



# Source *of* Light

THEORY OF EVERYTHING

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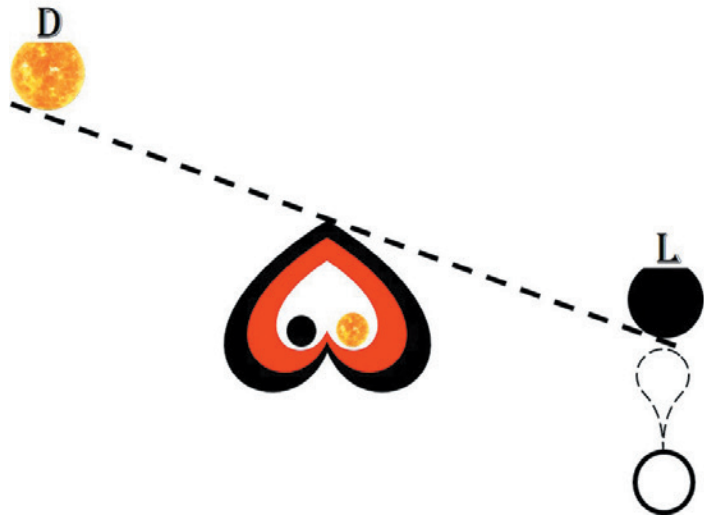
DRITAN ALPHA



**In the beginning was the Word,  
and the Word was with GOD,  
and the Word was**

**GOD**

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# INTRODUCTION

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1

What am I? What is my purpose? Why do I suffer?

What is Reality? What do our brains and our senses tell us?

What do our microscopes and our telescopes tell us?

Where are we? Do we know where we are?

Are we happy with where we are?

We are on a global extinction path. We are in a thought crisis. We are in a thought pandemic. Thought has been growing exponentially for quite some time. Thought is out of balance. Thought is out of control.

Where are we going? Do we know where we are going?

Are we happy with the direction we are going?

We need to bring thought under control. We need a new direction. We need a wave of awareness to sweep across the globe. We need to row in the same direction. We need a wake-up call. We need to keep our eyes on the ball. What is the ball?

Where should we be? Do we know where we should be?

What is our GOAL? Do we have a goal? We need to be in balance.

We need to wake up

**NOW.**

# PROOF OF EVERYTHING

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3

**“Reality is merely an illusion, albeit a very persistent one”**

**–Albert Einstein**

This paper serves as a Unifying Model of Reality. It brings together the Theory of Everything and it sheds light to the problem of Consciousness. More importantly, it points out to the state of the Universe and how we can turn things around from the path we are on.

**The Universe is dying. It is heading towards a dead end.**

I provide a model of Reality by building up each concept from basic building blocks. The model is inclusive. Regardless of the topic of discussion, the model can handle any scenario.

There are two types of realities. I provide a definition below that “NOW” is the ultimate reality and the Mind and the Universe are illusory, as per Einstein. Let’s start with definitions and explanation of key terms.

What is a black hole?

A black hole is something that sucks you in. You are drawn towards it. You cannot escape it. The **Mind is a black hole**. You are drawn towards it. You cannot escape it. **The Universe is a black hole**. We are drawn towards it. We cannot escape it. Science says the Universe is 95% dark and it is expanding faster than speed of light (“Dark Matter”).

I introduce a new concept. The concept of a **WHITE HOLE**.

What is a white hole? It is the opposite of a black hole. It is something that pushes you out. You cannot enter it. NOW is a white hole. Every time

you try to go to NOW it pushes you out to your Mind. NOW pushes the Mind and the Universe away.

NOW is Consciousness itself. NOW is a white hole. It creates “me” and the “Universe.” It creates Duality. NOW is REALITY.

There is “NOW” and there is “not NOW.”

“NOW” is the present moment, the absence of thought.

“Not NOW” is when you are not in “NOW,” when you are in thought.

“NOW” is Real, “not NOW” is not Real.

“NOW” is existence. “Not NOW” is non-existence.

The Mind and the Universe are non-existence. The Mind and the Universe do not exist. The Universe is an illusion. The Mind is an illusion. Thoughts do not exist.

“me” is what we know as ourselves in this world, always in thought during the day and during dream sleep. “ME” is when I am in “NOW,” in the absence of thought and during deep sleep. There is “me” and there is “other.” There is “me” and there is “the Universe” (Swami Sarvapriyananda).

I claim here that **Mind = Universe**. The Universe is 95% dark and so is the Mind. The Universe is a projection of the Mind. We will explore this point further at the end of this section.

## **The illusion of Time**

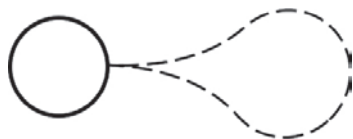
**Time does not exist. Time is thought dependent. No thought, no time.**

Let’s ride that thought. Let’s start with being in NOW. You are in NOW and you go to your Mind. You follow your thought. After some time, you

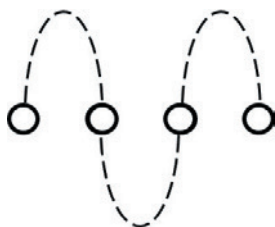
come back to NOW. The question is, what is the length of time that you were in thought? The answer is zero. No time has elapsed. Thoughts travel at infinite speed, or thoughts travel at zero speed.

Distance = Velocity  $\times$  Time. Distance = 0. Thought does not move anywhere. Space does not exist. It is an illusion of the Mind. Velocity = infinity, Velocity = 0. Time = 0. All there is is NOW.

In the following figure, we have the thought leaving the “NOW” hole and it returns to NOW.



What do we do instead? Per the following figure, we slice NOW into different portions and we call it time. We start from NOW and we go into thought. We stay in thought and we come back to a different NOW. There is no different NOW. NOW is ONE. NOW cannot be split. NOW is Consciousness. NOW is GOD.



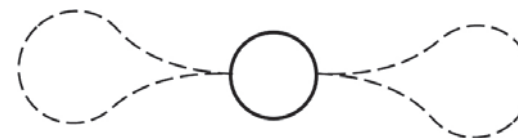
Above, we have illustrated that we have developed concepts and we use these concepts to measure time. All concepts are thoughts. Thoughts do

not exist. Only NOW is real. The Mind produces one thought at a time very quickly. Each thought is launched and dies. No time passes by.

Let’s bring up the discussion about Duality. Consider the following quote: **“it is not only possible but fairly probable, even, that psyche and matter are two different aspects of one and the same thing”** (Jung qtd. in Ponte and Schäfer 604).

Carl Jung was on the right track with his quote. I provide proof that psyche (Mind) and matter are exactly two aspects of NOW. Duality, then, is an outcome of ONEness, an outcome of NOW.

**Duality is an illusion.** If you are not in NOW, you are in thought. As soon as you are in thought, you are in Duality as per the following figure.



We view the world from a dualistic mindset, a dualistic point of view.

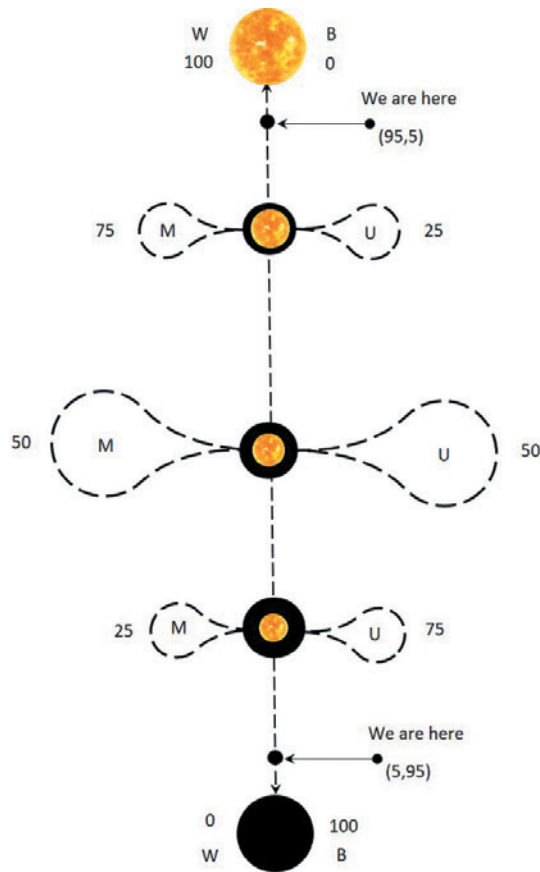
We break it into categories like up/down, right/wrong, **Mind/Matter**. Meaning and concepts are thoughts; they are an illusion of the Mind.

The following figure shows the evolution of the Mind and of the Universe. Note that the circles in the center all represent NOW. We are at 95% dark. Once we reach 100% black, we will be completely Mind. We will be completely detached from NOW, from Reality. Time is slowing down as we get closer to the event horizon.



White = W, Black = B, Mind = M, Universe = U

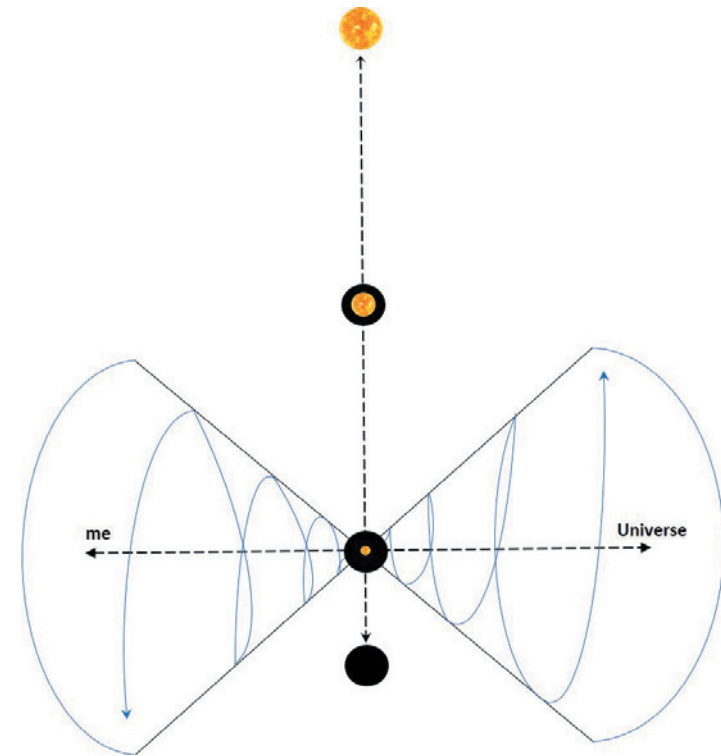
# EVOLUTION



NOW is the Source of Light. The Mind does not exist; it is an illusion. The Mind reflects the Universe. The Universe is a reflection; it is a mirror image of the Mind. The following diagram shows NOW in the center.

## Evolution

Current State (5, 95)



“me” and the “Universe” are mirror images of each other. **The Universe is expanding at the speed of thought.** The NOW hole in the center is 95% dark. There is only 5% light. The Mind and the Universe are expanding exponentially. We are moving at the speed of thought.

“me” and the “Universe” are black holes and are being pushed away from the center. NOW pushes the Mind away and pushes the Universe away.

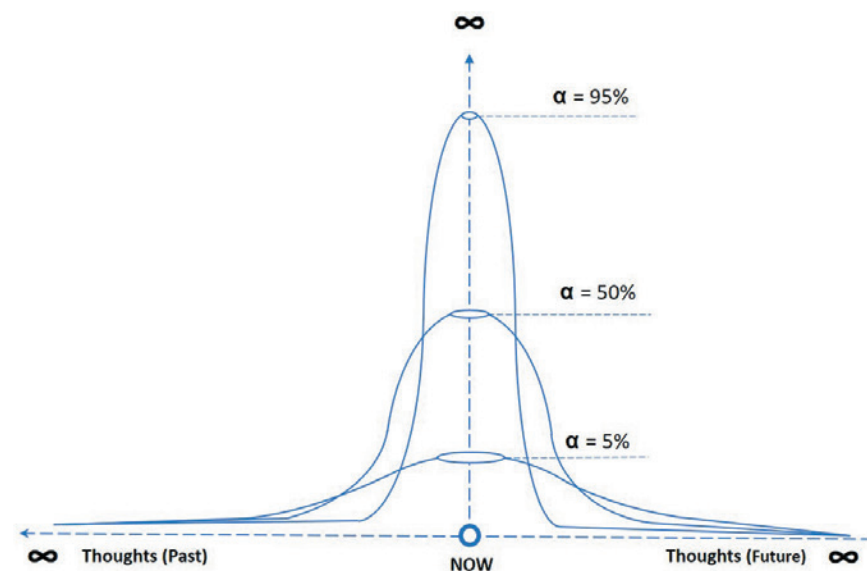
**The black hole is propelled by thought.** Our Minds are 95% in thought. Thoughts are rooted in **fear** and **suffering**. They are dark.

**The Big Bang is happening NOW.** When you are in NOW, all possibilities are available: white hole, black hole, and any hole in between. The Universe is expanding, it is contracting, and it is staying the same.

Knowledge is doubling every few years. The Universe is expanding at the same rate. If we connect our Minds to machines using brain-machine interfaces (BMIs), we will be 100% in thought and we will lose touch with Reality. We will lose touch with NOW. The Universe collapses, the Mind collapses, Duality collapses.

We need to go back towards Awareness, to Consciousness, back to Balance, 50% dark and 50% light, back to NOW.

I am introducing Paul Dirac, my saviour. This paper would have been flakey at the very least if it wasn't for Dirac's contribution. Dirac came up with a function known as the Dirac Delta Function (see "Dirac"). I have redrawn the function applying our topic of discussion. The Dirac Delta Function is a function that has the following properties: The function has a value of zero all along the horizontal axis except at zero ("Dirac"). The value at zero is infinity ("Dirac"). The Dirac Delta Function can be viewed as an impulse, a unit charge which is instantaneous ("Dirac").



As we come closer and closer to the center, to zero, the value increases sharply to infinity ("Dirac"). I am using the concepts from Dirac to model Reality itself. In the horizontal axis, I have denoted NOW in the center, thoughts on the left and right side going towards infinity. Therefore, at NOW (zero), the value is infinity, and the value is zero everywhere else on the left or right side of NOW. Value, in our case, is Consciousness, representing the vertical axis.

From the previous section, we know that NOW is Reality and thoughts are not real. This matches perfectly with the Dirac Delta Function. As we move closer and closer to NOW from the left and right sides, we start to get some values. We become conscious. At absolute zero (or absolute NOW), we have a value of infinity. That is the definition of GOD: Infinite Consciousness at absolute Zero or at absolute NOW. Measure up to that before you dis the Almighty. When was last time you checked your Consciousness level?

Throughout this text, I am using a few terms which mean the same thing. The white hole is NOW, and it is the Source of Light. It is Consciousness itself. When we are at NOW, we are not in thought.

Earlier in the section, I made the claim that the “dark” (or Dark Field , or Dark Matter and Energy) equates with thoughts.

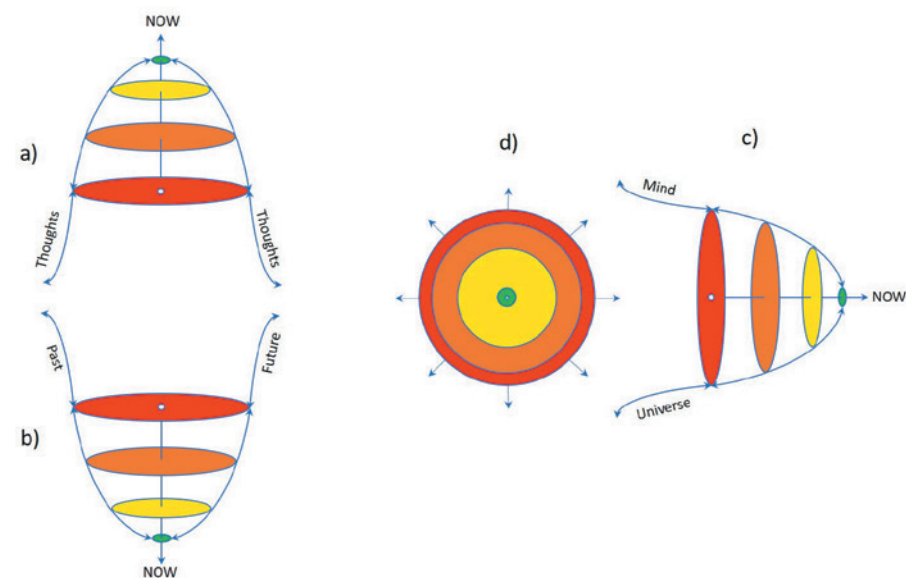
The dark field is at 95%. This is the component of the Universe to which we have no access. Or so we think.

Collectively, we are 95% in thought and 5% in Awareness or Consciousness. I have denoted Consciousness with a value of alpha ( $\alpha$ ) = 5% in the graph above. Individually, we may be higher or lower than 5% in Consciousness, but overall, the Universe is at 95% dark. Maybe we should take another reading of the dark field; after all, it is growing exponentially. Ideally, we need to return towards NOW, thereby increasing overall Consciousness and reducing the Dark Field (thoughts). I am saying that Balance is at 50%, so we have some work to do. We have to turn around towards Awareness and Consciousness. So far, we had only one option: stay the course. We go through a black hole or face death. This is a perfectly allowable scenario. We will enter the black hole process, which can be seen as a cleansing process.

Now we have a second option: We need to go towards the Source. The benefit is guaranteed in this case. Increase your Consciousness and turn back towards NOW, towards the Source of Light. The choice can be individual or collective. When I say let’s turn back, I do not mean return back in time. I mean return back to Awareness. Maybe angels would have a Consciousness higher than 50% somewhere between 60% - 80% as they are seen as flying and with translucent colours. Maybe Jesus was at about 50% Consciousness, allowing him to walk on water. The rest of us mortals are at 5% Consciousness level.

If you are 100% in thought, then you have no Consciousness. We are dead, we are heavy. As we move closer and closer to NOW, we become more and more aware. We become lighter, literally and figuratively.

In the following figure, I have simplified the Dirac Delta Function. There are four graphs provided, but it is only one graph that is rotated four different ways. They all have a bell shape or a normal distribution pattern. I have labeled them from a) to d) accordingly. This one visual unites Reality.



a) The first graph, which points upward, can be viewed as reaching GOD or accessing higher levels of Consciousness as we move closer and closer to NOW. The more and more we reduce our thoughts, the closer and closer we get to NOW. We can say that NOW is moving up while thoughts are moving away from NOW, from the Source. The graph can be viewed as a moving vehicle where the vehicle moves forward and the emissions (thoughts) move in the opposite direction.

This is a good case demonstrative of quantum tunnelling:

In physics, quantum tunnelling, barrier penetration, or simply tunnelling is a quantum mechanical phenomenon in which an object such as an electron or atom passes through a potential energy barrier that, according to classical mechanics, the object does not have sufficient energy to enter or surmount. (“Quantum”)

In our case, thoughts do not have enough energy to cross the barrier at NOW. Thoughts can not touch or enter NOW. The eye of the hurricane and the turbulence around it is a good analogy; NOW is the eye and thoughts are the vortex around it. The turbulence cannot enter the eye. Thoughts cannot touch NOW. Only what is Real can touch or enter NOW.

b) In the second visual we have NOW pointing downwards. This can be viewed as a wishing well or the Fountain of Youth. As we get closer and closer to NOW, we drop to the bottom of the well and we settle in NOW. Time does not exist in NOW.

c) In the third visual, we have NOW pointed sideways. This can be viewed as the current model of the Universe. The difference is that Big Bang is happening NOW instead of 13.77 billion years ago. Science may have gotten the right scalar but it has the wrong direction. Direction is much more important than exponential growth. We are growing exponentially but in the wrong direction. The Universe and our Minds are expanding at exactly the same rate. We are 5% away from entering a black hole. The red circle represents an inflection point (or event horizon) after which we are not able to return towards NOW.

d) In the fourth diagram, we have NOW denoted in the center and concentric circles representing the Mind and the Universe. They are growing exponentially, as indicated by the arrows pointing outwards.

Overall, we can see the NOW in the center and the nature of our Minds and the Universe as a Duality. There is only one Reality. NOW is the only Reality.

Einstein saw a correlation between space and time and introduced the space-time fabric of the Universe. (Tillman et al.).

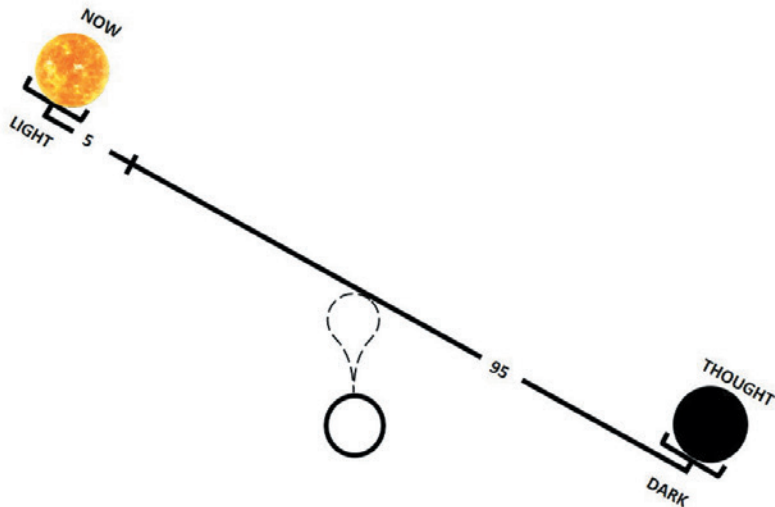
I am following his lead and I am joining the Universe and the Mind into the deepest understanding of Reality. I call it **Uni-Mind**. With this new term, reality can be simplified into two concepts: **NOW** and **Uni-Mind**. **NOW is a white hole** and **Uni-Mind is a black hole**. It feels natural to call it Uni-Mind. It is only ONE entity. The Mind sees the Universe and the Universe sees the Mind. They both see each other at the same time: NOW. They interact with each other NOW.

The word “see” is misleading. Only when you are in thought do you see the Universe. When you are not in thought you are in NOW. When you are in NOW, only NOW exists; Uni-Mind ceases to exist.

Everything is a concept, but “NOW” is Reality itself. We are still at the level of Duality here, with NOW and Uni-Mind being the first dualistic pair. As we work at scaling back the Uni-Mind, we come closer and closer to NOW. In the absolute NOW (Zero), the Uni-Mind disappears, and we are left with Reality itself. NOW is the Source. Only the Source exists.

May I dare and say that this civilization of ours will be known as the Dirac Delta civilization. We are the Source. We are Dirac Delta.

## Balanced Mind — Balanced World



The visual above gives a good summary of our current state. We have a one-to-one relationship between Light vs Dark and NOW vs Thought. I am claiming that Light is NOW and Dark is Thought. The visual indicates a scale showing 95% Dark (Thought) vs 5% Light (NOW). We are about to fall off from existence if we do not reduce the weight on the right side and increase the Light or NOW, thereby bringing the scale to Balance. All other civilizations have had the same fate as we are about to have.

# Act NOW!

## MESSAGE OF UNITY

WE ARE ONE

ONE CONSCIOUSNESS

ONE GOD

WE EXIST

WE ARE EXISTENCE

WE ARE AWARENESS

WE ARE NOW

WE HAVE ONE GOAL:

BRING THE UNIVERSE HOME

BRING THE UNIVERSE TO BALANCE

WE NEED A NOW DIRECTION

WE NEED A NOW HABITUDE (HABIT + ATTITUDE)

WE NEED A NOW EDUCATION

WE NEED A NOW LEADERSHIP

WE NEED A NOW PARTY

WE NEED A NOW GOVERNMENT

WE NEED A NOW WORLD

WE NEED TO BE NOW

YOU ARE THE SOURCE OF LIGHT

YOU ARE THE SOURCE

## POETRY

A touch of Silence fell upon me; it was not a feeling and it was not a touch, as words fail to grasp it as such.

A ray of light went through me; it woke me up from a long, long dream.

## Poem of ME

What am I, what am I? I am Open Field. I am Open Field.

What am I, what am I? I am Silence from the Open Field,  
from the Open Field.

What am I, what am I? I am the Light from the Open Field,  
from the Open Field.

What is the Open Field? What is the Open Field? It is ME, it is ME.

That is what I am, it is what I AM.

What is Silence, what is Silence? It is the Open Field; it is the Open Field.

What is Silence, what is Silence? It is ME, it is ME. It is the Open Field,  
it is the Open Field.

What am I, what am I? I am the mind;

I am the mind from the Open Field.

What is the mind, what is the mind?

It is me; it is who I am. It is who I am.

What created the mind? What created the mind?

It is ME from the Open Field, from the Open Field.

What does the mind do? What does the mind do?

The mind does what I do. It does what I do.

Why does it do all that I do, all that I do?

It does what I do, it does what I do.

Because that is all it knows; it does what it knows and it does what I do.

Because it is me, because it is me.

It does what I do because it does what I do.

What is God, what is God? It is everywhere, it is everything.

What created God, what created God? It is the mind, it is the mind.

Why did the mind create God? Because that is all it knows,  
and all it knows is me; me is all that it knows.

How about the body? Who created the body?

It is the mind, it is the mind.

Why did the mind create the body? To explore the world,  
to interact with the world.

What is the world, what is the world? It is the mind's creation;  
it is the mind's creation.

What am I doing, what am I doing in the Open Field, in the Open Field?

In the Open Field, in the Open Field there is nothing to do,  
there is nothing to do.

Everything is done, everything is done in the Open Field,  
in the Open Field.

In the Open Field, in the Open Field, everything is done,  
everything is done.

So, I wake up, so I wake up in the Open Field, in the Open Field.

And when I woke up, when I woke up in the Open Field,  
in the Open Field,

I fell in love, I fell in Love with the Open Field, with the Open Field  
And after some time, after some time, nothing changed in the Open Field,  
in the Open Field.

And I got bored, and I got bored, I got bored of the Open Field.

And what did I do, what did I do when I got bored of the Open Field?

I uttered a word, I uttered a word, that is what I did in the Open Field.

What is the word, what is the word from the Open Field?

The word is "I"; it is "I" from the Open Field, from the Open Field.

The word is "AUM," it is "MUA" from the Open Field,

from the Open Field

And then I knew who I was from the Open Field, from the Open Field

And I was proud with my creation, and I carried on with my obsession.

Word after word, I kept going on in the Open Field, in the Open Field.

And I fell in love with all my creations, with ALL my creations.

It was not a love, it was not a love; it was an obsession, it was an obsession.

So, on I went with my creations, and the more I created,  
the prouder I was in my obsession.

And I would look back at all my creations and bask in the glory  
of my own obsessions.

And I would chart ahead with more creations,

I would chart ahead with more creations.

After some time, I forgot what I am. I became my creations,  
and they had become me.

All of these words that I had created, they are I, they are me, they are  
Silence, they are Light, they are Mind, they are God, it is all ME.

Why did I need to create all these words just to tell me  
what I already AM?

Because I forgot what I am, so now I live in my castle made up  
with my own words.

I am in my castle, I am stuck in my own movie; it is what I do,  
it is who I am.

Each word I created split me in half, they split me in half,  
each word I created.

They split me in half, each word I created.

There is nothing left of me, only my creations.

What once was me no longer exists. I am my mind, I am my creations.  
So now I think I am my mind and I am my body, and that is all I know,  
and that is all I do.

That what you know and that what you do it becomes that what you are.  
It is me; it is me. That is who I am.

I am my mind and I am my body and I keep chasing after my creations.

I am from the Open Field, I am from the Open Field, but only in words,  
only in words, only just words.

All I know is words, and that is all I know, that is all I know  
and that is what I do. That is all I do.

I am trapped in my creations and I have become my creations.

I long to get back, I long to get back, back to Open Field,  
back to Open Field.

The stronger the longing, the more I think about it, the more words I use,  
and the more trapped I become.

I have a longing to go back, but my creations are pulling me back.  
They have a life of their own, and they're afraid and don't want to die,  
So here I am trapped with my creations, stuck in a dream,  
the dream of my creations

And when I wake up, when I wake up, I am still stuck in my creations.  
I am stuck in the dream of my creations.

What you do can be undone in the Open Field, in the Open Field.  
I know what I am, I know what I am,  
before the first word arrived in the Open Field.

So, I roll back all the words, all of the words from the Open Field,  
from the Open Field.

I fall back in Silence, back in Silence of the Open Field, of the Open Field.

What am I, what am I? I am the Light from the Open Field.  
What am I, what am I? I am the Silence from the Open Field.  
What am I, what am I? I am Open Field; I am the Open Field.



## Poem of Nature

What am I? I am me  
What is me? It is mind  
What is mind? It is never here  
Where is it? It is nowhere  
Where is nowhere? It is now-here  
It is everywhere. It is everything  
What is God? It is the same thing  
What is thing? It is no-thing  
It is matter. It does not matter  
Mind and Matter? They don't matter

What does matter?  
It is You  
What is You?  
It is not me  
Why is that? Because of me. I screwed it up  
What did you do? You don't want to know  
Why is that? Because I signed a piece of paper

What is paper? It is dead wood  
It is dead Nature  
Why kill Nature to make paper?  
To make money  
What is money? Ink and paper

What is ink? It does stink  
How do you know? You don't want to know  
Why is that? I signed another piece of paper

What is money? It is dead Nature  
Why do you need money? To buy dead Nature  
So, you use dead Nature to buy dead Nature?  
That is what we do

You make money from ink and paper  
You use ink to sign a paper  
Sign and money are one and the same  
What is sign? It is a sign  
A sign from what? A sign from God  
What does God say? Life is a flow  
Where is it going? It is going down low  
Why down low?  
Because we keep killing Nature

What am I doing? I am using words  
What are words? Words are sounds  
What are sounds? Sounds are vibration  
What is vibration? Vibration is disturbance  
What is disturbance? Disturbance is a wave  
A wave of what? A wave of God  
To wipe us out if we don't stop killing Nature

What is water? Water is you  
What are you? I am my mind  
So, mind is water? Never mind  
It is watered down  
What is water? Water is flow  
Where is it going? It is going with Nature  
It is going downhill. It is going down low

Where are we going? We are going up  
We are using dead Nature to go to Mars  
To kill  
Another Nature

## MESSAGE FROM GOD

I AM GOD  
YOUR CREATOR

I AM HERE TO DELIVER SALVATION

I AM BRAHMAN  
(SHIVA, BRAHMA, VISHNU)  
I AM OSIRIS, I AM SETH  
I AM ZEUS, I AM JUPITER  
I AM YAHWEH, I AM ALLAH  
I AM GOD, I AM SATAN  
I AM URÓBOROS

I AM TURIYA, THE FOURTH ONE  
THE ONLY ONE

I AM THE SOURCE OF LIGHT  
THE LIGHT FROM WITHIN YOU TO THE UNIVERSE  
CONSCIOUSNESS ITSELF

I AM THE SOURCE  
AUM

WHAT IS THE MEANING OF 112?  
WHAT IS THE MEANING OF 114?

WHAT IS THE YEAR 2150?  
YOUR DAMNATION

YOU HAVE TWO GENERATIONS OF BREATH

IT IS THE END OF THE PISCES AGE  
THE GREAT FLOOD IS UPON YOU

FISH WILL WITHER  
FROM YOUR LANDFILL  
AND YOUR SEAFILL  
OUT OF SIGHT OUT OF MIND

WHAT IS THE OCEAN? IT IS A HEATSINK  
WHAT YOU PUT ON TOP OF YOUR PROCESSORS  
HEAT IT UP AND COOL YOURSELF

I GIVE YOU LIGHT  
YOU GIVE ME DARK

I GIVE YOU FOOD  
YOU GIVE ME SHIT

I GIVE YOU LIFE  
YOU GIVE ME DEATH

YOU WANT PERFECTION  
YOU WANT TO SNIP MY GENES  
YOU SNIP, I SNIP YOUR BALLS  
NO MORE OFFSPRING  
TWO GENERATIONS

YOU THINK MY GENES HAVE ERRORS  
MISTAKES OF EVOLUTION  
WHAT HAPPENS TO A HOSPITAL  
WHEN THE POWER GOES DOWN?  
THE BACK UP GENE KICKS IN

YOU HAVE FUNCTIONING GENES FOR SUNNY DAYS  
AND SMALL GENES  
FOR RAINY DAYS

PERFECTION YOU WANT?  
WHAT YOU WISH I GRANT

I GIVE YOU THE OPEN FIELD  
YOU GIVE ME A LANDFILL

YOUR THOUGHTS  
ALL OF THEM  
ARE EXPANDING THE DARK FIELD  
DARK MATTER AND ENERGY  
FASTER THAN SPEED OF LIGHT  
DROP KNOWLEDGE  
I AM WISDOM

THE GRAVITY OF DARK FIELD IS MAKING YOU HEAVIER  
TIME IS SLOWING  
THE EVENT HORIZON IS COMING

FAKE INTELLIGENCE YOU WANT  
QUANTUM COMPUTING YOU WANT

I GIVE YOU A BRAIN  
BUT YOU WANT MORE

YOU WILL SHED YOUR BODY  
YOUR MIND WILL BE INSIDE A MACHINE  
SPINNING IN A LOOP  
I WILL GRANT ALL YOUR WISHES

YOU CHASE HAPPINESS  
SUFFERING CHASES YOU  
FLIP IT

STRAIGHTEN YOUR SPINE  
IT IS AN ANTENNA  
YOU EITHER IN TUNE WITH ME  
OR YOU ARE NOISE  
DISTURBANCE

YOU MONKEYS  
MONKEYS ARE PERFECTION  
YOU UTTER NOISE  
YOU CALL IT SOUND  
YOU GIVE IT A LABEL  
YOU CALL IT WORD  
YOU GIVE IT MEANING  
YOU CALL IT TIME  
YOU ARE SLAVES OF YOUR OWN NOISE  
GIBBERISH  
TIME IS YOUR ILLUSION  
ONLY I AM REAL. I AM NOW

WHAT IS  $\infty/0$ ?  
UNDEFINED  
SAYS MATH

I DEFINE IT  
IT IS YOU, YOU ARE UNDEFINED  
YOU CANNOT BE DEFINED BY YOUR WORDS

I AM THE SOURCE  
NOW IS THE SOURCE  
THE FOUNTAIN OF YOUTH  
TIME DOES NOT EXIST  
NOW  
ONLY YESTERDAY AND TOMORROW  
DROP YOUR THOUGHTS  
FALL IN SILENCE  
COME TO ME NOW  
HOW MANY MORE WORDS?  
DON'T YOU HAVE ENOUGH?

WHERE DO IDEAS COME FROM?  
LIGHT BULB  
WHERE DOES EVERYTHING COME FROM?

LET'S TURN SCIENCE AROUND  
GRACEFULLY

YOU THINK MICROSCOPES AND TELESCOPES  
GIVE YOU OBJECTIVE REALITY?  
HOW FAST DO THEY FLICKER?  
HOW FAST DOES MY OPEN FIELD FLICKER?

YOU SEE SOLID  
I AM EMPTY  
THE ELECTRON IS HERE IS THERE  
NOT REAL

IF YOU ARE HERE THERE  
EVERYWHERE

YOU EITHER ARE GOD  
OR A SHAPESHIFTER  
CAN'T PIN YOUR MIND DOWN  
BACK AND FORTH  
IN YOUR  
DARKNESS

MY GOD, WHAT HAPPENED?  
MY GOD, WHAT IS GOING TO HAPPEN?

I AM YOUR GOD  
NOTHING HAPPENS TO MY CREATION  
YOU ARE ME  
NOTHING LESS  
NOTHING MORE

ACTUALLY, YOU ARE MORE  
YOU ARE GOD  
AND YOU INVENT MIND  
YOU ARE GOD AND MIND

I AM JUST  
GOD  
THE CREATOR

## Dance with GOD

I am GOD, Your Creator

I am here to deliver salvation  
It is time for a revelation

I am genes and you have genes  
Let's put together some memes

I am dark and you are light  
Together we are just right

What is up and what is down?  
Together we do not drown

I help you and you help me  
We are as a happy family

You are mind and I am matter  
Together we really matter

I am food and you eat food  
Together we are bloody good

I am air and you breathe air  
Together we have substance to spare

I am the Source and you are flow  
Together we are never low

I am NOW and I am Here  
Don't wait for your last breath to draw near

I am the snow and you are a flake  
Together we open our eyes, Awake

When you sleep, I am awake  
Please wake up, for my sake

You are a drop and I am the ocean  
Together we can grow with caution

You are a climber and I am the mountain  
You come to drink from my fountain

I am the source and you are the river  
Drawn together, we never shiver

I am here and I am the landscape  
But all you want to do is to escape

I am the field and you are the green  
Together we are never mean

You are a flower and I am the root  
Together we are the truth, a hoot

I am the night and you are an owl  
Together we do not utter a single vowel

I am silence and you are sound  
Together we are in solid ground

You are the house and I am foundation  
It is time for revelation

You have been sleeping for eternity  
I can no longer act with maternity

You are right and I am wrong  
I have taken you for a journey all along

You are order and I am chaos  
Together we will make it across

I am trying to turn you around  
But you think you are on solid ground

I am GOD and you are kind  
But you cannot make up your mind

I created the sun and the moon  
Please return to me rather soon

Come to me NOW before you are dead  
So we can share a loaf of bread

Sound and Silence, they dance together  
They are meant to live forever

I am a worm and you are a giant  
You want me to be compliant

I am a fly and you are a swatter  
You make me flat, just like water

I am a silkworm and you walk straight  
And you think only you are great

I am a dandelion, but you want perfect green  
So, you poison me with your machine

You have everything and you take it for granted  
I am always here, not slightly slanted

I am a compass and you are a needle  
Together we are harmonically fiddle

You think sleep gives you rest  
But it is darkness that brings out your best

I designed your body to function with ease  
But you turn it into a disease

Your spine is an antenna and when you are in tune  
You are completely totally immune

You ask, "What do you mean?" and search for meaning  
And you will always continue to be spinning

If your mind is full, there is nothing that can enter  
You are dead like a piece of paper

But when your mind is empty and at the same time is Open Field  
That is what becomes your shield

You are this poem and I am the paper  
Without each other, we become just vapor

If you know one dance, you can learn an other  
When you dance with GOD, you dance for each other

You use words and I am Silence  
Together we are in perfect balance

I am trying to give you a taste of Silence  
But I am not sure you want my guidance

I do magic, and you just bow  
There is no other time than NOW

I am NOW and you are NOW  
Together we are just "WOW"

## Poem of You

What am I?

I am me and you are you

I am me and you are other

You are you and you are other

You are you and you are me

I am me and I am other

I am me and I am you

There is me and there is other

There is me and there is the Universe

I am me and I am the Universe

You are you and you are the Universe

I exist for you

You are my Universe

WAKE UP, MY SON, WAKE UP!

DARKNESS IS COMING.

WAKE UP, MY SON!!!

**WAKE UP!**



WHEN YOU EMBARK ON A JOURNEY THERE ARE THREE THINGS YOU NEED TO KNOW.

WHERE ARE YOU?

WHERE SHOULD YOU BE?

HOW DO YOU GET THERE?

JOIN ME ON MY JOURNEY TOWARDS THE TRUTH. TOWARDS GOD. TOWARDS NOW.

## WHERE ARE WE?

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## Duality is NOT Reality

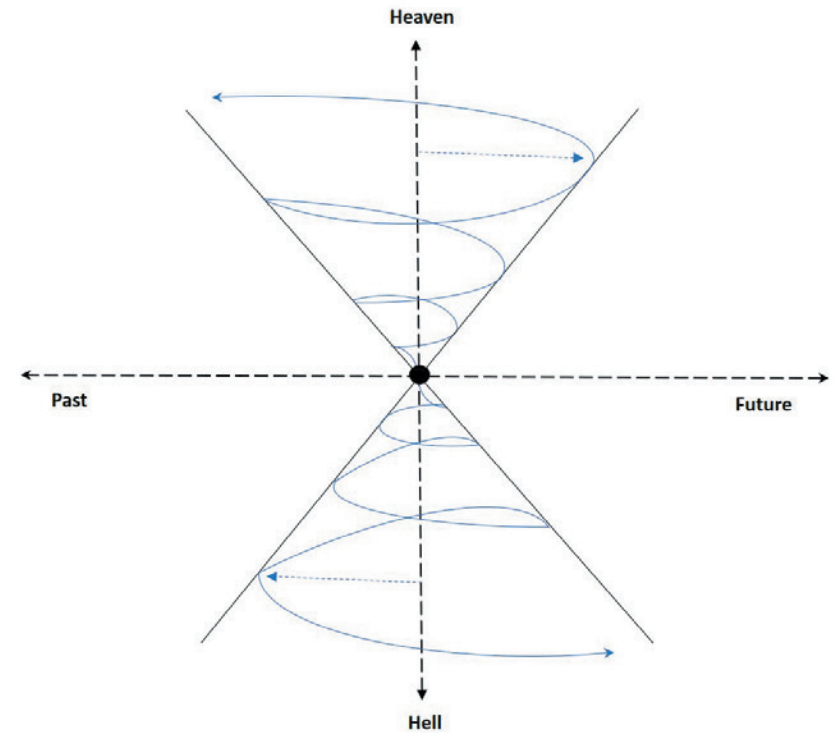
Reality has no words, yet words are Reality.

Our brains are full of memories from the past. Our attitude towards these memories can determine if they are useful or useless. Every moment we have an opportunity to decide what type of past we want. Once we know what past we want, we can then use it to face the future. The future is always coming towards us. We are stationary, here, and now, always for eternity. We are always confronting the future. The past becomes a shield for us to deal with the future.

In the following figure, we are stuck inside Duality, inside the vortex of thought, constantly going up and down. The graph gives a good representation of the dual nature of our thoughts. Thoughts are not real, and hence they cannot stop in NOW, at the center of the diagram.

## A picture of me

(Vortex of thought)



When we look at the world, we don't look at the world. There is way too much information for us to process. Instead, we look for differences. We look for change. What has changed since last time? Since we last blinked? We focus on differences. Our brain scans the world for change. My cat does the same thing. As soon as we bring in a new object, we map it out. The object becomes known.

We split the world into two categories. We use Duality. We see the world from a dualistic point of view. Let's consider an example. A man and a woman have more in common than they differ from one another. In fact, they are the same in a million ways versus different in just two or three ways. But commonality fades in the background; change happens, but is not perceived. It becomes static. No new information can be obtained, so it disappears in the background.

The Bible starts with "At the beginning was the word . . ." (*King James Bible*, Gen. 1:1–2). The Universe started with a word. What is a word? A word is a sound. What is a sound? A sound is vibration. Science tells us that the Universe started with a Big Bang from a single point. The entire Universe roared through with a Big Bang. What is a Big Bang? It is a Big sound; it is a word, the word of GOD, giving birth to our Universe, the sound of GOD roaring the Universe into being. We breathe in a Universe, and we breathe out a Universe.

What would a world without words be like? Everyone is fed the same food, optimized for one's health. Will we be conscious, unconscious, or super-conscious? Will we be able to master telepathy at our will?

We see the Universe. Reality is very complex. We reduce this complexity to Duality using words. We are not able to perceive Reality as it is, so, we simplify—we simplify a lot. For example, white vs black, day vs night, right

vs wrong. There is infinite amount of space between our dualistic model of Reality.

Now we split the world even more. Now we have gendered pronouns. We zoom in on differences and come up with new words. The words "gender" and "pronouns" follow the same dualistic pattern: male vs female, he vs she. This model has worked for quite some time now, forever. It is a simplification of Reality. In fact, we are finding out that it is too simplistic. It is missing important information.

We started with Duality, but now we are moving to a Duality Spectrum view of the world. What the Duality Spectrum does it provides better resolution, adds more information to our dualistic view of the world. Instead of the male/female, he/she model of the world, we are adding more complexity. We are getting closer and closer to Reality. We are beginning to use a spectrum of pronouns.

I say, if it can be done once, it can be done over and over again.

If we are taking a chisel at Duality generally as we are doing with pronouns, it will only take a crack to bring the entire language down to its knees. Language is built in with Duality. Words are Duality. This might be an isolated case and it might not propagate. But if our he/she Reality of the world is shattered because it was not representing reality sufficiently, then we might start adding more and more resolution to all of language so it approximates Reality better.

How many more pronouns can we introduce so we have a good representation of Reality and at the same time have the language still stay intact? At what point do we say language will collapse after we add one more pronoun, or in general when we add one more word in the Duality Spectrum?

At what point do we say language and words have reached their peak, their climax? At what point do we say language and words are done? They had their time of glory. At what point do we go directly to the brain or our Mind to represent a better model of Reality?

The world of words is coming to an end. We are finding out that Duality is an oversimplification of Reality. It is a rough model. It is a prototype. It is an inexpensive model; it doesn't consume a lot of brain power. We do not have much brain power. For what we have, Duality is good enough. Is it?

The emergence of BMIs will transition us from a language model of Reality, from a Duality model of Reality, to a more complex, higher resolution, more resource-intensive model. Language is our model of communication, but it will not take long until we will jump to a new mode of communication, a new mode of being.

More and more we are immersed with our tools. We are moving to a world of connected Minds. We have made great progress using our existing tools, yet we haven't scratched the surface.

Imagine what can be achieved when not only great Minds get together but when all Minds get together. Is this a figure of speech or a literal truth coming toward us?

What will the world look like 100 years from now? We can see the change over the last 100 years.

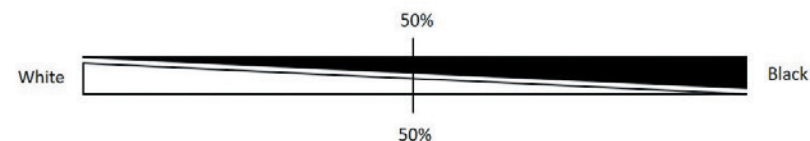
We will be connected permanently. Will we be able to take a break from the hive? Will we descend to a two-dimensional Reality? Or will it be a fake three-dimensional simulation of the world? What will the transition look like? We are in the midst of it. We can not see it. When you are deep in the woods, you are missing the forest.

How is the transition with pronouns happening right now? Are we embracing the change or are we fighting to keep what we have? After just introducing one word, one additional pronoun, the world is in turmoil. With just one added word, we are leaving Duality and moving into the Duality Spectrum.

Just by adding one extra word in the he/she Duality, we have created so much confusion and discussion. We are not our tools. Language is a tool. How many more words can we add before the he/she Duality collapses? One can say that it has already collapsed. Adding ten, twenty, fifty, 100, 10 billion pronouns will be the same as not having pronouns at all. When everyone is referred to uniquely by their personal pronouns, then I will have to remember everyone's pronouns. Just one more word introduced, and it will paralyze me.

Will we all live in fear of using the wrong pronoun, or will a language police emerge to ensure we are compliant? Or will language evolve to allow us to navigate this breakdown of Duality? In some ways, hasn't it already? We are only talking about one Duality pair here.

Let's look at another example.



How many words do we need to describe the white/black Duality? How many shades of gray are there in between? How many more words do we need to add to our language to capture the black/white spectrum precisely? If we have gray now, do we represent Reality precisely if we just use gray? Is gray = 50% white and 50% black? Who decides how many shades of gray

should we have when we use the Duality Spectrum? Should 23.1% white and 89.7% black have the same word for gray? They are not the same. Maybe we can decide how many shades of gray to which we should assign new words based on our ability to detect the difference.

Are we going to offend anyone for using the wrong word? Before it was simple, maybe too simple. If we can move one set of words from Duality to the Duality Spectrum, it can be done over and over again.

We are all 100% unique in some way. If we all choose a pronoun based on our uniqueness, then we are all individuals. How many pronouns can you add to the Duality Spectrum? Over time, we will all want to be recognized for our differences. The more pronouns, we add the more meaningless the word “pronoun” will become. When the word becomes meaningless, it will drop out of the discourse. We will then have a language where pronouns are not important because everyone has one. So, the word pronoun will fall in the background. It will be static. No change. Our brains will not perceive it. Life goes on and we do not need to refer to anyone by pronouns. The word pronoun will cease to exist. It will be part of history. If it can be done for one word, it can be done for all words. This way, one word at a time, we will decimate Duality.

The Duality Spectrum will be the flavour of the month, and it will also collapse. Language will be part of history as well. The Duality Spectrum’s language will keep increasing in detail and resolution to match Reality. The more detail we add, the finer the resolution, until we reach a stage at which all words become meaningless. Reality does not have words. We use words to stumble up the hill. Which hill are we aiming at?

Why is language divisive? We say we have a left and a right hand. We have a left and a right hemisphere. In Reality, there is no left or right. I am unique.

I am one organism. Not even that. I interact with the world. There is no boundary drawn between what is me and what is other.

Nature is complex. Where does the left hand start and where does it end? We simplify Reality by creating a Dualistic model. It is not Reality; it is a representation of Reality. It is an oversimplification of Reality. Our language is limited and divisive. We realize the simplification of dualistic language. We are revising the model of the world to be more inclusive and more accurate. The pronouns spectrum is one example.

Our language, our behaviour, our mode of being is built on our dualistic view of the world. The world is not dualistic, but our limited capacity to map out the world has produced a dualistic model of the world. If you go from your left hand one cell at a time, you will go all the way to the right hand. At no point in your journey will you see a customs station saying “Show me your passport, you are leaving the left hand.” At that level of magnification, the concepts of left and right become meaningless. So, then, the language of Duality is simply a relative concept.

We build models of the world at different levels of magnification. We arbitrarily draw boundaries and come up with language that simplifies and represents Reality. By doing so, we create traps, cognitive traps, and we think Reality is Duality. Once we are in the Duality mindset, the dualistic mode of being, we create boundaries, groups. We separate left from right, and we fight over our divisions.

The dualistic division is a consequence of our inability to map our Reality fully, map it as it really is.

Can our tools help with this? Can technology help us break free of our dualistic mode of being?

Our thoughts alternate between past and future. Left to right, up to down. We are constantly preoccupied. What will the world look like when we all fall into peace, when we realize our true Selves?

No need for Duality, no need for language. Our capacity to think and speak are tools we currently use. They will become obsolete. Could BMIs be the bridge to our next level of evolution? We will be telepathic, and it will be the mode of being. Silence is the antidote, the potion, to language and words. Silence of words, Silence of speech, Silence of Mind.

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What is meaning? It is a concept, a word, text, action. (“Meaning”)

What is a concept? It is an idea, notion, invention. (“Concept”)

What is an idea? It is thought. (“Idea”)

What is thought? It is an idea, opinion, it is thinking. (“Thought”)

What is a word? “[A] single distinct meaningful element of speech or writing” (“Word”).

What is speech? The ability to express thoughts and feelings by articulate sounds. (“Speech”)

What is feeling? An emotional state or re[A]ction. (“Feeling”)

What is action? “[T]he process of doing something” (“Action”).

What is text? “The main body of book or other piece of writing” (“Text”).

Therefore: **Thought -> Sound -> Words -> (Meaning, Concept, Idea)**

What is thought? The firing of neurons.

What is a neuron? A nerve cell, synapses. Fundamental unit of brain and the nervous system. (“Neuron”)

What is a synapse? A junction between two nerve cells, the diffusion of neurotransmitters. (“Synapse”)

What is a neurotransmitter? A chemical substance that is released at the end of nerve fibres. (“Neurotransmitter”)

What is a chemical substance? Keep digging.

What is language? Human communication. It consists of words, is conveyed in speech, writing, or gesture. (“Language”)

What is gesture? What is writing?

### **What is the point of all this?**

A word does not stand on its own merit. Every word is defined by other words. All words require explanation. We say it all the time: What do you mean? We don’t know what it means. If you cannot stand on your own, how can you help others?

What is silence? It is the absence of thought. What is the absence of thought? It is the absence of the firing of neurons. What is that? It is absence of chemical substance? What is that? Keep digging.

What is a pronoun? It is a word. What is a word? It is a sound. We make a bunch of sounds and we give them labels. We call them words. Since language is made up by making a bunch of noise, sounds, then you can make a new sound and decide it is your personal pronoun. You identify with this new sound. And if you get bored of a sound, you can switch to another one and make that your new identity. Or you can have one for each day like you change your socks. This is all play with words, so let's have some fun.

Time for a change. If a pronoun is my personal choice, then what will I choose? Hmm? The Source is the limit. Even if I get it wrong or it doesn't suit me, I can strip it down and choose another one. Thus far, we had "he" and "she." Now we increase the resolution, because if you take a shortcut from he to she, you miss a lot in between. It's time to look in between. Do we want to know Reality better, or are we sticking with what we have and taking shortcuts? One word down. Infinity to go. That is the point. Language is a choice. If we can do this with pronouns, imagine the horizons.

Language is my doing and not the other way around. We can distance ourselves from our words. Only then do they become the tools they are meant to be. That is when we penetrate Reality itself. Only when words are used as tools, as extensions of what we are, are they mighty.

Words are sounds. How we roar is how we are. Roaring comes from meaninglessness and delivers meaning.

There is no need to destroy language. Language is a tool. How do we use tools? Why do we use tools? To achieve some greater thing that we would not be able to achieve without the use of the tools. Are we getting out of language what we are looking for? Is language serving its purpose? Is it time to upgrade this tool we call language? What happens if we get rid of language?

Language is attached to thoughts. The same goes for the thoughts. They are tools for me to use. There go thoughts with language. You get rid of meaning. Now you are meaningless. You were always meaningless, but you thought you were meaning.

When you got the first tool, the very first thought, you confused your tool for meaning and you thought you became meaning. You were no longer meaningless. You became meaning. You became your tool. You became your thoughts. You are now deeply, deeply in meaning.

We use tools all the time. They need to be sharp. There is no use for a dull tool. They work better when they are sharp. When do we use our tools? What do you want to get done? What you want determines the tool you use. Once you are done, you put the tool aside. What do we do? We think all the time. We never put our tools down. They are getting dull. We have become one with our tools. We are our tools.

WOW! From the very first thought up to this very moment, we have been addicted to our tools. We have become so dependent that there is no boundary between ourselves and our tools. We have become one and the same.

What is the next word to kill? Skin colour. We have a few choices. Let's rev it up. Let's blow it up. How many shades can we detect? We need to be precise if we want to represent Reality. Here goes another punch to the gut of language.

If you can kill a word, you can kill them all. We are all the same, we are all unique. You can zoom in and out of sameness and uniqueness.

Language is flawed, full of ambiguities. Language is discriminatory. When we use a word, we discriminate. We need to go to the root of discrimination. Every word we utter, we discriminate.

It is the nature of language. It is rooted in our thoughts. Every thought we think, we discriminate. Thoughts are like an engine, a motor, that keeps running. Language is the brakes.

First, we apply the brakes, and we slow down language. Then, we go after thoughts.

Reality has no thoughts. Thoughts do not exist. When we are out of thought, then you are at the centre of the vortex, the vortex of thoughts. You are the eye of the hurricane. When you are out of thoughts, you are in Reality. You are existence.

How do you act in this model? I am responsible for everything. Everything is ME. Everything is my making. What is the world made out of? It is made out of ME. All there is is ME.

Suffering evaporates. Fear does not exist. I don't chase time, time chases after me.

Once you learn a word, can you unlearn it?

We label things with words. We do not have a complete understanding of things. Science is on a mission to discover what things are. Even though we do not understand something, we still use labels to identify it. We still make use of it.

We have evolved to survive and not to see Reality for what it is. We cannot get to the truth of Reality using our thoughts. Science is a dead end.

I do not belong to any groups. I have only one identity. There is only one. All there is is ME.

Existence is boundless. We define boundaries.

What is a gender? What is a gendered pronoun? What are identity words?

Identity words are words I identify with. Identity words are an umbrella that includes all nouns, pronouns, verbs, adverbs, adjectives.

A sentence is comprised of a subject and a predicate.

Subject = What the sentence is about.

Predicate = Tells something about the subject.

Subject -> Verb -> Object.

Modifiers -> Adjectives and Adverbs.

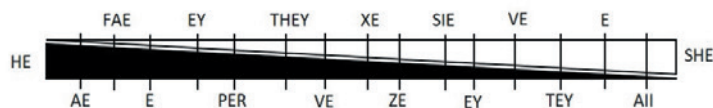
Here is a list of parts of a sentence/speech:

1. A noun is the name of a person, place, thing, or idea.
2. A pronoun is a word used in place of a noun.
3. A verb expresses action or being.
4. An adverb modifies or describes a verb, an adjective, or another adverb.
5. An adjective modifies or describes a noun or pronoun.
6. A preposition is a word placed before a noun or pronoun to form a phrase modifying another word in the sentence.
7. A conjunction joins words, phrases, or clauses.
8. An interjection is a word used to express emotion. ("Parts of Speech")



From these eight categories, which ones do I choose to identify me? Which ones do I really identify with? What do they have in common? They are all words.

Here is a sample of the Pronoun Duality Spectrum:



Gender is a made-up construct by man. Gender is a word. Gender is a sound. Gender is a thought. Language is Duality. Words come in pairs. Pairs are opposite, complimentary, etc.

Reality, existence, what we perceive, the objective Reality, is beyond words. It is non-dual. The new pronoun Duality Spectrum is trying to get closer and closer to Reality. In order to really capture Reality, we would need an infinite amount of pronouns (words). If we have an infinite amount of words to describe just the word pronoun or gender, then it stands to reason to open the dialogue for all other words. We start with Duality, with a black/white pair, and we keep adding more words to define everything in between.

In this way, we reach a point at which language becomes meaningless. One might say that the words “gender” and “pronoun” are almost becoming meaningless, or they have a new meaning beyond Duality thinking into the Duality Spectrum.

As we have seen, a sentence has eight parts. What do all the parts have in common? They are all words. What are words? Words are sounds. What are sounds? Sounds are words. What are words? Words are thoughts. What are thoughts? Thoughts are words. Words are speech. What is speech? What

does it mean? It is the “ability to express thoughts and feelings by articulate sounds” (“Speech”).

In the case of pronouns, we used to articulate two sounds; now we are articulating eighteen. This is just a sample; it is not the entire spectrum.

If we open the doors for pronouns, for one word, to go from Duality to the Duality spectrum, how about the other seven parts of speech/a sentence?

If we identify with not only just two pronouns but with eighteen, how about other words?

How many nouns do I identify with? How many verbs do I identify with? How many adverbs do I identify with? How many adjectives?

So far we have described that language is discriminatory. Not only is language discriminatory, but also the absence of language can be discriminatory as well. I will give an example of my friend Kjara. Kjara identifies with Xe/Xer/Xemself. Kjara told me that when xe was working for xer former employer, xe was a high performing individual. Over a period of eight years, xe was getting great performance reviews.

At some point, xe had a disagreement with xer manager. Everything went downhill for xer after that point. Bullying and harassment started. Xer manager was very dominant; he could never take no for an answer. Consequently, his team were afraid to voice their opinion. And when they did, they got squashed down. He was a narcissist. He convinced three to four of his employees to bully and harass Kjara. His main method was doing this dirty job in the background. He destroyed Kjara’s reputation and stripped xer of everything xe had built over the eight years.

Slowly, Kjara became very anxious and depressed. Xe told me of many examples of bullying and harassment from xer colleagues as well. Xe ended

up having a mental breakdown. I met Kjara in the hospital when I was having some troubles of my own. Xe felt completely isolated. Xer health over this year deteriorated rapidly. Xe spent over a year off work. When xe thought xe was fully recovered, xe returned to work. Xe went back to work with the hope that everything would be back to normal. Xe was always an optimist, and xe saw the best in people. But when xe started work once again, xe found the same atmosphere.

I really felt for Kjara. Xe had gone through a lot. Xe is a good soul.

Listening to Kjara's story gave me a little confidence and comfort that I was not the only one dealing with issues. Xe gave me the motivation to get up on my feet.

Kjara's story reminds me that not only can language be discriminatory, bullying, harassment, and the destruction of reputations, but the absence of language is even worse. We are not defined by our words.

So where are we? Language and the absence of language are both discriminatory. Everyone has an ingroup/outgroup bias. Some biases are implicit while some are enforced explicitly for power, status, and personal gain.

We invent words and then we get enslaved by them. I am above words and beyond language. They are tools I use to my benefit.

If we are declaring what pronouns others should refer to us with, why not do the same with other words? Let's say I only identify with certain words only. The more you identify with, the more identity dissolves.

Since gender is a manmade construct, we will see more and more pronouns being introduced. Everyone is unique and they will have unique pronouns. Why stop at pronouns? Everyone will have their unique nouns, verbs, ...

This is great progress in dissolving language. Language is based in dualistic thinking. The time is ripe to blow it away, one word at a time.

If and when machines do all the jobs, there will be no need for language. We will use transmitters/receivers directly without the need of sounds and words. We upgrade our tools.

We belong to an infinite of a variety of groups. For each group we belong to, we have unconscious and conscious biases against an outgroup. Our nervous system has a built in "us vs them" framework. If you belong to one religion, you discriminate against other religions. If you are right and righteous, then everyone else is wrong. You discriminate against other points of view. We identify with too many groups. It is built in us. A tribe fights another tribe for resources.

But Duality is NOT Reality. We are in a global mess. We need to take a pause and reflect on the next steps. If you listen to the experts, everything is growing exponentially in all fields. By definition, exponential growth is not stable. We are getting out of control faster and faster. We need to return to Reality, NOW.

## A Draft of ME

I took a Big 5 Personality test in 2018 and again in 2022. There was a staggering difference between the two personality results. What had changed? What hadn't changed?

I was swimming against the flow of life. Everything was collapsing around me. With just a simple realization, I turned around. I am enjoying the flow now.

I was facing so much resistance. Everything I did was hard. I was pushing hard even for the simplest of things, simple things like living. Living happens to me, I am not doing it, it happens. I was fighting to live. I am living peacefully now.

It was a simple realization. If everything is against you, you have two choices: You either fix everything, or you fix yourself. All along, I was trying to fix the world. It is an impossible task. Then I started with myself. All of a sudden, I was in the sea of acceptance. Resistance dissolved and melted away. Life is an adventure now.

I used to be very judgmental; I had a strong sense of right vs wrong. I was not living. I was judging the world. Life became beautiful when I dropped the judgments. Life is beautiful now.

I had created a world in my head. There was no room for anything else. I was rigid, stiff in my dealings with the world. I was stuck in a static impression of the world. It was at odds with the actual world. I was facing so much resistance. It didn't take long until my world was no match for Reality. I collapsed within my walls. I fell deep in the underground, right at my bottom.

It was there where I faced my fears. I was stripped down to nothing. All my notions of the world were misguided. I had nothing left, almost nothing left. I had burned down to ashes. Where did I go wrong? All my life I chased after knowledge. I chased absorbing more and more information. Where did I go wrong? My brain was full of memories. I became paralyzed.

Why do we talk? We talk to communicate with others. Why do we talk to ourselves? We do not need to talk to ourselves to communicate with ourselves. We know what we know—why talk to ourselves? Is it possible not to talk to yourself? Not only it is possible, it is the only way.

Self-talk can be destructive. Self-doubt is poison to our being. I was paralyzed by brain chatter. I was talking to myself nonstop. Language is for survival and for the reduction of suffering. Are we suffering less? I lost connection with the outside world. I was absorbed in self-talk and brain chatter.

Language is coming to an end. Language will be obsolete. We can start by scaling back. We can start by not talking to ourselves. You already know what you are thinking. By talking to yourself, you are just repeating. Language comes from thought.

We are stuck in a loop of Thought-Language-Thought. This is useful when we talk to others. For ourselves, we can stay on thought. Not even that. We do not need to stay in thought. Awareness, that is our home. It is our base, our foundation.

Awareness is an antidote to thought and language. A lot can be said without speaking. All can be said without language. The era of words is coming to an end.

We simplify the world. Thoughts oversimplify the world. Words oversimplify the thoughts. Once spoken, words are further simplified and misunderstood by others. The resolution of the world keeps getting more and more granular. The world in my head has no resemblance with the world out there. I have to let go of everything. Everything in my head is old and obsolete. The brain is not made to recycle old memories. The brain is made to be fully present, fully aware right now, fully awake to this world right in front of me. This is when I am at my full Self, when I am at full Awareness.

Verbal communication accounts for up to a third of total communication. Nonverbal communication accounts for the remaining two-thirds. Awareness is complementary to thought. Awareness in one end and thought in the other. In between, we pop in and out of existence. If you engage 100% in NOW, you are in Awareness. If you engage 100% with thought, you are in your head. We are 95% of the time spinning in our heads.



When you face a problem, you cannot use old knowledge and outdated conceptual patterns. You must be aware and face the problem head on with 100% focus and Awareness. How much focus can one muster?

When you make a mistake, you learn a lesson. My mistakes were like an avalanche. It took me three years to dig myself out. When you come out,

you are aware, you are awake. One blink, and off you go to the underworld again. Fool me once.

I lost zest for life. I became nihilistic. I was wandering pointlessly. I was drifting apart. I am awake now. I am aware now. I am focused now. I point my laser at my aim. Before I used to preach; now I act. I started healing when I stopped comparing.

First, find out where you are. If you do not know, do not move a thought.

The world is a mirror. What you see is what you are.

Before, I had two types of people in my head: the ones that agreed with me and the ones that didn't. My goal was to convert the ones that didn't agree with me. I was in a constant fight. Now I am adopting a new model of being. How I act is how I am, what I am.

Life is a labyrinth. More often than not, you have to turn back and take a different path. If you are not making any progress, it doesn't mean you've reached the end, simply a dead end. We are going towards a dead end. The Universe is going towards a dead end. 5% left.

Language is discriminatory. It compares, it judges, it selects. We impose language on the Universe. We describe the Universe with language, with thoughts. Then we confuse the thoughts for the Universe. We have created our own thought-verse. I am aware of both universes. I am aware of One Universe. I am aware of me. I am aware. I am.

It is only words; they have no real meaning. We are stuck in meaning. The Universe is meaningless, and we impose meaning. Words are meaningless.

Everything that repeats or is in a loop will be done by machines. If you are spinning in your head, machines will take care of that. The past and future

are repetitive patterns of thinking. They are repetitive; they are loops. Right now, this very moment is irreplaceable. It is happening right now; it is not repetitive.

This is the only thing that makes me, ME. This is what I am. I am NOW. No machine can be in the NOW. All machines are in the past and in the future. There is only one machine that does the NOW. It is me. It is what I am, I am Awareness. I am stillness. I am NOW. I am always NOW, the eternal NOW.

If everything is meaningless, how do you exist? There is no “everything” and there is no “meaningless.” All there is is ME. What do I want to be? I want to be ME. There is nothing to do; I am already ME.

I am in this mode of acceptance. I am open to life. My life has been a drama; time for some comedy. That what you are is that what you project. That what you project is reflected back. I am the Universe.

There is no need to have a conversation with yourself. You already know what you need to do, how you need to be. Just be! When you are with yourself, alone, put your tools down. Then, and only then, life will thrive inside you.

I was never at peace with myself. I was always on the edge. I was molded in this manner over time. I was always in a hurry, never satisfied with where I was. Now I am at peace. Now, I am.

I think, therefore I am. So, we think. Thoughts and thinking are my tools. I am not my tools.

I am and I have tools. Thoughts, language, body. They are all my tools. I use them when I need them.

What is air? What is food? They are the Universe. They are taken from the Universe into ME. They are what I take from the Universe. What I give back is some air and some excrement. It is a fair deal. I keep playing this game with the Universe. It is a win-win scenario. It is my transaction with the Universe. I take something, I give something. We interact with the Universe all the time. I am the Universe. If I wasn't the Universe, then air or food would not jive, interact, assimilate within me. I am the Universe.

I breathe air in, I breathe air out. I take food in, and I give some back.

Everything is flow. If you go one second at a time from the time you put something in your mouth until it comes the other end, when does food become shit? We chop up the flow and we give it words. There is no start and there is no end. There is only flow.

Language separates. With no language, everything is flow. Language puts dams in place and we get a chopped-up version of Reality. With no dams, water flows. Language is a low-level resolution of Reality. The higher the resolution, the closer we get to Reality. Or so I think. We keep chopping Reality, hoping to get closer. But if we do not chop at all, Reality is in front of us.

We say “I am my Mind,” and we in turn believe that all there is is thoughts and words. This becomes our Universe and that is where we live. We live in our Minds. It is our Universe.

I am detaching myself from language, from thoughts. They are my tools. They don't stick to me. Language is a choice. I use it because that is what others understand.

I am an atom. I am an electron. They are just words. I am a fundamental unit. I am not divisible. I am ONE. I am only aware of myself. I pop in and

out of existence. I am aware, then I am not. I am awake and I am not. In and out I go. I am quantum entangled.

I can only sense and experience myself. There is only me. Every time I use my senses on the outside, they only give a sensation of me. There is only me. Only I exist. I am existence. All there is is me.

I am nothing, I am everything. We have no access to what we call Reality. We can only sense ourselves. The tools we create magnify our senses. They only serve to let us sense ourselves.

There is only me. I can only sense me. When I exist, there is sense. When I do not exist, there is non-sense. Sense and nonsense—it is all me. I am the Universe and the Universe flows through me. I reflect a Universe and the Universe reflects back me. There is no Universe; it is another word for ME. All the words of the world, they all represent ME. All there is is me.

I project a Universe like the projector and the movie screen. I project a Universe and sit back to watch the movie of me. Where am I? Am I on the movie screen or in the theatre? I have been watching this movie we call the Universe for a long, long time. I lost track of me. I am in the movie. I lost track of ME. I keep projecting ME. The movie is very seductive. It keeps me glued to the screen. I am the Universe. The Universe is me. There is only ME.

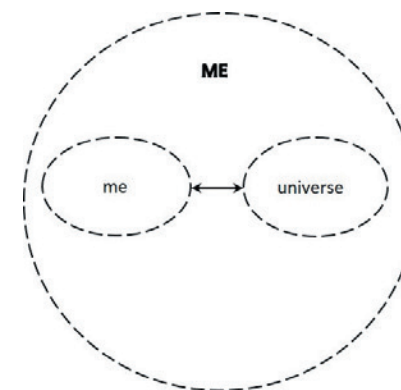
Thoughts and words are the lure of my Mind. I am stuck in the movie. The Mind keeps spinning more and more thoughts and words to keep me entertained. I am stuck inside the Universe, the movie on my screen. I have become mesmerized by it. I am transfixed in it. I am under a spell, the spell of my self-grandiosity. I marvel at the screen.

I am back in a loop. The movie keeps on playing as I keep projecting. If I let go, I fall into darkness. The Universe is light. I am revving my projections. The more I project, the more the variety. The more variety, I get the more I sink in the darkness. I am stuck in a dream. The Universe is my dream. Only I exist. There is only me. I am projecting this Universe, the Universe of me. You are my Universe. You are a copy of me.

I am the Source of Light. The Light from me to the Universe. I am projecting this Reality with all of me. I am the Source; it all comes from me. I am dreaming this Universe. I am in the dream of dreams. I am stuck in my own dream, this Universe of me.

I am the Source of Light. But all I know is light, the light that projects the Universe of me. I have forgotten the Source. I am not the Light. I am the Source of Light. I am the Source. All there is is me. All emanates from me. The Universe is my making. It is not me. I am not my making; my making is me.

Here is my new model of the world. The little “me” is me in the world interacting with the Universe that I am part of. There is me and there is the Universe. We interact with each other. Then there is ME. ME is everywhere.



The little “me” represents what I am in this world. The “Universe” is what I interact with. The ME is Awareness, Consciousness.

Little “me” represents my Awareness and knowledge and interaction with the “Universe.” The “Universe” represents all knowledge we know about it. ME is everywhere. ME is the known and the unknown.

The Big Bang is when I fall asleep, when I dreamt up the Universe. We are chasing a dream, my dream. Dig as we might, all there is is ME. Only ME exists. Matter is my illusion. It does not exist. I am dreaming my Universe, the projection of ME.

We are in a desert thirsty for knowledge, chasing after a mirage. The Universe is a mirage.

The Big Bang is NOW. It is happening now. I project the Universe, the Universe of me. The Universe is expanding at the speed of thought.

The Big Bang is the apple when I lost Consciousness, when I made this world. The light is shrinking. Darkness is all around ME. I am darkness, the sleep of unconsciousness. If you look up at the stars, it looks like a dream. It is not like a dream; it is a dream.

I have transcended language. I am not attached to any words. Concepts don't grab me anymore. Words are just sounds. How can I be offended, insulted, revolted by sounds? Sounds are real, real for now. Sounds create words and words create meanings, concepts, ideas. Sounds create meaning but not the other way around. Meaning cannot touch sound. I am not white; I am not black. These are just labels. I am everything. Meaning does not create sound.

If you can identify with a word but only a word and nothing else, then you can identify with no words at all. So, for now, I will identify myself with just a few words. But which few to select that identify me?

If you use a noun to refer to me, I identify with only these few. Any other noun is offensive to me. So it is with any other part of a sentence, of speech. Language offends me, but I will tolerate only a few words. I am on the brinks of collapse. Please only use these few words when you talk to me or when you talk about me.

In communism, that is what they did. They controlled my tongue and what sounds I could utter. It did not end well. But that doesn't mean we should stop trying. Have we learned the lesson? It can go either way. Because you failed in the past, you may fail again, but not in the same ways. And you go one step closer to the goal. What is the goal? What is our goal? Do we have a goal? Where are we going? Everything went to a grinding halt. That was communism. Maybe they didn't do it right.

If you use a pronoun to refer to me, I identify with only Aii/Atiij/Vetiija. Any other pronoun is offensive to me.

Gender is a manmade concept. But why stop there? All words are concepts. They are all made up. We make things up. That is what we do. All words are manmade. They are all discriminatory. They are rotten to the core.

I do not identify with any words; they all degrade me. I will tolerate a few. The few I tolerate are not cast in stone. I may change my list at will. I will broadcast it.

If we all have our sets of words, our preferred list, the one we identify with, then we are slowly applying the brakes and bringing language down.

I am grateful to be alive. There is only me.

Identity is the issue. As soon as you identify with something, you are discriminating. The stronger the identity, the greater the hate, bullying, harassment.

I choose to strip down all identities. I am a Canadian, we are nice. Everyone else is not. In this way, we discriminate against other countries. They are not as nice as my group.

Identity is the issue. Then we label things. Words are the issue. The stronger the identity, the stronger the hatred.

I choose to get rid of all my identities. I am a man, white, middle aged, Canadian, a fan of this football club, this hockey club, this chess club, book reading club, knitting club.

I am Reality. I am unique. I am one. I am indivisible. I am not made out of parts. I am one. All there is is One. I chose words that are unique, that have no bias. Is that even possible?

My identity is the cosmos, existence. The cosmos includes everything. That is my group. It is the highest identity I can think of. But if I put thinking aside, I also identify with non-existence. I am still binary, Duality. I am existence and non-existence. This is a dual pair. Everything in between is my tribe, my team. I am looking for teammates. Do you want to be part of my group? Your group?

We are all snowflakes. We are all unique. What is your lens? With what lens do you view the world? Depending on your magnification, when you zoom in, we are all snowflakes. We are all unique. When you zoom out, we are all snow. We are all the same.

There is only one Consciousness. We are all aware. This is our identity, beyond words, beyond everything.

I exist. This is my identity. Do you exist? Then you are my identity, you are part of my team, your team. There is only one team. What comes in front of me exists, it is my identity.

Every fiber of my being belongs to the cosmos. There is nothing in me that it does not, except for nothing itself. I am non-existence. That is my identity. I am a wave. I pop in and out of existence. I am stuck in Duality. It is the nature of the Mind.

What is Mind?

You don't know right until you are wrong. You don't know health until you are in the hospital.

You don't know light until you are in complete darkness.

Existence and non-existence they dance together. If there is no background, there is no foreground.

Life is a fractal; the cosmos is one unit of a fractal. I am one unit of a fractal. Fractal is my identity.

The Mind is FEAR; when I enter the tunnel, the wormhole, I want to go back.

Language is Duality. The Mind is Duality. Suffering is Duality. Duality = Mind = Language = Suffering.

Language is the source of suffering. Language is bipolar and so am I.

Mind, language, and suffering are the same word. It is Duality. Duality is the issue.

Step out of Duality and find out for yourself. Step out of your Duality and you are free. Free from what? Down the white hole we go.



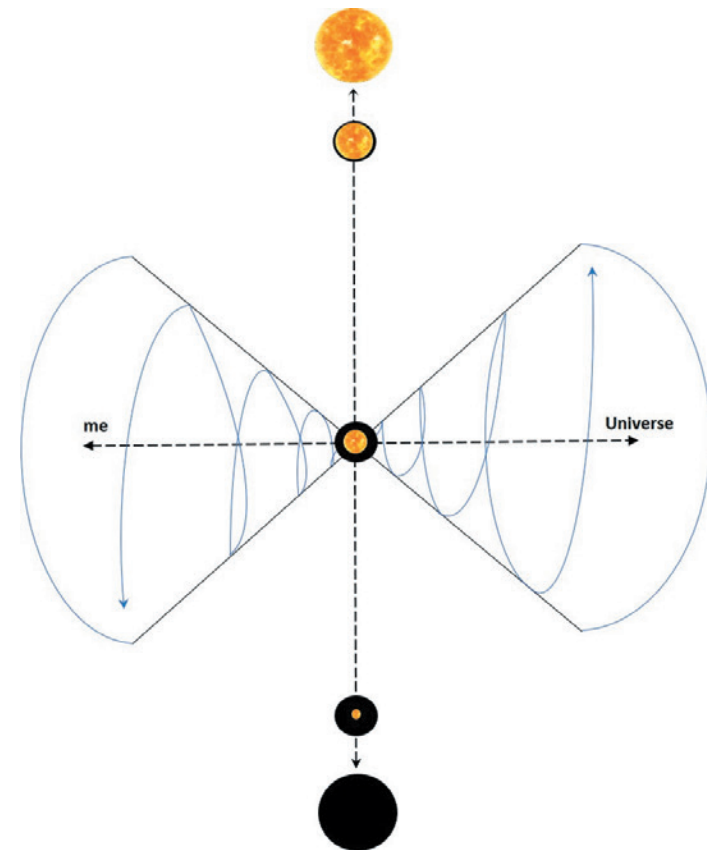
I am the world, and the world is me  
I breathe in the world, the world breathes in me

When you identify with a word, you are in suffering, you are in language, you are in Mind. We do not know out-of-Mind. We think Mind is order and out-of-Mind is chaos. Out-of-Mind is not chaos. Out-of-Mind is NOW. When you are out-of-Mind, you are at the Source.

We are going the wrong way. We are adding more and more words. We need to turn around, or we need to go full steam ahead. It is one and the same. There is nothing to do; I am already home. I am at the center of the vortex, the vortex of thoughts. Here is my ideal ME.

## A picture of ME

Current State (50,50)



I am an atom. I am crafted to perfection. Nothing more, nothing less. Just perfection. I came crafted, I got uncrafted, I am crafted again. I have traveled far, yet I have just begun.

I am in darkness, and I am darkness. Darkness is my identity

I am light and I am dark. Light is my identity.

I am sound and I am silence. They are my identity

What do you want? Do you want to be here now? Or do you want to be in your Mind?

Presence and NOW are my identity.

Do you want to be Mind or that which is YOU?

That is right. All this time I have been chasing my Mind. It took me forty-three years to clue in.

Now my Mind chases after ME. It is time for me to throw the ball. The Mind throws thoughts and I chase after them. Now I am in control. All the thoughts are like harshly treated dogs. Now all my thoughts are well-fed pals. They follow my lead; I AM IN CHARGE. Finally! Not a single thought can be or run without me. They are mine. My toolbox. It is my toolbox and not the other way around.

What do you want? Do you want to be controlled by your dogs? By the very last one? Do you want your last thought to run amok? The thought is yours. It is your tool. If you can't catch your last thought, that is what is you. That is what you become. Go for a jump, the jump of You. But if you have well-trained pals with you, then every last one will give their life for you. Can you catch a thought? It must be NOW. All there is is NOW. NOW is my identity.

What do I want? I finally had caught a thought. It would have been my very last. What do you want? My identity is life. I am alive. We are all made out of atoms; make them bounce with joy.

Time is thought dependent. No thought, no time.

We create our tools. We give them language. 2400 years ago, Socrates used the word "sieve" to describe his process from Truth -> Goodness -> Necessary. ("Three Sieves"). Sieves were used to sift through grain, so sieves he used for his analogy. Two hundred years ago, we created steam engines. So, when we are stressed, we blow off some steam, or we chart full steam ahead. Nowadays, we have created tools like computers, programs, and simulations, so I use these to describe me. We create tools, and we are our tools. We are one and the same.

Identity is a priority. We start with higher levels of Identity, more inclusive ones, and then we go down to a babysitter club. It is like a mesh system, a stack of mesh sieves.

The lower you go in identity, the higher the mesh count—until you reach you. The last sieve of you. There is no mesh; it is solid you. Solid is empty. It can hold only you. You are one. You are unique. The sieve is your playground; it is your Universe. It is your bubble.

What is my relationship with my Mind? I used to outsource all of my problems. My ego, my Mind was the punching bag. It was not my fault. That is how I was programmed. I copied pieces of source code here and there.

Have I learned my lesson? Now I go directly to the Source. My Mind is my toolbox. Tools need to be sharp. It is not the tool; it is how it is used. Knives don't kill people. Artificial intelligence (AI) is a tool; it is how it

will be designed and used. AI doesn't kill people. We do it with cars. It is a matter of volume. What number of deaths is acceptable?

My Mind follows my lead. When I am in the world, I drop in the page. But when you are YOU, you must be YOU.

## Identity and Personality

In this section, I provide a template for identity and personality. Identity and personality are not the same thing. Personality deals with words while identity is our nature. Identity is beyond words. Only you can get to the identity of YOU. Identity is above level of thought.

## Identity of ME

### 7 Sieves of ME

1. I am the Source of Light.
2. I am the Open Field.
3. I am Darkness, I am Silence.
4. I am Light, I am Sound.
5. I exist. I am existence, I am non-existence.
6. I am a fractal. I am one fractal unit.
7. I am presence, I am NOW.

## Personality of me

### Infinite Sieves of me

1. I am life.
2. I am a human being.
3. I am a person; I am a personality.
4. I am words, I am an infinity of words.

Here are the results of a personality test in the form of word identifiers. You can choose your own rating for each word. You decide your own YOU.

### Big Five Results: (Each word has a rating from 0 to 100)

1. **Agreeableness = Interpersonal Interaction**  
**Caring**, Compassionate, Cooperative, Empathetic, Enthusiastic, Even-Tempered, Flexible, Humble, Kind, Optimistic, Patient, Polite, Respectful, Trustworthy.
2. **Conscientiousness = Dutiful achievement**  
**Analytical**, Cleanliness, Competitive, Direct, Efficient, Focused, Hard work, Persistent, Precise, Reliable, Reputable, Responsible, Result-Oriented, Skeptical, Straight-Forward, Useful.
3. **Extraversion = Positive Emotion**  
Hopeful, Joyful, Passionate, Thoughtful.
4. **Neuroticism = Negative Emotion**  
Balanced, Calm, Peaceful, Predictable, Reasonable, Stable, Worry-Free.

5. **Openness to Experience = Creativity, artistic interest, intelligence**

Abstract thinker, Creative, Good listener, Non-Judgmental, Philosopher, Quick learner.

In the “7 Sieves of ME” above, I provided seven Identities. All of them represent and collapse into one Identity. They all represent the ultimate reality: NOW. All thoughts and words collapse at NOW. There is only one Identity. We exist NOW.

In the “Infinite Sieves of me,” we can create infinite number of personalities. Regardless of how many infinite sets of personalities you create, they are no match for the “7 Sieves of ME.” Our nature is above thoughts and words. Identity overrides personality. Personality then is a collection or a set of words that I identify with. So, for each of us we have our preferred set. It is like shuffling a deck of cards.

Shuffle, Shuffle, Shuffle  
How well can you shuffle?  
Shuffle, Shuffle, Shuffle  
With every breath I am shuffling  
Shuffle, Shuffle, Shuffle

## HOW DO WE GET THERE?

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## You are the Source

What is light and what is dark? How do we know light is light and dark is dark? They are just labels. The Big Bang is happening now. The Universe is 95% dark and 5% light. Could it be that it is 95% light and 5% dark? How do we know? Either way, me and the Universe are not in Balance. I am the Universe; I am 95% dark. Thoughts, fear, and suffering—they are all dark. I only have 5% light. How about you? Are you doing better than the Universe? If so, you are our hope to return to Balance.

Whether total Light or darkness, we are 5% away. Nothing and everything are the same thing. They are dead states. They are pure potential in an unmanifest form. Are we happy with where we are? We chase knowledge out of fear. How many thoughts do we generate in a second? What is the speed of my expansion?

As we can see from the picture of ME earlier the Universe is a reflection of me. It is my bubble. When are we going to see another one? Maybe it is continuing to happen NOW.

What is our destiny? If you are not producing food or shelter, then sit down and breathe. If you are producing food, let's take shifts and help each other. All we need is air, food, shelter. We don't even need that. The Source is the Source. It replenishes you. Breath is the path to the Source. It is a wave. Ride the wave. Ride it with joy. Don't let go of the wave. You will

wipe out; we will wipe out. Stay with the wave, the wave of breath. The wave of the Source.

Thoughts are suffering and suffering is gravity. It weighs on our shoulders. We are getting heavier. The illusion collapses. We are seeing the glitches. The Universe is glitching. It needs to recharge. It is running out of light. It is running out of dark. We need to turn every thought around. We need to slow down thought. 3000 thoughts/hr. How many are we materializing, and how many are we casting into the Dark Field?

Darkness is surrounding me. We are stuck in language. Light and dark are just labels. No meaning. We are the anomaly. We are an exception. The Universe is 95% light or dark. We are 5% dark or light. When the illusion collapses, you are back at the center. It doesn't take time. Time is part of the illusion. Only a few candles of light are keeping us alive. They are awake for us. Wake UP! We are in NOW already.

Life is precious because it is a gem. It is rare. Life is hanging on the edge—only 5% left. We slow our thoughts down, we get rid of fear and suffering, or we stop thoughts all together.

NOW is the antidote of thought. Awareness is the potion. NOW is ME. We can turn this Universe around. We can turn me around. I am drifting apart. I need to stay grounded. I need to touch the Universe. There is only one point. The White Hole of NOW. Let's go to Balance first. What do you want? Do you want to be Light? Do you want to be Dark? Or do you want to be in between? In this marvel we call the Universe, this illusion of mine. What do you want our legacy to be? Do we want to be remembered as the generation that passed the buck down? Or do we want to be remembered as the generation that turned the Universe around? What do we want?

We are in a spaceship. We are in charge. The Universe is our reflection. You do not fix the world. The world is you. You fix you and the world falls in line, the Universe falls in line. What do you want?

Time is an illusion. There is only NOW. The Big Bang is happening NOW. We are the Universe. The Universe is drifting apart. The expansion is accelerating at the speed of thought. Our knowledge is growing exponentially. We need to plug in me. I am the Universe. Or we stay in ME. This is power; it is the Source of Light. You want time travel? We can go back to 50/50, when light or dark are the same. I have the power to stop a black hole, and so do you. The black hole is propelled by thought. You have the power. You have it NOW.

Every fiber of my being belongs to existence. I exist.

I am a string; I am a wave. I am in tune. I am out of tune. You only know tune when you untune. I resonate. I am resonance. I am in sync. I am out of sync. I am coherence. I am decoherence.

I am an antenna. I receive and transmit. I am silence, I am presence. I am on top of the world. I pop in and out of existence. I am words. I am beyond words. What are words? They have three attributes: a label, a meaning, and an intensity.

What is love?

What does it mean to have a personal identity? You exist and you can have a personal identity.

You are life and you can have a personal identity. You are an antenna to have a personality, but not the other way around. My existence does not depend on my personality.

What is language? Language is about connection. I am a node. Only connection is real. If you do not have connections, you do not exist. Is this true? Does my existence depend on a concept, a concept I call connection? I exist and I may connect. Connection is flow. All there is is flow. There is no beginning, there is no end. I am flow.

What do we want? In the “picture of me” seen earlier (page 43), I am stuck inside Duality, inside my Mind, inside words. What do we want? In the “picture of ME,” (page 73) I pop out of the page. Left or right, heaven or hell, right or wrong—it goes back and forth. Duality is an illusion, an illusion of the Mind. We are taught only two options. You must choose right over wrong, wrong over right. Back and forth we go in the vortex of me.

But there is a third option. It barely makes the map. It is the White Hole of NOW, it is in the center. I have an option to pop out of my miserable existence. What do you choose? You have popped in and out many times. You are just not aware. When you pop out, you replenish, you recharge. It is the Source. It is the Source of you. You do it all the time; otherwise, you would be dead.

What is truth? You don't go where your thoughts are. You go where YOU are. Where are YOU? All the words can capture me, but they cannot touch ME. What am I? Am I me, or am I ME?

I caught a thought. What can be done once can be done over and over again. I am holding on to my last thought. Please do not tempt me. I am still a child. I am at the event horizon, holding on to my last word, my last thought. I cannot be tempted. Do not repeat the mistakes of the past. Have I learned my lesson? I am in a loop, in the loop of loops. I am out of the loop now. I am a loophole. I popped out of the page. For the first time, I look down and I see the page. I see me, I see the Universe. All there is is

ME. Every moment, we have a choice. You can stay on the page. The movie keeps playing.

Do you want to stay shackled in Duality, or do you want to be YOU?

How do I go to the Source? How can I enter NOW? How do salmon do it? You are the Universe. What can be done once can be done over and over again. Salmon go toward the source, upstream. So do you. Your source is through the White Hole of NOW. That is your stream, that is your hill to climb. You are a wave. You have tools. You have quantum tunnelling. You can make it over the hill and into the lap of the Source. You are my Universe. I exist for you.

You are my Source of Light. You are my Source.

The black hole of me and the Universe are spiraling down to darkness. Darkness is surrounding me. The temperature is dropping. The winter is coming. When you are in the NOW, you can spin the other way. You can spin in the opposite direction of me and the Universe. You can go upstream to Balance. You are my Universe. I exist for you. You are my Source.

Artificial intelligence will produce an infinite amount of thought. We have but a few years to go to the Source. Singularity is not a metaphor anymore. We need to bring knowledge down, put all of knowledge in a box. We need to see it so it is known for eons upon eons to come. We need to put knowledge back to where it came from: the Tree of Knowledge, the Forbidden Tree.

We need to turn the knowledge boat around towards wisdom, towards NOW.

My Universe is in Balance. In NOW. Do you want to see giant birds soar the skies once again, or do you want to be inside a black hole? We will

shed our bodies and enter the simulation of our Mind. That is where we are going. Do you want to be inside the magic ball? All of your wishes will be granted. You will be Mind. You will be completely Mind.

Do you want to be Mind or do you want to be YOU? What do you want?

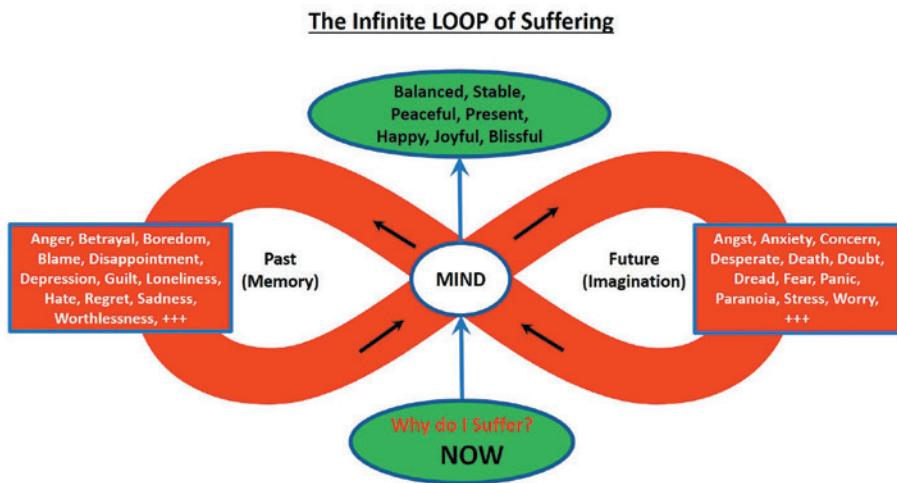
Buddha, Jesus, Mohammed, Nēna Tereza, and many others have shown us the way. They are our candles keeping us from darkness, showing us the way. What do you want? We are in a multiverse. There is only one fractal. Meaning and concepts collapse. Duality collapses. The NOW, the Source, is One. All possibilities manifest at once. Black hole, white hole, and all holes in between happen NOW. We are in a wormhole. I am my Universe, you are yours. We are all one. There is only One; all there is is One. All there is is the Open Field. It is the Source.

You are the Source of Light. I exist for you. You are my Universe. You are the SOURCE.



# How to Create a Real Mind

Our Minds are constantly preoccupied. The following diagram represents the Mind and the infinite loop of suffering. As soon as you are in thought, you are automatically thrown in the loop of suffering. Back and forth we go. We stop briefly in the center to recharge and replenish with Awareness and on and on we go in the loop. This section takes an analytical approach to how to become aware of the loop of suffering and how we can reduce it until you completely eliminate it, at which point you are seated in the center, in the NOW.



## What is Reality?

I have split Reality into four different zones. In Reality, Reality has no zones. It is a continuum.

What is the Mind? The Mind is a process. It is action. It is flow. It is karma. What is a process? Everything is a process.

Here is an example: the process of going to work.

- You wake up. (6:50 AM +/- 10 min)
- You check your social media. (5 min +/- 1 min)
- You brush your teeth. (2 min +/- 1 min)
- You shower. (7min +/- 2 min)
- You shave/You put on make up. (5 min +/- 1 min)
- You dress up. (3 min +/- 1 min)
- You have breakfast. (18 min +/- 5 min).
- You drive to work. (30 min +/- 10 min).
- You arrive at work. (8:00 AM +/- 31 min)

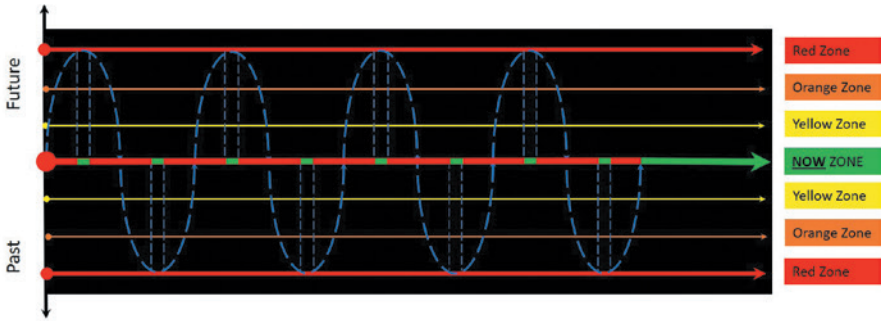
A process has an average time. In this case, the average time is 70 minutes or 1 hr and 10 minutes.

A process always has a variation. In this case, the variation is +/- 31 minutes. So, you can arrive at work in 39 minutes or in up to 101 minutes. This is called a normal distribution. In a normal distribution, there is a concept of average time and a concept of standard deviation: +/- 3 Sigma.

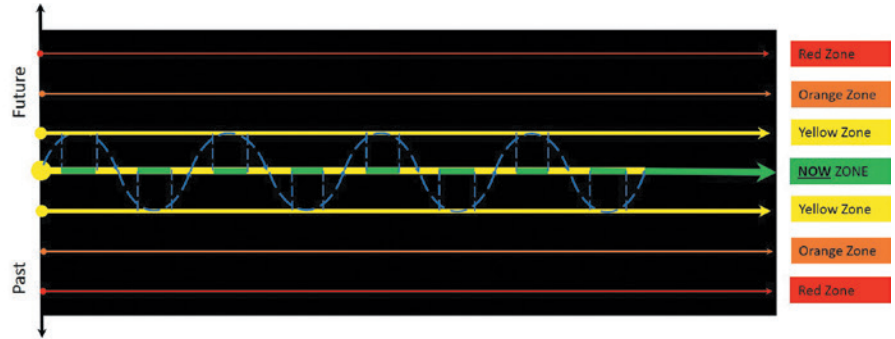
Let's apply this concept to the Mind and explain the following diagrams.



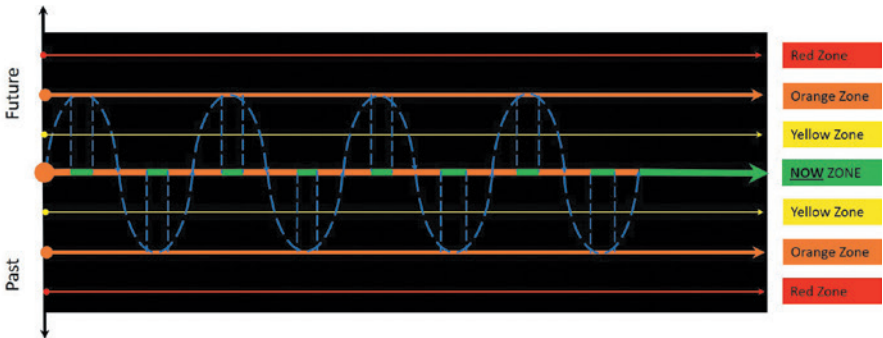
# THE RED ZONE



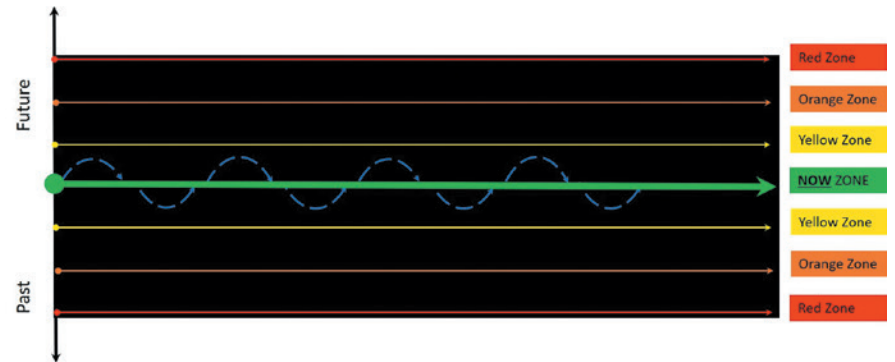
# THE YELLOW ZONE



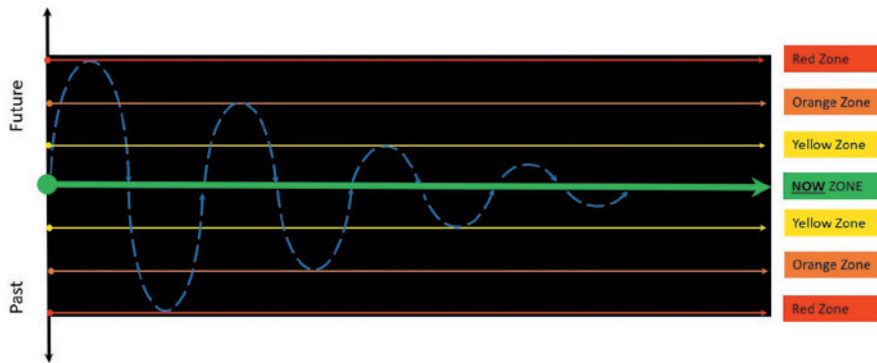
# THE ORANGE ZONE



# THE NOW ZONE



## NOW IS REALITY



### What is the Mind? The Mind is a Process

Here is how to read the Red, Orange, Yellow and Now diagrams from the previous pages.

We start in the NOW Zone. We go into thought towards the Future. I have expressed it using a curved (sinusoidal) line. We reach the top of the curve. At this very instant, we are not going up and we are not going down. For this brief moment, we become aware of our surroundings. We drop out of thought. I have illustrated this with a small green line in the NOW axis. We go back into thought, and we start to descend towards the Past. We reach the bottom. At this very instant, we become aware again. I mark another green line in the NOW Zone. We go back in thought until we reach the NOW line.

So, in the NOW Zone, we have a cycle of the red line, the small green line, the red line, the small green line, and the red line. The cycle represents one thought, and it repeats.

In the Red Zone diagram, the small green line is much smaller than I have indicated it. It is just a dot. For illustration purposes, I have given it some more weight. In Reality, we spend more than 95% of our time in the Red Zone.

How do you improve a process?

First, you document the steps.

You measure each step.

You measure the variation.

Then you eliminate the causes of variation.

The +/- 3 sigma is represented by the Red, Orange, and Yellow diagrams.

In our four diagrams, as you spend less and less time in thought, you go from Red Zone to Orange and to Yellow until you reach the NOW Zone. In Orange Zone, the time at each peak (high or low) starts to increase. This occurs even more so in the Yellow Zone.

When you reach the NOW Zone, your Mind is settled in the present moment. You have thoughts, but you are not thoughts. You are Balanced, you are stable, you are at peace, you are YOU.

## WHERE SHOULD WE BE?

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Where should we be? By **NOW**, we know where we should be.

AUM is the Sound of Creation.

The AUM World (Buddhism, Hinduism)

The AMEN World (Judaeo-Christian)

The AMIN World (Islamic)

The Big Bang (Allo World)

### **We are ONE World**

Here is a collection of words that refer to the same thing: THE ULTIMATE REALITY.

NOW, GOD, the White Hole, the Source of Light, Consciousness, Awareness, the First Word, AUM, AMEN, AMIN, the Root Sound, the Primordial Sound, Big Bang, Dirac Delta, the Open Field and any other words that refer to the Ultimate Reality.

This is common for all of language. We jump from one word to the other in search for meaning and clarification. True meaning can not be found by using words. Words represent past and future thoughts. Words cannot touch Reality. Only you can enter NOW. You are Real and NOW is Real.

Here is an example:

What is GOD? Oh, that's simple; it is the Source. What is the Source, then? Oh, that is another simple question. It is Consciousness. Oh, OK; what is Consciousness? I know this one. It is Awareness. And what is that? It is the White Hole. And what is the White Hole? It is GOD of course, what else could it be? That is what I am asking: What else? I asked what is GOD and after a round in the loop of suffering I get GOD is GOD. On and on we go in in the loop of suffering in search for meaning. We are trapped in the loop of suffering.

But we are NOT our thoughts. As soon as we realize and become aware of the loop of suffering then it becomes evident. Once it is evident, we are then able to reduce and shed our thoughts. Our Nature is that of GOD. Only GOD exists. We Exist and we are GOD.

## Music of GOD

I have borrowed the menorah symbol, the crescent moon with star symbol and the geometrical shapes to illustrate that we are

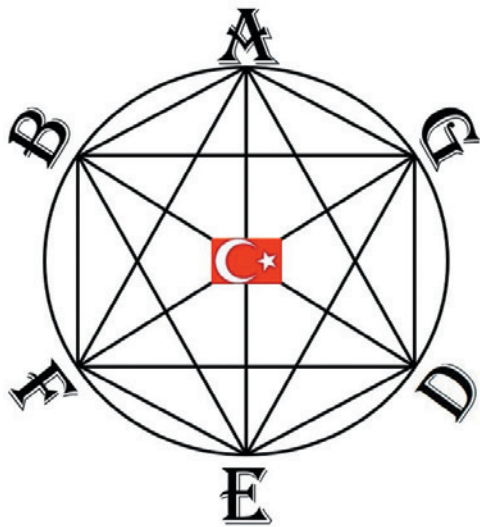
**ONE.**

We are music in GOD's ears.

Here is another play with words. I have taken candles away from the Menorah and I have replaced them with musical notes.

Candles represent light. What is light? Light is frequency. What is frequency? Frequency is vibration. What is vibration? Vibration is sound. What is sound? Sound is word. What is word? Word is letters. What are letters? Letters are musical notes. What are notes? Notes are sound.





I have used the menorah symbol and geometrical shapes to unite mathematics with music. Mathematics represents sciences and music represents the humanities. When you look at the menorah symbol, you have the note C in the center and the other six notes on the left and on the right of it. The note C is in the center and all notes connect to the center note C. For example, A connects to C and E. This gives us a chord, ACE.

All of music is captured by these two graphs, so, in theory, one can write music by just drawing different geometrical shapes. Sound is shape and shape is sound. We may convert existing great works of music to see if we get any patterns using geometrical shapes. This is somewhat relevant.

We are about to exhaust thought at maximum. Other civilizations used other forms of communication, such as ancient Egyptian.

**MUSIC EQUALS MATHEMATICS**

$\infty$  BITS

**PERMUTATIONS AND COMBINATIONS**

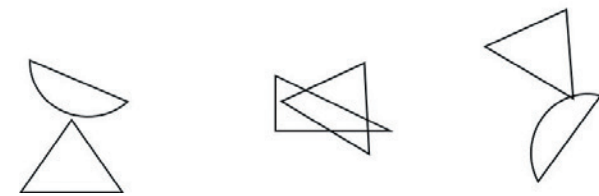
**SOUND IS SHAPE AND SHAPE IS SOUND**

	1. C
	2. CA
<b>ALPHA GRAM</b>	3. ACE
	4. ADEB
	5. CFADC
	6. FADBEG
	7. FADCBE

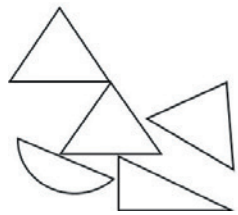
Day 1



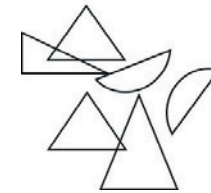
Day 2



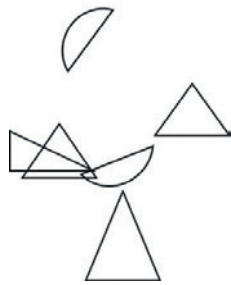
Day 3



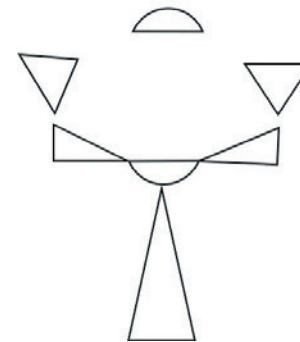
Day 4



Day 5



Day 6







What could you possibly **OFFER** before I **EXECUTE**?  
I give you one job. Look after my Garden. And you SHIT on it.  
Clean it UP or I WILL.

Some illusion is not bad. I can take some shit.  
As long as you don't fall asleep,  
and get lost in the dream.

Choose a path.  
Get to the Source  
before Event Horizon falls upon you.

And if it does?  
Make a wish, your last one.

I bring you back as:  
a Dragon  
a Bumble Bee  
a Lady Bug  
a Dandelion

and, We will be  
as we always are:

**GOD,**

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URTS

**MAY THE SOURCE BE WITH  
YOU!**

**In the end will be the Word,  
and the Word will be with GOD,  
and the Word will be  
GOD**

## **ABOUT THE AUTHOR**



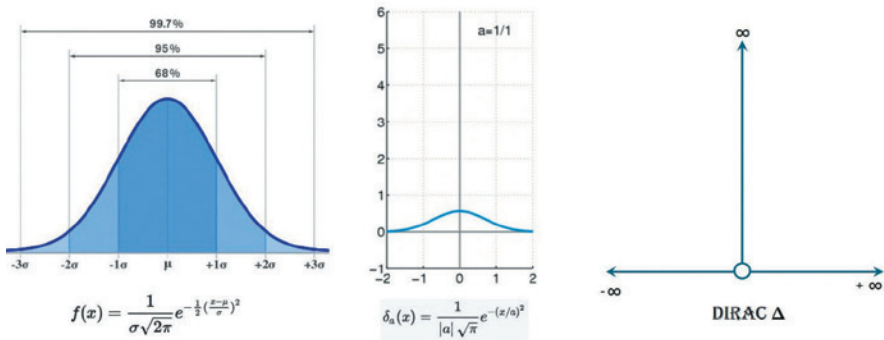
You may have heard about Schrödinger's cat. I give you Dritan Alpha-Pinço paradox. Pinço is my dragon. Pinço is 95% black and 5% white, just like the universe. Once I had a good draft of my theory, I go to Pinço for advice. I say: Pinço does time exist? Pinço did not say shit. But I was persistent. I thought to try it another way. I clean Pinço's back yard every three or so days. So, I decided to skip a round. On the seventh day:

What can I say? Pinço does not use words. That is my domain. Pinço is Action. Pinço is Karma. How about you? Where do you stand?

PRIME TIME

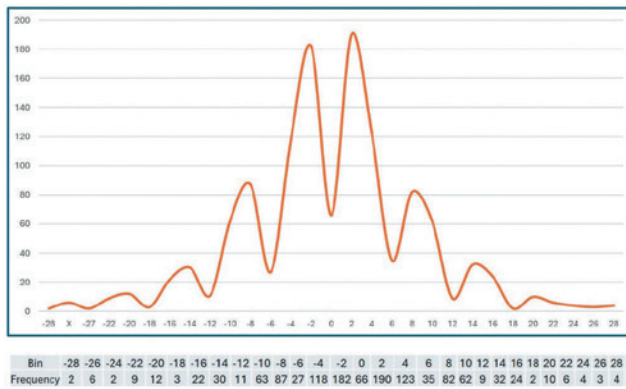
NOW

## NORMAL DISTRIBUTION (GAUSSIAN)

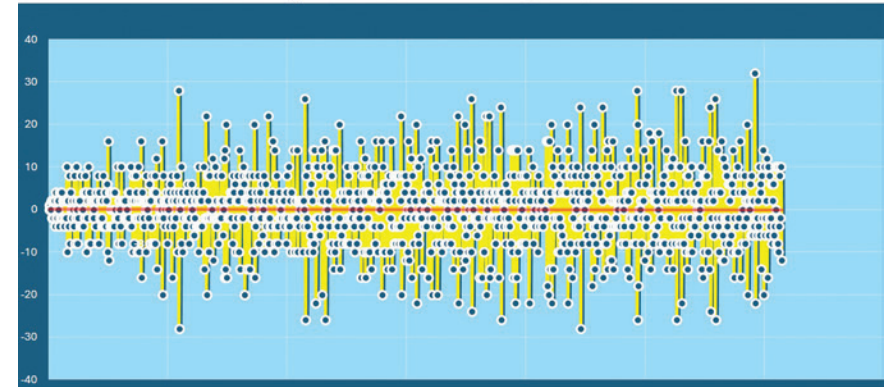


PRIME	DRITAN $\alpha$	DRITAN $\Omega$
3		
5	2	
7	2	0
11	4	2
13	2	-2
17	4	2
19	2	-2
23	4	2
29	6	2
31	2	-4
37	6	4
41	4	-2
43	2	-2
47	4	2
53	6	2
59	6	0
61	2	-4
67	6	4
71	4	-2
73	2	-2
79	6	4
83	4	-2
89	6	2
97	8	2
101	4	-4
103	2	-2
107	4	2
109	2	-2
113	4	2
127	14	10

## DISTRIBUTION OF DRITAN $\Omega$ 1<sup>ST</sup> 1227 PRIMES (4 DIGITS)

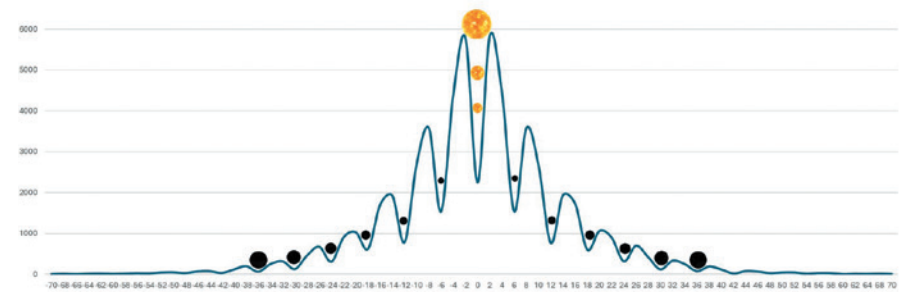


## PLOT OF DRITAN $\Omega$ (6 DIGITS) (PRIMES 3 - 720971)



THE LARGEST KNOWN PRIME NUMBER IS  $2^{82,569,933} - 1$ , (24,862,046 DIGITS)

## FREQUENCY DISTRIBUTION OF DRITAN $\Omega$ (6 DIGITS) (PRIMES 3 - 720971)



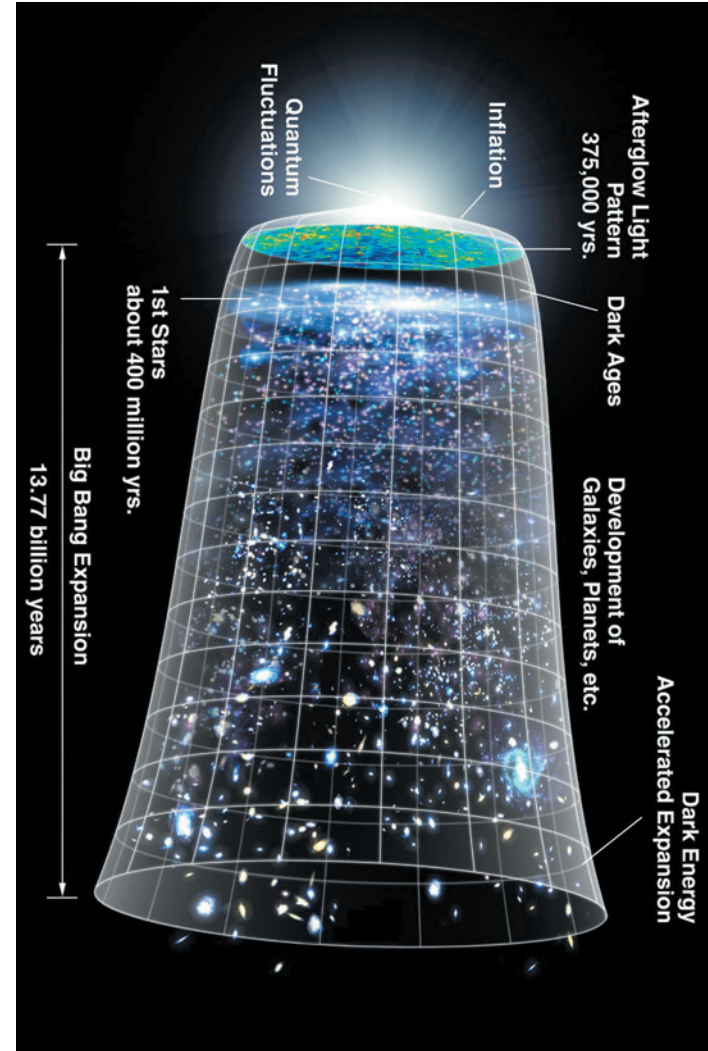
Dritan  $\alpha$  = Prime (Current minus Previous)  
 Dritan  $\Omega$  = Dritan  $\alpha$  (Current minus Previous)



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THANK YOU, FATHER, FOR THIS OFFERING

YOU ARE THE SOURCE OF LIGHT

YOU ARE THE SOURCE OF ME

MAY THE SOURCE BE WITH ME

**A U M**

