

GUIDE TO MEDITATION AND PRAYER AND GUIDANCE (based on oldtime AA)  
(Repeat daily each morning following inventory, and until change comes)

"God, I realize that the people who wronged me are perhaps spiritually blocked people. I ask you to help me show them the same tolerance, pity, and patience that I would cheerfully grant a sick friend. Please show me how to be helpful to those I resent, and save me from my anger. Show me where I have been selfish, self-seeking, dishonest or fear-based, thus causing my own trouble, and relieve me of the notion that I have to retaliate or that I am a victim."

"I ask too that You relieve me of all my fears, worries, and doubts. I pray that You will start immediately to make all decisions for me. Until my pain and suffering leave, please help me realize that both are leading to positive change in my life."

"In all my relations, I ask for Your guidance. Please give me a vision of a sane and sound ideal in my sex relations (and all relationships), and let me imagine what might happen in my life were I able to move closer to the ideal I have been trying to glimpse. Thank You, God. AMEN."

God made it simple; I should keep it the way God made it. "God made us simple; our complex problems are of our own devising." (Ecclesiastes 7:30) Now, say: "I will keep it real simple by releasing to God all decision-making today."

Because Dr. Bob recommended daily readings of what he called "Power Phrases," let's consider meditating on these:

I will have no expectations nor make demands today.

What I resist persists.

I will cease fighting.

I can resist nothing today while still standing up for my own Highest Good.

I do not have the power to drive anyone crazy or make anyone sane. Each individual is responsible for her/his own peace of mind.

It is none of my business what anyone thinks about me or about anything else.

I do not have the power to make anyone stay in my life.

I do not have the power to drive anyone away.

I do not have the power to make anyone miserable.

I do not have the power to make anyone happy.

I will love all.

I do not have to like all.

My goal is peace of mind (also known as "sanity" or "spiritual living").

The only way I can forgive someone today is to think "The Forgiver, God" is working through me; I and the world will be better off if I do not judge in the first place.

Not being God, I do not know what is "good" or "bad," and since God knows all and does only good, everything is ultimately for the good.

God will take charge when I let go.

I do not need to know anything or understand anything but I shall instead only seek God's guidance, which I receive intuitively if I become still and quiet.

I will not wish, hope, want, desire, nor crave today.

I will not seek love--I will simply give love.

I will receive human love, should God send it; however, I can only be content if I'm attached to God alone.

I cannot be content in a human relationship with anyone until I am content without any human relationship.

I will seek nothing God does not send.

I will accept all that is sent by God.

I will think less and employ intuition more.

The past is gone--it's an image in my mind. The future can be no more than an image in my mind. Therefore, the present moment is the only real moment. I shall not allow false images to affect the way I feel.

Everything really is going to be OK.

What is happening that you need to say "I love this" about? (Explain why you'll not only accept it, but love it)

Today I will say several times:

"Whatever."

"I must get rid of that belief."

"I have no opinion to express about that."

Make a list of things that don't mean a thing in this life, as revealed by your own experience, or the experiences others have shared, and then read them daily.

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**A 20-Day Quick-Growth Plan**

Any misery or any practice of an addiction is self-destructive. The only insane reason that anyone would do anything destructive to his or her body, knowing that it is harmful, is if that person is experiencing self-hatred. Self-hatred can exist on a subconscious level, but it is obviously there for any objective observer to witness who can see people doing anything harmful to their bodies. Wouldn't a person have to hate himself to put tar into his lungs? To eat foods with a high fat content that clogs arteries or with toxins that create colon cancer? To drink alcohol that kills hundreds of thousands of brain cells and destroys the pancreas and liver? To have potentially fatal sex? All "death wish" stuff, done by people who, deep inside, truly hate themselves.

Where does self-hatred come from? First, expectations that we behave perfectly when we were being raised. We were corrected hundreds of thousands of times as it was pointed out over and over how wrong we were and how far short we were of the ideal, perfect behavior. That became our standard for ourselves in adulthood. Secondly, falling short of our own expectations and those of others, we stay frustrated and then liabilities show up in our conduct. Then, self-hatred results because we are doing hateful things when we use the 20 liabilities (such as being angry, resentful, hateful, dishonest, greedy, etc.) which also inspire others to hate us--or at least detest our behavior.

What is the answer to stopping self-destructive behavior? This is so easy to answer: eliminating self-hatred. And eliminating self-hatred is a three-stage process, generally speaking. First, seeing the truth. (In 12-step programs, this amounts to Steps 1-6.) We've all been programmed to do insane things in this culture. Other people do insane things because of their programming. All the things we think they did TO us was really never personal. They were programmed, living on auto-pilot. Nuts--totally nuts. Doing things without even thinking about them or about their hurtful consequences. Being driven by things in the subconscious which they aren't even aware of. Same with us.

So, secondly, we can forgive them for what we thought was a slight or harm that they did while they were insane or asleep or operating on auto-pilot. They know not what they did. We knew not what we did. We did the same to them or to others, the things that we hated most when they were done to us. Asleep or insane, we've done crazy things, but we can forgive ourselves when we see our truth: we have been responding to programming, going through life in a fog, also operating solely on auto-pilot. (This process is accomplished in 7-9 in step work.)

After forgiving them and ourselves, we are prepared to move to the third stage of recovery: we are prepared to love ourselves, our Real Self--the Self that never materialized because of the crazy ways we were raised. But we cannot love what is unlovable. So just being prepared to love ourselves, wanting to love ourselves, will not make it happen. What will make it happen is new behavior, new action, using 20 assets that will replace the 20 liabilities. (This behavior reflects the intent of steps 10-12 in step programs.)

### **Putting the Plan into Action**

Take each one of the numbered items below and for the next 20 days, do one all day. At the end of 20 days, you will be different. You will be emitting a positive energy that will attract positive energy to you, and that energy will replace the negatives that your negative liabilities have attracted. At that point, in 20 days, if you really practice each of the 20 asset-behaviors, you will be a new person and you will love your new self. Why? You'll be behaving in a lovable manner, for a change.

In a state of Self-Love, you will not be able to do insane, self-destructive things to yourself. It's automatic! Call it a spiritual gift or spiritual wellness or a return to sanity as a result of 20 days' worth of action, but it will happen. No one can hurt himself if he loves himself. That only happens from a state of hating himself. From a state of seeing your truth and seeing the truth of others; from a state of forgiving yourself and others because you all knew not what you were doing; and then from a state of being in Self-Love, all past behaviors that were a manifestation of your dissatisfaction with yourself and the judging of yourself will disappear.

And when you stop being dissatisfied with yourself and stop hating yourself and stop judging yourself, you'll stop being dissatisfied with others, you'll stop hating others, and you'll stop judging others. It's automatic, after taking the action. You'll see that no one has ever done as much to harm you as you have done to harm you. You have been your own worst enemy, and deep inside you knew that. And because deep inside you knew that you were being your own worst enemy, you have tried to destroy the one hurting you and your efforts to get ahead the most: yourself. You have tried much more to destroy yourself than others have tried to destroy you, and you have even tried to destroy yourself more than you have tried to destroy others. (Sure, your self-hatred did manifest in a desire to hate others, to consider them the enemy, and to get revenge against so many that you thought were your enemies. But no one has ever been as harmful an enemy to you as you, yourself.)

So if you want a better life, and you can't change all those others out there, then the only option left is for you to change your behavior so you'll stop harming yourself so much. You can stop being your worst enemy. Once you stop that, then dealing with all those others out there (the ones you thought were enemies) will be a piece of cake to deal with in comparison to the monkey you remove from your back--namely, the monkey called "yourself." "But how?" you ask. If you use the 20-day plan, your behavior will change and you will honor yourself for that change. And when you honor yourself, you CANNOT harm yourself. You cannot risk death-by-sex for a few moments of unprotected pleasure; you cannot put things in your body that you know are killing brain cells; you cannot put things into your body that are causing cancer. So here's the 20-day schedule that will automatically lead you away from self-hatred and to Self-Love. THIS is the HOW:

Day 1: Practice forgiving others, all day long.

Day 2: Consciously catch yourself each time you start to judge someone, and stop. You won't have to worry about forgiving if you don't judge in the first place.

Day 3: Every time today you start to think about yourself, stop.

Day 4: Today--be humble. Say "I don't know" and "I have no opinion about that" and "You may be right."

Day 5: Be modest. Do not talk about yourself even once today. Turn all conversation toward others.

Day 6: Look at yourself honestly and see the improvement already occurring. Like yourself for the progress. Don't beat yourself up if you don't do something perfectly.

Day 7: Be honest, all day long, but do not injure others' feelings in the process.

Day 8: Be patient. Let others go ahead of you all day.

Day 9: Be plain today. Buy nothing as a luxury. Eat modestly.

Day 10: Begin to formulate a budget that will allow you to live within your means.

Day 11: All day today, feel satisfied. Sense that what you have is enough. Say it: "I really have enough."

Day 12: Work diligently today. Put in a full day's effort. If you have no paying work, work out physically, doing something positive for you body.

Day 13: Be early. Leave the house early. Leave extra time for everything. Do not try to put 10 pounds of potatoes into a 5-pound bag.

Day 14: Be direct with people. Tell them what you are feeling, in a pleasant way. Be honest without hurting. Try being intimate in a conversation with someone.

Day 15: Create positive thoughts today. Each time something negative comes to mind, picture something positive. Think of a favorite, isolated scene and see yourself there. Replace negative thoughts with positive mental pictures and images.

Day 16: Test every thought and word and deed today to see how sane it is, asking: "Is this thought, word or deed self-constructive or self-destructive?" Seek the opposite thought to see if it might be the sane thought. (Example: "I'm going to go in and tell the boss to shove this job." An opposite thought: "I think I'll get another job before I quit the one I have.")

Day 17: Do not try to control anyone today. Leave everyone alone to have their own growth experience, even if you think it's crazy. Tell no one anything that they should do.

Day 18: Praise everyone you talk to today. Comment on something positive you see in them or their work or their attitude. Find something good to say to them. Anything positive.

Day 19: Today, be generous. Give away things all day: your time, your attention, something you value. Your place in line. Help someone.

Day 20: Today, be calm and silent. Then, try it tomorrow. Then the next day. Then for a week. Then for a month. Then for a year. Then, ad infinitum. While others practice the freedom of speech that we brag about in the west, practice the freedom of silence that many respect in the east.

Do these, and in less than three weeks, you'll not feel the way you have felt about yourself in the past. Then, you'll be restored to sanity, and you will want to help yourself and not hurt yourself. You will be lovable because you are acting in a lovable manner. Then and only then can you practice Self-Love and then and only then will you stop--automatically--doing the crazy, insane, self-destructive things you've done to yourself in the past.

Now, a final point. Some ask: "Isn't false pride, ego, the downfall of humanity?" Yes. "So shouldn't we avoid Self-Love?" some have asked. No! Ego has been our problem all along, but Self-Love is the opposite of ego. Ego loves the false-self-images we had of ourselves in the past. Self-Love is love of the Real Self, the Real Us that was nothing more than a potentiality that never matured. The Real Self is what we had the potential to be all along but were not, because of the influence of being raised in an insane culture. The Real Self, which is lovable, will now come into being after 20 days of practicing asset-behaviors rather than liability-behaviors. Some will look at these 20 asset-behaviors and call their use "spiritual living." Others will see that it is just sane living. Forget all labels and all analysis. Just enjoy the New, Real You. The world will.

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## **12 Days to a Psychic Change and the Realization of Perpetual Peace** *(NOT for use with Newcomers)*

**(Have you done everything you've been told, to the best of your ability, and still not gotten the results you want? Have you tried working the steps but still have not completely "gotten it"? Are you longing for the promise of happiness, joy, freedom and peace, but you've only tasted it in spurts? Do you want a total shift into a permanent state of peace? Have you been guided to answer the ultimate question that mankind has always asked: "Who Am I, really?" Are you ready to go beyond where you've gotten to so far? If so, then you must understand that the Big Book is not talking mystical mumbo-jumbo when it tells us that, in order to be happy, joyous, free, and at peace, we MUST undergo these four things. (Unfortunately, few in Mainstream AA understand how to get the four things that Bill said would take you beyond being sober or on a dry drunk and entering into a realm of perfect, constant awareness and peace.) The Book says you must experience all four to get all that is promised:**

**1. A total psychic change.**

**2. A movement beyond the Realm of the Material into the Realm of the Spirit--which does NOT mean behaving as a saint --it means being aware and thus at peace.**

3. A movement beyond the limited physical 5-sense existence into a constant use of the vital sixth sense.
4. A movement beyond the three-dimensional (height, width, depth) limitations of this world and into the fourth dimension.

How many have offered to show you how to move permanently into the Realm of the Spirit without becoming a boring “saint”? How many have offered to show you how to activate your sixth sense? How many have offered to show you how to be rocketed into the fourth dimension? If no one, and if the Big Book is right in saying we MUST have these changes to be at peace, you should now see why happiness, joy, freedom, and peace have been beyond your reach: you have not gone beyond... to where they are.)

Read one of the following passages per day from the Big Book, then sit in the quiet and contemplate the considerations that follow. Do not try to go into a trance or deep meditation. That is counter-productive. Instead, stay conscious, focused on the reading and the questions that follow each quote. Try to think outside the way you were programmed to think by parents, teachers, preachers, movies, people who think they need to de-program you and then re-program you, and this culture in general. Why? Because we must find a new vision for us, a new way of seeing the world. You must be de-programmed, true. Your ideas, emotions and attitudes must be cast aside. But you do not need re-programming. When the de-programming leaves, when you see the lies, you’ll revert to intuition, Creative Intelligence, the sixth sense, to Constructive Thinking rather than Destructive Thinking. So do these readings and quiet considerations, and if you need, go through the 12-day cycle as many times as necessary for you to fully Realization Your True Self and then abide there in peace.

1. p. xvi: *“They cannot differentiate the true from the false.”*

**Consideration:** Obviously I know if it’s true or false if someone says “This is red.” So there must be more to that statement. Is it possible that others have a false self, an image they show me, that is not real? Is it possible that I play roles that are not the true me? Is it possible that I cannot differentiate the true (Self) from the false (self) in me?

2. p. xvii: *“Unless this person can experience an entire psychic change, there is very little hope for his recovery.”*

**Consideration:** If I need a psychic change, how come some people tell me that my spirit is sick and I need to get my spirit right? Is it possible that so-called spiritual living IS just sane living and that I really do not have to be a saint to be at peace?

3. p. 23: *“the MAIN problem of the alcoholic centers in his mind...”*

**Consideration:** What is it in my mind that is the problem? Can the gray matter of the brain create thoughts, or just store the ideas I’ve been given in this culture? Who gave me most of my ideas? How much of what I believe did I decide on my own to believe, to determine by experience is really the truth? How little in terms of my ideas and beliefs, in fact, did I choose? In fact, did I even choose my own name? How have I been programmed to be the way I am, to believe the way I am? How little choice did I really have? How much of my life has really be a result of total free will, in life of the fact that I have been driven by what has been placed in my mind?

4. p. 27: *We have to cast aside “ideas, emotions, and attitudes” (that is, concepts, feelings, and beliefs).*

**Consideration:** Here is a list of common concepts in our culture--ideas just thought up by mankind over thousands of years. How many of these have created in you a sense of anxiety or fear or worry or guilt or a sense of feeling separated from others?: honesty, devil, (ancient Hebrew word for “enemy”--referred even to insects--beelzebubs--that destroyed crops) meaning, purpose, holy land, holy words, holy days, goals, free will, plans, The American Dream, (and its partners in creating unfulfilled desires: hoping and wishing), ownership, me, mine, worship, devotion, reward, punishment, pleasure, pain, ugliness, beauty, winner, loser, failure, classes, America, (there are really three of those), New World, (was it really a new world?) Space Age, (do you really believe that we entered the space age only after firing rockets off this third rock from the sun? Where has this planet always been?) sunrise, sunset, (do you still believe that it is the sun that is rising and setting and moving about the earth--that the earth is at the center of the solar system?) friend, fiance(e), growth, development, improvement, prayer, community, spirituality, saintly, progress, achievement, competition

5. p. 51: *“In the realm of the material, men's minds were fettered by superstition, tradition, and all sorts of fixed ideas (concepts).”*

**Consideration:** Here is a continuation of the list of common concepts in our culture--ideas thought up by man. How many of these have created in you a sense of anxiety or fear or worry or guilt or a sense of feeling separated from others?: sin, adultery, guilt, right, wrong, love, laws, god, heaven, hell, (originally “Gehanna,” a trash dump outside Jerusalem with a 24-hour flame maintained for burning trash from the city) states, state boundaries, nations, national boundaries, religions, kindness, human, male, female, boy, girl, teen, parent, boss, employee, baby, elder, patriotism, loyalty, cause, support, help-mate, democratic, communistic, intimacy, races, marriage. (Has it struck you that mankind lived and co-habited sexually for 4.5 million years without the title “marriage” bestowed on their union to legitimize it? How are we doing in the last 3500 years with this concept? Is it working?), faith (the prerequisite for every time I’ve ever been deceived by anyone).

6. pp. 28-29: *“Surprisingly enough, we find such convictions (being agnostic--doubting the existence of a god) no great obstacle to a spiritual experience.”*

**Consideration:** Can I believe that they meant what they said: that I can have a psychic change and that this new way of seeing things--a new vision for me--will result in peace in my life, and that’s what this thing is about?

7. pp. 569-570: "With few exceptions, our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves."

**Consideration:** Is it possible that the Great Reality--a way of seeing things the way they really are--is within me and needs only be tapped into? Is that the psychic change--just changing the way I see things--seeing them a different way (the way they really are) and not the way I've been programmed to think about things and people and this world and the universe?

8. p. 48: "It is constantly revealed, as mankind studies the MATERIAL world, that outward appearances are not inward reality at all."

**Consideration:** Is it possible that the things I see in this three-dimensional world, (like people with their height, width, depth) and the world I've always experienced only with the five senses (taste, touch, smell, see, hear) is a material world but that there is something totally liberating that I can experience right now beyond that insane existence? Is it possible that I can tap into a fourth dimension using my sixth sense and find a peace that surpasses what I think I understand in this limited, finite 3-d, 5-sense world?

9. p. 49: "...underneath the material world and life as we see it, there is an All Powerful, Guiding, Creative Intelligence...."

**Consideration:** So what is supposed to guide us? And where is it located? Is it possible that I've been guided by a destructive intelligence--a mindset that this culture gave me that is destroying me and my effort to be at peace? Is it possible that there really is an intuitive, sixth sense, inner resource that I have not been in touch with? Is it possible that my gut feelings have been replaced by feelings and emotions that boil up as a result of the way I was taught to behave and react in this culture? Is it possible that I can get back into touch with my gut feelings that guide me wisely and sanely if I can have a psychic change that is really just a casting aside of the false beliefs that have been programmed into me by this material society?

10. p. 8: The solution is to be "catapulted into what I like to call the fourth dimension of existence. I was to know happiness, peace, and usefulness...."

**Consideration:** Is it possible that I can experience a fourth dimension of existence and that, in fact, I must do that to have peace now?

11. P. 25: "...We had been rocketed into a fourth dimension of existence of which we had not even dreamed."

**Consideration:** Should you choose, you are about to do an exercise that is going to change your perception of you and the world forever. I suggest you not undertake it lightly. This is something to be taken into the quiet and allowed to be absorbed into your consciousness.

This is the first step in perceiving Who You Really Are. Why should you want to answer so philosophical a question? Because the false identities we have assumed in this culture have resulted in every pain and every suffering that we and those around us have ever undergone. To begin to find out Who We Really Are, we must find out who we are not. The two great illusions that mark the typical human condition are (1) "I am my body" and (2) "I am my mind."

The body exists in three dimensions: height, width, and depth. To find Who We Really Are, we must visit the fourth dimension. There is so much more than this limited 3-D manifestation we think we see. The body is driven by the desires of a mind programmed in a culture to seek stimulation of the five senses. To find out Who We Really Are, we must use the sixth sense.

So let's do that. Answer each of the questions in the order offered:

If my left arm is cut off, am I still me? \_\_\_\_\_

If my right arm is cut off, am I still me? \_\_\_\_\_

If my left leg is cut off, am I still me? \_\_\_\_\_

If my right leg is cut off, am I still me? \_\_\_\_\_

If the major organs in my remaining torso are replaced by transplanted organs, am I still me? \_\_\_\_\_

So the Real You is something BEYOND this physical body, right? \_\_\_\_\_

You have just had the first experience in your life of consciously touching a truth that you have subconsciously sensed forever--though such thoughts over the years tried to force their way permanently into your consciousness: that You are something more than this limited, finite, physical body.

Do you see, then, that whatever is of this world is temporary--not real--and that whatever is Real, permanent, is BEYOND this physical manifestation? \_\_\_\_\_

Are you beginning to get a sense that the Real You is something BEYOND this world? \_\_\_\_\_

That "sense" that is telling you that is the sixth sense.

Now, your mind came into this physical existence in a blank condition when the physical body manifested. Then, your mind underwent years of programming by this culture, by well-meaning by misdirected parents and by well-meaning but misdirected teachers and preachers and filmmakers and magazines. What is in the mind now was not permanently there. It is not forever. It is not the truth; therefore, the too-often warped mind cannot be the Real You either.

So the Real You—whatever the Real You is—you have just sensed is something more than this physical body, something more than a wrongly-programming, wrongly-conditioned mind.

Now review your life. How many of your problems were totally the result of identifying with the physical body or with the wrongly-programmed mind? We are conditioned to think we are just a name and a shape. Women have sought for thousands of years for men to appreciate them as something other than a body. Men have thought for as long that they could be content by identifying themselves with their bodies only. Nothing but pain and suffering has resulted as we have missed completely the call: “To Thine Own Self Be True.” Which self? The false self (or selves)? All those false images that our egos struggle to defend? Or the Real Self we can touch when we activate the sixth sense in order to have a fourth-dimension-consciousness? Spiritual awakening refers to nothing more than awakening to the Real existence of that Real Self and dis-identifying ourselves with all the phony roles we have assumed and then disempower sick minds from guiding a body to participate in self-destructive behaviors.

This is the beginning of your search to find what was never lost. It is also the end of the other, futile search that you’ve been on all your life. Your attention must now be focused on everything you are not, and what You Really Are will eventually explode into your consciousness, and you’ll never live in the past again; you’ll never live in the future again; you will live in the peace of the eternal now—the only Reality. You will be beyond all delusions, and nothing of this illusory world can bother you, for you will know What is Real and that all the rest is just a bunch of play-acting drama on the stage of this Theater of the Lie where the Dream of the Planet has people walking around in their sleep, no different from those stiff-legged, near-comatose characters in “Night of the Living Dead.” You are invited to leave that illusory world, to awake to the Real Truth, and live in bliss.

*12. p. 85: We have to “develop this vital (‘necessary for life’) sixth sense.”*

Consideration: Is it possible that the Big Book is right? That I can develop the use of my sixth sense which this material world has numbed out? Is it possible that if I can get a sense of Who I Really Am, then the drama and the fiction of this world will not inspire me to react in ways that rob me of my peace?

If you remove my arms, am I still Me? I AM  
If you remove my legs, am I still Me? I AM  
If you replace my heart with another, am I still Me? I AM

That which I Am (and That Which You Are) after all the above is done...can you  
--see that You? NO  
--can you touch that You? NO  
--hear? NO  
--taste? NO  
--smell? NO

(So if I cannot be touched or even seen, how can anyone harm Me, bother Me? They can’t.)

So the Real You cannot be experienced. And it certainly can't be experienced with the 5 physical senses (the phenomenal). So (1) which sense must be used to sense the presence of the Real You? \_\_\_\_\_

And if you cannot be touched, then you are not three dimensional. So (2) which dimension does the Real You exist in? \_\_\_\_\_

So the Real You is not the body nor the mind nor the heart. It's nothing physical, so it wasn't born and it cannot therefore die. What we think is us is nothing but an illusion, and the Real Us is something beyond whatever is in this material realm that can be seen, touched, etc.

Getting to the Reality (and bliss) of the sixth sense and the fourth dimension occurs with quiet Self-inquiry, but not in the escape of deep meditation that can become an end rather than a means to the conscious Self-Realization that follows Self-inquiry.

### THREE CONTINUING PRACTICES IF A COMPLETE STATE OF PEACE HAS NOT MANIFESTED

#1: SIT IN THE QUIET AND READ THIS EACH DAY BEFORE LEAVING HOME:

"My home is a place where I have committed to doing all which is required to eliminate any belief in the lies about others and about myself that I thought in the past to be true. As I step beyond the door, I will be aware that I am entering the Theater of the Lie, the place where 'all the world's a stage.' Most are actors, and all of those act as if they're on stage, playing out their high drama. They now are in the deep delusion that they really are the roles they play, and they want to hook my attention and make me think their acting is real. They have played their roles so much that they can now act them out in their sleep--in their sleepwalking conditions--and they do. Their dramas, and what they do that I perceived in the past to be interfering with me, are just so much illusion--just appearances, just acting, and not reality. Thus, I can forgive them of any perceived offense that results from the silliness of my judging them, for they know not what they do. If I judge others, it shows I've fallen into delusion too, thinking their play is real and has something to do with me. It would show that I am now delusional, thinking I'm a judge of their play-acting, a critic. I am not a judge, I am not a critic, I am not a role, I am not a character in their play, I am not a victim, and I am not even a person ("persona"-Lt.= "mask.") I am my essence, my Real Self that has nothing to do with a "body-mind." I will be aware--the witness, the observer--but I will not watch the play and become so engrossed in the actions of the players that I begin to imagine that any part of what I see is real or that it has anything to do with me. It isn't, and it doesn't."

**#2: SIT IN THE QUIET DURING THE DAY AND READ THIS:  
IT REALLY IS AS SIMPLE AS A-Z**

- A. The only way I can experience bliss is to see Truth.
- B. Those who have claimed to be telling me the truth—religions, philosophies, etc.—all contradict each other. None of them know my truth, the Real Me. None have shown me how to get into touch with the Real Me.
- C. I cannot answer the question “Who Am I, really?” I can only answer the question, “Who Am I NOT?” I am not this false self, that false image, that ego state.
- D. When I find all the roles I’ve thought I am, and eliminate those illusions, then I am only what is left after seeing all the false. That is truth.
- E. So there is a Real Me, a Me that is beyond—that is forever.
- F. It was suppressed when I was a child.
- G. I was never more than a potentiality.
- H. I fixated emotionally and mentally as a child.
- I. Traumatic events are suppressed in my subconscious.
- J. They will trigger reactions that throw me into ego-states.
- K. Ego-states, mental states, false-selves, states-of-being, are illusions.
- L. When I go into them, an ego materializes to protect the image.
- M. If I can see the illusion, I can be the observer, seeing the false image.
- N. I become the knower who sees that what I think is known is false.
- O. I will have no problems as long as I don’t think I’m Me!
- P. I am not my body. It was decay. I will not. I am not my body, because if you cut off my arms and legs and transplant another heart into me, I am still “Me.” So what I really am is something beyond my body.
- Q. The Real Me is forever; the body is a temporary housing.
- R. I am not my mind, for what I call my mind is just a collection of ideas, emotions, and beliefs that were given to me by others. I didn’t even choose my name, much less all the beliefs I have.
- S. I have allowed myself to be swept along through life by the emotions of love and fear that are based in my reactions that stem from beliefs that I never chose.
- T. Therefore, I need to rid myself of the influence of wrong ideas, emotions and beliefs.
- U. There is no such thing as peace of mind. The “mind,” which is just a collection of wrong ideas, sweeping emotions, and programmed beliefs, is the source of my chaos.
- V. There is no second or higher self to search for. There is only one Real Me. To find it, I need but see the illusions that aren’t real that I’m nevertheless using to define me.
- W. There is no “path” to travel to find what I seek. The Real Me is here and now. The “journey” is to nowhere but right here and now. Only now is real. The “past” and “future” are illusions.
- X. Effort is not required. Non-effort is required. Living in the drama caused by believing I’m my body-mind is effort. Seeing reality—my Real Self—takes no effort except to watch for the false states as they arise, ask “What false ego-state is causing my discontentment,” and then turn back to acknowledging my Real Self.
- Y. I must be the observer in the audience, watching all the drama being played out by my false selves and the false selves of others. I must guard against believing the play or the movie is real. It’s not. Everyone is play-acting out the images they have of themselves. They are not showing me their Real Self because they think they are their image. Images are illusions. The dramas we act out are not Real. They have nothing to do With the Real Me or the Real Them.
- Z. Here’s the simplicity: all I have to do is be awake to see that anger or discontentment is the alarm that I’ve entered an illusory ego-state and feel threatened; then see that the Real Me is forever and I am not being attacked; and then turn away from the illusion.

**#3: SIT IN THE QUIET AND CONCENTRATE ON THIS THROUGHOUT THE DAY UNTIL YOU REALIZE THAT  
YOU ARE MORE THAN YOU’VE EVER BEEN TOLD YOU ARE:**

**If you remove my arms, am I still Me? I AM  
If you remove my legs, am I still Me? I AM**

**If you replace my heart with another, am I still Me? I AM**

**That which I Am (and That Which You Are) after all the above is done...can you**

**--see that You? NO**

**--can you touch that You? NO**

**--hear? NO**

**--taste? NO**

**--smell? NO**

**(So if I cannot be touched or even seen, how can anyone harm Me, bother Me? They can't.)**

**So the Real You cannot be experienced. And it certainly can't be experienced with the 5 physical senses (the phenomenal). So (1) which sense must be used to sense the presence of the Real You? \_\_\_\_\_**

**And if you cannot be touched, then you are not three dimensional. So (2) which dimension does the Real You exist in? \_\_\_\_\_**

**So the Real You is not the body nor the mind nor the heart. It's nothing physical, so it wasn't born and it cannot therefore die. What we think is us is nothing but an illusion, and the Real Us is something beyond whatever is in this material realm that can be seen, touched, etc.**

**Getting to the Reality (and bliss) of the sixth sense and the fourth dimension occurs with quiet Self-inquiry, but not in the escape of deep meditation that can become an end rather than a means to the conscious Self-Realization that follows Self-inquiry.**

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