

The Invisible Prison

Stella Baker

Contents

	PAGE
Copyright notice.....	1
Introduction.....	2
Attachments.....	3
Insight.....	5
Thinking.....	7
Perspective.....	10
Reality.....	12
Authority.....	17
The Ego.....	21
The System.....	24
Possibility.....	34
Mindfulness.....	45
About the author.....	62

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Introduction



*"We don't need no education
We don't need no thought control
No dark sarcasm in the classroom
Teacher leave them kids alone
Hey! Teacher!
Leave them kids alone!
All in all it's just a, a brick in a wall
All in all you're just a, a brick in the wall..."*
--Pink Floyd, [*"Another Brick In The Wall"*](#)

The Invisible Prison is a book about the conundrum we find ourselves in in the duality or relationship between the Ego and self-image on the one hand, and authority, specifically external authority and authority figures on the other.

What we're going to be looking at in this book, is the question of whether there's any security or benefit in personal beliefs, ideology or external authority, or is this just another way of bigging up our own Egos?

What is the difference between truth and authority? If there is such a difference, do you know how to recognize it?

Or are you trapped in an invisible prison of your own making?

This book is the first in a series of books which look at various aspects of beliefs, ideology, the Ego, and human trauma and suffering.

Attachments

So let's start from the obvious and the obvious thing about life and existence is that it's made up of various attachments or connections. Life is all about relationship between an individual and an environment. Therefore if life is an experience of relationship there has to be attachments or connections between that what is individual and that what is considered more than individual, i.e. an environment.

For example you come attached to a physical body. Your physical body is attached to your head. Your physical body is also attached to legs, arms, hands, feet and so on.

Just like a tree you are attached to the earth and this planet. Of course unlike a tree you're not rooted in the same place all the time, or attached to the same physical environment all the time. You can get up and move around. But you're still very much attached to the ground the same way as a tree is. If there were no ground and no floor what would you walk on?

Therefore life can be said to be, at its most basic, fundamental level, an experience of relationship.

In fact without relationship there is no existence. This is also what makes attachments also so fundamental and necessary to existence. We form attachments, all kinds of attachments, simply because we are living and in living we are experiencing relationship.

Another example of relationship is the relationship between consciousness and energy. This is also fundamental. Consciousness is the basis of all existence. It's infinite, random, spontaneous, cannot be defined, explained, fully understood, or known, but just is. We are aware of consciousness and its existence, and that's about as far as it goes.

Then you have energy, and the basis of all physical existence. The basis of all physical existence is of course the energy vibration and the energy cycle. Out of physical existence we have form, scale, dimension, sensation, feeling, mood, emotion, and all the fundamentals of experience. The felt sense of immediate experience, the bedrock of life experience, is based on the energy vibration and physical existence.

Then we have memory. Memory is fundamental to physical existence. This is because the basis of an energy vibration is the energy wave or cycle. All energy is a matter of wavelength

(the cycle), frequency (vibration) and how it relates to consciousness (relationship). Therefore, especially in everything that's animate or living, there's got to be memory. Or some kind of record. All physical existence leaves behind evidence and traces of its existence, because memory exists in all biological cells.

Then we have language, which is the central human reference point for life and existence. It's through our attachment to language - words, gestures, symbols, numbers, beliefs, culture and so on - that we not only make sense of our environment and experiences but also are able to connect to others, form relationships, and share insight and knowledge with others.

Therefore I feel it's worth getting into language a bit here as it's arguably our most important attachment when it comes to life and living existence. Language is essentially noise, or sound, and therefore vibration. But existing as recent additions to Earth's narrative of biological evolution as a species of incredibly intelligent, but also incredibly contentious apes, we have to make everything far more complicated than it needs to be, to give off the impression that we're civilized and highly intelligent.

We're not the only contentious species out there. Not by a long way. Other animals get into scrapes and fights, but they only do so for simple, straightforward stuff, such as food, sex, territory, and hierarchy. But this is not enough for human beings to fight over. We have to think up additional stuff to fight over and most of what we fight over comes out of language, words, ideas and beliefs, plus of course values.

Cats might fight for various reasons, but I'm fairly sure that cats don't fight each other because one cat is the wrong colour or the wrong size. I'm also fairly sure that if your dog found a way of sitting you down to explain its theory of thermo-political power and how nuclear power fails to reform capitalism you would be more amused than anything. Life would be much simpler and more straightforward if we agreed or disagreed over the simple, fundamental stuff in life, but no, we humans have to complicate the matter through language and create all kinds of swirly beliefs and conspiracy theories.

But I'm getting ahead of myself here. I'm taking you the long way round the fundamentals as we're going together on this journey of exploration and trying to figure stuff out. It will make sense in a while, so please, give me the benefit of the doubt for now.

So to summarize life necessarily involves attachments, simply because life is about relationship and the central human reference point for life and existence is language, out of which we form most of our attachments.

Insight

So let's take a break from physicality and energy for now and take a look at the basis of existence, and our environment, which is consciousness. Consciousness is fairly simple. It's infinite and goes on and on and on interminably throughout the universe. In fact you could even say that the universe is made of consciousness and because of this, everything in the universe is based on consciousness to varying degrees.

Only as most of the consciousness that's out there in the cosmos exists way beyond our ability to perceive it, let alone comprehend it, and also as consciousness is never manifest itself, except through physical form and energy, we perceive it as space.

This is where we come to one of my personal 'snippets' - things that, as a mystic, I find myself repeating over and over and over again. Reality, which we can assume is space, which from our perspective cannot be really understood, or known, or explained, or defined, is coming at us constantly in a vast multi-dimensional continuum of sensation and experience. This means that everything is happening everywhere all the time, constantly.

By contrast our consciousness, which takes in both our ability to perceive our environment, and also our ability to conceive, or recall consciousness from memory, culminates in an extremely narrow focus of conscious attention, only in the present moment, on our environment at the present moment in time.

This focus of conscious attention, on which is based our Ego and perception of self and other, is our most basic and immediate level of consciousness. In comparison with our environmental reality our focus of conscious attention is extremely narrow and limited. We can only focus our conscious attention on one, maybe two things at the same time.

Which is what brings us to insight. Insight is our ability to perceive consciousness, which is essentially information - the clue here is IN-formation, i.e. consciousness going into energy or physical form, record it into memory through learning and thinking, and make use of it in some way in our life experience through conscious awareness.

Insight is a massive area because it's about how we perceive consciousness and how we transform it into energy or physical form. So this takes in the various forms of intelligence, patterns and rhythms of thinking, cognitive functioning - what we perceive from our environment and how we respond to it, emotions, feelings, senses, and so on and so forth.

I don't want to get into all that, because if I did it would take me 'donkey's years' to write this book, and even if I did manage to finish it, it would probably take you donkey's years to read it. I'm just giving you some idea of the kind of scale and dimension or scope that insight covers, and it's potentially infinite. Please keep that in mind.

So let us now shift the emphasis back to the main theme of the dialogue or investigation here, the subject of this book, and that is whether there is any security or indeed any benefit to creating and assigning authority to others in our lives. Why are we so willing to create authority for others? Why do we cling so much to external authority and our habit of giving authority to others? What do we get out of it? Does it make our lives any easier?

So having looked into attachment and relationship in the previous chapter, and touched upon environment and consciousness (and space) in this chapter, let's return to physicality and look at the karma and process of thinking.

Thinking

So moving on from attachments and the meta-physical aspects of our environment (consciousness and space) let's turn our attention to karma and process, more specifically thinking. This is to give us some idea of how we think and how we process consciousness.

Again I feel I have to throw out another caveat here.. I'm neither a physician nor a doctor. The human brain is about the most complex anatomical structure that's out there or known to Mankind. Do you know every street in every village or settlement in Europe? It's that complex, just to give you some idea. So we're not going to be getting into the various subconscious processes of the brain or even the complex relationship between the brain and the body.

Let's instead focus on the physical activity of thinking, given that it's an activity that we do all the time. What is conscious thinking? Why do we think consciously? What are the processes involved? What motivates, or triggers thoughts? What is it that causes us to think?

Well actually having looked into this a few years back what I learned was that thinking as an activity is an incredibly insecure activity because all thoughts are fragmented in nature. Thoughts are essentially electrical impulses firing off in the brain which create memory along what are known as neural pathways, and through these electrical impulses and creation of new memory consciousness is recorded into memory where it is stored.

This is not quite so simple or straightforward to explain, so it's best if I create an analogy here to make it simpler. Think of an old analogue tape recorder, such as a cassette tape recorder. Way back in the 1970's and 1980's cassettes were popular. It's how people of a certain older generation listened to music. You could go to the record store and buy an album either on vinyl record, or on cassette tape. Or if you were cheap you'd record your own cassettes of music off the radio using blank cassettes.

Back in the 1970's you could buy cassettes, which were small plastic cases in which you had two spools around which magnetic tape was wound, the magnetic tape passing through an exposed opening on the bottom of your cassette with one side of the tape exposed. You inserted the cassette into a cassette recorder, which was a device about as big as a book. You had a speaker (for playback, then the carriage into which you inserted the cassettes, and then some controls or buttons which you pressed - record, play, fast forward, rewind and stop - to play the cassettes.

To record anything you needed a microphone, which was attached to a wire and a plug which you stuck in the side of the machine. You put the cassette into the machine, hooked up the microphone, and then you could record any sound and play it back.

Then towards the end of the 1970's everything started integrating, so you'd find cassette recorders being integrated with record players and radios. These started out as items of furniture. They looked like a sideboard. You lifted a lid to get at the record player, radio, and if you were posh or spent a bit more money you could also play cassettes. Then you got radio cassettes which you could carry around.

These came out shortly before personal computers which originally worked off cassette tapes. Back then, if you had a personal computer, there was none of this download a game, install it and then play it. You had to play an entire cassette to load a game into the computer system just to play a simple game like Pong, or Zed, or Space Invaders.

But anyway, getting back on topic...

To make use of the analogy let's assume that the tape is memory, your sensory input is the microphone, and the consciousness is what is recorded into memory. Does that work for you? I hope so.

Any thought, actual thought is a thought fragment, or a fragment of thinking. To give you some idea of scale and dimension here, it could take you thousands of thought fragments to hear the letter 'o' in the word 'hello' when someone says to you "Hello, how are you?" So thinking as you can see is a process of thousands and millions of thought fragments, each recording a bit of consciousness or information which you're piecing together.

Thought fragments are variable and can be either:

- mechanical
- chemical
- organic

It all depends on what is going on in your brain at the time and the various cycles and processes going off to create new memory.

This is what makes mental health issues generally far more complex than physical health issues. If something goes wrong with your body, you've got pain, or some kind of dysfunction going on in your body. You've got senses and complex nervous system to help you out and also help you and doctors pinpoint what the issue is and deal with it.

But when it comes to mental health issues you're trying to pinpoint at what point your process of thinking becomes dysfunctional. The brain is the object of your sensory nervous system. Sure you get a headache, a migraine, but not much more than that. You want to pinpoint the exact point when thought fragments become dysfunctional and start cycling towards a mental health issue? Good luck with that.

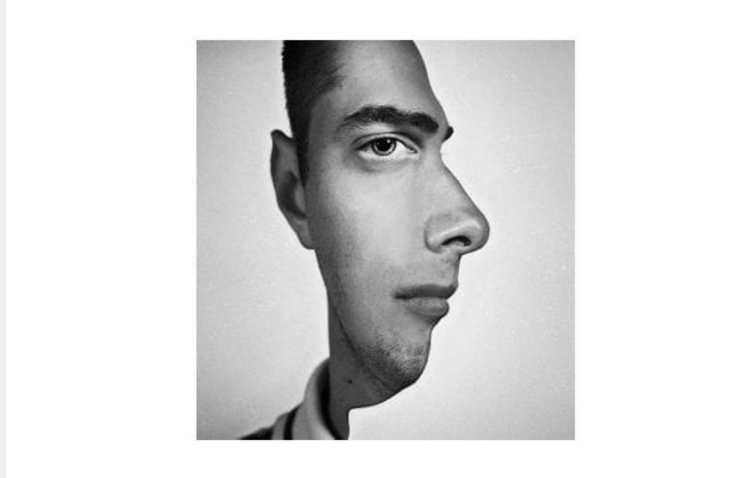
Not even a trained psychiatrist with decades of clinical practice and a specialization can pinpoint that, and they know a great deal more about brain anatomy and how the brain works than you do.

My point here, and this is the main point of this chapter, is that thinking is by its very nature inherently insecure as a karmic process.

Back we come to scale and dimension. The felt sense of immediate experience, what is coming at you from your environment, is always a multi-dimensional continuum of sensation and experience. Experience here is experience of relationship, specifically the relationship between you and your environment, what is known as the mystical transaction. Everything is happening everywhere all around you, and all you have is your narrow focus of conscious attention and your consciousness awareness to determine what constitutes experience for you. There is simply no comparison.

So what we need to do, as we're working together here to develop insight (which I covered last chapter) is to figure out what reality actually is. You see your experience is made up of different forms of reality. This is something I will cover in the next chapter.

Perspective



Let's start with a picture, mainly because it saves me writing out thousands of words and saves you needing to read them to get to a point. The above image is an optical illusion based on a man's face. Are you seeing half a man's face? Or is it a man's face in profile?

Perspective matters.

This is because your individual conscious perspective is central to everything else. When you stop and think about it life comes down to just two things:

- How you are feeling right now.
- What is going through your mind right now.

Your perspective, or individual conscious perspective, takes in everything about your life, including your entire karmic process, all your attachments, the Felt Sense of Immediate Experience and mystical transaction you're a part of with your environment. This means it also takes in your memory and all your consciousness.

Your individual conscious perspective is the basis of your existence.

It's important here to understand that your individual conscious perspective is never ever manifest, i.e. it never has any physical form. It's not your physical body, it's not your brain, it's not your thoughts, feelings and emotions, it's not your mind (though it is closely connected), and it's not the sub vocal chatter or voice inside your head.

It's just relative to all these things.

Your perspective (short for individual conscious perspective) is who you really are, always in the present moment. Of course your body is also you, as are your thoughts, feelings, emotions, your identity, and the various physical aspects of your existence, but these are all relatively real and are relative to your perspective.

When it comes to the physical aspects of your being, your body, and so on, if everything is 'in process' and in relationship and harmony with your consciousness then you're not normally consciously aware of them. For example you're not consciously aware of your heart beating, your breathing, the inner workings of your digestive system. All these processes are handled by your subconscious.

You're only aware of the physical aspects of your being if it comes into your senses through your sensory nervous system through discomfort, pain, and so on. Generally speaking your physical being and karmic processes function as attachments in relationship to your perspective.

Reality



Another image here to expand on my point of things being either really real or relatively real. There's two forms of reality we all experience in our lives. There's actual reality, which is really real, and this is the reality that's coming at us from the cosmos, nature, this planet, and, on some deep, more profound level which can never be put into words, ourselves and other people.

Then you have conceptual reality, or cultural reality, which is relatively real, and this is the human version of reality, the reality that you, me and everyone else creates. This is the kind of reality that the artist above is creating through his creation of a woman's face. He cannot create a real woman of course, because actual reality only ever comes from an environment and cannot be created by an individual. But through language and culture, and art, or music, or poetry, or some other form of writing he can create a woman, or a man, or anything else.

It's extremely important in life to know the difference between these two fundamental forms of reality, and to be able to figure them out and to understand how we are relative to both.

Understanding the difference between the two is simple if you have the basic principles pointed out to you. For example the artist above is creating an image of a woman's face. It

should be obvious that the artist, or indeed anyone else, is unable to create a real woman. That what is naturally created cannot be created by human beings. For sure you can plant a seed in the earth and fertilize the soil which will start the creative process of say a plant or a tree, but can you really claim to create the plant or tree, or was the creation of the plant or the tree a matter of relationship between the natural environment and the seed?

Human creativity while brilliant does have its limitations. It's important to understand those limitations while pushing the boundaries. Assuming that human creativity is equivalent to the creative forces of Nature, this planet or the universe is an extremely dangerous illusion. This is something we all need to learn and be conscious of, and not assume that our creative will comes anywhere close to that of Nature.

It doesn't. Not even close.

It's important to understand that Nature, like the universe, is predicated entirely on equilibrium, harmony, balance and flow. Out in the natural environment there are an infinite number of variables because actual reality is multi-dimensional and far too complex for our brains to comprehend or fathom. We think in terms of categories and classifications, because we need to break everything down to comprehend it.

As an example there's the case of DDT, a toxic weedkiller. It killed the weeds. But it also killed the bugs which fed off the weeds, killed off the insects which fed off those bugs, and started killing off the birds which fed off the insects.

But it's important to contemplate the various checks and balances of Nature. Lettuces and slugs need each other. Without lettuces, the slugs will not have food and die off. But without the slugs, the lettuces will overpopulate and strangle each other.

When human beings interfere in the natural environment it invariably creates trauma and causes damage. Take for example the imbalances among wildlife in Florida. Many people have bought pythons as pets not understanding that snakes are efficient carnivorous predators that need a lot of care and the right attention and conditions. Snakes are cold-blooded reptiles, and are extremely energy efficient. All snakes can go from being motionless to sudden activity in the fraction of a blink of an eye. They're also extremely sensitive to heat and incredibly sensitive animals.

Being in the wrong range during a snake's feeding response can ruin your life, if not kill you. If you break the trust of the snake, it might not feed or eat ever again. So you end up with a dead snake. So people buy snakes, thinking they make cool pets, and realize that their care is too complicated and it all gets out of hand. Or they let the snake escape.

So what you have is a growing population in Florida of non-native python species. This creates an imbalance, because they feed off the same prey as the native rattlesnakes, water moccasins and copperheads, which means that the rattlesnakes have to extend their territory further to find food, and being apex ambush predators this brings rattlesnakes into human territory. As a result more humans and their other pets, such as dogs and cats, end up with rattlesnake bites.

A bite from an eastern diamondback can kill a dog easily. While a rattlesnake bite might not kill a human it can ruin your life and leave you with a hospital bill of anywhere up to \$500,000. All because some people couldn't care for their pet pythons.

We can see a similar situation when we think of medical science. You have doctors who are general practitioners, and then you have specialists who specialize in one area of the body, such as the heart, the lungs, the intestines and digestive system, and so on. You could be forgiven for thinking that doctors see the human body as a machine, or rather like a car, where you can replace certain parts, and chop out bits of other parts. Specialists have a lot of expertise and knowledge about one area of the body but nothing more than a general medical understanding of other areas.

It's not so much that doctors don't see the body as an organism or an environment, though it might seem that way sometimes. It's that they're dealing with a great number of different variables and insight and knowledge can only take you so far. It sometimes happens that say, in trying to treat cancer in one part of the body there's a metastatic event and the cancer spreads to other parts of the body.

You have a similar situation when it comes to obesity, a condition which can have various mental health issues on top of the more obvious issues of physical health, over-eating, and excess weight. Then you have the sociological factors and even the variables coming out of the relationship between someone's physical body and various foods. Then you have the various ingredients and additives to the food. Obesity is not always a simple matter of eating too much food, and quite often it can be the case of eating the wrong types of food or in the wrong combinations. You eat the same as everyone else, your portion sizes are the same, and yet you're putting on weight. What gives?

A very good principle or rule of thumb is that if the reality has any degree of consistency or permanence, then chances are that it's conceptual reality. Or indeed, as is often the case, it's a matter of you conceptualizing reality. There are three illusions when it comes to reality:

- separateness
- continuity (or cause and effect)
- permanence

These are all illusions and are created by the fact that we cannot handle quite as nearly variables psychologically or emotionally as there are coming from our environment. It's important to understand that perception is selection, simply because the focus of conscious attention is extremely narrow when compared to the seemingly infinite number of variables coming at us from our environment.

This is what makes life - outside the known, familiar, habitual and cyclical - a never-ending stream of contradictions, unconnected, random, often spontaneous happenings, conflicts, and things that don't always fit together or seem connected.

This is what I call the reality of life. The clouds in the sky are happening. The sun is happening. The birds in the trees are happening. Your breathing is happening. Your beating heart is happening. You are happening. I am happening. Everyone else is happening. Society is happening. The traffic on the roads is happening.

There's a great deal of mythology when it comes to conceptual reality. I'm using the terms mythology and myth here not necessarily to mean something untrue, but something which is representative, like, a facsimile, a representation, a model, a principle, or a law.

Science, which is based entirely on laws, cannot be said to be untrue or a pack of lies, because we know that this is not the case. But it's important to understand that all science is conceptual simply because it's based on observations and analysis of the past, what is known, and a projection as to what will happen in the future based on past evidence or observations. Out of this we get laws, and laws are all based on language, ideas, concepts, and perceived truth.

This is where you can easily buy into the false illusions of separateness, continuity and permanence. Rather than seeing science as a matter of established facts and truths, it's far better to see science as a mishmash of different individual truths, principles and laws all coming together into a kind of 'epi-culture' ('epi' here means 'above, predominant, on top of').

You see Sir Isaac Newton, an eminent British physicist and scientist once stated that the planets revolve around the sun in the solar system and time is fixed to the rotation of the Earth. Then a couple of centuries later along came a German physicist who said that it's all a matter of perspective because everything is relative to everything else. But that is traditional physics, predominant in the 19th and early 20th century. Today we have quantum physics.

Here is where I feel I need to point out another important principle for you to always keep in mind...

The environment creates, the individual (organism) grows.

This is a principle which applies just as equally to actual reality as it does to conceptual or cultural reality. Existence is a principle, creativity and interaction is a process. This is what gives you the 'how' and 'what' of life and of anything in existence. Everything comes out of an environment, because it comes out of creativity and interaction, and creativity and interaction implies both the energy vibration and karmic process on the one hand, and relationship on the other.

A tree is created out of the ecosystem of this planet, the environment, and out of its relationship to that environment a seed grows into a shoot, then a sapling, then eventually, after many years, a tree. The roots of the tree, like its branches, grow out of the trunk of the tree. Out of the branches you get twigs, leaves and in some cases fruit, as well as more seeds.

The same principle applies to the artist in the image at the start of this chapter. Without the memory of a woman he would not have a pattern or model for the woman's face, and without the skills, techniques, insight, not to mention practice, he would not be able to draw the woman's face the way he did.

Authority

*"The lunatic is on the grass
The lunatic is on the grass
Remembering games, and daisy chains and laughs
Got to keep the loonies on the path..."
--Pink Floyd, "[Brain Damage](#)"*

So on from reality we come to the thorny issue of external authority. Why do we create authority? What determines who we give authority to, and who we don't? Why do we trust and believe some people, and put our faith in someone else's words and beliefs, but not others? What are the benefits, if any, in creating authority in others? Are we doing this for emotional and psychological security? Or are there other reasons? What is it that makes a commonly held ideology or belief system personal? Why do we become so attached to our ideological beliefs?

Well for a start we need to look at the relationship. All things being relative, then if external authority exists as someone or something we create and give authority to, then we need to find out what is relative to external authority. What is external authority relative to?

The simple answer is Ego and our self-image or concept of identity. There's a difference between authority and truth. Truth is relative only to your perception of your environment and your individual conscious perspective. If you have adopted truth or an insight into reality from someone or something else, then you've created a belief and it is your assumption that this belief is truth is you creating authority.

Someone else's opinion for example is only important if you believe it so, and the criteria for determining whether or not their opinion is truth is whether or not their opinion matches up with or aligns with what you are prepared to accept as truth or a fact. Either you identify with the opinion or perspective or you don't, but the benchmark for this identification is your Ego.

This is where we get into the difference between reality and possibility. If you simply accept someone else's opinion as a possibility then there is no judgment and no need to consider what someone else is saying or their opinion as fact or truth. You simply accept it as a possibility.

If however you accept someone else's opinion as fact or truth, then it's no longer a possibility because you've created reality out of the possibility and created authority out of

that belief. Similarly if you don't accept someone's opinion and either disagree with it or dismiss it, then you've also created reality out of possibility and have created a new belief out of rejecting or dismissing someone else's opinion.

Let's look at a specific example here. Say you purchase a new smartphone online, you go through the purchasing process and arrange a delivery and you're told that the delivery is going to take place on a Wednesday. Wednesday comes and the delivery doesn't take place. So you contact the seller and they tell you that they sent the smartphone by courier the previous Monday. You contact the courier and they tell you that they have no record of either the seller or the delivery.

So what's the truth? Well the truth is that it's Wednesday and you don't have the smartphone you purchased. This is your reality, your experience and your perspective. What you're seeking from both the seller and the courier is their truth so you can determine the reason why it's Wednesday and you don't have a new smartphone. Anything beyond this truth, i.e. no smartphone is a possibility.

So who are you going to trust here? Do you trust the seller and believe that the smartphone has been lost or is missing somewhere in the delivery process? Or do you believe the courier and accept that the seller never sent your smartphone? Either way you cannot create anything more than a belief and authority, because you can only go by someone else's word, irrespective of whether it's the seller or the courier. Whatever you believe does not change the reality and the truth that it's Wednesday and you don't have a new smartphone.

Do you see the clear difference between truth and authority?

Think about this. Let's say you are accused of a crime which you didn't commit. Would you prefer the verdict in court to be based on the truth, or someone else's authority or belief?

This is the clear difference between truth and authority. Authority always involves a relationship and is based on your participation. Trust doesn't need anyone's participation because it exists all in itself.

So if there's a relationship between authority and the Ego, this means that you are what you believe and what you think, because thinking is physical activity just as doing and acting is physical activity. The thinking, believing translates into words, choices, decisions, and actions, and from all this there is a process or a sequences or rhythm, out of which you get a story or a narrative, out of which you get perspective, and perspective is who you are or claim to be.

All this is karma, and all karma is process and physical activity - thinking, saying, choosing, deciding, and doing. Karma is both what you do and what happens to you, and all this is

based on memory, physical activity and actions, creativity and interaction, which we can understand to be a karmic process.

Everything here is relative to everything else. So if there's a relationship and a karmic process going on, then we need to look at the process and this means going into the past to understand what was and how that relates to what is now.

There was a point in our 1.8 million years ago which took place some 5,000 or 10,000 years ago when Mankind discovered that it was possible to focus consciousness through attention to create a different kind of reality. In examining a story of what was, by making observations to the environment, one could make assumptions about the future. In making assumptions about the future one could hypothesize, speculate, assume, predict, and create a concept or idea, which would somehow be reflective of reality, but which instead would be based on human thinking (and not naturally occurring events).

I'm referring here to something known as The Fall of Man. No more would Mankind be subject to the environment and to often hostile changes in the environment. Mankind could create one's own reality and provide for the future. This is how the relationship between external authority and the Ego first developed.

This development in human culture and collective consciousness has brought us numerous benefits - religion, science, technology, art, music, community, cities, healthcare, social security and support, and so on. Through this shift in consciousness and culture we are aware of our own potential to transform and process consciousness and this throughout the centuries has allowed us to diversify as a species naturally and socially.

But all this has come with a cost and price we also must pay, and that cost is a special kind of ignorance which goes beyond that of simply not perceiving, not knowing, and not comprehending simply because we are unable to. This is no different from any change or learning process. Sure you resolve existing problems and learn new things. But then you turn round and understand that your new awareness and relationship, and way of looking at your environment, creates new problems and issues.

This brings us to the specific nature of human evolution, of learning and making progress. To get to the truth you need to first believe the illusion. You have to start somewhere and you can only start with an assumption, a premise, or a hypothesis. If something is not known to you and not part of your experience, and so it's unfamiliar, you have to first create an image or concept of what you think something is in reality.

When you do this you're bound to make mistakes and get things wrong. Such is the case with this shift in consciousness and culture. We erroneously believed collectively that we

were separate to our environment, separate to nature, separate to each other. Out of this separateness there came inflation.

Here I need to go into a little of what I mean by inflation. I'm using the word inflation in a mystical sense. You believe that you are divine, you are God, you are the ultimate creator of everything, and in being God and the ultimate creator of everything, you have power over the universe, over nature, over this planet, and you have complete freedom and autonomy over your environment.

This is an extremely dangerous illusion, because you leave yourself wide open for actual reality to come and smack you in the face to give you the kind of truth you weren't expecting and did not anticipate or foresee. You can claim "How was I to know?" all you like, but see you made the assumption, you created the concept, and you believed the illusion you created was reality equivalent to actual reality.

Such is the case of this evolutionary mistake, and shift in consciousness and culture, and this can be made out throughout our evolutionary history over the past 5,000 to 10,000 years. It is manifest through the constant erroneous beliefs, the divisions, the conflicts, the struggles, the fighting, the wars, and the false beliefs which have all arisen out of the separateness and the confusion between actual reality and human created conceptual reality.

But even though I have given you a bit of context and background here, and have differentiated between truth and authority, I still haven't gone into why we create authority and why we give our authority to some people and not to others.

I think we need to look at the other point in the relationship, which is the Ego.

The Ego

I'm not sure if you've ever played the board game Monopoly. It's a popular board game for up to six players. You have a square board on which you have various squares, each side has six or seven streets or places, a railway station, a square for Chance or Community Chest. Then you have the four corners, Go, Jail, Free Parking and Go To Jail.

The purpose of the game is to acquire as much property and money as you can and you win the game by being the last player left with all the money and property.

You start out with having a certain amount of money, which I believe (I could be wrong) is £1,500. You select one of six pieces - a car, a boot, an iron, a Scotty dog, and so on. You throw two dice to get the number of squares you can move forward by. Each time you go round the board and pass Go you receive £200 from the Banker (the player who agrees to manage the bank and who sells the properties, little green houses and red hotels).

So what you do is go round the board landing on the various squares. If you land on a street or location and it's not owned, you can buy it and once you have a set of three properties you can purchase houses and eventually hotels for those properties. If someone else owns the property then you have to pay them rent, which is a set amount based on whether the property has no houses, has houses, or hotels. The cheapest rent is when there are no houses or hotels on the property, and the most expensive is when you have hotels.

You can also buy the railway stations and the utility companies. If you land on Community Chest or Chance you have to pick up a card and follow the instructions on the card. Usually this is either to pay money, receive money, usually relative to a circumstance. You get an unexpected dividend from the bank, or you have to make repairs on all your properties, or it is your birthday and you receive £10 from each player.

Then you have a card which directs you to go to jail. If you're in jail you miss three turns and cannot collect any rent from any property you own. If, for example, you're in jail and have hotels on the two most expensive properties, which (in the UK is based on London streets and areas) is Mayfair and Park Lane, if another player lands on either property and you're in jail, you miss out on either £1,500 or £2,000 in rent. There are also two Get Out of Jail free cards, one for Community Chest and Chance, which if you have them means you don't have to miss three turns by having to stay in prison.

I start this chapter with a description of the board game Monopoly for a reason. It's a board game which is very close to the experience of life for the vast majority of people.

There are of course some obvious differences between the board game version of Monopoly and the real life version of Monopoly. For a start people don't receive the same amount of income or money for passing Go. The bankers are supported by politicians and political parties. Unlike the board game, where generally the rules don't change (though you can modify the rules) and everyone knows the rules at the start, in the real life version the rules change, not everyone knows the rules, and not everyone plays by the same rules.

There are other differences - for example most people have a snowball in hell's chance of buying property in Mayfair - but when you stop and think about it the board game version and the real life version are remarkably similar.

This also brings us neatly to the whole point of the Ego. The Ego exists for the comfort and convenience of culture and hierarchy, i.e. those most people give their authority to, which is today's world means the Government, the organization, the hierarchy, the institution, and any and all such collectives.

Your Ego serves the exact same purpose as the iron, the boot, the car and the Scotty dog pieces in the game of Monopoly. It's a token for you to be able to participate in society. It's just a collection of labels and symbols which go together to create an image or concept of who you are as an individual.

Your Ego is your name and an identity made up from various time-binding references, binding you to your upbringing and background, your education, a social class or background, role attachments (e.g. worker, mother, father, professional, pensioner, civil servant, and so on) which indicate what function you serve in society, and various other markers and physical characteristics about you, such as your ethnicity and ethnic background, your skin colour, your sex, your gender identity and so on and so forth.

Consider that nowadays you are asked security questions whenever you contact an organization, and all the questions you are asked will somehow relate to your Ego. In answering these security questions you are expected to define yourself in terms of labels to give someone awareness of your identity as a concept so people in the organization will know how to deal with you.

This is the whole point of the Ego, to make it somehow easier for others to deal with you in society, especially organizations and people in positions of authority, i.e. people who can make demands and expect your authority.

The Ego isn't real, but is a conceptual image of who you are. It's who you think you are against who other people think you are. It's all part of the game, what we can understand to be the Social Game, which is based on the social ritual. The rule is a very simple one.

"I will make believe you are who you say you are and claim to be if you make believe that I am who I think I am and claim to be, and we will somehow get along with one another."

This is the only rule of the social contract or the Social Game. This is how, through the Ego, we demand and give our authority to everyone we come across in life. For example you are reading this book, but you can only read this book if you give me authority as a writer and the author of this book. This cuts both ways. I'm writing these words claiming to be a writer but I'm also giving you my authority as a reader and part of some audience.

Understand that writer is a role just as much as reader is a role. You reading these words defines you as a reader and you can only read these words if you have formed an attachment to the role of reader. When you walk into a shop, as another example, you are defining your role as a customer and expecting that a shop assistant treat you as a customer, thereby giving you their authority. But you are also giving them your authority and accepting them as a shop assistant and the shop as a shop.

This is how we develop and maintain an Ego, through role attachments. You might want to think about the various roles you play or perform in life, and with who you perform those roles and who you are performing those roles for, and this gives you some insight as to what you and other people do and how they 'function' in society.

Consider that the question "What do you do in life?" is a means of finding out your function or role attachments, so that someone can ascertain your Ego and identity.

So having looked at what authority is, and what the Ego is, we can now move on to understanding the process of socialization and the system.

The system

*"The lunatic is in the hall
The lunatics are the hall
The paper holds their folded faces to the floor
And every day the paper boy brings more..."
--Pink Floyd, "[Brain Damage](#)"*

So now we come to the karmic process in the relationship between authority and the Ego, and this is the process of socialization. This process of social and mental conditioning starts pretty much as soon as we are born and continues for as long as we continue to accept it as our fundamental reality.

This means that for many people this process of socialization continues throughout their whole lives from the moment they are born until the moment they die.

We mystics talk about the chain of mutual or interdependent origin. Everything is relative to everything else in the universe, and this refers to the endless cycles of karma and reincarnation, which I will get into a bit later in this book. This refers to the mystical transaction between self and environment and also self and other.

We experienced this in the womb, which was the first environment we experienced in life. Life begins as soon as there is a mystical transaction between and environment and an individual. But see what is environment and what is individual is entirely arbitrary, because existence (and much of life) is a fractal.

The process of socialization is a kind of simulation or approximation of actual reality according to social and cultural values. It's a process of time binding where the past determines the future. This might seem like gobbledygook to you right now, but stick with it, it should become clearer the further along this you read. What you need to keep in mind is that the past determines the future and stick with that thought at least.

As you will see, socialization and social conditioning is all about the relationship between the past and the future.

The process starts very very early in life with the assumption of separateness, between you and your environment and others, as you're becoming aware of your senses and the different sensations coming from your experiences of life. Everything kind of snowballs from this point and usually nobody challenges this assumption of separateness because it's also built into the language and everyone sees this as normal.

Keep in mind the distinction between truth and authority as we go through the process of socialization I will point out the different types of authority you're obliged to give. This of course starts with parental and familial authority which you give to your parents and other members of your family.

Generally speaking the way you were raised by your parents is relative to the way they were raised by their parents. There's a lot of expectations often involved in parenting, because usually parents are trying to pass on knowledge, skills and insights on life that they feel will be beneficial to their children.

Also, quite often, the role of grandparents is significant when it comes to bringing up kids and quite often children form different relationships with their grandparents from that of their parents. Sometimes the relationship is easier because, like the kids, grandparents themselves are at a stage in their lives where the difference between what's important and what isn't is different to what parents believe is important and what's not.

Your upbringing in childhood usually goes hand in hand with your education and the necessity of having to go to school. School exists to train children to be Good Model Citizens and to have what I refer to as Widespread Social Respectability. It can also be seen as Somebody Training, where you are trained to be a Somebody in society - which of course means Ego development and the ability to create and give authority to others in society, notably organizations, institutions, the government and the various collectivities and hierarchies which exercise epi-cultural influences and shape our social and cultural values.

School is, of course, the place where future society gets worked out. You get taught various subjects, English, mathematics, and so on, almost all of which are based on the past, but at the same time you're taught how to create and give authority, follow rules, be obedient, and also - through a system of marks, grades, test results, exam results, assessments, and evaluations, you're trained to be competitive rather than be cooperative. This is how the social hierarchy is worked out which of course is based on structural classism and categories of adults. This is of course all based on the Ego and self-image.

I'm going here by my own experiences of the education system way back in the 1970's and early 1980's but I doubt very much that there's been that much change. My experience was based on streams, there were three streams - A, B and C. The A's were the professionals, the B's the artisans, and the C's the ones who got bum jobs in life who ended up being stuck on the dole. I realize that we're in another century and things have changed, and they might have changed in schools as well, but this is how it was when I went to school.

I was between A and B. I excelled in English and art, but I struggled with mathematics and the sciences. Take mathematics out of the equation and I was very comfortably A right up

there near the top of the class. But being ridiculously bad at mathematics, especially algebra and calculus, I also ended up as a B, which made all the other subjects ridiculously easy for me. I didn't work hard at school mainly because I never needed to. Later on when I dropped to a B (algebra and calculus being then what mathematics was about) school became so boring that I dropped out as I felt that I wasn't going to learn anything new.

What I want to point out here is that Ego development and creating and giving authority - or Somebody training - comes with very little choice or autonomy. The message becomes very clear very early in life that if you don't follow the rules and you don't create and give your authority to others who demand and expect it willingly, you face consequences.

This is what makes the whole process of socialization, education and upbringing such a traumatic process which children are put through. You're constantly put in a no win situation, damned if you do, damned if you don't, so to speak. Take for example the whole system of marks, grades, tests and exams. Out of this you get classroom politics, you get in groups, out groups, and bullying.

No child wants to be seen as average, they all want to be better than average. Taken out of their natural state of mindfulness early in childhood where all experiences mattered, were important, but then again didn't matter, most children want to get through childhood taking the path of least resistance. But when you're grading and evaluating everything they do, for marks, in generic or holistic terms, then what happens to the average?

Then what happens if you're below average, constantly, and you're constantly being told that you're failing, or that what you do isn't good enough, then what? Well you get seen as a problem. So what you have is a system which is telling some children that they're a problem.

Then there's the other figures of authority who may have some bearing on your life. Figures of religious authority who sell you various illusions of divinity. For example you must love God and live the right way of you're going to get to heaven when you die. This is the main shtick of Christianity, Islam and Judaism, the Western religions. God is the supreme divine authority, who also goes by the name of Allah, Jehovah, Jah, and Jahweh.

This roughly gives you a religious experience where you get talked at by some figure of religious authority. Then you have prayer, where essentially you get the chance to tell God what to do and what to think. You might get a sermon based on some religious text written thousands of years ago about various stories and things which are said to have happened. Then for a bit of musical entertainment you get to sing some religious nursery rhymes.

There's a point to all this which I will come to shortly.

But first let's get into Buddhism. According to Buddhists we are all born into hell, there is only misery and suffering, ah but see there's a way out, and it's called nirvana or perfect enlightenment. This is all explained in a series of lists - the Four Noble Truths, the Eightfold Path, the Three Marks of Existence, the Five Precepts, and lists of defilements and hang ups. You somehow have to work these lists into a method, which you call Buddhism, and spend a lot of time sitting in meditation, and, apparently, at some point you will achieve nirvana.

The key to achieving perfect enlightenment, according to Buddhists, is to sit on your butt, stare into space, and try not to think.

Then you have Taoism, the eastern philosophy originating from China which is based on the Dao, the yin yang school of the I-Ching, and wu wei, or the art of effortless living. There's a lot of Taoism and Zen Buddhism which forms the basis of martial arts. In fact kung fu, or Shaolin Kung Fu, was started by a Buddhist sage called Bodhisattva and was the first (failed) attempt to introduce Buddhism to China in the 4th century or thereabouts.

However if you change your perspective somewhat by opening your mind and being open to various possibilities, you could interpret the Dao as God, yin yang as the forces of good and evil, and wu wei as a kind of philosophy of laziness or minimal effort.

Which brings me to my point about religion and religious authority. All religions function very much in the same way as a Buddhist koan. What is a Buddhist koan? A Buddhist koan is an insoluble problem or an impossibility. A few examples:

- What is the sound of one hand clapping?
- If a flag is blowing in the wind what is causing the motion, the wind, the flag, or your mind?
- Explain how you can fit the entire city of Tokyo into a matchbox.

Most people fall into the trap of either believing that the religion is truth, or disbelieving the religion and calling it nonsense. There's a lot of people who believe that what is written in the Holy Bible is true, just as you get a lot of people who think that what is written in the Holy Koran is also literally true. Either way you have created a belief and transformed the religion into a concept. If you've done this then you're missing the point about religion entirely.

This is how you end up with the most fervently religious people, to emphasize my point here, being people who are atheists and who do not believe in God. They can be quite evangelical about the fact that, from their perspective, there is no such thing as God, no such thing as an afterlife or life after death, and in some cases no such thing as spirituality.

The exact same situation exists with all other forms of authority in the system. The original assumption of separateness that you made at the start of your life gives rise to other illusions, such as permanence, continuity, freedom of choice, and from this cause and effect.

But what you need to understand is that you've been created and developed according to a system. Here I'm not referring to Natural Law and the set of universal principles or mystical principles which govern the cosmos, the universe or Nature. I'm referring here more specifically to human culture and what I refer to as conceptual or cultural reality. I'm referring to the kind of reality created, imagined, and thought up by other human beings.

At some point, from your perspective, from my perspective, from everyone else's perspective, actual reality and cultural and conceptual reality become one and the same, so from your individual conscious perspective what you end up with is your individual reality, which is made up from both actual reality - the cosmos, the universe, nature, biology, physiology, anatomy, and so on - and conceptual reality - your social and mental conditioning, your past, your upbringing, your education, the language and culture you understand and are aware of, and so on.

This means that all thoughts, feelings, emotions, and so on come from one of only two sources - perception and conception. Perception is sensory and extra-sensory and is directly coming at you from your mystical transaction and relationship with your environment. But then there's conception, which is coming from your memory, in alignment with your rhythm, pattern and energy vibrations. There are no other sources for your thoughts, emotions and feelings other than these two fundamental sources.

Please keep in mind that you are effectively bound by this system from the time you are born and after the assumption of separateness you have several years of imprinting into memory - due to neuropathy - what you think is who you are, your brain is shaped by the way it is used and designed to be used. Nature abhors a vacuum and also, just as important, there's no excess and nothing going to waste.

This means that your thoughts, emotions and feelings are a response to your environment. Environment here can be actual or conceptual, and the trick here is to understand that what is environment and what is individual is entirely arbitrary. If we understand environment to be different individual things in relationship together, then environment isn't just your natural environment, or a conceptual environment such as society, culture, but is also your body, your mind, and your life.

There is however no security in authority. None whatsoever. Understand that the process of thinking and creation of thought is a very insecure process out of which you create illusions

and concepts. Your environment is coming at you constantly in a multi-dimensional continuum of sensation, stimuli and sensory information and experience. Everything is happening everywhere all the time.

By contrast you can only focus on one, two maybe three variables at most at the same time. Your perception focusses on what matters to you and what you focus on at any given moment, and in selection - because perception is selection - everything else is filtered out. Knowledge is provisional, and provisional to what you regard as important or relevant, and everything else is ignored, and thus as you think and learn you also filter out and create ignorance.

But what happens is that you're conditioned to create and give authority to others and you associate this creation of authority with security and trust. You do this in many different ways, through what you say, what you think, how you behave, what clothes you wear, how you present yourself, the various role attachments you take on in life, and the various motivations, payoffs and objectives which come from your encounters and interaction with other people.

The payoff here of course is not only emotional and psychological security, but also self-esteem. This is where moral reasoning becomes vitally important in any system based on the transfer of authority from one to another. Self-esteem is fundamental to development of the Ego and self-image, because also on a fundamental level we need relationship to survive and we need our social interactions and relationships with other people in order to be able to function through our various role attachments. We need other people to accept us for the individual human beings who we are, and this brings us right back to the social contract and game we are all playing out on each other.

Therefore there's a kind of feedback loop going on here, where we give authority to others so that they can give authority back to us. This is how we arrive at self-esteem. Are you going to listen to someone who doesn't accept you, doesn't value you, and isn't prepared to respect you? I hope not. You give authority in many cases with the explicit expectation that whatever social interaction you're involved in is going to result in self-esteem, that someone is prepared to recognize you and your Ego, respect you for who you claim to be, and value your existence.

For example, you give your authority to a doctor, because you believe that the doctor values your life, your emotional and psychological welfare, and is motivated towards helping you to live and maintain your health and well being. I'm using this example to illustrate and point out that external authority is not always a bad thing.

Another example is say when you get picked up by police who believe that you have committed a crime, or better still, when you have committed a crime and broken the law. Here you have a mismatch of expectations between you and the police. The police are interested in public order and compliance with the law, and having been caught your expectation is to receive the best possible punishment for the crime (from your perspective).

This is where you need a lawyer, someone who is trained in and understands the law, and someone who you engage to act in your best possible interests. So you give your authority to the lawyer with the expectation that they are going to paint you in the best possible light in a court of law so that you receive due process and a fair hearing. This can only happen if the lawyer is prepared to accept you, what you did, and your story as to how and why you committed the crime.

Then we can jump to another example where you would go to give your authority and place your trust in someone else - the psychiatrist's couch or (today) the therapist's armchair. Think about this. You have say an issue in life which you cannot resolve, say coming from past trauma. Something somewhere happened in your past, or someone did something to you, or for whatever reason something happened and you reacted in some way that was inappropriate. This can happen at any time in your life. Something happens that shouldn't have happened.

Or, conversely, something that needed to happen didn't happen. You woke up one morning with expectations that your life would go a certain way and it didn't. Something happened and created a new process of thinking, a desire, a need, a wish, and what you needed or wanted to happen didn't. So what then? What happened next? What options or possibilities were left open to you?

This is the thing about karma. Karma is not some mysterious voodoo divine nonsense. Karma is physical action and physical activity. It's what you do, what you say, what you think, and it's also what happens to you. Karma is any energy which is manifest as physical action arising out of trauma - all trauma because, again, all trauma is physical in nature and based on energy vibration and relationship.

So okay, let's say you have experienced trauma in your past, and this trauma creates a different karma to the one you were expecting and what you anticipated. So you now have a different karma and a different relationship to your environment. Quite often - because your expectations and anticipation of your environment was different to what actually happened, you're now in unfamiliar territory, and because you're in unfamiliar territory you're getting fear energy coming out of memory causing you to project into imagination

and create illusions which have no relationship to that what is happening or going on in your environment.

This is where we get into suffering. Suffering is not trauma, because trauma is real, and suffering is not real. All suffering is imaginary and comes out of the difference between what is actually happening and what you expect or anticipate will happen. It comes out of the difference between perception and conception, and if you confuse trauma and suffering, which many people do, what is likely to happen is that perception and conception become confused, your perspective becomes distorted and you can very easily end up with a completely different take on an event or something that happens to what actually happened in reality.

Rinse and repeat a few times and you will find yourself creating unnecessary karma not out of what happens in your environment, but from what you imagine is happening in your environment. The longer this continues and you become more and more out of sync with what's going on around you. When things stop happening the way you expect or anticipate them happening you get into fear energy, anxiety, doubt, worry, and insecurity. Then what?

This is where you start thinking about your sanity and mental health and eventually, the more this discord or dysfunction persists, you start to consider seeking out therapy.

So okay, let's say you've decided to seek out therapy. Some of you might have been in therapy, been to see a psychologist, or talked to a doctor about a mental health issue or a problem. But what is it you're actually seeking here? What is it that's going to cause you to want to trust or give authority to the individual offering therapy?

What is it you're actually looking for? What are you hoping for?

Is it not some insight or a way out of your situation? Surely if you're seeking out therapy you're trying to make a change. You don't want to suffer, you don't want to struggle, you don't want to fail, and you want eventually at some point for the course of your life to match up with what you are hoping or expecting from life. You want to be able to anticipate an event or the karma you're creating as it unfolds.

Are you interested in the academic qualifications of a therapist or doctor? Somehow I don't think so. I've yet to come across any discussion anywhere between people about the different merits of different medical schools and boards attended by doctors, psychiatrists and therapists. What people tend to be interested are outcomes, results, techniques and methods. You're interested only in sharing your problems or issues and getting access to that insight or way out.

In this way a good therapist is not much different from say a shaman or a good, non-judgmental friend. The professional qualification or how they became a therapist isn't important. What is important is that they can hold up an example of a situation or life experience and share insight, often modelling a technique, a method or a trick, out of which you see a possibility to break the cycle, change the pattern or rhythm, and find a way out of your situation.

So okay, let's say you've found a therapist, or had that all important conversation with a good friend, or we have sat and talked, and you have that insight, and have figured out a new way of going about your life, or finding a way out of your issue. Then what?

Of course now comes the next step. You have to break the cycle, change the rhythm, the pattern, the vibration, and find a way forward. Only now there is no therapist, no friend, no shaman, there's just you and you're on your own. It's just you, your life, your reality, your mind, your environment, and your choices and your decisions.

What if the insight doesn't work out? What if you remember what you could from the conversations, and the issue starts happening again, so you try and do something differently, but you still end up with the exact same outcome as before? Now what?

Well you're still stuck in the invisible prison. By the invisible prison I'm referring to the assumption you made right back at the start of life assuming that there was separateness between you and your environment, and you and other. You're still part of the system. Your reality is still your individual reality and it's still made up from the karma which comes out of memory and the experiences of both actual reality and conceptual reality.

You see the way out you sought, the technique, the method, the solution, the trick, it's a concept. It's an illusion. No matter how good the technique or method is, no matter how sound the principles are behind the concept and belief, it's still a concept, it's still an illusion. It's still a possibility. It's still not reality, and because it's not reality, it cannot be part of your karma or past experience.

Do you see how we're right back at Square One? Can you now see the difference between a belief and a premise, and the truth? Can you also now see how there is no security or guarantees whatsoever in your authority, or the authority that you give to other people?

Part of the reason why there is no security, and there cannot be any security or guarantee in authority is because it's based on conceptual reality moreso than actual reality. All concepts are nothing more than memes of actual reality and individual human life experience. Any meme is the smallest possible amount of information which can be expressed through language in a way which can form a concept. In a way you can see a meme as a fragment of a concept. It's a thought expressed as language.

But there's actual reality within that meme or concept, because we humans are blessed with very powerful memories, complex psychological processes, and we can process, transform and develop consciousness quickly - relative to other species - to form new cycles. Part of this ability is a natural tendency to seek the easy way out, avoid conflicts or struggles, and take the path of least resistance.

How else did we as apes become so proficient at developing, making and using tools?

We're also social animals, we live in families, communities, various groups, and social interaction is incredibly important. Culture, and cultural development is also extremely important, because it's how we evolve, both individually and collectively as a species.

Therefore we develop systems, beliefs, and through the sharing of insight we create and develop egos, self-images, create and play out different roles, form role attachments, belief attachments, simply because it's easier for us to gain insight, learn and evolve during the earlier stages of life when we are hungry for consciousness and conscious awareness and trying to deal with growth, the various shifts and changes in our physical being, and trying to figure out what this experience of life is really all about.

But authority can only get you so far, and authority, as I've pointed out previously, is not truth.

Possibility



*"When the Moon is in the Seventh House
And Jupiter lies with Mars
Then peace will guide the planets
And love will steer the stars*

*This is the dawning of the Age of Aquarius
Age of Aquarius
Aquarius
Aquarius....."
--Fifth Dimension, ["Aquarius/Let The Sun Shine In"](#)*

Okay so let's take this up a notch and dig deeper into the mysticism behind the Ego and the creation of authority. This is where we need to change the relationship between us a little. So far I've been writing about stuff from my perspective in the hope that it inspires some insight. Here I'm going to drill down into this and throw up some possibilities. This is essentially what I do as a mystic and shaman.

I hope that you've not been creating authority and giving me that authority, because if you are you're missing the point. What I think and feel personally has no bearing on the subject matter or content of the book. I'm not writing this book to convince you of anything, to get you to believe anything, or to demand of you any authority in any way. I'm writing this book primarily for myself and my own creative process.

I'm simply sharing with you this creative process so that, in reading this book, you might be able to do the same and start off your own creative process in thinking so that you get some

insight from your own experiences of life. I'm hoping that some of these words somehow resonate with you in some way, out of which you derive inspiration, and at least give you something to think about.

Okay so let's bring to mind all the illusions we create out of authority - the separateness, the permanence, the continuity, the cause and effect, and the commonly held illusions such as free will and freedom of choice. Let's stick all these commonly held and widespread beliefs and illusions and stick them into a category or a box and label it widespread human illusions.

So let's dig deeper into the insecurity. As insecurity is just a wide subject area I'm going to get into some symbolism and a bit of numerology.

The song quote was to segway into the astrological sign of Aquarius. Aquarius is the eleventh astrological sign of the zodiac, it's a fixed air sign which symbolizes humanity, community and justice. In the zodiac it's opposite to the fifth sign of Leo, a fixed Fire sign, symbolizing drama, Ego, authority and creativity.

I'm starting from astrology because this is very early Western cosmology going right back to Greek and Roman times when polytheism was still a thing, and there were various gods and daemons, or demons, which ruled over us. The whole point of astrology was that, in accordance with the time and date and location of your birth, a horoscope could be drawn up which would indicate your relationship with the gods. Everyone was said to have a higher god and a lesser or lower god, a base self and a higher self.

Monotheism and the concept of God came a little later. But please keep in mind we're just going through the symbolism here to try and figure out what is possible. This might be confusing but please, give me the benefit of the doubt here. It will become much clearer shortly.

Each astrological sign is associated with a planet. The sign of Leo is 'ruled' or associated with the Sun, the Self, being. Now maybe you can see how your Sun sign - the sign you were born under - has some special significance in your life as to determining who you were and who you would become.

Which brings us to Uranus, which is the 'ruler' of Aquarius, or the planet associated with Aquarius. In classical Greek mythology Uranus was the personification of the sky, or the god of the sky. The Sanskrit word for sky is 'akasha', which also translates as spirit, and implies the ground of being, the fundamental nature of existence, that what lies even beyond consciousness.

You see consciousness and space are one and the same, but consciousness and space is also a duality from the human perspective. The ground of being, to segway into eastern cosmology - Hinduism, Buddhism, Taoism, Sikhism and so on, non-duality. This is where we get to the world as self, the universe or cosmos as self, and the understanding that fundamentally, we are the universe and the world, and the universe and world are both us.

This comes back to that assumption or illusion of separateness, which is very much an illusion. But see separateness is the very root of what we commonly understand to be freedom and liberation. If you are free from something, or liberated from something, then you are also separate from something, right?

But see Aquarius represents community, humanity, justice, equanimity, and Uranus as a planet in astrology symbolizes and signifies sudden and unexpected changes, clubs, societies, groups, rebellion, revolution, freedom, originality, non-conformity, radical thinking, radical ideas, and what we understand to be the paradigm shift.

Caught up in this symbolism and significance is the fine line between sanity and insanity, mental health issues, unorthodox thinking, and the process of individuation. Uranus is all about subversion, and subversion is all about the outward creative self-expression of individual truth. It's about seeing things in ways which are not seen by other people, by seeing what hasn't been seen, saying what's never been said, feeling what has never been felt.

Hopefully now you can see the duality or polarity between the symbolism of Uranus and Aquarius, and the pursuit and seeking out, and creation of individual truth, and the symbolism of the Sun and Leo, the Ego, the self-image, and the creation and sharing of authority.

This is also the symbolism behind The World, the last Tarot card in the Major Arcana, and the 21st numbered card. On the card you see a naked woman hovering in the sky surrounded by a wreath and holding a staff in each hand. She's dancing in the sky. In some Tarot decks, for example the one designed by Aleister Crowley, a British occultist, the card is named The Universe and the same woman is dancing in the sky surrounded by an ouroboros, a mythical creature, usually a dragon or a snake eating its own tail.

In the four corners of the card you have the 'hayyoth' or the four living creatures - starting from the bottom left corner going counter-clockwise, in the same direction as the zodiac wheel on a horoscope, you have the Ox (bottom left), the Lion (bottom right), the Eagle (top right) and Man (top left). Hayyoth is ancient Jewish mythology.

These four figures are also represented in the Christian tetramorph and correspond to the four fixed signs of the zodiac, the Ox being Taurus the fixed Earth sign, the Lion being the

fixed Fire sign of Leo, the Eagle the fixed Water sign of Scorpio, and Man the fixed Air sign of Aquarius.

I hope you're seeing how the Tarot, astrology, religion and even philosophy are connected here. The Jewish hayyoth or four symbolic figures in the four corners of a Tarot card also features on the Wheel of Fortune, the 19th numbered card of the Major Arcana. But more about that later.

All these different things, the Tarot, astrology, religion, philosophy, cosmologies from both east and west are all interconnected and interrelated with one another to create a kind of conceptual reality which functions as a meme or a myth - something which is representative of that what is real.

You can find the same duality or polarity between Leo and Aquarius, between the Sun and Uranus, in political ideologies and belief systems. Western politics is based on individualism, but there's a polarity even in individualism because you have individualism and also collectivism. It's the exact same duality and polarity as you find symbolized in the Tarot and astrology and manifest also in religion.

So how does this possibly relate to reality? Well we have to look at the numbers and go a little into numerology to see how the numbers stack up, and investigate whether we can find any insight or truth in our calculations and premises.

So we start at the top of The World Tarot card and we find the number 21. The number at the top of any Tarot card in the Major Arcana usually symbolizes and implies a mystical principle, or at least some insight which can lead us to a fundamental truth. Quite often the clue is in the image presented on the card. So we're back to the naked woman holding the staffs dancing in the sky.

The wreath or ouroboros suggests a cycle of some sort, and the relationship between woman and sky also matters, because the connection is akasha, or spirit, which can also mean sky. Note the duality here between consciousness and space but the implication that both are one and the same. When you look at the sky you see space, but space is holding everything together, so it's also consciousness.

So 21 here signifies the mystical transaction, individual and environment. One is unity through consciousness, two is polarity and duality. What you have here is reincarnation and karma. Reincarnation, of course is consciousness going into physical form - energy and the energy vibration - over and over again. Karma is the action from physical form.

But this leaves the four figures in the corner. How does this relate to 21?

Okay so let's multiply 21 by four, the four figures of the hayyoth. What does that give us?

This gives us the number 84 because $21 \times 4 = 84$. 84 is an important magical number. It's also the number associated with Uranus, because it takes 84 years for Uranus to orbit the Sun and pass through all the signs of the zodiac to complete a cycle.

This is significant because it's said that there have been 84 different versions of the universe. This is the 84th version. of these 84 versions of the universe, 63 previous universes no longer exist, but 20 previous universes still have some form of existence, culminating in this 21st example, which is the 84th version of the universe.

This brings us to the Big Bang, or Big Bang theory of the universe. Where did this bang come from? Surely there must have been some previous existence to create such a big explosion, right?

Well you cannot have non-existence and then all of a sudden existence, just as you cannot have existence and then all of a sudden non-existence. Have you ever vanished without trace? I'm sure I haven't. Have you ever had something vanish into thin air? Your keys don't count, I'm referring to something that vanishes into non-existence and becomes space.

You see there is no separateness, because existence and non-existence always go together. Feel free to show me something, anything, which is not surrounded by space. Separateness is the illusion here, because there is no start of existence and no ending. There is only existence and non-existence.

This is where we get to the opening of the Book of John in the Bible:

"In the beginning was the word, and the word was God..." -John 1:1, Holy Bible

This comes back to the fact that all physical existence, and it doesn't matter if it's being or doing, is based on the energy vibration, the energy cycle, the energy wave. Any start or beginning is just a point on the cycle, or a circle, let's say it's a mid-point, you have a peak or a crest, a trough, and two mid-points between where you have equilibrium between the peak and the crest.

A word, whether it's spoken or thought, is a sound, like a bang or an explosion. It's physical form and physical action. But the sound comes out of silence and goes back into silence, because sound and silence go together. This is karma, physical action, physical form, physical activity.

You see in the beginning, and I'm referring to the beginnings of religion, way back, some 10,000 years ago in ancient India, there was Rudra, the 'roarer'. A roar is another sound,

like a word, like a bang. But bang is short, sudden, instantaneous, and a roar is longer, more sustained.

Consider that the Hebrew word for the breath of God or Jehovah is 'raah'. Do you see any similarity between 'raah' and 'roar'? Out of Rudra you got Brahma and Hinduism, and out of 'raah' you have Judaism and Jehovah. Consider that Judaism and Hinduism are not just religions, they're also entire cultures and a way of life. Out of these two you get every other religion and the concept of God, of divinity, of religious authority.

Can you perhaps see that God is a meme for creation and the universe?

This is where we get to understanding reincarnation and karma. Creation and the universe can never be complete, because creation is always an ongoing process of creativity and interaction. This is the fundamental mystical principle. Existence is a principle, creativity and interaction is a process. Reincarnation is consciousness going into physical form again and again and again, and again. You understand, I assume, that a vibration is a process of energy cycles or waves. Right?

This is what reincarnation is all about, consciousness going into physical form. Karma is the physical form and the physical action or activity. Reincarnation is principle and karma is process. On that basis we have all physical existence.

So okay, if we accept that this is the 84th version of the universe, and the culmination of 21 different versions, and that what exists is the newest or latest version of the universe, then surely the exact same principle applies to you.

This means, for the sake of argument, you have lived 84 lives, of which there is no trace of your previous 63 lives, but the life you are living now, today, is the culmination of 21 different life cycles all of which have some existence in some form in your current life experience. Some of these previous lives will be nothing more than a wisp, or a feeling, or an emotion, or even a thought, and you have a range from that point, where evidence of a previous life you've lived manifests as a memory imprint.

This means you are living - as a sum total - 21 different lives all manifesting as one life, in the here and now.

Consider that each life you are living, or each life cycle you are experiencing, goes to make up a vibration of your existence. This means that your life and death are just one cycle in your actual existence, which is a vibration.

So consider here that there is no free will whatsoever. You are living the exact way you have always lived throughout all these different life cycles. You are experiencing life in the same way you have always experienced life.

All the change, all the differences, and all the freedom is not coming from you, the individual and your experience of life. It's coming from your environment and the universe. When you die you leave behind your physical being. You lose your body, your senses, your brain, your mind, your Ego, everything. It's gone, never to be repeated or experienced again.

But see, if you exist in physical form, and you do have a brain, a physical body, a mind, senses, thoughts, feelings, and so on, you cannot at any point not exist.

Your death is just a point on the cycle, it's pure trauma, and out of trauma comes karma. So what this means is that as you die you become reborn into a new physical form, which of course means rebirth and birth.

Your life starts all over again as a foetus in relationship with a womb, a new mother and new parents, and a new life. You go through the same life cycle as you did before, and as you will after you die, with a similar level of consciousness. But everything is completely different because this is another cycle in the vibration. All aspects of your physical being, your body, your brain, your senses, your mind, everything, is completely different. Your environment is completely different, because it's a different life cycle.

So what if we flip this all round and do a complete 180 degree turn? You understand that a thought is a fragment or particle of energy attached to consciousness, and that it takes many different thoughts to perceive even a single letter in a spoken word, such as the 'o' in the word 'hello'. So what if the universe is a conscious entity, and you are nothing but a mere fragment of thought in that entity?

Obviously we need to take into account scale and dimension. You have the totality, the universe as a self, and also you have an atom - a single atom - as self. You and your life, your entire life is somewhere between the two. Can you perhaps see yourself as a single thought in the mind of the universe?

Now please keep in mind I'm just throwing out possibilities on the basis of mystical principles. I hope you understand that I'm not making any definite statements here.

But what I am suggesting is that separateness and such concepts as permanence, continuity, cause and effect, free will, self-improvement, the law of attraction, and even divine authority are all illusions thought up and imagined by human beings. These all arise out of separateness.

I'm also going to go one step further and suggest that security, emotional security, psychological security, is also an illusion.

None of these things exist. There is only consciousness and energy, memory and karma. There is only reality and possibility, knowledge and ignorance, awareness, a lack of awareness and insight.

There has to be insecurity, because there is always possibility and possibility goes way beyond your ability to perceive and also my ability to perceive reality.

This means that, effectively, you're caught up in a conflict situation with no obvious or clear way out. If you try to not do anything about your situation or address the insecurity there's no way out. The insecurity still exists and because the insecurity exists you're still creating karma, because fear energy coming out of memory and being projected into imagination is still karma. Fear is a sensation, an emotion, and it stimulates thought and thinking.

This is where we get to the tired old advice "don't worry about it" or "stop thinking about it". Go do some meditation or yoga. Feel free to try it. The moment you try to stop thinking, then you create a desire, creating further karma and you can only create a desire out of memory, which is the exact same source as the insecurity, i.e. memory. In trying not to think, or in trying to meditate, you're expressing a desire to become free from the insecurity, but you're still attached to the insecurity. So in trying to meditate or stop thinking about the insecurity you're still thinking about the insecurity.

Not only that, you're creating further insecurity because you're trying to stop thinking about the insecurity, or trying to meditate, but the insecurity is part of the consciousness which is creating the thought cycles or processes, you're still attached to the insecurity, so you're failing to become free from the insecurity. So the more you try to become free from the insecurity through your desire or meditation, the more you fail, and this creates even more insecurity.

This is why self-improvement never works out. You're trying to change that what you feel needs to be changed, but you have no concept of better, because all you have as a reference point is the past, memory and karma, which is exactly what you're trying to change so as to improve. This is why pretty much all attempts at self-improvement fail at the first hurdle. This is also why many people who are trying to lose weight, a popular form of self-improvement, fail.

This is where we come to the second way out or option. You try to do something to address the insecurity. Okay, so what are you going to do? What bright ideas are you going to come up with? What solutions have you got worked out? Can you not see that in trying to do

something about the insecurity, you're getting caught up in the whole insecurity and self-improvement illusion?

So what now? You're nonplussed. You're also dis-empowered, because you're not actually living, but just thinking about life. Sure you can argue that thinking is living, because it is karma, and you're still functioning on some level. But you're not living with any degree of mindfulness, your ultimate natural state, you're simply living in the past and your life experience is purely conceptual.

In other words you're a player.

So okay you decide to reach out and you seek assistance from someone else to help you deal with the insecurity and to make some kind of change. You no longer want to have to deal with the insecurity, you don't want to suffer, and you don't want to hurt or experience the fear, the doubts, the unanswered questions, or the mismatch between life experience as it works out and how you want it to work out or anticipate it working out.

So you seek advice from a friend, you may decide to turn to social media, you may turn to a therapist, a doctor, a psychiatrist, a parent, a minister, or some other authority figure who you feel can help you. In all cases when you're reaching out for support and help, you're creating authority through a desire to experience or witness a different pattern or rhythm different to that what is known to you or familiar to you.

But see, in doing this, you're still in the exact same situation and getting caught up in the illusions of separateness and self-improvement. You're welcome to get in touch and seek me out and turn to me, and I will help you as a mystic and shaman, but I will also make it very clear to you right at the start that I'm not going to play the game or get involved in any kind of mind games. I'm not your friend, your guru, and quite frankly, as I'm not living your life, it's not my responsibility to figure out your life for you. Your authority means nothing to me.

How will you know, and know for sure, when you seek out advice from someone else, that their solution, or method, or technique, is going to work out for you and take away your insecurity? On what basis, other than your authority and personal belief can you claim to have such knowledge and such security?

How can you tell whether a psychotherapist is effective or just a charlatan?

How do you know whether a guru is truly spiritually aware or is just good with words and a good story teller? How can you tell what is insight and what is a brilliant concept or the product of a vivid imagination?

Well of course you ask around and seek the opinions and advice of other people. You probably do the same thing if you're about to make a major change in your life or about to make an incredibly expensive purchase, such as a house, a flat, a car, or for example you plan to make a big choice such as getting married.

So okay. What if the new home you purchased or moved into creates even bigger issues, or turns out to be far more expensive than you first thought? What if the car you bought breaks down and cannot be repaired? What if the expensive new smartphone you bought with all the whistles and bells turns out to be sluggish and laggy? What if after a year into your new marriage you end up either being cheated on, or locked into a bitter conflict with your new partner, or you end up being the one who cheated, or you discover that your partner has a different sexual orientation?

It's the exact same situation when you buy into a course of therapy, or follow a religion, or a political ideology.

But what people often don't sufficiently realize is that in giving your authority you are making a choice and making an assumption. There is no security or guarantee in making choices just as there is no security or guarantees when giving your authority to others.

You can whine and bitch and moan about politicians, about religion, about what your partner does or doesn't do, but this never negates relationship and the fact that it's you who chose to give your authority and place your trust in that person or ideology. Let's be very clear here, the politician, the religion, the partner is just the object in terms of your life experience, and you are always the subject.

There is always reincarnation and karma, there is always principle and process, there is always relationship, there is always interaction, and out of that relationship and interaction there is karma, for karma is always created out of relationship and interaction.

Which brings us to the other illusions here, responsibility, blame, fault, accountability, and so on. These are all forms of denial and illusions because you're denying the relationship, the mystical transaction, and the possibility. This is where we get into the other illusions of continuity, permanence and cause and effect. You cannot blame either yourself or someone else without buying into these illusions and being in denial of possibility, the mystical transaction, and relationship.

Blame, finding fault, accountability, and so on are all just variations of the creation of authority, because if you blame someone or find fault with them you're simply refusing to give them your authority and trust. All this leads back to the fundamental assumption of separateness. Fault and blame are just concepts, opinions, beliefs, and arise out of Ego.

There is also another illusion here which I want to introduce to you. the illusion of solution. There is no such thing as a solution. Let's say for example you have experienced insecurity, or some issue, and you somehow gain some insight, and you either resolve the karma and move past the insecurity or resolve the issue. How do you know? How do you know that you have resolved an issue or worked out a problem, and that you're not going to ever experience the same issue, or experience the same insecurity, or same problem at some point in your life?

For sure you might have resolved an issue or overcome insecurity in relationship to an environment, a situation in your life, por a relationship. But what if the same issue happens again, in another relationship, another environment, another situation, and the solution you figured out no longer works? Can you really claim to have found a 'solution'?

Probably like most people you see yourself mainly through your Ego, through which you develop your perspective on life. This is the basis for your entire concept of existence - just this one, individual, unique life cycle.

But what about all the other life cycles? What about your previous lives? Are they also not part of your existence?

Sure you can deny their existence, and their influence on your current life, but this is only your personal belief. This is just a matter of your opinion. It's just another way of you creating a false reality out of what is nothing more than a possibility. You have no way of knowing for sure that the life you are living right now is your only experience of life or living existence.

So who is creating the invisible prison here?

Can you see what I'm writing about here, in that there's no security whatsoever in authority? No matter however which way you choose to go about this, however which way you choose to define reality, no matter what you choose to believe or disbelieve, no matter how hard you try to convince yourself that you are right and something is wrong, you will never be able to eliminate all possibility. Whatever reality you are experiencing, and however which way you choose to define that reality, there will always be possibility, and out of that possibility there will always be insecurity.

Mindfulness



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

*And everything under the Sun is in tune
But the Sun is eclipsed by the Moon..."
--Pink Floyd, ["Eclipse"](#)*

So we start again with some symbolism, another Tarot card, and a lengthy song quote.

Let's start with the Tarot card, again from the Major Arcana, but this is the Wheel of Fortune (X). Just like The World (XXI) and as I pointed out previously we have the hayyoth or four creatures in the four corners of the card. Note how the four figures are in the exact same positions on The Wheel of Fortune as they are on The World.

Again we have the sky or akasha as the background. Only in the centre of the card we have the Rota Fortunae, or the wheel of the goddess Fortuna. In the centre corresponding to the four cardinal directions of north, south, east and west you have the four alchemical symbols for the elements - fire, earth, air and water. Please also pay attention to the four lines which give the centre the appearance of an eight spoked wheel. I'll come to this significance and symbolism shortly.

Then we come to the outer rim of the wheel. To further emphasize the fact that this is an eight spoked wheel there are eight letters, four of which are Roman and four letters which are Hebrew. The Hebrew letters spell 'YHWH', which is short for Yahweh, the Hebrew word for God.

Then you have the Roman letters, which depending on whether you read clockwise or counter-clockwise spell one of two different words. If you read clockwise you get 'TAROT' (note that the 'T' forms both the last and first letters implying reincarnation), but if you read the same letters counter-clockwise you get 'TORA', which refers to Natural Law.

So what is the significance of 'X' or 10, the number of The Wheel of Fortune? I will come to that shortly, but let's first deal with the characters or figures attached to the 'rota' or wheel.

On the top we have a Sphinx looking figure holding a sword, half human, half lion, which is guarding the wheel. This is similar to the figure of Mara who guards or rules over the Buddhist Wheel of Life, or samsara with its six realms of existence (clockwise):

deva

The realm of existence of the gods, or heaven, a state of bliss and happiness, the Buddhist concept of heaven.

asura

The realm of existence of demi-gods and demons, the realm of existence of anger, of wrath and fury.

tiryag

The realm of existence of animals and creatures, the realm of existence of immediacy and practicality.

narakha

The realm of existence of misery and suffering, the Buddhist concept of hell.

preta

The 'realm of becoming', or the 'hungry ghost' realm of existence, that of attachments, addictions, cravings and unfulfilled needs and desires, a realm filled with needy souls with enormous bellies and appetites but tiny mouths, devoid of satisfaction and fulfilment, therefore a tortuous realm of suffering and longing.

manusya

The realm of existence of humans, a realm of existence of complete equanimity, the only realm from which enlightenment or nirvana can be achieved.

So you can safely and reasonably interpret this figure to symbolize and signify trauma, who like Mara (the illusory one) in Buddhist samsara, keeps you chained to the Wheel of Fortune. In the context of this book this is the governor or warden of your invisible prison.

The 'rota' or wheel is rotating counter-clockwise, in the same direction as the planets through the zodiac as seen from a horoscope. There's some significance here. Way back when people consulted astrologers there was a premise - similar to the Buddhist samsara - that similar to the planets you were born into a life under a specific sign of the zodiac in turn.

So if you were born say when the Sun was passing through Aries, you were just starting out in the karmic wheel and were ruled by Mars, and in the next incarnation you were born under the sign of Taurus and was ruled by Venus and the god Apollo, and so on. Round and round you would go through the zodiac, each time being born under a different sign until you were born under Pisces, completing a karmic cycle and becoming reborn into a new age or era.

So we come to the figures on either side of the 'rota' or wheel lower down. Rising with the wheel on the right is Anubis, also known as Inpu or Anpu, the ancient Egyptian god of death, the ruler of the underworld and graves, which in ancient Rome and Greece was associated with Hades, the ruler of the underworld, the personification of Pluto, associated with the eighth astrological sign of Scorpio. This figure is not so significant on this card other than it is relative to Scorpio, or the Eagle in the hayyoth, symbolic of death which is your constant shadow.

Rather more significant is the serpentine figure on the left descending with the 'rota' and the wheel. This is symbolic of Typhon, a monstrous serpentine giant of Greek mythology. According to some Typhon was the son of Gaia, the Mother Earth, goddess of life, and Tartarus, the god of hell, the place of damnation where the wicked were condemned. However others believed that Typhon was the son of Cronus, the personification of Saturn, ruler of the tenth sign of the zodiac Capricorn, the first generation of Titans and the first offspring of Gaia and Uranus (the marriage being that of the earth and the sky). From

Typhon and his mate Echidna, the half woman half snake who lived in a cave, come many of the monsters of Greek mythology or cosmology.

I realize that for many of you this might be a lot to take in, but I hope you can see some connections between The Wheel of Fortune card and The World card. Rather than go further into the rabbit hole of ancient Egyptian, Greek and Roman cosmology - out of which we get Western cosmology and thinking - let's move on to the numbers and the numerology to see how this stacks up in our reality.

The Wheel of Fortune is associated with Ten, which is the mystical principle of risk, opportunity and chance. If we look at the single figures that make up the double digit number, we have a one and a zero, which is symbolic of consciousness and space, existence and non-existence, and possibility.

In a Tarot reading, the appearance of this card implies or suggests change in life, in fortunes, in status. This can mean moving beyond karma through the breaking of a cycle, for example if you were born poor, you might find yourself in better circumstances. Or it could also imply the reverse, and new karma through a comfortable life becoming harder, more of a struggle, poorer or more traumatic. Please keep in mind that all three figures around the Rota Fortunae are symbolic of trauma, death, the inevitable trauma from ageing, sickness, illness, heartache, and also trauma coming from other people.

However I'm not giving you a Tarot reading here. I'm giving you insight into the deeper mystical awareness and insight into existence and life through the use of these cards as symbols.

So what we're getting here is a Ten, which implies possibility, which of course is the whole theme of the card. But Ten doesn't relate to any of the hayyoth figures in the corners, because they're associated with the Fixed signs of the zodiac, i.e. Taurus, Leo, Scorpio and Aquarius, which gives us a Two, a Five, an Eight and an Eleven. So you see, the numbers don't stack up.

This is why I always recommend that people get into numerology, or at least learn what the significant numbers of numerology are. Everything in life happens in accordance with a cycle or a sequence, which usually gives you a number. Numbers generally don't lie. You cannot argue with a One, a Ten or a Seven. Numbers offer you a principle whereas words are arbitrary. Whenever you're trying to figure out what is real, or what is truth, numbers are an important step in verification and authentication.

This is something I wish teachers of mathematics in school would emphasize. The whole point of mathematics is to teach you how to deal with reality. This was never pointed out to me in school. It's something that I had to learn for myself later in life.

But anyway...

So if Ten doesn't relate to the hayyoth, but relates to the Rota Fortunae, then what exactly does it relate to? I mean the Ten is there on the Wheel of Fortune for a reason, right?

Well as we're dealing with a Tarot card in the Major Arcana, then we have to go into astrology for the answer. Ten relates to the sign of Capricorn, the cardinal Earth sign. This is the sign associated with Saturn, which in mythology is conflated with Cronus, which gives us a connection to Typhon, which we see as being part of the Rota Fortunae, or the Wheel of Fortune. So we're on the right track.

Capricorn being a cardinal sign implies direction or a trajectory. All cardinal signs - Aries, Cancer, Libra and Capricorn - are very closely associated with the karmic process, the creative process, the cycles of past karma determining future possibility.

In the previous chapter about possibility and the different 84 versions of the universe and creation, we were concerned primarily with the astrological polarity between the fixed signs of Aquarius and Leo. We were also concerned with The World tarot card, the numbers of 84 and 21, and the significance of Uranus and the Sun in an astrological sense.

Now what we need to do is to examine the polarity between the two previous signs in the zodiac, i.e. that of Capricorn, the 10th sign, and Cancer, the 4th sign. Now Capricorn is all about discipline, as in discipline of faculty, discipline of the mind, emotional and psychological discipline. This is what both Capricorn and Saturn symbolize.

This is important in itself, because if discipline is important, then we need to understand why discipline is so important. There is no point in getting into all this mysticism, the symbolism of the Tarot or astrology, if we're not going to explore, examine and understand the relationships involved, the connections, and how each individual sign, and each individual card, relates to everything else.

Discipline becomes extremely important when it comes to authority. This is because we give our authority to others in the basis of discipline, and the discipline followed and expressed by other people. Let's take the example of a doctor. Let's say you have an illness, some dysfunction going on in your body, and it's affecting your health. You need medical advice.

How do you value the medical advice from other people? Is the medical advice and opinion of say a friend worth more to you than a doctor? Or do you value the medical advice of a doctor more than you value the medical advice of your friend? On what basis are you placing a higher value or a different value on the advice of the doctor? Surely you're placing a higher value on the opinion and advice of the doctor on the basis of discipline, i.e. that the

doctor is qualified to give medical advice, they have the clinical experience and the clinical practice, because that is what they do in life.

So hopefully you can see how discipline is important when it comes to authority. We give our authority to other people on the basis of discipline, because discipline is the ability to function and act in the best interests of others. Discipline is not about punishment, there is no morality or moral reasoning involved in discipline. Discipline is all about empathy, a connection, and also about appreciation of our environment and other people.

Which brings us to the subject of Cancer, the fourth sign of the zodiac, the cardinal Water sign, which is associated with the Moon.

The Moon symbolizes emotions, feelings, moods, and how we feel and relate to our environment, others and ourselves. Essentially the Moon symbolizes individual conscious perspective because it is out of our individual conscious perspective we derive our thoughts, emotions, and feelings.

Which relates back to the song quote, which I assume needs no further explanation.

Therefore the sign of Cancer symbolizes memory because it is symbolic of the past, of childhood, of upbringing, of that environment what we refer to as home, and is also symbolic of family, background, ancestry, roots, and everything that is familiar to us.

This gives us another aspect of authority which I also feel needs pointing out. In giving other people our authority we are seeking some kind of connection, a resonance in terms of energy. We give our authority to people who we identify with for this reason, i.e. that we are seeking some kind of resonance, a reflection, and this is because we give authority to others and see them as authority figures on the basis of our Ego and how we perceive ourselves.

I would even go as far to say that in many cases we give authority to others on the basis that we expect them to express themselves and say things or express opinions that we are familiar with, that are known to us, and which resonate with us.

This is how many people form their political and religious beliefs, and how they follow a particular religious or political ideology. This is a fundamental and basic part of the process of socialization, of social and mental programming, and of development of Ego and self-image. The image of ourselves which we present to the world isn't just hairstyle, the clothes and shoes we wear, it's also very much our values, our belief systems, the ideologies we follow, and the things we were taught by those we were obliged to give our authority to in the past.

However it's also true that some people change their political and religious beliefs as they get older so there's no hard and fast rule. This is also the point made by The Wheel of Fortune card. There is no continuity, no cause and effect, no predetermination, no fate, no destiny, because there is also no free will. To assume that there is is to make an assumption which is based on separateness and discount all the other variables and possibilities.

I wrote about this in the previous chapter. There are no solutions in life. Any solution is made on the assumption that a process of creativity and interaction is complete and final, and this is very rarely the case. Creativity and interaction, the karmic process is cyclical in nature, it's never linear, but see our perception and often our perspective is linear in nature. So to assume that something is complete and final is to assume separateness and also permanence and continuity.

This is where we get into the difference between truth and authority. Please keep in mind that there is no scientific definition of truth. I have an old friend who's a psychologist and who teaches psychotherapy to students in Oxford. She explained to me how she regards truth.

She goes by the principle that there are several truths. There is the truth you can perceive. There is the truth you tell yourself. There is also the truth that you tell someone else. There is the truth that someone tells you. There is the truth about yourself. There is the truth you know about someone else. There is the truth you tell everyone about everything.

So what do you think? Can you see the sense behind what she's saying here?

Truth is essentially insight. It's consciousness. Insight is something that is felt, sensed, and rarely if ever can be put into words. This is where you get one of the major struggles of science. All science is essentially mysticism because it is an exploration and examination of ignorance, that what isn't known, but what is felt some knowledge can be figured out and shared for the benefit of Mankind. You can only do this by investigating the possibilities, and this is where a scientist differs from a mystic, because a scientist is always seeking knowledge which comes out of truth according to a discipline.

All scientists are bound by a discipline and are committed to seeking truth out of possibilities. However what makes a science an actual science is the social benefit which comes from the knowledge, and the lines between science and pseudo-science are fuzzy. We accept that chemistry, physics, and biology are science. But see many people see astrology and palmistry as pseudo-sciences and economics as a science.

Okay.. so explain how modern fingerprint technology and biometrics, which come out of palmistry, are pseudosciences. If you have a fingerprint sensor on say the back of your

smartphone to unlock it, and you can unlock it by placing your finger on the sensor, is you unlocking your smartphone just your belief, or is it reality?

Truth is always relative to individual perception and individual perspective. Authority is a matter of opinion, but truth is not a matter of opinion. Truth never needs your participation to exist, because truth exists all by itself. Authority cannot exist without belief. There is a very clear difference. Truth can destroy a belief, but a belief cannot destroy truth.

Another key difference between truth and authority is that truth invariably empowers, whereas authority dis-empowers. This is also a key difference between the two.

Creating authority is always a short cut, because you can only give your authority to someone else or something else out of your own ignorance. For sure, giving someone your authority can bring you insight or some knowledge that is beneficial to you, for example when you give a doctor your authority and they give you medical advice or insight in return. But in many cases we create authority where there is no perceived benefit to us, or where the benefit is illusory, or where we don't see any benefit but we're required to give our authority anyway because of a social convention - the social contract or the social game. You remember the rule?

Giving someone else authority isn't an issue when you have a similar level of insight, awareness or knowledge as they do. But if you are in such a situation, for example if you are a doctor being treated by another doctor, then you generally don't create authority because you both know and understand what needs to happen.

However in the vast majority of cases we give our authority to people out of ignorance when we don't have anywhere near the same level of insight, awareness or knowledge or the same background and experience.

For example you can claim that the Holy Bible is based on truth. Okay, so how do you know that the Holy Bible is based on truth? Were you actually there when say Noah built his Ark? Did you witness the crucifixion of Jesus Christ? Or are you claiming it is truth on the basis of your opinion, or someone else's opinion? Or you might say, for example that capitalism works and is the only natural system. Once again, how do you know? More to the point, how can you know? Or is this just a matter of your personal belief or opinion?

In the vast majority of cases, creating authority makes about as much sense as insisting that the police come and live with you to make sure that you obey the law and do not get involved in crime.

You see when you claim that the Holy Bible is truth you're also discounting the possibility that the Church is always right. When you claim that capitalism is the only system that

works you're discounting the possibility that the Government is lying to you. In both cases you're expressing an opinion and are not open to other possibilities.

Whenever you create authority and an authority figure to follow you are always diminishing your own agency and working against your own liberation and freedom. Why do you need to create authority? Can you not take care of yourself? Can you not think for yourself? Why do you need someone else's opinion or validation for your thoughts, feelings and opinions?

Why do you need external control in your life? Why do you need authority figures to look up to or believe in? Do you enjoy living in conflict? Do you enjoy feeling afraid? Anxious? Do you enjoy being forced to do things unwillingly, or being made to think a certain way, act a certain way, and having rules to follow?

There is no reason other than you are working on and developing your Ego and self-image. There is no other reason for creating authority and giving it to other authority figures. There is no security whatsoever in creating authority and giving it to those who you hold in authority, simply because it was you who created the Ego to begin with, just as it was you who made the assumption of separateness way back at the start of your life.

Therefore it is you who is creating the sense of alienation, isolation, and loneliness which comes from constantly placing yourself in a position of conflict, which is what the Ego is, it's a compromise, an internal conflict, between you as you perceive yourself, and all that what you perceive as other than you.

This also means that it is you who is working against and diminishing your own agency, constantly shutting down other possibilities, creating ignorance out of your beliefs, and out of this creation of ignorance, creating differences and divisions between you and other people, further reinforcing the false belief of separateness.

This is what is making you the prisoner in your own invisible prison. Each and every time you create authority in some authority figure, you simply add more time to your sentence.

There is also the Omega Principle, where the karmic processes of creativity and interaction spiral, which means that the universe is expanding faster, and faster, and faster. This means relative to your life cycle and life experience reality is changing faster, and faster, and faster, and faster.

We see this in any form of repetition. The more time you learn something by rote and memory, the easier it becomes to remember and recall it. You've heard of the saying 'practice makes perfect'. Only there is no perfect, what you're actually doing is shortening the cycle and increasing the frequency of the cycle. This is how energy works. All repetition is an escalation of energy frequency.

You see this whenever you get involved in a conflict, a dispute or argument with someone. For as long as you continue the conflict or the dispute, and seek to win the argument, the conflict or argument will continue and for as long as it continues, it will also escalate. This is how love turns to hate. You run out of reasons, your attempts to justify something becomes weaker and weaker, and in the end things start to become personal. The connection remains between you and the other side, but now you're seeking to hurt the other person and put them down, and in turn, you get hurt and put down as well.

So instead of empathy and connection, and the sharing of insight, you end up with division, hostility, distrust, enmity, and even more ignorance and even less awareness than you had before.

That is unless you choose to walk away, leaving the conflict or dispute unresolved, which leads to a situation of indifference and a refusal to listen, and a situation where you create authority within yourself, reinforcing your own opinions, reinforcing your own beliefs, reinforcing your own Ego and self-image.

This is how people end up becoming prejudiced, discriminatory and bigoted and you start getting involved in some kind of supremacy - be it white supremacy, male supremacy, female supremacy, or some other form of supremacy. You sink back down to the reptilian level of your brain and start thinking in terms of 'us' and 'them'. Fear, anxiety and hostility takes over reinforcing the belief that it's you who is being persecuted by other people when in actual reality, and quite often, it's the other way round.

The building blocks of the invisible prison are personal beliefs and ideology. This is what makes the invisible prison different from an actual, real life prison. You can be sent to prison by a court or a judge for breaking the law and committing a crime. But when it comes to being in an invisible prison you yourself are the judge, the jury, the accused and the prosecutor, as well as the parole board.

But is there a way out of this invisible prison?

Yes there is.

You have to become invisible. That's the key. Understand that freedom, liberation, whatever you want to call it comes from unity and connection.

This is what makes empathy such an important life skill. In fact it's the most important life skill in existence. Empathy goes hand in hand with autonomy, because if you can connect to your environment in a way which is real, and meaningful, then you have autonomy. If you have autonomy, you have agency, and if you have agency, you have freedom.

You see when you die, and one day, sooner or later you will die, pretty much the only people who will remember you are the people you are connected to in some way, and all of them will remember you for the way you made them feel.

How you lived, what you believed, the things you said, the things you did, all these things make for a good story. They give you a physical form and character, define your role. But it's how you made someone feel is what burns deep into someone's memory. Everything else is role play.

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It's understanding that everything which you can define as human existence and human life is essentially role play and drama which is the key which unlocks the cell door of your invisible prison. I wouldn't quite go as far as to say that this is all a game in way which trivializes the human experience of life. There's nothing trivial about a broken heart. There is nothing trivial about cancer. There is nothing trivial about child abuse or being the victim of a crime.

But see there's nothing trivial about watching a movie, and getting so wrapped up in the action, the drama, and the acting, that you believe that you're participating in a real life event or story and living, and experiencing every moment, and every emotion and feeling through the actors.

But see when you see the words 'THE END' appear on the screen and watch the credits roll you get up and leave the cinema, or if at home you get up off the sofa, head to the kitchen, and put the kettle on. You're no longer involved in the movie, because it's finished, and you've gone back to performing your own role back in your own individual version of environmental reality.

I'm pointing out the difference here between actual drama and dramatic art (the movies).

But see to go from the experience of being caught up in the movie to standing in your kitchen staring at a spoonful of coffee at the bottom of a mug waiting for the kettle to boil, you had to practise non-attachment. You were previously attached emotionally and psychologically to what was going on in the movie, but you just as easily detached yourself

from the reality of the movie and formed another attachment to your (actual) environmental reality.

I'm trying to find a way of getting into mindfulness here, so that I can finish this book. There's no need to go into a system such as Buddhism, or Taoism, to learn about mindfulness, because mindfulness and being totally connected and absorbed by what is going on around you is your natural state of being. It's how you were born, how you lived in the womb, it's at least the first year of your experience of life, and probably even your first six or seven years of life experience.

Are you telling me that you don't know how to be a human being? Really? Think about it.

Most of what being a human being is all about doesn't require any form of emotional or psychological attachment. It does not require your conscious attention. Take for example breathing. The beating of your heart. Digesting food. Peeing. Circulating your blood. Removing toxins from your blood. Figuring out which body cells need to be replaced, how many cells can be left to die, and how to replace the dead or dying biological cells.

You also don't need to be constantly thinking about your Ego or self-image all the time. Or are you likely to forget your name and who you are? You see thinking all the time and thinking about your Ego, your self-image, your beliefs, and concepts, all this divorces you from your environmental reality. You become like the actor playing the character on stage or in front of the camera who after the film shoot or the end of the play continues being in character all the time.

This is how people get caught up in narcissism and excessive self-worship. They've created role attachments through Ego and self-image and in trying to live up to that self-image all the time, they become so preoccupied with themselves and what they think that their environment and other people ceases to have any importance or relevance. If you have nothing to think about but your own thoughts and opinions then you're not connected to reality and you're not really living or experiencing life, but merely thinking about life.

When you get caught up in that kind of situation you end up constantly living in the past and fearful of what's going on around you, simply because the reality of what's going on around you threatens or shatters your illusions about what your life is about.

You end up being at odds with everyone and everything, everything becomes an issue, and you end up draining yourself constantly, and draining others around you, because you're struggling to maintain a fictional state of reality which only exists in your memory. This is a fantastic way of rushing headlong into a mental health issue.

So how do you achieve mindfulness? You really think I'm going to tell you? Think about this. Sure I can tell you how you can 'achieve' mindfulness, and give you some sort of bullshit method, but I assure you that whatever I write and whatever method I explain to you won't lead to you becoming mindful in any way. Just to make things clear and serve as a reminder, I'm not your guru, your teacher, your friend, or your authority figure.

You're going to have to figure it out for yourself. I've already stated that freedom and liberation comes out of empathy, of finding the connections. Non-attachment is just as important as attachment, and mindfulness comes out of not being emotionally or psychologically attached to anything, but just simply being whoever you are and going with the flow.

Here you need to understand that Ego is just character and role play, and what you're not told is that if you're going to have an Ego and role play your way in life, then it's essential that you also have a plot and a narrative or story to tell.

This is all you really need for life, a plot, a narrative and an Ego. If you have all these three things then you can pretty much make it up as you go along. Which is how the vast majority of people live when all is said and done.

You see there's fundamentally two ways of looking at life and existence from the perspective of a human being. You can take everything seriously, and believe that human (conceptual) reality is equivalent to actual reality, that everything is real, and that fact and opinion are the same, belief and truth are the same, and all truth emanates from authority.

This is a reliable way of screwing up your life and becoming messed up in your head. It's very easy to not see any way out, and you'll be living out a sentence of life without parole in your invisible prison.

Or you can look up existence as a kind of a puzzle, and embrace the fact that the universe is weird, this planet is weird, and we humans are all a bunch of weirdos who cannot always be taken too seriously. Embrace the fact that I'm a freak, you're a freak, and everyone else is a freak. What makes us all freaks is that we believe that there's such a thing as normal, and we assume that we have reality all figured out, when it's patently obvious that most of us haven't really got a strong grip on reality at all.

This way I suggest is far more interesting, a great deal easier on your mental health, and gives you plenty of freedom and opportunity to explore the various possibilities that you encounter on a day to day basis.

This is how you arrive at an open mind, when you become conscious of the possibilities, you get into the drama, treat everything as a story and a possibility. If you're doing this,

then there's no need to believe anything, or disbelieve anything else, because you accept everything as a possibility and just let it flow through your mind and into memory. If something becomes relevant at some later stage in life, then you'll probably remember it.

You don't always need authority figures in your life. You needed them as a kid to give you a handle on your environmental reality, also as a teenager when you were emotionally immature but convinced you knew everything, and probably into your 20's when you screwed up but wasn't able to figure a way out.

But if you still need authority figures in your 40's, 50's and older, I will admit that I have a thought running through the back of my mind which makes me wonder what have you been doing with your life. By the time you're 50 you should really have your shit figured out, have a clear idea of what truth is and what truth isn't, and be wanting to do your own thing without being caught up in any melodrama.

Please keep in mind that I started out from a beginning of trauma, hardship and necessity and by chance I went through Theravada Buddhism early in life which was an austere path which kind of toughened me up and forced me to face some pretty hard questions early on. I made a lot of mistakes in following this path and much of this was down to me clinging to a set of beliefs and getting sucked into all kinds of rabbit holes or investing too much belief.

You see for every truth and momentary experience of reality, or insight, or nirvana or enlightenment, there's thousands of beliefs, ideologies, rabbit holes and dead ends. What screwed me up personally when it came to Buddhism was a belief that enlightenment or nirvana is an existential state of being. It's not. Enlightenment or nirvana is insight, it's a penny dropping moment, a paradigm shift, it's transient, momentary, and something you can never ever put into words.

If you think you're enlightened, then chances are you're not. If you believe that you can become enlightened then you won't ever become enlightened. Enlightenment, nirvana, moksha, whatever you want to call it, is something that happens to you and it happens to you in a way you cannot predict. It's a possibility and nothing more than this. It's not something you can achieve. All you can do is to become receptive to the possibility of enlightenment, and that requires an open mind and being connected, as much as is possible for you to do, to an environment and everything in that environment.

This means that much of what spiritual authority is, is just that, spiritual authority. It's you who decides who a guru is, who a spiritual leader is, and who has spiritual authority over you. I personally find the whole concept of spiritual authority to be nonsense. Everyone has access to a spiritual or existential dimension when it comes to life and existence.

Please keep in mind that I'm not dismissing or negating religion here or religious practices. Any religion is a good starting point for figuring out truth. But most people turn a religion into an ideology and belief system. They get so far and stop doing the soul work and don't dig anywhere deep enough into the mysticism to get to the truth. So it becomes just another belief, a label, an attachment, an identity, a way of seeking advantage or getting one over life, existence or other people.

People tell me that they don't believe in mysticism. Okay. What you're telling me is that you don't believe in possibility. This is quite a profound statement. You're telling me that you believe what you believe and have discounted other possibilities, because when you believe something you disbelieve something else. Existence comes with non-existence, just as consciousness is also empty space. Claiming not to believe in mysticism is to claim that you don't believe in space.

Can you see how ridiculous that sounds?

I'm also hoping that it is clear to you that ultimately, you are your own highest authority and your mystical transaction or relationship with an environment is strictly between you and your environment and does not involve anyone or anything else. What this means is that, ultimately, whatever authority you choose to give to others, and whatever beliefs you choose to hold or follow is a reflection of who you are and a statement of how you perceive yourself which you are projecting out into an environment.

All beliefs are transient, illusory, and what I sincerely recommend are mere stepping stones to the truth, whatever you feel or sense the truth to be. While I am reflective of my beliefs and the authority I give to other people I also make it clear that I reserve the right to change my beliefs at any time for whatever reason. Knowledge is provisional, and so too are beliefs. Beliefs are fine when there is some benefit, but not when there is no benefit and you're mainly repeating what is known and using your past or your memory as the yardstick.

It's important to understand that change is the only constant out there, and that the two states of being - reality and possibility - are interchangeable and change back and forth all the time. This means that in reality there is nothing to hold onto, nothing to cling to, and the moment you start forming attachments and clinging to them you yourself become the image or meme, and you lose sight of both possibility and your fundamental humanity.

This is what makes non-attachment just as important as the attachments you create in life. There is nothing whatsoever to cling to, because if you don't let go yourself whatever you're attached to will be taken from you by force or through trauma.

There is also no need whatsoever to cling to either your Ego or your beliefs, simply because you have memory. Memory records everything so there is no need to be constantly thinking

and clinging to attachments. If something is relevant or important to you in the present moment, rest assured it will come back to you or come to mind.

When you follow a strategy of non-attachment, being connected to both your humanity and your natural and social environment, this is where you find yourself in your natural state of mindfulness and you become free to explore the many possibilities that life has to offer.

This is so simple that you don't even have to think about it, or even believe it. You're free to be who you are and live your truth.

About the author



Stella Baker is a mystic, shaman, dramatist and former Buddhist scholar who in November 2009 in London developed Creative Law and from that created Qultura and started the Qultura community.

Back in 1983 at the age of 17 she was introduced to Theravada (Tibetan) Buddhism by an elderly Bangladeshi master who she refers to as 'Babu'. Under Babu's mentoring and guidance she was trained semi-monastically in Theravada Buddhism where she was directed to become a 'sramana' a shaman in the Buddhist tradition and encouraged to study mysticism and pursue a shamanistic path in life.

After the death of her mentor at the start of 1986 she explored deeper into mysticism and began to study the occult and magic, together with other esoteric subjects.

Then in the early 1990's she emigrated to eastern Europe, eventually settling in Poland where she became involved in alternative theatre writing and directing plays on social realism. During this period she got to know of Polish psychologist and charity worker Marek Kotanski and became interested in his pioneering work supporting people affected by addiction, social exclusion and social stigma. During this time she was also involved with Ole Nyadal's Diamond Buddhist community. She wrote and directed plays on social realism and began running drama workshops in the middle of 1996 after briefly teaching English at a Rudolf Steiner Waldorf school in Warsaw.

It was also during this period that she started to become much more heavily involved in humanitarian activism on such issues as anti-death penalty issues, social exclusion, addiction, equality for the LGBT community, and work against the stigma of people with disabilities and mental illness.

In the first few years of this century she focussed much more heavily on her drama workshops working with the homeless, people with addictions and people with mental health issues, managing to establish a couple of successful small community theatres working with people affected by social exclusion and social stigma.

It was after returning to London and working with the homeless through drama workshops that she discovered that trauma was negated by drama and that social interaction, creative activities and involvement in community cultural development was the most natural and efficient way of developing consciousness.

In November 2009 she developed Creative Law and founded the Qultura community which was originally defined as an empathy based community. through her shamanistic work she developed Qultura methodology as a derivative of Theravada Buddhism. While Qultura is similar to Buddhism for its acceptance of reincarnation and karma, it is based more heavily on the I-Ching and four simple universal principles developed out of Creative Law. Therefore Qultura is much simpler, far more straightforward and much more focussed on connection to community and the environment.

Since 2009 Stella Baker works as the Core Facilitator of Qultura Core in London, which is the core of the Qultura community and is working with a growing number of volunteers and activists to promote Qultura and the Qultura community both nationally and internationally.