

Chapter 19

Living with Reality

It does not require close observation to realise that there exists a percentage of people who always seem to have something wrong with them; regular headaches, colds, flue, stomach upsets, tiredness and irritability, and perhaps much more besides. So, are these people worrying purely because of the luck of the genes and their constant physical ailments thereof, or are they suffering due to worrying so much? Such people will not accept any kind of psychosomatic illness, in much the same way that many alcoholics do not accept that their mental and physical problems are due to alcohol. And just as some seem to accept that their children's problems are not in any way due to the way they have been brought up. And this of course is denial.

True enough, so many things can be the cause of physical ailments; environment, accidents, some absolute physical disorder, luck, and indeed the genes themselves. But this does not eliminate the potential of physical disorder due to psychosomatic reasons. The first indication of the mind affecting the physical body is that of butterflies in the stomach when worrying about something. It is a consistent odd coincidence is it not that people who do not worry about much seem to get less wrong with them, and also seem to recover more quickly when they do get something wrong with them. But many folk do not seem to like blaming themselves for anything do they. Fred accidentally steps in front of a truck and finishes up with two broken legs. Nothing to do with the mind is it ! Or is it? Had Fred be concentrating on what he was doing then he would not have stepped in front of an oncoming truck. It was not an accident at all, other than that he did not intend it happening – but he caused it nonetheless. And maybe he was worrying about something at the time when he should have been concentrating on crossing the road safely. But of course it was the lorry drivers fault not Fred's. Well, so they like to say anyway. Have you noticed as to how some people are accident prone? Oh, what hard luck they have. Hard luck that they were not concentrating on what they were doing at the time. But it is far better to blame something or somebody else is it not, for some can do no wrong it seems.

Likewise is it all too easy to say, yes, you have a stomach ulcer, and that is the cause of your problems. But what caused the stomach ulcer in the first place? True, it might have been due to eating too much of the wrong kind of food, or drink. But is it always so? Once a physical problem has developed, then yes indeed, that will cause problems. But it is ironic is it not that people who do not spend their time worrying about everything and getting stressed out seem to get far less of this kind of thing. Have you noticed as to how quickly many politicians seem to age? What a coincidence indeed. So many people truly do love to blame poor old coincidence do they not; or Beelzebub of course – must not forget him must we.

If the mind has no effect over the body then what the hell is it connected to it for? What is it that steers the body around? Why do you not keep falling over or crashing into lamp posts? How do you manage to get out of bed in the morning? Mind over matter. If matter was in charge of the mind, then why the need for a mind at all? If the genes were in charge of the mind then why do they not study themselves?

I had a guy come around to me once who was every interested in mind over matter. He asked me if I could do it (he had read some of my stuff somewhere). I said yes, it is dead easy, have you never seen it done? He said that he believed in it but had never seen it done. So I told him that I would give him a demonstration. I asked him to choose an object and place it on the table and that my mind would move it. He was gobsmacked and all excited. So, I pushed the item along the table with my finger; and said there; easy is it not. Oh, but you touched it he said. So I asked him as to how else he expected me to do it. Well, it seems that he expected me to do it without using the bits which the mind is connected to for that purpose. I had demonstrated mind moving matter; but he wanted something else. He wanted me to 'think' it along the table it seems. Well, fortunately I cannot do that, for it would be ludicrously dangerous to be able to do so. The nature of reality is not stupid is it. Maybe I could have thought the German army out of existence. That'll be the day. It would be fun if I could think a bank vault door open would it not; or if I thought that I could walk through brick walls. Well, I cannot, so tough luck, but I can certainly decide to move things around a bit. But it requires a body made of more or less the same kind of stuff in order to do it. Oh what a drag to be sure !!! But never mind eh. (I never realised that was a pun until I wrote it).

So, if my mind can directly effect an objective body then why not my own body? Well, we know that it does, it is axiomatic. Food does not fall off of the trees into my mouth. I have to put it in there. The body does not wash itself, I have to decide to do it. And what is more is that the body cannot exist without me in it; let alone function and move around. So why the big hang up and mystery about mind over matter then? Maybe they are frightened of things which they cannot see, touch, hear, taste or smell. Maybe they are just frightened of everything and worry about everything. Is a human mind brought forth into existence to spend all its time worrying? Not on your life chum. Relax, take it smoothly. There are things in life which we do have to think and worry about at times. And when that time comes we need all our energy to do it. So why waste that energy when it is not needed to be used, for you will need it when you do need it.

How much energy (which the body and brain needs) is wasted by so many hours of stress and worry? And if you say that it does not use energy then I would suggest that you think again. Thinking requires energy too. Existing requires energy. Everything requires energy. Nothing does not require energy, but then again nothing does not exist. If you say that there is such a thing as nothing then I would suggest you spending the next ten billion years looking for it. 'In the beginning (it is said) there was nothing' ! How do you know, were you there? 'Oh no, but I assume there was nothing there; and it seems that there was nothing there'! Assumption is not a good travelling companion, and things ain't always what they seem to be. Tell me about what you have discovered not what you assume that you will discover. Tell me about what is, not what is not.

Words are quite good tools until such time that you invent words for things which do not exist – and then you have a mental problem to worry about. And mental problems can become psychological problems, and then physical problems. Took a young woman for driving lessons one day (many hundreds of young men and women in fact), she was a wonderful Lady; bright, intelligent, good looking, kind, considerate, everything which could be considered to be good about somebody. But she had been got at. She told me that she had failed about six driving tests and had become a nervous wreck. Her last instructor had been an ex policeman; and she told me that he had told her that she would never pass a driving test as long as she had a hole in her arse! Nice fellow indeed eh; I wonder where they dig some of these coppers up !? I knew him, so I did not doubt her word. And she was in tears. So, I did not give her a lesson, instead I gave her a driving test first (and I am one of the worst and hardest examiners; but I prefer teaching). Her driving was good, very good in fact; and well above the standard to pass a driving test. And her situation was such that she really did need to drive.

So, she did not need a course on driving at all, she needed a course in confidence and encouragement. And which is easy enough – although hard work in one way – patience; and lots of it. Anyway, she flew through her driving test first time; and was over the moon. She told me that I had not only restored her faith in driving instructors (real ones) but also in human beings. So, was the job worthwhile? I loved every moment of that job. And never once in all those years did I ever have to advertise. Strange coincidence eh. Some care, some don't. Some try, and some don't. Oh, I have loved studying people for sixty five years. But I no longer teach them to sell, or to drive cars; for there is even more important things to do – and to be driven. And this little story of course is but another demonstration of the power of the word – in both cases; one negative and one positive. And one could tell thousands of them.

In life there are those who claim that they cannot swim. But everybody can swim. There are those who say that they cannot ride a bicycle, but everybody can. But those who have not swum or not rode a bicycle do not realise, or perhaps accept, that it is so easy. This is the same as seeing and understanding the knowledge of ourselves and all the things which I have mentioned herein; it is as simple as seeing when the light goes on. But how can one teach a person to swim or ride a bike by talking to them? You cannot. You might be able to help, and help give them confidence even; but words do not make them ride or swim; and words do not make one know and understand. One simply has to get into the water and do it; and climb up on the bike and go with the motion. True, it is far easier to learn to swim or ride a bike than it is to attain psychognosis. For we can learn to swim or ride a bike on our own; but we cannot decide to redeem this knowledge of our deepest self and thence make it happen by mere choice. Yet it happens. And when it does start to happen we have to (or should) go along with it – caste your fate to the wind kind of thing. And many people will not do that for they cling to what they know already. I know well enough from hindsight that when this first starts to happen we could prevent it by not allowing ourselves to go with the flow – and probably due to fear of the unknown. Why do so many people fear the unknown? I wish I knew, but I do not. The concept of fear of the unknown is totally alien to me, and there is nothing more interesting and absorbing as a good mystery to get ones head around. And life sure supplies enough of them.

The truth is that there is nothing easier in all existence than going with the flow – for you just simply let go of everything, and just go. Indeed, the contrary would be much more difficult – fighting and resisting it. I often wonder as to just how much stress in life is caused by not accepting what is; and maybe some psychosomatic illnesses also. It may sound an odd thing to say but I have found that all the mystics which I have known, and many folk even who were not, simply do not take things over seriously. This may sound like a contradiction, for mystics do take life and their responsibilities seriously, more than most it seems. But I suppose I mean that they do not take their daily incarnate personality too seriously, and hence they have no ego to uphold or adore. Such people laugh at themselves in a way that most folk seem not to be able to for some reason. And this of course is all a part of the package of their humour, and which makes them so easy going – until a real fight or argument is needed that is.

I do not know of course, for I cannot know, but I often wonder as to what would happen to a person in the Limbo state who did not go with the flow whilst there. Would they, could they, be stuck there for a long time one wonders? Well, I hope for their sake that they would not. But who knows except for them if it does happen. Personally I doubt it, but I do not know. But if they did then it would be comparable to trying to hang on to what they considered to be their hitherto known past existence. Moreover, and even though it is not an interest of mine, why do people climb mountains? Because they are there – the adventure and challenge I guess. I should imagine it beats watching the television – and I often wonder as to how many folk use that as a substitute for living their own life to the full. ‘Oh, I cannot attempt that, for I may get it wrong or make a fool of myself’, kind of thing.

One can give a good effective but simply analogy of this. Imagine this. Imagine that we were fish that lived at the bottom of a very deep pond or sea and that there came a point where we fell asleep. During that sleep we floated up to the surface of the pond and thereon we woke up again, but remembering nothing at all. (Cosmic Amnesia). So the fish then spent its surface existence as a fish with its head above water; and swimming around in circles not knowing where or why; like a ship without a rudder and with little or nothing of the real sustenance of what it needs. And in this condition it did not know what it was, where it came from, or what it is supposed to be doing. However, there came a moment whilst still wide awake, when a few fish were dragged back down to the bottom of the pond by tidal currents to redeem the knowledge of what it really is, and as to why it exists and what it has to do. Some then go back to the surface with this knowledge and understanding; this gnosis, and the effects of it, and inform the fish above the waves that they can go below the waves and find abundant sustenance there. But the other fish still swimming in endless circles on the surface of the sea said don’t be silly, for we would drown if we did that. So be it.

I do know that during their lifetime some folk have been on the verge of transcendence and resisted it, as I mentioned elsewhere. I can only know this by virtue of what I have been told, and whilst recognising the situation and the events of which they honestly speak. And they have openly stated that the experience frightened them, and they fought against it. And this of course is indeed interesting, and it certainly makes sense to me. But from what I see of it that resistance would have to come very early on indeed; for once on the way then the process takes over and does what it does and goes where it goes.

So, if this really is the case (and I do not doubt them at all) then I could only offer the suggestion to not fight it, and simply go – go initially for the love of an adventure even. What is the worst that could happen as they envisage it – death maybe? The best that could happen is that they go all the way home – and come back again to the same lifetime to swim in the lagoon of plenty. For it is the only way this world and incarnate existence can indeed know it – by going back to the bottom off the pond of being during a lifetime. Otherwise cosmic amnesia kicks in and it will all be forgotten: time and again. Only in the mortal aspect of life can eternity be known to be what it is; and only by the mortal part of the manifestation of the life force itself. For without the memory of it whilst here it would never be known to be a part of a greater whole – for you know nothing of the world whilst there – and that too is a fact.

There have been many people, ever since we lived in caves, who have had second hand knowledge of these events and tried to induce them. It has long been known that one way to put oneself in the path of this event is by way of harmonic sound resonance. I mentioned Stonehenge earlier on. It was built with a concave structure to the inner side of the outer stones to reflect sound waves back to the centre. And during this the sound effect was amplified in such a way that it could cause a shift in consciousness itself. True, the inner esoteric circle had to make it look as though it were designed for other reasons (for they kept all this secret in those days – elitism). The ancients were very good at two things: Psychology and Astronomy; for they had nothing else to do in their spare time anyway. Whereas today we are bombarded with so many possible things to occupy and titillate the mind; and most of it is utter trivia. Fine, that can be fun and amusing at times – but not all the time.

However, even before that, they discovered that some caves had a natural resonance effect and that sound could effect their mind and consciousness. Some caves were even adapted for this very purpose – to induce mystical transcendent experiences. Thus, as I have said many times, these things have been known since we lived in caves; and it was all passed on by word of mouth, and even long after writing was on the scene. Early religions were exactly the same, elitist and passed on by word of mouth in secret. They, even some of the genuine but original half-baked mystics themselves, were under the impression they were contacting their deities of the time and culture and were selected for the job. But a few were even smarter and more experienced and knowledgeable even then. So, there is nothing new in all this except a greater understanding of reality and an openness of discussion – for what good it does to the intransigent who claim to know better yet actually know nothing at all.

The world has known thousands of myths from the beginning of human existence, and all over the world, and many of them were specifically generated as symbols for true events of human experience. Up until recent times, say a mere few thousand years ago, people lived with reality as it is and as it is experienced to be. Some, a few, still do; for example some of the few still existing ancient tribes in unpopulated areas; and indeed not far removed from hunter gatherers. But in the ‘civilised’ world of modern day innovations (modern day meaning for the last few thousand years) people are more and more removed from living with reality as it is, and live in a world of the their own innovations and gadgets – truly a kind of virtual reality. There is of course nothing wrong with this at all, and it is indeed evolution of human existence and society. But the problem comes when and if people loose sight and touch of the real reality which underlies it and surrounds it.

Civilisation, and all its gadgets, is a mere fragile icing on the cake of reality. Any large scale catastrophe (from real reality) would blow this virtual reality away like a flame – a large meteor or asteroid for example; among other things. And civilisation is gone. Even far less over all destructive vents can and does throw civilisation onto mess; including many man made ones.

However, it was living with real reality itself that caused quite natural changes in human consciousness and understanding. Civilisation and all its modern day gadgets and potentials does not prevent this, for many people are still in touch with the real world and what exists naturally around them anyway, but it seems that it can and does prevent many from this close quarters hands on relationship with reality as it is. Hence such people, even in the modern world, keep in touch with the natural world, and have more affinity with the natural order of things; and these people are definitely seen to be the types which come to have life enhancing, and even deeply profound and revealing experiences during their life. But even if they do not then they do still seem to be more alive than many who we observe on a daily basis. This is not a mere coincidence, and it has been this way for a long time it seems. Ignore reality and it is as though, for a while at least, reality will ignore you – simple cause and effect. But, and the last laugh, is that you cannot always ignore reality. And this is where the mystics do indeed get the last laugh – oops, told you so ! But in the meantime never mind eh, plod on regardless and learn any way which you decide to learn. But in fact it is worse than that, for they seem to learn what it is that THEY want to learn; and only that. And this can hardly be called being open minded and going with the flow of life.

What indeed then are the chances of any kind of life enhancing experience whilst living a life totally in virtual reality; let alone transcendent experience, if ones whole life is spent in one long giddy spiral of trivial activity in which the mind not only never comes to rest but never actually notices the real world and the real universe around them – let alone contemplation upon their self and their place in the scheme of things? Ah, it seems that for the large part only a social catastrophe, or a personal near death event, can bring them back to reality again, and make them take stock of their life, reality itself, and the significance of being alive. Thus it is that in this day and age it is perhaps, for many folk, only a near death event, or some tragedy which can bring them face to face with the significance of their existence; and indeed all existence; and I know for fact that many of them say, “Oh, shit, I have been living in a dream world up until now”. And indeed, so they have. But one largely inflicted upon them by the current popular culture and paradigm. But, nonetheless, in the final analysis it is still their own fault, and blindness; for being so gullible and easily led.

Hence, one can never come to understand anything of reality at all during a lifetime if one is not in touch with it at least some of the time. Same as with oneself. And one cannot be in resonance with it if one never swims along with it. Even science comes to discover the things it does because it is indeed in touch with real reality at the level which they observe it and are interested in. Such people do not spend all their time in front of the TV watching soaps – or getting stoned out of their minds with booze and drugs as a cop out to reality; or thinking as to how to make the next profit, for they have better and more important things to think about. Science is at least looking at and thinking about the nature of things which exist to be known (well, some of them anyway).

But politics (big business) of course owns science, and uses it for their ends, and also determines by way of funding (and laws) as to what they can and cannot study. It is quite ironic really, for much of the civilised world of the modern times is having the same effects on the human mind as did priestcraft for thousands of years. That is to say it is putting them to sleep and out of touch with reality itself. Rampant consumerism is lulling them into a hypnotic sleep, on mass, just as did the religions of priestcraft up to a few hundred years ago – ah, beautiful dreamer, awake unto me; list whilst I sing you a sweet melody; of starlight and dewdrops awaiting for thee.

Which is better, to own the ten fastest cars on earth, and to be adored by everyone who looks up to such people, or to acquire gnosis, and know life, and live it, and love it? You decide for yourself. Change your attitude and some of your obsessive activities, and life will change you in so doing. The things of which I talk do not have to be found and dug up by yourself, for they come naturally – if one is living anything like naturally that is. And the best way to start (as some do without even thinking about it from childhood) is simply listen to yourself and the inner prompting – but it makes far less ‘noise’ than the outside world does, so one has to be very quiet and relaxed at times in order to ‘hear’ and feel those deep inner promptings. Life and its dynamics put you here – so let it also teach you what it has to reveal and offer; do not decide for yourself as to what exists, for that is life’s job; not ours.

Is this then the modern day worlds answer to keeping the mob sedated and out of touch with reality so that they do not come to think and rock the boat of convention – and hence alter the mobs desires and wants? Well, the effect is the same even though the reason and cause is perhaps different. But, is the reason and cause really any different from the reasons which priestcraft performed their deeds from over four thousand years ago up until recently? It seems not. We live in a world where rampant commerce has gone off the rails. Business must make more and more profit each year, and irrespective of the cost to humanity and the ecology of the natural world and its resources; they lull them to sleep for a profit. The combination of modern day politics and business (all the same thing really for business rules the world anyway and the so called politicians who so called call the shots). The only shots they call are the shots dictated by the large scale business organisations. This has reached such a degree of fine grained honing up and effectiveness that priestcraft could well become extinct without society reaping the advantages of it so doing; for people are still not going think for themselves and feel an affinity with the natural world whilst hyped up and drugged by technology which is offered to them as mere trinkets to keep them quiet, and mentally sedated.

This is not the fault of science, nor normal business interests; it is the fault of people letting them do it to them – just as they let priestcraft beguile and hypnotise them for thousands of years; and once again for a profit to themselves. The only difference being is that priestcraft offered them a good time when they died whilst rampant consumerism offers them a good time whilst they are alive now. If it was not all tragic and dangerous it would be an hilarious comedy farce. But, even though you can fool some of the people all of the time there are those who cannot be fooled for any of the time – and they are the survivors. Where some are mere lambs to the slaughter, others tell them to bugger off and get lost.

One cannot opt out of this world and society such as it is but one can indeed give to society that which society has to have, and whilst keeping for oneself that which is one's own. Nothing new in that; and they knew it in ancient Greece and Egypt four or five thousand years ago. Thus it is that in this day and age, and perhaps for the last one hundred and fifty years, one truly has to ask oneself as to which is the most dangerous narcotic to the human mind, rampant consumerism or ancient priestcraft. But the answer is, at the moment anyway, that both of them are. For what happens when people do wise up to the commercial con trick and hype (and thousands do each day on earth)? What do they have to fall back on for what they think is sanity and common sense and a more natural way to live – the religions of priestcraft.

Look around you, it is happening every day. And the question which they all rightly ask themselves is – there must be more to life than this commercial hype and nauseating rat race. They are of course correct in so feeling, but they then start looking for its resolution in the wrong place yet again, and buy into yet another and far older hype and sedation con trick package – man made religions. And which were designed ad hoc for that very purpose – to keep them slumbering in Somnus and Servitude. And the mystics cry... Wake up sweet dreamer. But the message is written on the subway walls and echoes into the sound of silence.

Some people come to realise the obvious in their midlife. Some never come to realise it at all. And some come to realise it whilst still young and observant. And some, it seems to me, come into this world instinctively knowing it anyway; and hence live according to those innate instincts – and which are of course our sub-conscious guide book to life and existence anyway. We are not here without any help, for that help is written into our system and dynamics; and it is also seen out there all around us in the tree's the grass and the stars – the inner and the outer. All we have to do is to let them work and perform their function on us (the topside Mind); and then they do just that. An acorn does not have to go to a nut school to learn how to become a mighty oak tree. But human beings go to higher education to become a nut case. And you and I need no extra help other than from life itself in order to reveal to us as to how to understand what we are, what we are doing here, why, and how to operate. It is all as natural as falling asleep and waking up again. No effort is required on our part; for life supplies the batteries, and we simply go with the flow. Time and again my love.

We do not become aware of real life and its deeper operations which are initially concealed from view by watching fiction on the TV all day every day; or spending our lives in the sports pages of the common media press. It is as though human society is hell bent on either destruction at worst or putting itself to sleep at best. And yet despite all this, the miracle is that life and its finer vibrations still manages to get through to people on occasions; that is the wonder of all wonders. But of course when they do the hype is such that it is all put down to rapid brain deterioration and highly abnormal stuff. When in reality it is the most normal and natural thing in the whole of existence – the flow of life itself, just as easy as the flow of consciousness, and water flowing downstream.

Does it seem natural to you that human beings (so called intelligence on earth) should live its life here not knowing what it is, where it came from, and what it is supposed to be doing here – is that natural? Is that good? Is that effective? Is that wise? Is it even rational and sensible? Ask yourself, and think about it whilst there is time.

Do not wait until time runs out to think and ask questions of this nature; for understanding is needed here on earth; and fast; and now. There will come a time when you find that the world is no longer there for you. When that time comes you will remember reading this; and I guarantee that.

You have read this, so now it is done, and you will not forget it until your memory is taken from you. And that is the real power of the word. But by then it will be too late to do anything about it – perhaps with the exception of helping to eliminate fear whilst there. But for anything else it will be too late to do anything. I could say that those who hear these words will not know death. And it would be true. How come? Because nobody can know death whether they read these words or not. Do you see? Death is the termination of the flow of consciousness – and you cannot know it. So, put all that gnosticism bit behind you, for half of it is rubbish.

Perhaps one of the big stumbling blocks of today is the synthesis of reason and emotion. There are those who become pure rationalists and hide and negate all emotion; and there are those who's' emotion runs rampant and slops all over the place whilst fulfilling no real function, and with not a jot of reason in their activity. It is best to think of them as being two horses pulling our cart. If one horse is fed well and becomes strong and the other is underfed and becomes weak, then what happens? The cart goes around and around in a circle and gets nowhere fast. But if both horses are fed and used well then the cart goes in a straight line and gets where it is going. It is essential in this world that emotion and intellect play an equal part in directing our cart; we cannot live and survive on earth with just either one or the other; it has to be both in unison. They are both tools in our package of being and they both have to be used and directed, controlled, used wisely. Nothing is for nothing; and everything is for something. And that which is ours is for using wisely.

In our essential mode of being we are all E motion stuff but whilst at the same time having an innate wisdom and understanding of creation and being, But there, there is no thinking or intellectual activity. We lose paradise when we start to think – he says smiling – but do not take this the wrong way; for on earth we have to think. So, intellect is the baby on the scene, and only operates incarnate. E-motion is the first to come and we attain to intellect in this world; but nevertheless they both still have to be used in equal measure in this world. Not only in order to merely survive but also in the becoming process itself – we have to think and reason things out. That is a part of what the temporal mind is – a thinking package. Indeed, on the deepest level it is seen that the marriage of emotion and intellect is somehow bound up with what I have called the reciprocal convergence event also; the paradise on earth event itself; and also in some deep mysterious way with creation itself - - The all coming to know and understand the essence and principle of Being; and pulling itself together in order to operate as one holistic incarnate emanation.

So E-motion then is essential in the nature of being, but reason is necessary at this level of incarnate being. We have to use both to the fullness of our capacity so to do. And rapid brain deterioration would not help this process one jot – but don't tell the neurologists that; for they might have to start thinking again; and thinking is hard work. I guess we would all rather sit on the river bank all day than to keep doing hard work, and most of it which is highly boring and uninteresting. But we also know that if we do not do anything, and work, then nothing will get done. And if nothing gets

done then we will never get the opportunity to go sit by the river bank for a few hours and relax. And is this not the reason as to why so many mystics have dwelled upon the ground of our being so much and never bothered to mention the rest of it – for in that realm we do not have to do anything at all, except feel love flowing through our being in ultimate dosage. Well, sure it is good, but it is not all of what life and existence is all about. Ipso Facto. Irrespective of the love there, the knowing, the understanding and the wisdom, it is really all about life and being. It is about TO BE. Do you see. But nothing is for nothing, and everything is for something. And the price of freedom, is work and action; and the power and will to get things done.

Bringing up kids is the hardest job in human existence – and do I not know it. And life is such hard work that it kills us! And it is a bloody good job that it does as well, for I could not keep up this pace for ever; and neither would I want to. Ah, I long for a rest; repose, and forgetfulness. Time and again my love, time and again. But I do not mind another go at the work bit after a good rest – for it is worth the effort.

Oh yes, in passing I would mention that loving is not hard work; anyone can do it to a degree. Oh, but love does not give degree's does it. Or does it? The degree is that of the degree of Wisdom. One will not obtain that degree in universities however; but only in life itself. And bestowed upon one by life itself. Think about it all; and you will eventually find that I am right; and so is life; for I am life; and the watcher from the gates of dawn – as are you, if you did but know it.

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Yet another thing which exacerbates the problem on earth here at the moment is the fact that much of humanity is out of sync with reality in a somewhat different way, and momentarily perhaps quite naturally so. What do I mean by this? It is quite simple if you look and observe well. Our incarnate structure and dynamics (the psyche, as we choose to call it) is something which has to be near enough in resonance with what we call the environment here on earth. However, life on earth is such that there can never be in perfect resonance on earth. Why not? Simple. If we were in perfect resonant harmony with the nature of reality here then there would be nothing to aim for, no goal in life on earth; nothing to aspire to and try to make better. Thus, the notion of our being suited to our environment is not quite right, and not quite what it seems by such crass simplicity. If we human beings were perfectly adapted to our environment there would be no evolution (there is no evolution in paradise – for things do not change there; and we are perfectly adapted to it). But they do change here.

So, we always lag just a little behind what we feel it would be best to be. If life on earth was too far out of sync then we could not tolerate it and we would all commit suicide. If it was perfectly in sync there would be nothing to do and nothing to become. The psyche evolves. Hence, perfect symmetry could not happen on earth. Or shall we say that earth and temporality could not exist with perfect symmetry. For many thousands of years Homo sapiens lived in a world which really changed very little in that time; and almost no change at all during a beings lifetime here. Thus, the sync was just about where it should be. For these beings could indeed envisage and

feel for improvement, and which they did strive for. But the sync was such that life was not perfect yet neither was it so bad that many of them wanted to end it all. However, over the last two or three hundred years, and specifically over the last hundred years, the evolution of technology and society (and all its little tools and gadgets) has evolved so fast that it has evolved faster than the psyche can. We are a little too out of sync at the moment. So, a bit of winding needs doing – winding down that is; in order that it winds us up again quite naturally.

Hence the speed and complexity of modern life has left the psyche a little more out of sync than it has been from the start of humanity here. And this of course does indeed drive some people nuts and suicidal: it causes stress. Their psyche is not made for the speed and stress of the modern industrialised world. And the psyche naturally takes a while to catch up with it again. How long? A few generations I would imagine; but depending of course on the continued increase of technology and the advanced world itself. Even people of my age were born into a far different world than we have now sixty and seventy years later. And the generation before mine, and their parents, lived in a world far removed from this one. Thus, in a mere three generations, life on earth, our existence here has altered drastically. The genes and the psyche cannot keep up with this pace unless we relax and unwind some of the time. Hence, slow down, you move too fast. Relax. The population is such that we need energy faster than we can get at it. When I was a kid there were ten working people for every retired person. Today there are about four for every retired person. This cannot work; it cannot last.

I walked into a large super-market a few days ago; and one which I had not been into for about a year. I felt lost, and for the large part confused. I used to know where to find things; but it had all altered. Moreover, there was such an abundance of different types of packaged foods, frozen foods, half frozen foods, non frozen foods; much of which did not seem to be labelled in English even – and far too much to read anyway; I did not go into a food shop for reading; and I did not have reading glasses with me anyway – sods law – glad I had my wife with me or I would have gone hungry I think. But you know what I mean. In the ‘good old days’ one would walk into a shop, ask for whatever it was that one wanted, and got served with the right stuff. Try finding it today in a hurry. We live in a world of so many forms to be filled in, so much trivial junk to read, so much repetitive mundane work, day in and day out, so much haste, speed, things to be attended to. And what happens? At times it is inevitable that a gridlock occurs; and it can happen in the mind just as it does on the roads traffic jams. The whole bloody shebang lot seizes up and closes down. A neurotic melt down.

Modern day life has moved on a little too fast for the existing evolutionary condition of the psyche. There is only one answer – slow down a little until we catch up with it again. Failure to do so, both on the personal and social levels will and does result in stress, neurosis, paranoia, deep psychological problems; and death. Look at the gun culture in the USA; and even mere kids running amok and shooting folk. When will they ever learn, and get real? We cannot live here without sleep and rest; and this applies to the mind as well as to the body. And this is but another reason as to why the mystics go and sit or walk over the moors – to chill out; far from the silly crowd and noise. Most of the people I meet tell me that they have many headaches. One does not wonder at it. But I have no idea as to what they are like, for I have never had one. What a coincidence and good luck indeed !

Ironically even in rest and relaxation (two weeks holiday from the treadmill – and which is not enough) they keep up the same pace, but in a different activity. Indeed, it seems to me that after a holiday most folk seem to need a rest rather than feeling that they have just had one. The pace of modern life is fine, but our system has to adapt to it first. Most of us cope nonetheless, but many do not – and go nuts. And when they come back from their holiday they often go down with a cold, a bad back, or depression. Some holiday eh. Watch them. Observe closely. Also, watch them cooped up at airports with all their bags and screaming kids because somewhere along the line there has been a fowl-up of some kind – a grid lock; or a strike maybe. Society truly has gone nuts.

Go and relax for a couple of weeks in your garden if you have one; if not over the park. Do nothing. For the past thirty or forty years it has become the psychotic norm to have to jump on a plane (the biggest polluter of all transportation) and go to another country for that rest and relaxation. Observe them when they come back – on top of everything else they even have jet lag. God it is pathetic and idiotic. They do not even know their own country and its beauties. I know people who were born and bred on Exmoor (only a small place by the way) and I know it better than they do – they do not even know all its beauty and hiding places and byways – and yet they are dashing off all over the world and spending far more than they can afford in doing so. And when they get back they have a nervous breakdown and time off work. Is this sanity in action? Still, I guess it leaves it nice and peaceful and quiet here for me in the time being. How many places also get totally ruined by commercialisation and tourists? Don't get many tourists in paradise you know – not even a hot dog stand - fun innit. You will have to excuse me for I love the word 'innit'; (is it not) do you know what I mean ! I guess it also means 'IN IT' too. And we are in it, and not just up to our neck.

Have you ever driven along sixty miles of road in a highly populated country in which that road has not changed in fifty years? Well, not often; but it can only be done now in what has become national parks. I mention this simply for the recognition that human beings, although prepared for change (change for the better that is) there is still this longing for something that does not change, (a deep archetypal instinct from home). And this is why that in such places that seem 'timeless' and by-passed by technology and commercialism (and civilisation) somehow restores the balance and the sync of the soul (psyche). And I think the modern term is that they 'chill-out' and restore their sanity and sense of well-being. And this is a step in the right direction.

The two best things ever brought forth from the British Isles are real ale and good old pubs, and the national trust. Ipso, Facto. Why? Because they both instigate the chill-out process. Anyway, they taste good and feel good; and that is why they do. The inner system knows what it wants and needs – listen to it more often. Open your inner ears and inner yes. If I could travel in time and visit infinite places and times I would still need a place to return to for a rest – a place that does not change. And, do you know what – we are travellers in space and time and we do have a place to go home and rest that does not change. How strange eh. However, it is also that when one is so relaxed, so 'chilled-out', so much back in sync and inner harmonic resonance with reality that – bingo; Psychognosis.

One of the big problems (and mistakes) with modern day society is that for some unknown reason it seems to be the case that if something can be done then it has to be done. But this is idiotic. For I could grab a rifle and shoot people all day long. But I do not do it. I could commit suicide, but I do not do it. Something does not have to be done just because it can be done. We all know this well enough in both the moralistic and well-being sense (well most of us anyway); but when it comes to technology and social change then the view seems to be that because something can be done then it must be done. Look as to how many idyllic places on earth have been utterly ruined by virtue of wanting to make a quick buck by exploiting the place as an attraction for millions of people each year as a holiday resort – and when it does they start moaning. They reap what they sow. Ideas can be dangerous and negative things if not used wisely. Yet we all really know that anyway do we not. And yet they do nothing about it at all. Passivity and no action in this world is not a good idea. Shout and make your voice heard; that is why you have one on earth. Be a growl tiger and demand the restoration of sanity. Revolt against stupidity, greed, violence and the brainwashing of young children's minds.

Aspects of the modern world do of course, by and large, make this the best time that has ever existed for human beings to be here; and it could become a lot better; not perfect, but a lot better. And of course we all have our own little preferences, which are relative to the person. But such things as medicine, mass communication at the touch of a button, the availability (for many but not all of us yet) of the basic life needs such as food and drink, comfortable shelter, education (if it is a good one), the availability of entertainment, free access to information, and of course the ability to move about the world if one so desires to do so; and the choice of where to live on earth – to a degree. So all these things are good and worthwhile, if used well and looked after, and operated wisely. But of course, as we all indeed know, there is much in modern day society which is not so good and drives many people nuts and to despair; and they cannot keep up the pace. And just how many things exist on this world that corruption has not seeped into? Not a lot. Corruption cannot seep into the ground of our being, for that is not possible there. But it is possible in anything and everything here. What can stop it from happening? Only you.

Stress, bad dreams, headaches, illness; so on and so forth, right down to the point of suicide in large numbers – and by young children at that. Who is it that makes a world in which some, even young children, refuse to live in? It is not the nature of reality itself; but society does – you do. Non action is the same as endorsing the existing system of society. It is like making a nice comfortable and warm bed – and then crapping in it for the sake of not getting out of it occasionally.

Humanity is not bad, it is not evil or wicked, it is a divine wonder. But we are each little individual beings, with freedom of choice, and here for such a short duration, that no one person alone can be an island. We all need each other and we all need to be working towards an agreed and acceptable foreseeable goal which is agreed by the consensus at least. Not by a few philosophers; not by a few mystics, not by a few academics, not by a few businesses tycoons, and certainly not by few rampant sick morons, but by any existing consensus of humanity in this or that society. Society has to be by the dictate of the consensus; otherwise it cannot work at all – other than in social and existential chaos. The consensus is neither the brightest or the dullest of the mob; neither the dimmest nor the wisest. But nevertheless, it has to be a world, a

society, fit for the consensus, and as to where that consensus is at; and including being near enough at where their evolved psyche is at – in sync with the consensus. And anyone will tell you that it is not that way here and now. And one cannot know what they want unless they say so. An undecided mind will soon have its mind made up for it by somebody else however (perhaps you have noticed). And that is the existing state of the art here as yet. But it can change.

And yes, dear Omar old mate, the moving finger having writ does moves on; and not a jot of the past can be erased; but that which was never done can still yet be done, if the will, the love, and the caring is there to do it; do you see. Passivity and laziness will never achieve anything except entropy. Passion is a kind of heat; and even the physical universe is an emanation of heat. And when that heat dissipates – poof, it all goes out and entropy sets in. But it has not gone out yet, and life is still here NOW; and for a long time yet to come probably. And anyway, universes can come and go as easy as you and I do; so no problem. Time and again my love, time and again. So use well that heat, and that passion for TO BE; and of course, or should I say and especially, for the TO BECOME. But that passion has to also be in sync with reason too; and to say nothing of common sense.

But in life one needs no more to activate that passion for being and becoming process by volition other than to make conscious contact with that core essential nature of our self in its ground of existence; it is as simple as that. And it is this, and this simple fact, that all the myths, religions and metaphysical philosophies try to make such a big deal and esoteric secret about; and mess it all up in the process (I seem to have spent my whole life here clearing up other people mess). It is that simple, and that obvious when you know it. And what is the trick, the secret (so called) to attain that during a lifetime? It is so simple that there is no method and no secret to it, it is as natural as anything could be natural. And yet how does one put that simplicity of natural activity into words? I do not know; but I hope this book, and being honest and open about ones life experiences and responses, may go some way in assisting in the understanding of it. If I can quite naturally reach this inner core of being (without even trying) then anybody can; ipso Facto. But, to simply be natural, be ones self, with no inhibitions, with an open enquiring mind; feeling all that which life has to offer us to see, to know, to feel, and to integrate with; is it, and that is the ‘secret’ answer. It is of course life’s job to reveal to us as to what we are and as to why we are here, and as to how best to live our lives. And it does just that, and with no problems – unless it is we our selves that create the problems which act as a bar and obstacle to our own integration with that which exists to be known, and loved. The price of freedom! And yet freedom has to be. And it HAS to be used wisely. So what is the big secret to gnosis? The answer is to stop preventing it from happening.

Unfortunately society as it is at present is geared up in such a way that it does act as an obstacle to this natural and essential integration with the all and our core self. And if they knew, really knew, what they were missing, well, then maybe they truly would look to the words and affirmations of the mystics (brain damage notwithstanding) and at least give it some serious thought – and maybe in due course some action even. But individual life here is very short, and it would be a shame to miss what was on offer to be had here whilst the time lasted. So, to get in sync and chill out is the first step on this road of discovery of the SELF and the ALL.

Why look a gift horse in the mouth? But life here is amply long enough both for this and for all the things which we need to do, to see, and to come to understand, and then put into action in our lives, and into society itself providing we make a little time for it. And what feed-back and causality would be attainable if all people were to make this contact and become an incarnate reflection of the essence of their Self? And what could society become? Well, the mind boggles just to think of it. But in a couple of words it would be a lot better that it is now; and a place made fit by human beings for other human beings to come into this world, and love it whilst here. This is not something to hope for, or to wait for, or to wish for, or to pray for, or even to sit believing in; no, it is a thing to go and get; grab a hold of its essence and drag it forth into the incarnate world of time and forms. Nothing is for nothing, and everything is for using. And if we do not use that which is there, and there quite naturally, then there are only two losers – our incarnate self and this world itself.

It is strange, for if one had some kind of really complex and complicated secret to attain to these things then many would jump onto that bandwagon and study it and practice it (as so many do even now by way of religious rituals of some kind; or yoga and meditation maybe), but if the ‘secret’ was so open, so simple, so easily seen and understood, and free, then they would laugh and ignore it – for nothing easy and nothing free seems to be of value in this world. And yet all the best stuff is free if they could but see it; and all we have to do is observe it and do what comes quite natural, and simply go with the flow – and all that we need to know (for now anyway) is revealed; given, and redeemed. But who is it really that pawns their own spirit and soul? And for what intrinsic value do they pawn it for? A new car, a mortgage, a bigger house (and better than the neighbours), a holiday further away than your neighbour went last year? My word, this is all profound and meaningful stuff is it not – so much so that they will have forgotten it by next year and do the same things all over again. Man, that is real poverty of life and living it. And they do not see it.

As I have said elsewhere over the years; in order to go back to our beginning, our root and ground of being beyond time, one does not have to paddle the canoe to the end of the river of incarnate temporality; nor does one have to paddle it back up stream to the beginning of incarnate temporality; but one simply rows the boat over to the river bank of the flow of changing events and step out of the boat – and anywhere along that time line river. Stepping out of time is letting go of the things which permanently belong in time; and the nature of reality takes care of the rest. But the mind and consciousness is ever tied to the cross of time and eternity, and we can and do exist in both; time and again my love; time and again. But, for the bigger picture – step outside for a short while.



When it comes to both speculation and personal desires as to how a society should be or will become then one can only base that speculation upon what we know at the moment and can perhaps envisage from that point of reference. We cannot know for sure as to what discoveries will be made tomorrow, next year, or in the next millennium, and as to how they will effect social civilisation and community. In truth every human being is a politician; for they all have their views, feelings, and desires; and of course within a democracy they have their vote and the freedom to speak their mind and be heard or read. And which is how it should be.

A perfect monarchy or dictatorship would still not rest easy with the mind simply because they are what they are. Thus, better a democratic republic which is not perfect than a perfectly constructed and well organised dictatorship. For we must have a degree of freedom in our choice of actions and interests – albeit that they have to be limited when living with others in a society. But that is no problem; and there is no such thing as absolute freedom anyway. Empires come and go, and we all know that well enough by now, but civilisation goes on, and even though the existing hub of civilisation at any one point in time has moved around the world. The small country into which I came into this world had the biggest, and probably the last empire which has ever existed. True, there was a lot wrong with it, but there is also much which is right about it. Moreover, it was also the birth place of large scale industrialisation, and even though it is only a little island again now. Probably its best feature is that everyone is allowed to be an individualist and eccentric – and that is fun, and it makes it a vital place to exist in.

But what else makes a thriving, and vital society? There are some nations on earth that have done virtually nothing but to export their populations to other places. But the lesson learned therein is that this does not bring forth a vital and evolving society. What does however, is to import them. When people come together from all walks, all nations, they bring their ideas, their workload capacity, new blood, new vitality, and perhaps contribute different perspectives on things. And this makes the whole shebang a vital throbbing, moving society. True, a place can only reasonably contain a given population; but a mixed and diverse population will move and grow, and evolve; whilst a closed one will stagnate and possibly decay. The idea of a nationalistic and isolated philosophy is a recipe for death and decay.

Why did the initial Roman Republic become an Empire? Why did Britain become an Empire? Both were tiny little places with a small population. Not only did they go out in an organised manner to discover the world but even more important is that they brought people back into that community from outside of it. And not to mention anything about the fact that too much interbreeding causes both insanity and infertility – look at some aspects of elitist royalty. Go ‘forth’ and multiply – do not stay in the same back-yard and do it all. Mix the genes up my dear; shake the pot.

A Briton is a person born on this small island, and yet they are all mongrels; there is no such thing as a more or less pure Briton; the blood line is from all over the world. And yet some folk seem to love this idea of ‘pure race’ – and we all know the problems which that philosophy brings. However, an interesting point arises to be seen and reflected upon therein. Even though a small country like this one took in people from all over the world, it was done at such a pace (reasonably slow) that it kept some kind of cultural heritage during this process of over two or three thousand years, or more, for the invaders and the immigrants became British. There never became what one might call a loss of identity, culture and heritage.

But what happens when a country is suddenly swamped by millions of people from all over the world in a few hundred years? Slow down, you move too fast. Well, it is certainly vital, but at the same time there is no characteristic national identity and cultural heritage; and that can cause psychological and political problems. People do in fact feel a need for belonging; for a heritage of some kind; roots. And this of course must not be confused with a nationalistic political philosophy.

What are people from this or that part of the world like? They are all same. They might be a different colour, and they might have a different language, and they might have a different cultural and social outlook, but they are all the same. If you look for the bad you will find it in all nations; and if you look for the good you will find it in all of them also, for people are what people are anywhere on earth.

It is not the nation, or the place, it is the individual. I would imagine that Britain has as much experience of all this as any other nation on earth, and a lot more experience of it than many; and for a long time now (the place I live is two hundred million years old). What is annoying and frustrating however is when large groups of immigrants not only live all in one place but insist on maintaining their exclusive national identity and culture in the host nation. If you wish to live in Rome, then become a Roman, if you wish to live in Britain, then become British. Offer what you have to that society, and take what they offer you, but become a living thriving part of it, not something separate within it; for that cannot work; and it will not work; ever. And if one does not like and accept that fact and necessity, then one should go back to from whence one came. You cannot have your cake and eat it. Changing national identity is not a free gift and a free ride; so work and integrate, or go back from whence you came.

This is one of the reasons as to why I personal have never bothered to travel much; (seen an exotic place before anyway) for I like it here; and one meets them all. It is a long way from perfect, but it is as good as a variety of scenery and greenery as one can get anywhere, and there is no other society which I have yet learned about in which I would rather live. But if I were to go then I would not take Britain with me, for that would be wrong. A global village, and which it is now becoming one fast, does not mean the loss of identity and culture; no more so than a national language means a loss of regional dialects.

One of the great things which I love about Britain is that it contains the English, the Scots, the Welsh, and many colours and denominations from all over the world; and they are all British because they want to be; and long may it last. There is also humorous rivalry, which is fun; but when push comes to shove, they are all one; as is well documented now. I can well remember when England was nearly all English, but we have come a long way since then, and it is better and more vital now; thanks to the invaders. So, why bother to live anywhere else when what you already have is more or less ok? And ok, it could be much better even. But who has achieved it yet? If you think you have then that is fine; and maybe it is so; and maybe it ain't so; but each nation must be allowed to keep its identity and individualism, just as the people within it can and do, and even though it co-operates with the rest of the world and all nations on earth. In the final analysis there is only one nation – Humanity. And only whilst this little world lasts. And it will not last for ever.

There will come a time of course, and which is inevitable, when all colours and denominations are so mixed up, intermingled and blurred that nobody will ever give it a thought. And hopefully there will come a time where there are no national boundaries and segregation, and the globe truly will be one village and anyone can choose where they want to live, and be allowed to do so. But even this does not mean the loss of individual characteristics. Imagine that when we have vast orbital cities in orbit of the sun, hundreds of them. What would happen if each were populated by one nation race and culture and with no more fresh blood coming in to it?

Stagnation and entropy would result. They would go nuts. What about breeding with aliens, should we ever find any and assuming that were even possible? Why not indeed; variety is the spice of life and continued growth and vitality. One must keep in mind that societies attitudes, values and feelings change with growth, experience, and integration. If Britain had kept Britain for the British then it would never have existed, for there is no such thing. Moreover, what human beings are indigenous to the Americas? None at all; for there were none there until a few thousand years ago. Who does this planet belong to? If there were a democratic vote then it would probably belong to ants; both in numbers and longevity of ownership.

There is no such thing as an ideal society, and there never could be, for 'The' ideal can never be attained to. But the ideal means to strive for making things better all the time if and where possible. So, what can we each envisage as a better society? On the one hand we do not want a concrete planet. On the other hand we do not want a world that is a total jungle or desert. For civilisation cities are a must. But too big, too sprawling and too messy is not a necessary ingredient of a city or town. And one indeed should be able to have a pride in the city, town, village or hamlet in which they chose to live. I chose a rural life simply because cities became disgusting, dirty, noisy, smelly and nauseating. Yet I am a city lad born and raised – but not by choice. People need their own space, and open space, even in a city. Look also at some of these ancient villages. What is it about them that attracts? Well, they do not look as though they were built; they look as though they grew there as a part of nature. It is that which attracts. British community is not the community of the cities, it is the community of the villages and hamlets. And it is in such places that one actually finds real community; and such should never be lost.

But, how nice it is also to go into an open, clean, lively city at times. I was born and bread a city dweller. One cannot have civilisation without the amenities which they have. Theatres, museums, libraries, fine cultivated parks and gardens, ready and clean transport, and oh so much more. It is all an absolute necessity. And although one can rightly have a preference of where and how to live there is no reason why one should not feel at ease and content in both for this or that duration of necessary time. Some folk love the country and some love the town, but it is not a case of all one or all of the other. Good heavens below, some people even love suburbia!!! I guess they try to have their cake and eat it to some extent – artificial town and artificial countryside all rolled into one eh. There is nothing quite like suburbia for driving one nuts and for putting one to sleep. Middle class suburbia – now there is a thing to be avoided like the plague. There is vitality in a city, and there is real community in a village; but there is nothing of either in suburbia – dormitory existence is a good name for it – snoresville anonymous. Snore your way through life in suburbia.

The nature of extended reality is such that it is neither perfect, nor is it a diabolical chaotic mess. We inhabit a world which leaves room to either make it worse or make it better. Natural scenery is beautiful, but so too are some of the works of humanity. Humanity cannot improve on the nature of reality but it can put some of those bits together in such a way that enhances it even more. Here is the stuff my love, do with it what you will ! Yeah, sure mate; but it takes a lot of love, a lot of caring, a lot of work, and much thinking about – but fine, no problem; we will get it done.

Moreover, if you start thinking more about the all and less about yourself, then not only will you live a better life; and help make a better one for all others – but you will probably get less headaches and inner psychological turmoil; and you sure will not have the time to keep getting ill. And if the job kills you, (which it eventually does to all of us anyway) then so what; we all have to go sometime; and it may as well be for a good reason eh. Better do die for a dream than for nothing. Make your life here affective; use it well. What the hell point is there in existing in it otherwise; innit. Or existing at all for that matter. Do something constructive with it – for nothing else will. Could anybody give me one good reason as to why humanity at large should not do something constructive, and beautiful with existence? Just one good reason? And to say that it is too hard or impossible to do so is not a reason, and it is not a fact. When I was first asked to talk and write about these things I knew damn well, even then, that it would be a waste of time; for I already knew people well enough by then. I suppose the great advantage of being born where and when I was, and under those existing circumstances of those times, was about as good as it gets for becoming street wise by the age of about four or five – but kids of today cannot even envisage it – nor do they believe when told the things we did, and had to do.

It is funny, for every time we come to hear or read about kids in London during the war it is always about the ones that were evacuated – not the ones that stayed there and grew up in it – and became, in large measure, a product of those times and place. And this of course is the very last thing that one would give to their children or want them to live through. And yet, I would not have missed it for the world personally; for it was the quickest way to know people, and what they were like. And of course, when one later came to learn a little bit more and a little bit deeper, it made sense of it all. And who can give a kid a better education than life and living it? And moreover, if one wants all the academic stuff also, then simply read the necessary books, for they are all available in this day and age – and which is good. I often marvel at the privilege when the public library has scoured the nations libraries just to get hold of a book for little old me, free of charge. Now, that is civilisation and co-operation for you; and it is good.

However, with all that war and relative poverty, kids seemed to be very different then than many of them seem to be today, for they did things, and explored, made their own fun, and loved it; and they strove for something better. Today, for many of them, the couch in front of the television or computer seems to be as far as they go when they crawl out of bed; and this is not good or conducive to a healthy and full life. But it is funny really, for all those sections of humanity which fear freedom of speech and communication do not seem to be aware than even when one has such freedom to say what you like, to whom you like, and where you like – that nobody listens anyway these days. So, they are trying all these devious means to prevent something which is not even effective anymore anyway; for there is too much background noise. Hay ho, such is life and humanity – at this point of actual, and social, evolution. But things do change in due course – and a little faster if we make them happen – and even in ones life habits if one wants to. Moreover, the nature of reality has ways of changing people – and maybe, but hopefully not, it has to be the hard way – by bad experience and hard times; and facing reality as it is.

* * *

AFFECTATION

A Cosmic principle, so deep at root,
of which Man's lost realisation,
is a principle within all realms;
it's known as 'AFFECTATION'.
It is a form of cause and effect
but works in two directions;
a cause cannot effect a thing
without reciprocal affectations.

You cannot lift a feather,
or journey forth to Mars,
without using Cosmic energy;
which thus brought forth the Stars.
The using of such energy
will effect a change in TWO;
just as it is with food you eat,
which becomes a part of YOU.

But on a deeper level
of the self same Cosmic flow,
there is an effect; which now forgot;
which all should thus well know.
Such principle is Cosmic food,
so deep and so profound,
such food is found wherever you look;
in sky, or sea, or ground.

'Tis not food for the body,
nor is it food for thought,
but it is a food of Cosmic growth;
for the Spirit; it is brought.
It is an interaction
deep between your self
and a blade of grass, or flower,
natures deepest hidden wealth.

part two

There is an age old saying
that you cannot live by bread alone;
but the food of which is mentioned
seems now to be unknown.
You will not find such diet
emanating from a Car,
or virtual reality,
or stored in Vintners jar.

Such things are fine; within their place;
but are not Cosmic food;
an exclusive diet of such things
will cause the Soul to brood
and starve of inner movement;
motivation, and deep thrills;
and the food you lack can't be replaced
by magic pots of pills.

The answer is to take a rest;
go walk among the hills,
the trees, the streams, the rivers;
(the Cosmic magic pills).
They will effect a cause on you
with food your Soul does need:
communication from the depths,
which activate the seed;
just like a Rose needs Sunshine,
water, soil, and room;
to make it grow in temporal form,
as is done in the Virgin Womb.

One day you'll find that around you
the deepest Cosmic love
radiates like magic
from a tree; the ground; above;
they shine like jewels in Sunlight,
as the enfolded thus unfurls;
just as it is in Paradise
to lay bare creations pearls.

* * *

MEANING

What meaning has the Universe ?
Such questions men do ask !
while in the dark of Somnus
where ignorance does bask.
What is the meaning of a Tree,
a Rose bud or the Sun ?
The Universe has no meaning;
for it got it right in one.
Only words have meanings,
which point to other things;
but things, well they have purpose,
a function which it brings.
So do not ask the question-
“What meaning that I’m here”?
But, “What now is my purpose,
and what course shall I now steer”?
The mind is made for thinking,
and knowing what there is;
and of endings and beginnings,
and what there is betwixt.
Awareness, they say,
is the steam off the brain,
or the smoke that the fire brings;
How little they know of what they are,
and the nature of such things !
For Consciousness, the Trimorph,
and beyond the senses realm,
is not the cart or Donkey,
but the driver at the helm.
No puppet is the mind you see;
it does not dance to strings;
it only dances to the tune
that love and wisdom brings.
But if you would, by others will,
evacuate your mind;
such choice is yours, and time is yours,
to leave the truth behind.

