that calls into question the ability of the criminal justice system to uphold any true justice, and that is this: no one individual can ever be solely responsible for any wrong that they commit. Rather, those wrongs are effects of countless causes; the countless pressures they face, their level of ignorance and opportunity, every form of disadvantage and deficit and all those whom have influenced them. These forces are all inseparable from their crimes.

That is not to say that they hold no responsibility and shouldn't be removed from society for presenting a danger to others and as a deterrent against those considering criminal acts. Rather, it's to say that instilling justice is ultimately about going to the aforementioned, alluded to causes of criminality and working to minimize them.

*We are the butterfly that must
bust out of the cocoon before
being able to take flight; the
tree in the hurricane holding
fast to roots that we must
spread and deepen to stand.*

Our struggle is our strength.

Mind + Body + Heart = 100%.

*The more one has power over you,
the less the others have.*

How balanced is your equation?

*“It belongs to no one,
but is yours to protect.
While others search for
what they can take, a
true king searches for
what he can give.”*

- The Lion King

I have been harshly criticized for falling in love with someone I worked with, with some going so far as to call me a 'cautionary tale.' My response is rather simple: we don't chose who we fall in love with. Love has little, if anything, to do with choice.

For the same reason we don't choose if and when we 'let go' of love. It's been a year since I've seen her and she's still a dominant presence in my heart, and thus in my mind. It's but a matter of the fading faculty of time and her presence being displaced by other love(s). Thus, love isn't ever truly 'let go' of, but displaced or overgrown.

Life boils down to a rather simple, yet very difficult choice: comfortably fall into line like most and play a premade part, or summon the strength to dare to be your greatest self, inventing your role and fighting to make an indelible mark upon the world.

This, in turn, boils down to a simple choice: do you want it bad enough, or not?

*Women are like
fire in our hands:
we can handle
and direct them
to a certain
degree, but not
without someone
getting burned.*

*If he wants you
by his side after
he climaxes,
he loves you.*

*A night of
drinking condenses
two days into one.*

*I love everyone,
but not their
ego's arrogance
and insecurity.*

*Anyone that
truly knows me,
loves me.*

*Which is, of
course, why so
few love me.*

Just because you're paid what you're paid, because 'that's what the market will bear,' doesn't mean that's what you're worth. For it to be what you're worth that market, and the system of business-economics that dictates it, would have to be just.

It's anything but.

Never let anyone or anything tell you what you're worth, for as soon as you believe it you limit that worth. And that worth is only limited by what you believe, and what you're willing to work for.

Confidence is king.

Control is king.

*What's the
difference, really?*

*We lust after
appearance, but only
fall in love with
substance and
personality.*

*Thus, while we may be
able to manipulate and
control through
perception, we can only
enchant through truth.*

The more you abstain, the more you gain; abstain from anything that you don't need, or need far less of than most believe. Alcohol, drugs, masturbation, sex, all easy, instant gratifications that dumb us down, bring opacity to our minds and distract us from the pursuit of higher truths and satisfactions that must always be earned... even food, especially processed foods and inflammatory foods that we didn't evolve to healthfully process, like grains, dairy, CAFO-raised animals and most conventional oils.

Strength comes as much from denying that which diminishes as it does from doing that which develops.

Animal:
Dead: Me

Even absent an evolution in human morality and spirituality, the unsustainable nature of modern business practices makes the paradigm shift in what constitutes success in life only a matter of time.

That shift: from the extraction and consolidation of value to the production and distribution of value.

It's funny, but I look at them, watch them sway in the breeze, contemplate their survival strategies, their niche role in their environment, their symbiotic purpose and partnership with the lifeforms that depend upon them, and I think: the trees speak more truth than most people.

*Most of what I witness is
a competition between egos.*

*Little truth, mostly
deception, including self-
deception, especially in
cultures that reward it.*

*Get to them young, before
they're corrupted.*

*Show them the truth, the
light, the way.*

*Save them from what
they're likely to become.*

Much of what makes up our success in life boils down to filtration and condensation.

We live in a world overflowing with information, especially with the exponential growth of the internet and connected apps and technologies.

Knowing how to filter out all the unnecessary, distracting noise and condense the most useful, important information into the most invaluable principles is, therefore, essential.

This is also, I would argue, the essence of philosophical and Buddhist practices: listening for the most essential while quieting all the rest.

*To what extent do you
want it to be true?*

*To the extent it needs to
be true, or to the extent
you make it true?*

The body, including the brain, adapts to its relatively recent history; to the demands that it expects to be placed upon it tomorrow. With regular physical and mental activity the body strengthens and restructures itself to make that activity easier and more sustainable, especially when given what it needs to become stronger and fortify itself, nutrients, and when protected against what degrades it, like drugs, alcohol and other toxic foods and substances.

We idolize men of wealth and power in this country, hailing them as the 'great men.'

But I swear, I meet these fantastic, funny, fun-loving, intelligent, beautiful women on a regular basis and the seemingly unextraordinary men whom are the exclusive recipients of their greatest love, and I think: you're my idol.

I got this image in my head today related to all the time and energy I inefficiently or, worse, entirely unproductively expend. The image represents the past, present and future, and uses space to represent the distribution of the time and energy we expend upon all things.

I imagine the image being digitally represented on a screen or drawn upon a piece of paper as follows: there's a top-down view of me, or whomever, positioned precisely in the center of the screen or piece of paper. Drawn through this top-down image of me is an X and Y axis extending through me, going from back to front, and to both my sides, with both axes extending to the edge of the screen or page.

The direction I'm facing, that which is in front of me, represents that which has not yet occurred; the time and energy expended upon what I'm currently doing and plan to do in the future, and captures all such things, including not just my actions but my mental activity; my planning, debating, worrying, dreaming etc. The space behind me represents that which has already occurred; mental energy expended on things that have already happened, including reflections of all kinds, whether joyful or regretful. This front and back Y axis is connected all the way through, representing the fact that there is no absolute separation between past, present and future, and that what I'm currently thinking and/or doing passes through it all. The total area of the rectangular screen or piece of paper is the total possible energy distribution.

The best, most powerful use of that energy occurs when it's focused, like a laser; undistracted; undivided; productively focused.

So I draw a narrow set of lines extending both out in front of me and out behind me in the image. Within the front two lines I write:

"Focus." Within the back two lines: "Learn then Let Go."

Focus, Learn and Let Go and you'll make the most efficient, productive use of your limited temporal and energetic resources with the best possible results for yourself and those you affect.

*Falling in love with
someone who loves you
starts with falling in
love with yourself.*

*You must know that
you are worthy of love
before anyone else can
know it, especially those
you love the most.*

*If you don't believe it,
neither will they.*

The more spiritual we become, the greater our capacity for receiving unconventional forms of communication, recognizing that, all things being of Spirit, it is unlimited in the means through which it may convey its messages.

*“A patient
cured is a
customer lost.”*

- Dr. Mercola et all

Spirituality is ultimately much like what they call 'meta' in the arts: an awareness of the most essential, truest form of Self; signs and demonstrations of self-awareness absent all egotistic, constricted forms of the false, illusive, shadowy self; of shadows cast by limited bodily and mental constructs that approximate one of an unlimited number of forms of self.

*Answers start
with questions.*

From the top:

What is reality?

What is truth?

My goal is to get to the point where I live most of my life surrounded by land that I'm cultivating while free of cell phones, TV's and clocks.

Can you imagine most of the world living this way? The corporate, conservative nightmare: human beings living free of their systemic profiteering controls.

*To find the
only true
identity, one
must let go
of identity.*

I've come to realize the indistinction between the concepts of "boundaries," which, due to my experiences, had developed negative connotations in my mind, and "positive freedoms," which, due to moral reasons, had developed positive connotations in my mind.

I now realize that neither is inherently good or bad and that, rather, it is the reason for and effect of the boundary, or purposefully-imposed positive freedom, that determines its relative value and 'goodness' or 'badness.'

That is: is it used to protect and foster what is best, or to separate and control to the detriment of what is best?

*Our enemies are
always on the
inside, never on
the outside.*

*And all our enemies
can be conquered.*

The greatest freedom that anyone can ever know is the freedom from their weaker selves; freedom from the susceptibilities of the undisciplined, unconditioned, uneducated, undeveloped body and mind; freedom from debilitating habits and all that distracts from the pursuit of the greatest form of self.

*Everyone
you meet is
a teacher.*

The Way

*Finding your personal
place upon the path
leading to spiritual
fulfillment for yourself
through the spiritual
fulfillment of others.*

Double-Edged Everything

If anyone is on the fence, asking you: “Is it good or is it bad?,” be confident in this answer, for it’s always true: “it’s both.”

Everything is a double-edged sword.

Nothing cuts but one way.

Boiling Away What's Best

*If it's beholden to profit
above all else, it shall boil
away all that's best in the
rendering of its bottom line.*

Relativity Over Absolutes

'Good.' 'Bad.'

If you think in terms of such misleadingly oversimplistic dichotomous absolutes, you know no truth, for most every truth is relative.

Questions Over Claims

*Perhaps the key to human relations,
to getting to know others, to
building bridges and overcoming
conflicting viewpoints, to all of it...*

*Instead of making statements,
instead of egotistically asserting
or insecurely self-defending,
ASK QUESTIONS.*

*Questions produce revelations
and break through boundaries
while showing interest.*

*They're also far less
threatening than assertions.*

The Makings of An Outsider

The more outside the norm you are, the more likely others will feel threatened by you in some way, the harder it will be to fit in and gain acceptance by most, the more likely you'll gravitate towards solitary pursuits free from the resultant abnormal degree of social stresses.

Personal Worth

*Our worth is based upon
the value we make,
not the value we take.*

*The Art of
Communication*

*Realizing in you
what's been
realized in me.*

Conceiving of God

The human mind can't quite wrap around this truth or its implications, but give it a try:

All things begin and end with that which never began and cannot end.

Is Feudalism Truly Dead?

I'm beginning to believe that land-lording should be illegal.

It's an inherently oppressive, exploitative relationship whereby the landlord controls the way in which the lessee lives and extracts rent that is, from the lessee's standpoint, money poured down the drain in lost equity that they thereby can't begin building for themselves and their future.

Thus, the lessee is being exploited for their inability to buy equity at the same time as they're being economically oppressed by being forced to pay a rent which precludes them from building

*equity and a better, more
financially-secure life
for themselves.*

*There are far more just possibilities,
including anything increasing home
affordability through new financing
mechanisms (such as more through
more collective investments,
microfinancing and crowdfunding)
as well as the proliferation of
smaller, less expensive dwelling
options (like 'tiny homes' being made
legal, which they often aren't
depending upon local zoning laws).*

So SAD

A question meant to provoke:

*How bad does 'food' have to be
for you in order for you,
personally, not to eat it?*

*Just fast-acting, acutely
poisonous, like a potentially
fatal allergic reaction?*

*Or does gradual debilitation declining
into premature death (i.e. SAD,
Standard American Diet) and never
knowing your fullest, happiest,
healthiest, most capable self also
count, or at least give you pause?*

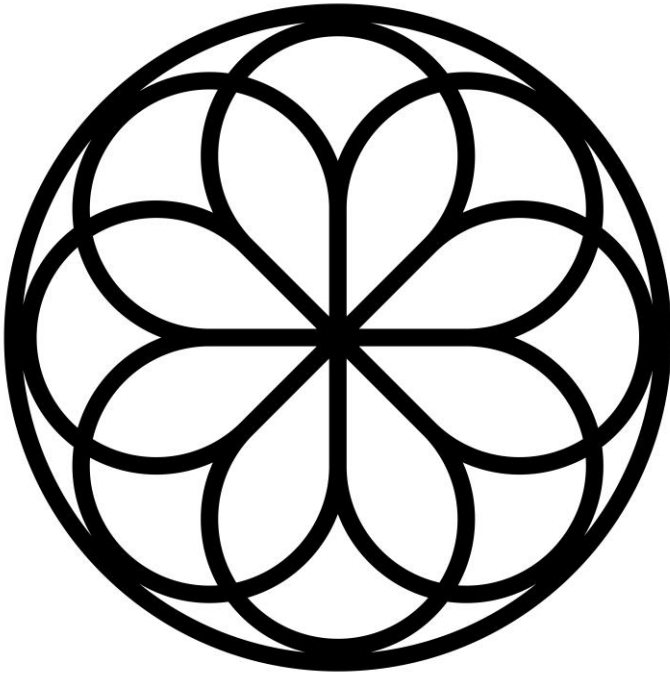
The True Holy Trinity

*It is the heart, the seat of
The Spirit, that seeks a union
with the body and mind.*

That is the true Holy Trinity.

*And when the Holy Trinity
drives the human, they are
their best-driven selves.*

*Thank you for helping
to liberate me from my
corporate captivity.*



About the Author, By the Author

Born in the redwoods of coastal Northern California in the blue collar town of Fort Bragg, my early years were trouble-free times of active, youthful exuberance. I was very much a rural kid, playing sports with friends, catching critters, exploring the forest, shooting bb guns, swimming in the river and ocean and eating blackberries off the bush until my hands were stained purplish-black and my stomach ached. At the age of six my father was transferred to the rapidly urbanizing town of Santa Rosa, CA, in the heart of the Sonoma County Wine Country, an hour north of San Francisco. There, I gradually transformed into a video gamer with a strong creative streak. In my adolescence I concocted elaborate games for friends that captured their attention for hours on end, often during school hours. Some of these games were centered around toys, but the more popular were produced on paper, which I called “paper games.”

As I matured I came to the same conclusion that most young, observant people come to: money is the root of freedom, for freedom is *purchased*, not freely given. I knew that I had to do everything possible to accrue as much cash as possible, so that I could do what and be who I pleased. This culturally-pervasive mindset continued through most of college, during which I attended the University of California at Santa Barbara and studied Business Economics, entering the real estate business post-graduation. I was highly motivated by the orthodox ambitions inculcated into western youth by way of our aristocratically-hailing conservative culture and, through them, decidedly driven to pursue what most consider the hallmarks of ‘success:’ a lucrative career, the socioeconomic rank and all the trappings. This was before I realized the subjectivity of ‘success,’ and the fact that the greater form is that which Einstein alluded to: “Try not to become a person of success but, rather, try to become a person of *value*.”

Thus, I’d begun developing doubts during my last couple collegiate years that following the traditional path was what I was meant to do; that it was the best use of my abilities. Upon inspection, and in tracing the full causality, I realized that this path produces parasitism and suffering. The more you’re said to ‘make,’ the more you *take*. Nothing materializes from nothing, and capitalism unbalanced by socialistic principles and equity sharing is less about freedom and hard work than exploiting disadvantage.

My heart and conscience thereby began to coalesce around the greater concept of success: defining it in terms of the *creation* rather than the *extraction* of value. Later, as my spiritual awareness grew and I began to

sense that 'listening to your heart' is more than mere fleeting emotion, but a tapping into a truer, fuller form of universal Self, my earlier doubts began to crystalize along with my ideology and convictions, and everything changed for me. Though I continued to struggle with some serious health issues at the time, much of which continues to plague me, on another level I came into myself and began to harness a deep sense of purpose. I realized that I'm meant to translate the spiritual messages I receive which, combined with my intellectual inspection of the world, have led me to some profound conclusions about the nature of existence and the greedy heart of western culture compromising our collective potential. My innate creativity found a grander outlet in conjunction with my naturally-philosophical mindset, and I began seeking the underlying nature of reality, formulating my own ideologies and envisioning the type of societal systems that might someday steer mankind away from a 'greed is good' attitude that necessarily short-sells total quality of life on Earth.

As of 2021, my list of literary projects includes:

Infinite of One, All for One IS One for All
Heresies of a Heathen, Revelations of the Spiritual But Not Religious
Love of Wisdom, Philosophy in Verse
Thin Line Between, Poetry of Illusory Divide
From the Roots Up, A Spiritual, Progressive Philosopher's Notebook
Avant Garde
Chloe in the Present
ANIMALS Party
The House on Apple Blossom Lane
Lucid (screenplay)
Turncoat (screenplay)

Access all of my books, papers and videos @ infiniteofone.com



This photo of the author was taken by Steve Aliberti of Bend, Oregon