

# *Rose Petals & Barbed Wire*

Translation of a book  
written by Hans Laurentius

and published in Dutch by Samara books in 2014



This translation may not be perfect, but still, it might contain some interesting viewpoints.

So today it was decided to make it available for the English speakers who are interested in my work & views and in themselves.

Enjoy, that it may serve you well.

HL – juli the 15<sup>th</sup> 2023

# Preface

“  
*Sometimes people say: ‘Hans is too severe, too confrontational’.*  
*What’s that saying again: ‘Rather a bitter truth, than a sweet lie’?*”

Why this book? No idea. It was one of those times when miscellaneous articles were written that contained some kind of cohesion and therefore managed to stay out of the digital trash bin. Did it have to be published? Again, no idea, but it seems to have happened.

In many a column and article I have stated that the general thoughts about awakening are too romantic, often strange and sometimes plainly weird and that certain conditioning is common in spiritual society. And yet I still find myself obliged to pop the illusionary balloons of the people I encounter during sessions or in satsang. So maybe it will prove to be useful to offer this box of nails, so people can pop their own balloons.

Awakening is not the fun thing it may seem to be. Even *if* someone makes it through, in most cases there will be a not-so-short period of time of intense crisis, when everything is turned upside down and inside out, and that person will seriously start to doubt, on numerous occasions, his own mental health.

You won’t be sure of anything anymore. Pain, fear, despair, confusion, loneliness and what not, will be your frame of reference, and often you will feel like you are being run over by a train. There will be nothing you can hold on to and you will be at the sole mercy of non-existent, raving gods. You have probably seen them, the ones with the teeth, a crazy look in their eyes, a burning chain of human skulls around their necks and a lot of hands that hold with great pleasure all kinds of instruments of torture.

Anyone want to go first?

On numerous occasions I have met people undergoing this process of dismantling and have helped some of them to make it through. No fun there (especially for them). The common thought that awakening is uplifting, nice, a

blessing, radiant, easy and full of bliss, is an incorrect one. For the record: awakening is something else than being awake.

Spiritual experiences can be enjoyable, but unfortunately, they never contain any staying power, and their impact is less than you would wish. It's the dark periods that have deepening effects. Demolition, destruction, distress.

Few rose petals, lots of barbed wire. Realizing you are asleep and imprisoned is painful and staggering. Especially when it becomes clear how much you are infected and that nearly everyone you know and think well of attends the same pajama party, even the guys from your 'sangha' or spiritual club.

Freeing yourself isn't much fun, and you leave on your own.

It's usually a period of leaving behind many things you thought were sacred or you thought were true. A period of realizing that what you thought was correct and the right thing, is actually bollocks. A period of experiencing and acknowledging that you don't know anything at all. You will find that the life you lived was a life infected with the past, fears, desires, conditioning and that you judge situations through other people's eyes. That you are not at all original or special. And you will realize that you in fact were being lived, while you thought you were living your own life. An immense force then arises in some people that makes them want to tear everything apart, and now and then someone is willing to follow that force, only to become overwhelmed by fear: I'll lose everyone and everything, what the hell am I doing!

Do you want to give it a shot?

The people who visit gurus because they think they want to awaken are often wrong – almost all the time, really. They are attracted to the pleasant appeal, the not-so-veiled promises, the initial pleasant feeling of togetherness and the bedtime stories about oneness, happiness and joy when you eventually enter the sacred now. They are attracted to the stories about how beautiful things will be then... And sometimes they truly believe they can't live without a guru – so let's get one.

Let one thing be clear: when a so-called teacher (M/F) starts talking about surrender, exercises, cleansings, transformation, discipline, giving a lot of money, awakening together or other compassionate, spiritually-correct things,

you know for sure you will be in no danger – except of being deceived. But that's already a daily routine, so it's OK.

If you feel there's a power struggle going on, you are usually right. If you feel the teacher (M/F) is a narcissist and tries his best to seem special, it is usually the case. If you feel he just wants to sleep around, this is also usually the case. If he is nice towards devotees and obedient followers, but harsh and unpleasant towards people who ask real questions or dare to be critical, you know there is something wrong. Trust your instinct, I should say. (Back when I was a real guru I was thought of ever more special every week, and often there were a few ladies – and an occasional gentleman – who were in love with me, or who thought I was sacred... thankfully I was allowed to escape again, leaving behind yet another prison.)

To be clear: the truth virus cannot be cultivated by spiritual exercises or meetings; it either grows inside of you or it grabs a hold of you when you aren't paying attention. Or nothing ever happens. You can ask for it or damn it, but it won't listen. Viruses don't listen to prayers, they can't be bribed and they are insensitive to social-economic or karmic arguments or circumstances. You can't even be sure whether it's alive or not. It takes a hold of you, or it doesn't. When it does, you wish it hadn't – which is a great way to know it did. When it doesn't take a hold of you, you may think it's interesting or cool, but which sane person wants to have to take a bath filled with bleach and pieces of broken glass, five times a week for an hour?

So how about all those happy, enlightened-looking folks who seem so attractive and divine? Well, most of them are on a spiritual high, a temporary state of consciousness, that's all. And what goes up, must come down, and when it does it won't be a pretty sight.

Ah well, that's more or less what this book is about. So, if you want to dream on about awakening, then don't read it. Or do read it and then reject it.

When the virus has already taken a hold of you, I sincerely hope the following chapters will be of help.

B well,

H, February 2014, Heijen, The Netherlands

“  
*Nothing can be done.*

*The teacher's words are not there to  
think about at home, but to instantly  
move you. While I speak  
they have to be effective: what's being said  
must be experienced immediately.  
If not, so be it.  
So: be prepared!*

I received the following email when we had just made the first selection of texts for this book. With permission it is included. It is a good example of what can happen when the virus strikes. Thankfully at the moment the author seems to have reached a clearer and more relaxed state of being. Every now and then we meet.

Hi Hans,

You said I could email you whenever I wanted to share something.

Everything is uprooted.

Sometimes I want to scream, out of sheer panic, that I don't want this, but it doesn't happen. I haven't gone to work for a week and a half now, because I feel more dead than alive. But I am also bored silly. Sometimes I feel I am close to imploding.

I tried to explain it to others, but they don't get it. The biggest problem is that I don't get it either. I don't get anything anymore.

Thinking makes me sick, wanting to understand makes me sick. I am seriously doubting whether it is supposed to be this way or if I am mad, depressed, burned-out, nuts or whatever. (Which I used to be according to the common standards... At least I was diagnosed with a disrupted personality development. Well, what a joke.)

A thousand times a day I ask myself what in god's name is the problem. For a few weeks' time everything was fine. The only thing I did was feel, without the possibility of being hurt. There was pain and there was joy, but no resistance.

Was this false?

Right now I don't know if I was truly experiencing things, or if I just thought I was.

There is such an extreme existential confusion. It's all in my head. Isn't that the whole problem? Maybe that is why I am unable to work and why I think everything is bullshit. Maybe this *is* nothing but a burnout.

And then I wonder why I just don't do what I want to do, what does it matter anymore? But everything is shut tight. And it gets worse and worse.

(...)

Maybe this email is nothing but me raving, but I feel lost at the moment.

I am so confused that I don't know what to do or how to live. Sometimes I try to get clear about what happened the past few months and what the actual problem is, but there is no clarity. This depression and the despair are sickening. There was a period in my life when I was able to simply live, instead of having to survive. Maybe that was me being mature. Anyway, there is not much left of that either.

Part of me desperately wants to be that 'normal' person again. And I make furious attempts to do so. I am thirty! Jesus! The first twenty-eight years weren't exactly what you would call fun, and when all the old shit was dealt with, when instead of fleeing I would feel, the period of me being a happy person turned out to be really short.

Every time I try to just normally go along with others, I fall back into patterns of fear and insecurity, of thinking all day and not feeling. Sometimes I think humans are weird creatures and I am glad that at least my cats don't complain about themselves. Children, animals and people with whom I can, instead of talking, can do something fun, well, that's still kind of OK.

At other times I feel I am the one who is crazy; I try to explain what is happening to me to others, but then they look at me as if I am some kind of alien, their eyes almost pop out of their heads. Then I will just start writing again. Trying to find out what is actually happening. What is true and what is not, what is real and what is not.

Are things going wrong because it is supposed to go this way, or because I, where I used to be able to simply feel things, now do nothing but thinking? Anyway, I can go on like this forever.

For a long time I knew, despite all that had fallen apart, that things were right.

What I realize now is that I don't feel anything. Well, except for physical shit.

Why won't I just continue the way it once was? The current situation doesn't bring me anything, except the stupid realization that everything is useless and nothing makes sense!!

S.

*Hans:*

Can you continue the way it once was...?

Hi,

No, I can't continue the way it was.

How can consciousness become unconscious?

But it is like the old system has never fought this vigorously before. There are periods when it'd be better if I stopped thinking, before something bursts. I get frustrated and ask myself what happened to my intuition. I know it's all in my head!

S.

*“ A burnout is a cry for change.*

*It is a spiritual crisis,  
and has nothing to do with your job.*



# One big nut house

“  
*What we call thinking is actually neurosis.*

Real thoughts are clear, spontaneous, like bubbles that well up in a pond. They are free from fear and anxiety. They are practical, effective. When you simply *are*, all is natural. Frantic thoughts are impossible, as well as anxiousness, aversion or greed, but only in your natural state. In your ego state you are ignorance, there is fear and fragmentation, et cetera. There you have lost contact with totality (though that is exactly what it is).

Sometimes everything comes to a standstill. There is no forward and no backward. There is also nothing you can do.

Cool night air enters the room. It is half past five in the morning and far away you can hear the traffic swell. Because it is still early in the year there are no birds that animate the near silence with their singing. Coffee tastes like never before. It's almost completely still, inside as well. There really aren't any specific feelings, nor thoughts. Words appear on the screen in a flow.

Nut house. It is one big nut house. Do you realize when you go see a doctor, that he is just as crazy as everyone else, infected just as much by the paranoia everyone suffers from? That the same goes for the car mechanic, the school teacher and the lawyer? That every moment just about anything can happen, while you keep thinking everyone you meet is mentally sane...?

Nuts. Everyone. To a greater or lesser extent everybody is traumatized, everybody. Life is a series of traumatic experiences, starting in the womb and, as a first highlight, our birth. Nobody fully recovers from it. And after our birth we fall into the hands of the biggest traumatized nutcases ever: parents, who have also been raised by crazy people, and who flood us with their insane moods and fear-based convictions.

All are blind and deaf to what is natural. Out of fear for not fitting in, out of fear for not believing the same limited, restricting ideas as everyone else, whatever

once was free and natural is constricted and distorted in no time. Over time we then become tied down in our being by disturbing scenes, disappointing episodes, fights, booze and verbal, psychological and physical abuse (yeah, what's wrong with a slap every now and then). And whatever remained free or natural is unintentionally ruined at the various schools we have to attend.

Force fed as we then are with mediocre ideas, herded with others our age, day after day, year after year, until there is no fire left, or until we become some kind of outcast because we cannot or will not participate. But then of course there is still the police or the mental health sector. They will once again try to make us comply with the standard madness we have learned to see as normal.

Friends and relatives are a factor as well. Betrayal, lies, manipulation and abuse (mutual agreed) come standard, and thus we become ever more paralyzed, except maybe for the few who open their eyes and with consternation realize that the world is indeed one big nut house.

Awakening sounds nice, but has it occurred to you that it means you will no longer be able to close your eyes to the fact that everyone you meet is crazy? Because when you take a closer look, really feel and listen, you will find that everyone you know is bursting with weird characteristics, as much as you try to think they are OK or sane.

Most people can't be left alone for one afternoon, without radio, computer or TV. Many smoke, drink, drug and eat their way to their death. Almost everyone is a shopaholic and tries to comply with the standard values of the herd. And almost everyone suffers from stress, relational problems (including with parents) and problems at work. Barely anyone is happy, almost no one shines.

When you look around, you see the walking results of repressed despair, clinging to a belief system that has never been explored. The first person was abused, the second beaten, the third has been abandoned several times, the fourth is extremely agitated, the fifth is very competitive and the sixth is very lonely. Others are afraid to commit or too shy to look you in the eye, while others punch you in the face when you look at them. Or when drunk some will tear a place up or do other stuff which they quickly rationalize later. And spiritual folks believe in god knows what and hold on to bizarre theories because ordinary religion

doesn't suffice anymore to live this meaningless life. And all day long nothing but information, truckloads of information for our brain. And although we don't really need it, it's extremely suitable for keeping the fear machine running.

Everyone is captured. Everyone is seized by a false self-image. Holding on, continuing until we succumb. And every now and again something extraordinary occurs, something from another level. Which then becomes ever the more reason for us to hold on and do our best to let things stay the same, to ensure our safety, while we secretly hope for this divine ecstatic moment to come again, to lift us up, high above the boredom of everyday life. But not too high, because if we can't play along anymore, we are out, and that would be a disaster. Because 'out' is bad.

In this way all nutcases in this big institution of ours pretend to have everything under control and to be sane. But when you take a closer look, you see the desperation, the forced beliefs, the doubt, the horror. When you ask someone a few real questions, his beliefs soon fall apart and you are sure of some kind of immature reaction.

Almost nobody really believes what he or she pretends to believe. Those who shout the loudest that they do are the ones who fear the most. The more fanatic the believer, the more insecure he is. The most respectable and decent people are often the most anxious, secretly performing the weirdest things you would never expect—because you are convinced everyone is mentally sane as well as honest, except for the few nut jobs who spend their days in special institutions.

You keep thinking you are dealing with full-fledged human beings, right? Well, be aware that when you see a doctor, call the plumber, meet your sister-in-law or go to the baker, what's inside them reflects in everything they do: their pain, their separation from their feelings, their loneliness, perversities, frustrations, troubled relations, money problems, need for recognition, perfectionism (or lack of it). Everything reflects in everything. Strange so much is going wrong, right?

No, it is strange we keep expecting things to go right. That's what's really strange. It's strange we get all wound up when once again someone didn't do their job properly, trains are canceled, an airplane crashes or when a bank director, CEO or politician turns out greedy or a sex addict or whatever. It's strange we think that's strange, that's what I say. People are blind when they keep thinking

everything is so strange and peculiar. We live in a nut house and everyone is damaged, can't you see?

Damaged and poisoned as well. Greed (and/or competition) is an inextricable part of our upbringing, just like competition and cleverness. Doing business is often nothing but a legit way of ripping people off. In this world it is OK to sell poisoned goods (worldwide!), to deliver a service that's rubbish or to produce stuff that doesn't do anything or gets broken in no time at all. Every day you are tricked, right in front of your nose, eyes open seeing nothing. And sometimes something or someone doesn't do what it or he is supposed to do, and then you are shocked?

Open your eyes; everyone is mental. Whoever realizes this can stop being surprised all the time, or hurt, or disappointed. Look, listen and feel! See it's all madness and don't expect anything better. That makes it sort of OK. For the record: people are not evil, they are just ill-informed nutcases. That's all.

# Self-inquiry and problems

“  
*Is being afraid, wanting a relationship*

*or gossiping, your true nature?*

*Is seeking freedom, meditating or doing  
spiritual exercises, your true self?*

*Is pushing, achieving, ignoring, fleeing, avoiding,  
fighting and complaining, your true self?*

*Q. What is the goal of self-inquiry and satsang?*

HL. Discovering the truth about yourself, realizing what you ARE and being able to make a distinction between what is real and what is not.

*Q. Why is it said that this realization means the end of your problems?*

HL. Because it shows that all problems belong to the ego and not to what you ARE. In other words, it is realized that all problems belong to a fake 'I' and not to your true self (which is no 'self' at all).

*Q. Why do you act against the new age movement?*

HL. Roughly said, there are two movements. One movement is focusing on the truth, while the other focuses on changing the dream (or on selling illusions that people like and find soothing). There are lots of techniques that can enrich your life and make it more fun and nicer, and basically that's fine. But when you want the truth this second movement is useless, because it finds its origin in the fake 'I' and even strengthens it.

People either have a motivation to get rid of something (or to acquire something), or have a motivation to find the truth. Unfortunately these two often get mixed up, while in fact they have nothing to do with each other.

So we can distinguish two approaches in the so-called spiritual field. The majority of people want to get something or get rid of something, while a small number of people simply wants to know what is really going on, out of a desire to realize what is real and true.

So, do you want the Truth or to dream a nicer dream?

If you want the truth, reject everything that has anything to do with the body, thinking, feeling, society, norms and values. What you are is prior to body-mind and just finds an expression through body-minds.

Inquiring into what You truly Are is not the same as trying to find a solution for your problems. The search for the truth is not the same as the want of a better life. Not that there is anything wrong with that, but again: they are not the same. Real spirituality has to do with the truth and not with problems or having a good time.

Real spirituality therefore is not about finding answers to or solutions for your discomfort. Freedom or awareness can only arise when you dispose yourself of everything you are attached to, believe in and take as the truth. You undo yourself of all that is not true, because that's what it's really about. You have to fuel the fire. You have to meticulously explore your belief system and destroy everything that's unreal and adopted. Distrust everything, don't soothe your doubt or dissatisfaction with life, but fuel it.

The person who wants a remedy for his or her worries, doubts and discomfort is not a seeker of the truth. While the average man or woman is looking for consolation and reassurance, the seeker of the truth throws oil on the fire. So when you think you want the truth, start with examining what you think is real and valuable. Then investigate thoroughly where all those values and assumptions come from. Investigate how much is really yours, tested and proven by yourself, and how much you just have adopted. Your convictions are your real prison, together with your fears for what is real. Explore, undermine and destroy! Keep going until all has fallen apart. Don't give up, but go for it again and again for as long as necessary. Think, feel, listen, bite and attack. Walk around it, write it down until it's clear, turn it inside out and light it on fire.

Last remark: the result of a completed inquiry is not a conclusion, statement or formula, but the destruction of what you have examined!

“  
*There are two options: total dedication or doing totally nothing at all (or, to put it differently: totally staying out of it all).  
Half-heartedness will get you nowhere.*

# The correct attitude

The following concerns only those who want to stop being sleepwalkers, as this book is only written for them. The correct attitude for this aim consists of the following aspects:

1. Become ever more aware of your imprisonment and sleepwalking. Explore thoroughly in what ways you are imprisoned and then undermine them. Your entire belief system has to be abandoned. When you don't truly experience your current – rather disastrous – situation, you can't do anything about it either. Acknowledgment is a fundamental first step that can't be stressed enough.
2. Be clear about what you really want! Set your priorities straight. If you want freedom, then give it your all. You will need almost all the energy you have to break things down and for what comes afterwards. So don't waste your time or energy.
3. Never give up! Like the old tiger (Nisargadatta) once said: 'when you have discovered something, look deeper!' Continue until all is 'done', and don't be content with a little more serenity or a 'good feeling'.
4. Look for yourself! Don't take anything from anyone, but inquire and verify by yourself, again and again. It's fine to be inspired but realize that followers are chained people. Take full responsibility for your own freedom and don't be a copycat or a parrot. Only the things you yourself have realized count.
5. (So) be one hundred percent honest and true to yourself. Don't fool yourself with excuses, rationalizations, special circumstances or whatever. We are talking about the truth, not about this and that and other people thinking you are cool.
6. Self-inquiry is for internal use only. Don't bother others with your semi-insights. Proselytizing is what insecure sleepwalkers do. *You* have to wake up, what happens afterwards you will find out then. It is best to leave others alone as much as possible until you are 'there'.



7. Take care of yourself. You need a body that is in reasonably good shape, a suitable vehicle. So be healthy enough to face stuff and to deal with it. Waking up is usually a pretty intense thing that takes your everything – which is often a lot more than you thought you could handle. So be as strong and as healthy as possible. Sick or weak soldiers don't live a long life. Oh, and don't be petty, don't use illness or weakness as an excuse, and don't see becoming fit as an alternative or use it to postpone self-examination. Begin NOW!

So when the question “what do I do?” or anything similar arises... Read the above (again) and begin! Or keep fiddling around in your somewhat comfortable prison.

# What is enlightenment?

*Q. What is enlightenment?*

HL. Enlightenment can be described as total relaxation. A notion as deep as it is simple.

*Q. So you mean I have to relax, for example in the form of meditation or relaxation exercises?*

HL. See for yourself how the mind tries to frame everything, how it interprets, translates and transforms what is actually been said into what it is familiar with. No, I didn't say you have to 'do' anything. I only said it can be described as total relaxation, the disappearance of wanting to do something or wanting to change THIS. Relaxing is still doing, just as is meditating and doing exercises. They are the continuation of non-relaxation, of resistance, of a want to fix things. Clear?

*Q. ... I guess so.*

HL. Hm. I don't think so. So far you have lived a life of avoiding and fleeing, of struggling and fighting. You force, seek, pursue, try to control life and fix stuff, et cetera. Can you see that?

*Q. Pff, it doesn't sound very nice when you put it like that, but I am afraid you are right.*

HL. OK. As I often say: I don't have anything against strategies, except when they don't work. Now, all your attitudes and strategies didn't work. They were all different versions of one and the same thing: a separate 'I' that is trying to fix, control, manipulate and change stuff. All these efforts reinforce the illusion of a person making the efforts, that you are a separate being and that things aren't the way they are supposed to be and that 'you' can take care of it, as long as you try hard enough or are able to find the right technique or strategy. That is why seekers love teachers who tell them what to do, though they seldom really listen, not even to that kind of spiritual crap.

“  
*It is not something that will happen.*

*You can see it happening right now.*

*Right now, exactly like This-here.*

*To look for it is proof*

*you don't see it.*

*Q. OK, but then what?*

HL. There is no 'then what'! Another flower from the same garden. You again want to do something or make something happen. Sometimes people bullshit about the need of surrendering or receiving. Again it's the illusionary 'I' that sets the conditions for freedom, this time by surrendering or receiving. Haha. The thing is that it is possible for what I am talking about to permeate you so profoundly that something falls apart or gives way. And this deepening insight is something that can only happen spontaneously. It won't be you who 'does' it, nor me, for there is no 'I' that can do anything. When it is truly seen that there is no 'I' that does anything, and that all so-called 'doing' is basically resistance, then total relaxation occurs. Free of charge and without effort, just like that.

*Q. So if I can't do anything, am I supposed to just wait?*

HL. Oh man! Look! Now it's happening again: turning it into an action: should I wait until it happens... Again the non-existent 'I' who, this time by waiting, wants to fix things and is even willing to be depressed over it. Now we are very short of whining about mercy or grace. Or about having deserved it and that it should be ours. Again it's the same 'I' that wants something, that wants to continue to exist but somehow be free. HEY! There is no 'I', and what doesn't exist can't do or get anything.

Being IS. Nothing can be done for it or against it. It is nobody's, there is nobody, there is only Being. It is what you are. And whatever seems to occur, including

this satsang thing, is what IT is. This is it. Exactly This. 'You' are already here. THIS is IT, and THIS (you) is going nowhere and comes from nowhere.

# “SHOOT YOURSELF

(If you can find one)

# Intuition

“  
*Although you have to pay for meetings and session, you can't buy the truth, nor the right to receive real teaching. That 'right' is solely dependent on the level of your maturity and focus. It's not the teacher who has to be checked (though be careful) but more your intention, willingness and intelligence. The teacher doesn't have to fit your demands, it is you who has to be in the right state to receive. The teacher is not your ego's friend, but the truth's. Never forget this. You have to extract the truth from him. This will require all your energy.*

*Q. Hans, in First Aid With Immaturity you talk about intuition, but 'me and my intuition' sounds rather dualistic. Why do you present it like that?*

(First Aid With Immaturity is a book that is also available as an e-book. It describes how to completely feel and experience emotional content, gain access to Consciousness and learn to use your intuition.)

HL. Good point. In the integrated state there is not-two. No distinction between 'the person' and intuition, thinking, feeling, Being, et cetera. For the average person however, it is useful to learn how to feel and listen, and so we pretend intuition is a separate ability one can learn how to use. By learning how to feel and listen people become full-fledged, mature beings, while at the same time the possibility of awakening increases.

So First Aid With Immaturity and my first book from '99 are a helping hand to people who are still convinced they are a person. By learning how to feel and listen, their separated way of doing things will loosen. In this way they will have a better chance of making discoveries than when they keep ignoring their intuition and resisting emotional energy.

By the way, the same goes for talking about the universe. The universe and 'I' are not-two. But then again, it can be useful for some to say they are in order to

help them reestablish their relationship with it, after which they might discover they actually are not-two. Or maybe at least it will help people to stop swimming against the stream.

When people feel they are truly separated from life, the universe, intuition, et cetera, then chances of awakening are low while chances of misery are high.

So this is why, when needed, I offer these kinds of helping hands: explanations and support to loosen things up and thereby help make insight and direct experience become possible. Does this answer your question?

*Q. It does, it's clear, thank you.*

*“  
There is no me or world  
which is not from, or outside of  
THAT.*

# Is feeling doing?

“*Refuse to feel, and you will suffer.*

*Refuse to see, and you'll stay blind.*

A lot of people's energy systems are so locked up that it is impossible for them to hear the truth. Their identification with the illusion of the separate 'I', the doer, is complete and so I often give them the advice to stop fighting with what-is, to stop fleeing from it. I teach them, as it were, to go towards it and meet it, to investigate it and experience it, whereas they usually try to gain control over it or to get rid of it.

Their identification with 'doing' and the so-called 'I' is for many people so strong that it is impossible for them to realize that 'fully experiencing' isn't actually 'doing', but 'being'. Resisting, wanting, controlling, avoiding and fixing are all doing; to be with something (anything!) is not doing, but being.

But then again: there really isn't someone who is resisting, there is merely resistance. When you become fully aware of this, experience it fully, it will fall apart. The same goes for emotions: when fully experienced, they will dissolve.

Consciousness doesn't hold on to anything and it doesn't flee. Learning how to feel sometimes is a necessary step to free your self from the everlasting resistance against and fear for what is.

By learning how and when to consciously zoom in and how to zoom out, it may be experienced that it actually is consciousness that, effortlessly, experiences everything. Emotions, tensions and convictions are then simply what they are, instead of something negative. When the ties are thus loosened, teachings will also be experienced in a more direct way.

There is no person who can let go of anything; saying you want to let go of something is saying you want to get rid of it. When something is fully

experienced, the way it is, it will let **you** go. Everything has a natural aim to be free, it's your 'I' that's in the way. What you mistake for being you obstructs spontaneous freedom, as this separate 'I' keeps imposing conditions and keeps resisting.

Awakening is natural, and so is resistance. Experiencing everything the way it is, is what we call freedom.

This is it, exactly this. No road leads to or from This; This IS.



# Missed shot

It has nothing to do with being in the moment, or being mindful. These are just continuations, albeit more subtle, of an 'I' that is trying to achieve something. Being (or wanting to be/trying to be) in the moment and mindfulness both seem like they are the real thing, but actually are missed shots, and missed shots don't count. They are the continuation of the illusion of a person doing something, and that's impossible.

This 'I' is nothing but resistance against what-is, resistance against the so-called moment. It always wants things to be different and it's worried all the time.

Let's take a closer look.

Say there is agitation. It doesn't matter about what. And then because of that agitation 'someone' is trying to be mindful... Why? Basically to get rid of it, right?

It is much easier to stick to the facts: ah, THIS is manifesting itself in the form of agitation. Right. OK.

The experience of agitation is then a spontaneous one. And later it might transform into silence, or whatever. It appears effortlessly and disappears effortlessly, or changes into another sensation. Cool. Every fire will burn itself out, by itself.

For this to happen it is not necessary for 'you' to be in the moment, or to meditate: you don't have to do anything. You are No-thing, and in it appears agitation. Well, then, experience the agitation, and the resistance that might occur as well. That's what's there. And this isn't doing, it's being. Every attempt, whatever name you attach to it, to get rid of something, is a form of sabotage, which, again, is not a bad thing, because it's also part of THIS. There will be a time, however, when there is too much intelligence, and resistance is no longer an option, nor is wanting to get rid of things. Because no matter how apt you are in rationalizing your wanting to get rid of something: 'I am feeling it all the way through; I fully accept things; I approach things mindfully...', when your eyes have opened even just a little, you will see a fake 'I' that is trying to change

things. And however sly this 'I' may be, along the way you will find that whatever you **do** is wrong...

Then things will open up spontaneously, followed by a smile. And if not, you still have the option to become frustrated.

In the end it doesn't really matter. You are what you are, whether there's awareness of it or not. And if you suffer (for example from meditation, or whatever) then that is also nothing but the way it is.

At the same time there is the small chance, through what is offered here, that one realizes the gorgeous futility of things. Everything one does, subtle or not subtle, is a mere mirage.

That is why, in my own friendly way, I say some people are specialists in being ignorant, advanced ignorants. All of their techniques and spiritual strategies, their theoretical background, their saints and citations... they simply miss the point.

But they are part of the game, just as what Hans says and the way he Hanses.

*“  
The commentator is the fake self,  
that which is non-existent (maya).  
It is the voice of ignorance,  
which you obey and even take to be you!  
That's what's called sleeping.*

Stop.

# Slavery

“  
*How great when a person, any person,  
will take the time, once or twice a day,  
for 15 minutes or half an hour, to simply be.*

*Even greater: a person who is able  
to recognize who or what is the meditator.*

*Endlessly, 'my' existence, and the spontaneous,  
inherent awareness of it,  
or: reflection on it.*

On the prowl for stimuli, activities, entertainment, confirmation... As long as the mind is occupied we feel we are 'our-self'. Thinking, acting, eating, watching television, listening to music, talking, reading, entertainment, social media, et cetera. Most of the time only used to fill a void, to distract ourselves, to keep the mind busy and to avoid the friction we hold within us. But when the wheels come to a standstill... lo and behold!

Our misconception of thinking that we are what we are not, reveals itself in our addiction to keep the mind busy. Only when the mind stops can REALITY manifest itself.

When the addicted mind is left dry, nervousness and restlessness arise. These are in fact withdrawal symptoms and sometimes can resemble panic. When the mind is left dry, an intense fear is awakened that hides in every human being and which we think has to be avoided and denied at all times. The I (mind) is afraid it will die, which in fact it will, but you are not the 'self' created by the mind.

To 'be yourself' usually means nothing more than letting your 'I' do as it pleases, such that you may feel obstructed by others and life in general. Haha... the fun part is: there is no self!

Real meditation is to-do-nothing. A shutdown of the active mind.

No involvement.

No reactions.

No resistance.

No goals.

It's best to simply see and feel everything the way it is, without intervention. As support you can focus your attention slightly on your breathing. Observe and feel what the mind is doing, and perhaps if it becomes quiet. And if so, what IS there when the mind is silent? And make sure to release your breath at the right time.

Stop the mind when it wants to become active, thereby returning to inactivity, i.e. a lucid awareness of everything that wants to appear... Without intervention, judgment, distraction or anything.

And when it does become active, don't panic, simply see and feel... This way you might discover how restless your mind actually is and realize that your real prison is just that: your mind, not the circumstances. And maybe you will then become motivated to break free...

Freedom is being free from your 'self'; the fake 'I' created and maintained by the active mind. Free from this restless, terrorizing mind, always craving for attention.

# ‘What should I do?’

Asking this question shows you still haven't really understood that your misery is caused by your own restless mind, and not 'the world' of 'the others'...

So explore your mind. Count your breaths. When you try for ten minutes to think of nothing, you will dis-cover the mind junkie that you are... Discover how you keep avoiding silence, emptiness, doing nothing, Beingness.

It's impossible for most people to, all alone, sit in a chair for fifteen minutes and do and think of nothing... Neurotic junkies... Fighting fugitives... Fighting against and fleeing from the truth... Sad and unnecessary.

Meticulous observation is required. Face the facts: face the reality of your own neurotic existence. Almost all your interventions (spiritual or otherwise) find their origin in your own neurotic compulsions and are therefore nothing but a continuation of them.

The observing and fully experiencing (feeling), without intervention, of your actual situation - identified *as* this neurotic mind - is crucial. Only when the facts are acknowledged is it possible for something to arise, or for you to come across something that actually works.

To facilitate this process of true observation, it may be of use to meet with someone who is already 'there'. Since probably all people around you suffer from the same neurotic compulsions and identifications as you do, your friends and family and such are of no use! They will keep trying to keep you caged, appease you, comfort you, soothe you, for they are sleepwalkers too.

Learning how to breath may be of use as well: sit and count your breaths (while exhaling, from 1 to 10) and focus on your hara (three fingers below your belly button). This in fact is the first step of zazen. Useful and instructive, especially for beginners, which most of us are, in spite of how much we may have read.

*“Most of us think we are thinking.*

*Firstly: there is no one who thinks.*

*Secondly: most of our thoughts are completely irrational.*

# All is empty-ness

This means that everything that is regarded as valuable, in essence is meaningless. Everything you value is an illusion, basically an expression of the neurotic mind addicted as it is to activity and projection.

No relationship, job, hobby, possession or whatever can make you happy, real or set you free. All these things can at most give a sense of comfort and pleasure (and agitation and misery), temporary satisfaction followed by problems, but never freedom or happiness.

Freedom and happiness are inherent, your true nature, and can only become manifest when the mind stops fighting, fleeing and seeking.

When you acquire something you wanted, for a moment the fighting, fleeing and longing (seeking), stop. What then becomes apparent, for the duration of that moment, is your inner nature, and you will feel content and happy. But the mind connects this feeling to the acquisition of what you wanted and thus thinks that getting what you want generates happiness. This is a misconception. Happiness only manifests itself when the mind (in the previous example temporarily) comes to a halt.

In fact all is empty. In the bible it says that all is nothing but vanity and chasing the wind. It is thoughts that attach meaning. For example: having a relationship is a good thing (since everyone has one), having a career is important (we are all told we have to 'make it' and 'move ahead', since more is better – but where is it leading us?).

Values like these receive their meaning from our neurotic way of experiencing life, our separate viewpoint. From the viewpoint of totality there is no right and no wrong, not need to possess or not to possess, no need to be someone. What is more, zen says: success is failure.

You want to fit in, but also stand out. Haha! You want status, respect, power, but over or for what? You don't even have power over yourself, are in fact a slave of your fears, desires and acquired sheep-values!

Pleasure seeking, a need for understanding and wanting to have a good time all are understandable, but share the same purpose: pleasing and sustaining the separate 'I'. You are basically feeding and pleasing your own prison warden.

It seems that what we are trying to do is to keep things in motion... avoiding what is there when things come to a standstill.

Even most spiritual searching is more of the above. It is 'doing'. It is keeping the grand ego-machine alive. Achievements, ambitions, progress.

All is empty, with enough room for everything.



# Doublethought

When you are under the impression that you are a person, contemplate the following:

life = self-inquiry

Whatever you experience on the 'outside' is merely the context where you meet yourself. Spirituality and life are not-two. Every situation, encounter and event solely points to you. Your life is, so to speak, your very own 'Course in Miracles'. Every day you can see what you believe in, hold on to, avoid, love and fear. And every day you can see where you are free, authentic and creative and where you're a scaredy-cat, control freak or gullible believer.

So become aware of what the real context of your life is, a path of self-discovery, with neither beginning nor end, always in the midst of it. Rather than setting fixed goals, just be attentive and see that your goals always change, just like your resolutions do, and your assumptions, your desires and your concepts. Everything changes, including you. Nothing is fixed, nothing is 'such and so'.

It is not odd that people do set goals, but it is also of little meaning that they do and it prevents them from being truly present. People are used to living for later, when... That's how fools live. A wise person IS, and knows everything is subject to change, temporary, subjective, unable to put your finger on or control. **If** the wise person would have a goal, it would be to, right now, live as fully as possible, unintentionally, without reservation, compulsion or fear.

Don't separate what can't be separated. Your life is tailor-made to dis-cover, regardless of your situation. You and the situation are also not-two.

“  
*Am I new, now?*

*Or am I seeing things with eyes from the past?*

# Social interactions

*Q. Hans, I've heard you say you hardly feel the need for social intercourse and that most people only use it to fill a void. Can you say something more about this?*

HL. See for yourself what it is like in what you call your own life. Isn't avoiding other things a reason for you to interact with other people, as well as an underlying fear of loneliness? Isn't it the case that when you feel agitated or dissatisfied, you will want to see other people, while you could also simply experience what is there, as it is? And isn't a sense of guilt and obligation a reason for your always saying 'yes' to invitations and why people in general maintain friendships? Or even worse: networking. What is your situation? Because let's be fair, what some manifestation proclaims (Hans, in this case), isn't necessarily true.

*Q. I think humans are social creatures and that we need contact with other people, and also that it is an expression of unity.*

HL. Yes, everything is an expression of unity, but almost everything contains an element of fear as well: 'If I would truly be myself, I will be left out and that will be the end of me'. Make no mistake: our fear of loneliness or exclusion and other people's opinions are bigger than we would like them to be. It's not too relevant, but how often don't you say 'yes', when actually you feel 'no'. How often don't you go to a birthday party or reception when actually you don't want to go at all? Or, how often will you not go because you think you don't know how to behave? Is it easy for you to talk to a group of people? Do you fear being judged by the people around you? Or, and I have seen this numerous times: to what extent are you still trying to please your parents or rebel against them? Which of the standards you uphold, social or otherwise, are truly yours?

Most people carry these kinds of fear-based attitudes and values, whether they are aware of it or not, and so it doesn't appeal to me too much to hang out with them. More importantly, unlike 'before', there's no 'I' that needs confirmation,

or to compensate for this or that. So people stop by, or they don't. To me, in the end, it's all the same.

By way of comparison, how much fun would it be for you as a so-called adult, to live mostly among five-year olds? As much as you may like children, they keep whining and quibbling, and they play with toys you have grown past a long time ago. There is no real common ground... You are like a different species.

*Q. Does this make you feel lonely? Do you miss contact with other... eh... enlightened people?*

HL. Haha, no. I don't have much to say to ordinary people since they don't get what I say and I can't follow what they say (although thankfully most of them don't notice). And I don't have much to say to other enlightened people either, nor they to me, because we both know what-is. What would we talk about? The weather, the price of oranges, the latest darts tournament???? What is left: being together with a few people I consider my friends, and some (mandatory) everyday encounters. And of course the people that come to me for a session or a satsang.

Altogether more than enough social interaction. So Kasia and I are rather content concerning human contact.

Everything is perfect. There is no need for anything to change. This doesn't mean I would be against it, there is simply no desire for it. In the same way as I also have no desire to hurt my knee, but when I do, it's not the end of the world.

# The delusion of personal perfection

“  
*At the moment of realization or revelation itself,  
it is always ‘one’: a complete and intuitive whole.  
Afterwards, on the other hand, it is usually just one of many  
possible perspectives.  
So one can dissolve into Oneness and the next minute  
burn the potatoes, which in moderate shame flushes the cheeks.*

Every human being’s mind and feelings contain a list. Like all lists, they include pros and cons. An image we over time have acquired, for example, tells us what we will be like when we are enlightened. Or how an enlightened person should behave.

These lists are built up in time and are loaded with all kinds of ethical, cultural and moralistic elements as well as opinions on good and bad (or evil, as you wish).

We basically hope to become a good and admirable person: wise, friendly, intelligent, empathetic, altruistic, positive, special, et cetera.

Very understandable, because deep down we all feel we aren’t good enough. To be clear though: enlightenment has nothing to do with holiness or goodness. I often still display unreasonableness and all kinds of weaknesses and tendencies. And I have been awake for quite some time. It’s an outrage! Hihi!

This goes for all ‘enlightened people’; they are almost just like humans ☺.

Enlightenment is seeing through the illusion of the separate ‘I’. Nothing can then be perceived as not right as there is no longer a center that might fight what-is. And although what-is still includes so called bad characteristics - a difference is that there is no ‘I’ that tries to conceal them. Being-awake simply means BEING AWAKE. It is the experience of how everything is being unrolled, while no one is doing the unrolling. Everything is perfect the way it is but mind you: it is

impersonal. Enlightenment is completely impersonal. There is only enlightenment, not an enlightened person or entity.

This sometimes causes problems. Most people I know are still fully or partly convinced that they are a separate entity, and therefore think I am too. My perception however is totally different. I feel no harm has ever been done to me, that the past is without meaning, that nothing is not the way it should be and that no person should act differently from the way he or she does.

This doesn't mean that when I accidentally (or on purpose) hit another car, I will say: 'It wasn't me, it was consciousness'. No. The situation will be evaluated, and depending on the constellation of the moment, a response will manifest itself. Which can be anything, by the way; there are no rules!

So it might be that I will hear myself say: 'Sorry, I wasn't paying attention'. Or: 'Hey, calm down, it's just a dent, it will be OK'. Or whatever. Got it?

This is why real living is so much fun: you never know what is going to happen or what 'you' will say or do. There no longer is any control – eh... there never was any control, but now you really know.

The desire to force outcomes is gone as well. Just as is resistance against what-is. The vindictive, worried, easily-hurt center that lives in the past (and future) is simply not there anymore. In other words, your 'I' is gone.

And even this isn't really true: the 'I' never existed, but you just believed it did, and now that's gone. You see the mirage for what it is: a mirage. And it doesn't have to change or become prettier; it is OK. It is spontaneously – i.e. impersonally – recognized as a mirage, and that's that.

It is remarkable to strike up conversations, especially with the so-called people around me who take the mirage for real – what a barrier! A barrier that causes strange turns in conversations sometimes, which is fine with me, but occasionally leaves aforementioned people confused or perplexed. Can't be helped. And perfect all the same (although they don't tend to agree).

In social interactions like these there are lists as well. It is expected that I behave in a certain way: interested, empathetic, understanding, well, concerned, engaged, et cetera. I don't want to say I don't care, but it sure is difficult to sympathize with people's stories...

Because I am a father I should be or do like this or that. Because I am enlightened it is such and so. Because I like music it is something else again, and on and on. All great and at your service. Means nothing to me.

In everything social, demands are high: people want to be on good terms with each other, avoid conflicts (or be the one who is right), 'maintain' friendships – which means putting in 'effort', work on relations and more of the same.

HERE, there is no fear for loneliness or disapproval. Enlightenment means the end of your tendency to adjust and restrain yourself, the end of coming up with feeble solutions, of worrying about yourself and others and of fearing the future (or longing for it), so relationships won't be maintained. They simply happen, or cease to be. Same difference.

It is simply to Be. There is 'to love', without a possibility of 'to miss'. There are no demands, masks or stories. For those who this is too much it is better to stay away. This goes for everyone: if it is too much (or little) for my family, friends, children, acquaintances, et cetera, then don't come over; go drink your coffee somewhere else.

I can no longer pretend to be something I am not, just to please someone else or because it is expected. Of course this doesn't mean I can no longer be generous, friendly or extend a helping hand. It is just that fear is no longer in the equation. I am no longer on the outlook for compliments, acceptance or being understood. I am not an approval junkie anymore.

Because we are afraid of being rejected – for it will confirm our feeling of not being good enough – we behave in all kinds of unnatural ways. We fear that when we are totally true and honest (supposing we know what that means), no one will like us anymore and we will wind up in the gutter.

Not me. For quite some time now I have been exactly what I am, and with most people I get along quite fine. Many people come over from miles away to spend some time with me, and if I felt the need, I could have a very busy social life. But I just don't want to spend all of my time around people. There is no shortage of anything, I miss nothing, have no need for dream talk and opinions. There is no dreary void, no loneliness, no need for acknowledgment and all those sorts of things.

Enlightenment IS. Enlightenment is what's left when the illusion of the separate self has disappeared. Then there is no longer any fear for people, criticism, conflicts or not being good enough. There no longer is any anxiety. There no longer are any tendencies to change or fix the current moment or a try to change somebody (to better fit my ego?). This also includes my kids. They are allowed to be totally who they are. But then again, to say 'allowed' is nonsense in itself: they are already exactly who they are. I can be with them and if they want talk about anything. But it is no longer possible for me to identify myself with anyone's story; I see stories for what they are: an extra layer of opinions (led by fear) and unexplored, cultural-based, interpretations. Have them, but don't ask me to take them seriously, I can't. So it might sometimes feel I am not taking others seriously, because I ...eh... actually don't. That is, their beliefs, opinions, fears and desires, dreams, goals are not as convincing to me as they may be for them. Sorry :)

Most of you walk and talk in your sleep and believe in (bedtime and horror) stories.; people who are awake don't. You walk and talk in your sleep and believe in 'if... then...' and 'what if...' and 'I should have..' People who are awake don't. Good night.

“  
*There is no right or wrong.*

*All is the current outcome  
of a very complex and impersonal  
entanglement of powers.*

# What you believe is what you get

*“ Is it possible for us to be, to live, without holding on to philosophical, psychological, sociological or spiritual explanations? Or can we at least be aware of our holding on to such theories?*

*What are your theories? And why do you use them, to soothe or to repress? Do you use them to rationalize something or to deny something? Are they a justification, an excuse? Or are they a true manifestation of actual revelation?*

*Be cautious...*

*Why exactly do you say: ‘it is the way it is’, or: ‘considering my (his) youth...’ or: ‘this is the only way it could’ve happened, otherwise it would’ve happened differently’ or similar slogans? To ‘use’ truths is always suspicious.*

Below are a few passages from a letter I sent to someone close to me. An example of what at the time was.

Dear,

What you believe is what you get. This means that if you want another person to be different from the way he or she is, you will get disappointed (and the ‘other person’ often irritated).

When you believe in a separate self, you are doomed to have expectations, regrets, guilt, judgments, feelings of not getting what you deserve, et cetera. And when these notions are what your decisions are based on, then the consequences are yours, not someone else’s. It’s for you to pick up the pieces.

So when you think I should be and act differently from the way I am and act, then that’s your business. When you think you or someone else is in need of something, then that’s also your business.

As far as I am concerned, no one needs to change. I don’t see or experience any separate creatures.



And so there are no rules on how things should go, let alone on how things should be, because everything is exactly the way it is, and the-way-it-is is the result of countless 'decisions', based on all kinds of beliefs.

Your way of being is fundamentally different from my Being. Think of it what you like. I don't expect to be understood at all, though, who knows, it might just happen.

I don't live on the basis of the past, worries, shortcomings, regrets, control, resentment, feelings of being victimized, blame, 'something has been done to me', 'if this, then that', 'if only...', et cetera, all of which to me are like sleepwalking and completely incomprehensible. No wonder you keep feeling I don't take my responsibility. I take 100% responsibility, namely for the way I see things. No, that's not entirely true, I have compromised a bit, because I erroneously thought it might help. It's clear now that it doesn't and that the best help I can be, is to just be myself, even when it's not appreciated.

Whoever believes in problems, adds to them.

Whoever believes in the past, maintains it.

Whoever believes in suffering, lengthens it.

It may be that inside you arises a readiness to feel and experience the painful parts of your past, and move on. It's possible. But I can't facilitate it, and neither can you. In this regard I can only feed something deep inside someone when he or she is here with me, and let that person experience another way of being.

It's absolutely impossible for me to take responsibility for matters I know to be illusions, nor is it possible for me to tag along with a way of seeing things that is more restrictive than that it is liberating.

Concern weakens, regret weakens, remorse weakens, living in the past weakens. It's the song the whole world sings: the separate little self that's traumatized and needs the help of other separate selves who also believe in (and are) suffering.

And pretty much all aid workers also dream the same dream. Sigh...

But still, what will happen, will happen, whether I like it or not (or anyone, for that matter).

I can't sing along with this anymore – I mean I can't follow opinions, convictions, projections, beliefs, worries and rules like that and the choices and 'responsibilities' they may imply for you, so I won't.

Love doesn't mean worrying about someone else.

It doesn't mean to strengthen someone in believing the dream of a separate 'I'.

It's not a warm, fuzzy feeling.

It doesn't mean to want things or persons to be different from the way they are. What it does mean is presence and power.

It's impersonal, and will only then show itself when the illusion of being a separate entity has dissolved.

It has nothing to do with needs, affection, familiarity, being sweet or nice, et cetera.

It's devoid of fear and worries and cannot be manipulated or blackmailed.

I love all and everything, but impersonally. I love my children and my friends, but in a way the 'I' cannot think of. For example, it's without the possibility of 'to miss'.

It's without fear as well, without any interest in 'I'-stories, without any claims. It's free.

(This doesn't mean that it's impossible for me to 'do' anything wrong – although there's not such a thing as 'wrong', understand?)

And I can't follow stories that are riddled with rancor, the past, a belief in suffering, old shit, new-age stuff, things that have to be different, persons that have to be different, and 'if we would have done this, that wouldn't have happened', et cetera.

There are no problems, not a blade of grass is in the wrong position, there is no single reason to be unhappy, there's nothing that can be achieved, looked for, found, solved, improved, and all that sort of jazz. To me that's nothing but resistance against what-is and basically the world upside down. I have nothing with people who are stuck in the middle of that upside down world and who

even want to stay there, who want to keep using their old crap to keep the idea of 'I am a person' alive. I keep my involvement with them to a bare minimum.

What is, is, nothing more and nothing less.

Living is deadly (and) simple and nothing is more important than anything else. Everything radiates from inside out (nonsense, there is no 'inside', ah well, language...), by itself, and most 'helping' and 'safekeeping' only keeps people dreaming and imprisoned.

I don't want to 'help' anymore and can't any longer.

These words will also probably not accomplish much (understanding), but apparently they had to be written, which is a funny thing. I don't wish to force you into a way of thinking, and please don't do it to me either, it won't work.

What I am, does not fit in the framework that you seem to hold dear, doesn't match your thoughts and feelings. No wonder you sometimes react bewildered to what I say or do, which by the way is partly due to the fact that what things truly are like, is almost impossible to express in accepted standards and norms. Ah... doesn't matter.

Anyway, how can I be 'like this'?

Because I am 'like this'...

“  
*You are my love.*

*You are mine, love.*

*Love and possession,*

*Are mutually exclusive.*

# Normal relations?

*“*  
*When you observe your thoughts and words,*  
*how much reflects you as consciousness*  
*and how much reflects you as a person?*

*Who are you serving, your ego or that what's real?*

*That's why we grab the chance to be silent,*  
*so we can open our eyes to what's real,*  
*and loosen the grip of our ego's tiny wishes,*  
*to deepen and change our lives.*

What's considered normal behavior by average human beings, is not at all considered normal by enlightened people. This may seem to be a blunt remark, but it's true. Let's take a look at what normal people think is normal behavior in relationships, and what it's like from an enlightened point of view.

What's clear is that normal people think it's good to be committed and concerned towards friends and family and to be involved in – and even worried about - their well-being. This is sheer impossibility for the enlightened.

Another thing that is considered normal, and the very root of all problems, is to think you are an independent, separate creature and that you are responsible for your own deeds and actions. That's beyond grasp for the enlightened; there are no separate creatures, there is no authority, no good and bad, no one is responsible or guilty and no one needs to be redeemed: there is no one!

For me, the need to fill life with social activities is hardly there. I just about every day meet people as a teacher, but aside from those meetings there is hardly a need for visits, birthdays or any other conglomerate of people. It's not that I am against it, there is just no need for them. I encounter more than enough people already and know all too well what's keeping them busy: all kinds of dream

stories, dream goals, dream worries, dream opinions, dream fears, dream preferences... Nothing too interesting or original.

When your center is no longer there, there is nothing that needs confirmation and there is no longer much need for any stories of whatever may have occurred: 'we did this and that', 'I believe such and so', 'psst, did you hear ...'.

Nevertheless, I am definitely not socially inept or judgmental towards people, they are exactly the way they are, just like trees, and I avoid talking to those as much as possible too.

The moment someone opens his mouth, in 9 out of 10 instances I know the outlines of what is to follow, and where the theory draws a blank. Because sometimes I think I should, I have friends come over, or my children, or I go see my mother, and it's not even too much of a burden. On the contrary. But to say that it's essential for a feeling of completeness in my life? No. At most it's amusing or time pleasantly spent, but if it fills a need, it's mostly the others' – I mean the ones I visit or the ones that visit me. I am basically quite neutral. Not indifferent, just neutral (for lack of a better word).

What's fundamental and constant in life is Being, and Being is 'all the time'. And so everything is complete, all the time. Most people try to deny just this and then come to me complaining about what's not right, what makes them fearful, what they desire, what they avoid, what their opinion is on this or that. This is only possible when reality is overlooked, and so what I am confronted with are displays of what's not real and problems that arise from denying reality. Because of the simple fact that most people continue to sleepwalk and are not able to really see or hear, it's more like dealing with people who can't see and hear or feel than someone like yourself. Or like small children maybe... although the body may appear to be 40 years old...

I live on a planet (let's pretend it exists) clustered with mammals (rather more like aliens to me) that are deaf and blind and seem unable to think and to some extent appear to be spiritually handicapped, who furthermore can't truly distinguish one thing from another, but do seem to possess some kind of magical power to project and expect and see things that aren't really there.

I'm fine, though, because not only am I awake, I am also not stupid. And usually no one notices that I'm a different species. I can still nod and say yes when it's required – most of the time - and can usually refrain from laughing at inappropriate moments and can avoid the question mark on my forehead becoming too apparent, although sometimes when someone is talking, my eyebrows try to push back my hair a bit too much. To be honest, people talking is often more like Spanish. I only know five words of Spanish, but thank God (an expression I am in the habit of using occasionally, that's all, there is no God, no worries mate) no one ever really listens to another and so barely anyone notices I don't really understand – nor care for - what they're going on about.

Sometimes I want to entertain myself and I will play with other people's opinions. I will all of a sudden react very seriously, so they will get suspicious. Or just for the heck of it I will take the opposite position and undermine theirs. It's what I like doing. Sometimes.

Sometimes I tell my visitors that it's been enough and then they leave, or I retreat to my cave (the outbuilding where people come for sessions but that also contains my amateur recording studio and dartboard). (Great though, to have some people in my life who are not sleeping all the time and with whom I, or we, can spend an enjoyable time, occasionally... I mean, not too often please ☺.)

I mean: all in all everything is fine. The good thing is you never have to feel sorry for 'an enlightened person', he will not feel sorry for you or anyone either. You also don't have to feel sorry for the ones who seem not enlightened, but if you insist, that's fine.

And there we go again. Feeling sorry. To feel sad or anxious for someone. Real useful, hihi. Or to worry about someone else. Again, really supportive. Helping others is mostly based on the previously-mentioned dream thoughts, the 'separate' stuff, resistance against what-is and being oblivious to the world already being perfect.

We want to prevent our children from feeling sad, so we comfort them or try to distract them and thus a fresh load of sissies is formed, filled with fear for emotions and packed with illusions: you have to 'feel good', life is supposed to be fun, et cetera.

I have no sympathy or compassion for anyone. At least not in the way normal people do (or Buddhists, or Christians). Every form of suffering finds its origin in identifying with a separate identity and this DOESN'T EXIST.

The ocean oceans, what happens to individual waves is not important, they don't stand alone, they are not separate things. The Ocean is not compassionate or worried about waves, for it is (also) waves. See? Compassion is doublethink, separate BS-talk. But is sure sounds spiritually correct, doesn't it? Yuk!

What is or might be useful, is to help someone see that he or she is suffering because he is not paying attention. To help dissolve or destroy misconceptions is very compassionate, so to say. What is not is to comfort someone or to soothe someone back to sleep. Or to offer a pill, candy or a toy and then encourage that person to hold on because he will soon be his old self again. Yes, everything stays the same and the wheels keep spinning. Everyone wants to stay the way he or she is, and then some still claim they seek the truth. How amusing.

Anyway. I say: virtually everything you consider to be normal in your relational-social book of beliefs is, as soon as you awaken, utter baloney. So take a closer look, write down your ideas on what you expect from a loved one, your mother, father, brother, sister, friends, colleagues, et cetera.

When you have done this, really done this (you won't), realize that what you have written down is complete nonsense for the awakened. It is gibberish, uttered by one specimen from a flock of sleepwalkers. Everything! Do not think this is true just because I say so, but rather see it as an exercise: what if everything you consider to be normal in relations is not true, or not real?

Most of the time seekers try to defend all of their ideas and convictions, but what happens when you start questioning them or altogether reject them?

# Nothing is ever not right a dualistic approach

“*So, basically there are just two approaches:*

*either never rest and question everything until there is nothing left to question,*

*or do nothing, which means to experience everything*

*without intervention, resistance or a want to change anything.*

*For both roads a fierce passion is required.*

One of the things where I feel I differ from other people, is that I don't feel anything is not right. What happens, happens, and it can be experienced as pleasurable, or not, but never as 'bad' (or 'good'). In other words: to me everything is always ok.

It is not that I am coldhearted by the way, and I am certainly not busy 'accepting'. Acceptation just is. When you see a cup on the table, do you go through the process of accepting it's there? No! It's clearly there! Period! Accepting is a strategy when there is resistance, and as such belongs to the dream state of separateness. Seeing things as they are doesn't require any strategies. You either see, or not.

And although there sometimes still is an inclination to get annoyed or irritated, my normal way of being is acceptance. And to state things clearly: acceptance is not an act or a verb. It is the inevitable result of being awake, of Being. As soon as I get a bit drowsy, resistance and moods arise in me. They then dissolve within a few minutes, naturally. There's no 'I' to do anything. It is realized that the only 'problem' is the attitude, not the actual occurrence. And this complete seeing-feeling-being the attitude disappears. So the only thing that might be so-called wrong, is your own attitude. When you are awake, what is not true doesn't stand a chance. It either doesn't arise, or it dissolves in no time.

When you are a sleepwalker, your attitudes and opinions are your frame of reference. To me Totality is the frame of reference (this wasn't a decision or action, by the way, it's what I am). Totality Is. Just like water. For sleepwalkers, their preferences, fears and wishes are their starting point when they face 'the



world'. My starting point is reality. And again: there is no doing on my part, all is the logical outcome, no, a characteristic of being awake.

When you are dreaming, you think the dream world is the real world. When you've stopped dreaming, you don't. This difference is not a matter of degree, it's a radical one. When you are eight you play with Barbie dolls or tin soldiers, when you are forty you don't. It's not that you play with them in a different way, for example more spiritually or with more wisdom; no, you don't play with them at all.

Sleepwalkers have never discarded their 'Barbie doll' or 'tin soldier' awareness. Women try to be Barbie and are unhappy 'cause they're not. Men are still playing soldier, although now they wear a suit and arm themselves with tough stories and/or tattoos. It makes them feel real. It's the same with the spiritual immature, who, enshrouded in drapes, declare all the places they have visited, and which courses they have followed. Which only proves that they are not awake or mature, and that they try to find themselves where they are not and are even unwilling to open their eyes. A life of safely spent free time and riskless meetings. Snore.

Is this a bad thing? No, of course not. It makes me both laugh and a little sad (but only sometimes). To see people who not only try to fool others, but also themselves.

When you have become truly mature, you will know what to do at any certain time, you will know the grand scheme of things and seldom be caught off guard. Especially so because there no longer will be resistance against what-is all the time.

So. Nothing is ever wrong. Except maybe your attitude.

When you have become mature, you will no longer be judgmental, there will be no self-pity and you no longer will want the "outside world" to be any different from the way it is. Life and 'you' will have a normal, natural relationship.

And when awake, ah, none of this matters.

# A radical change

To say that spiritual seekers aren't thinking clearly, would be stating the obvious; more peculiar though is that most of them aren't even clear about what they want. Therefore, in a first meeting, I almost always start with this question: what do you want (or: why are you here)?

It's very simple: you either want enlightenment or you want an easier life. And in 99,999999 % of all cases I put my money on the latter.

He sits on the couch in front of me and is obviously upset. There was another incident at home and he says he got totally carried away. The weather is hot, nearly 30 degrees, while in my office it's only 25 degrees.

I then explain to him that there is a difference between wanting to leave prison and having a good time with the other inmates. He doesn't hear me. When he starts talking about another incident, I interrupt. I say: the point here is that you are deaf and blind and the only thing you do is try to keep your prison guard (ego) satisfied. Meanwhile you tell yourself you want to escape, but all the bars are still intact. Furthermore, whenever a bar isn't in its place, it's you that puts it back, as quick as hell.

Listen, it's simple: either you build a hill of nice dream-life qualities, or you dig a tunnel towards the truth. And the way I see it, you are merely playing with your shovel and nothing has been done so far. You do nothing but entertain yourself, like many so-called seekers, with books, internet satsangs and all kinds of exercises, but you don't know what you want or what you are doing, you don't know anything at all!

Overcome with self-pity he starts sniveling, while I sigh, only slightly amused. He says he is afraid of not being able to find "it".

Hey, I say, knock it off! Feeling sorry for yourself is feeling sorry for your guard. You should want to kill him, not please him. Look, again: you haven't even started! No wonder you feel you are going nowhere. Whether you want to become a mature human being or want to wake up, either way you have to grab the bull by the horns. To become mature requires self-examination, dismantling of your Walt Disney convictions and being able to be with what-is. You can learn

how to do so, just like you can learn how to play the guitar. To wake up, on the other hand, requires everything, all your efforts, your whole being; everything has to be investigated and burnt down. For both options you have to get to work. You have been to a lot of places, have read and seen everything, but you have never really listened or done anything, except bite your own tail and complain that it hurts.

You want people to like you, to watch your children grow up, for your wife to love you and for yourself to do well. Good. So instead of the truth you want a pleasant dream. That's possible and becoming a true adult can help you. It will take you a year or two to clean up any old mess and to find a more intelligent and relaxed way of dealing with things, without too many expectations: accepting what-is and really experiencing emotions instead of fighting, fixing or avoiding them.

Regarding both cases (waking up or growing up) you haven't done anything. You still live the life of a refugee – filled with riff-raff spiritual and social ideas and beliefs.

Wake the fuck up! Find out what you really want and then go for it! And if you don't know how, I will explain it to you for the sixteenth time. Now get out of here! A little shaken he goes out the door toward his car, while the sun is shining and the skylark sings.

I light a cigarette while I watch him go. It's hot, I will first take a cold bath and then take Ghost for a walk. Everything is perfect, as always.

PS. This was just an example, not something made up to make a point or so, it sometimes happens this way. Oh, and I am not always this severe, but when the situation asks for it will not refrain from it either. (This text, by the way was just a summing-up of one of today's private sessions.)

How about yourself: what do **you** really want? If you are not clear about it, then all the rest is a waste of time and you're nothing but pulling the wool over your own eyes. Not that it matters to Reality, but it seems useful to really know. Unless you like the wool over your eyes, of course, like many other seekers/

sleepwalkers. All great, except for the environment of course (sleepwalkers are quite blind to their surroundings), but hey, who cares?!

PS 2. Stupid me. Taking my cold bath with eucalyptus oil, I realize there is a third possibility. Namely: you don't really want anything. Except maybe some kind of life- and mindstyle spiritual hobby, simply because it seems fun and your friends 'do it too'. Also terrific. But in that case don't read any further, this book isn't cozy or hopeful and certainly not spiritual in the common sense of it. Goodbye.

“  
*The truth is not for sissies.*

*For who isn't up for it (and that's perfectly fine)  
it's better to stay away from me.  
For whoever wants the truth: you're welcome!*

# Spiritual jail

“*Certainty and freedom are incompatible.*

*So are oil and water.*

*The thing is that certainty doesn't exist,  
while freedom does.*

Dear spiritual seeker: you don't really want freedom, you want to feel good about yourself, to be a good human being and to be freed from weaknesses and suffering. As much as this is understandable, it's also quite hilarious from an enlightened point of view. It might be the case that everyone confuses freedom with culture-bound psychological-esoteric New Age Daydreams, but that's hardly an argument.

Freedom is the result of the realization of the truth. And the truth is: there is no self. It's an odd tendency to try to make something that doesn't exist 'better' and it can never pave your way to enlightenment – or whatever you want to call it.

And enlightenment is not: always being friendly, doing good deeds, never being without money, always being healthy, living a good life, never having to clean toilets, always meditating, integrating spiritual things into daily life, et cetera.

Enlightenment is the spontaneous and profound recognition that there is no 'I', no past, no future, no suffering, no goal, no destiny, no 'god' (or any other imaginary friend) and no resistance against what-is.

It is useless to the person you think you are. The 'I' loses its credentials and 'self-improvement' or 'personal development' will not make any sense anymore. Period.

Any attempt to improve your non-existent self, maintains it. The one who seeks the truth needs to understand this. For the one who doesn't seek the truth: he or she can continue to tinker, eat algae, make herbal tea at moonlight, do exercises and cleansings and read spiritual magazines.

Whoever wants to wake up, must stop feeding the dream. Must stop trying to sleep ever more comfortable. That person has to lie down on a bed of nails, drip his/her eyes three times a day with bleach (not literally), et cetera. He or she has to stimulate the uncomfortable, gnawing feeling.

Most seekers want 'the best of two worlds': stay the same but then enlightened. They want to keep their job, maintain the affection of their partner, children, family and friends AND be enlightened.

How this is possible? It's NOT.

Illusions like these only exist because people don't want to wake up, and because there are enough teachers that say it's possible (being awake while you sleep). Most people just want to get rid of a part of their life: the hard part, the part that's a pest. People misunderstand enlightenment because they don't know what it really is – and they also don't want to know. In this compromising-new-age-fool's-paradise it is thought that the truth has to adjust itself to our shallow opinions, petty fears and insecurities and our sacred social positions, and that it should not mess too much with our lives. A diet kind of enlightenment, low on calories, easily adjustable and socially acceptable and politically correct, and obviously readily compatible with Christian and other religious fairy tales.

That sort of stuff. For gladiators with plastic swords, samurai with toothpicks.

Thankfully we can find any kind of deception and entertainment in the psycho-spiritual-religious amusement park. The real seeker, however, wants to complete his search. He wants to unravel reality. At any cost and as fast as possible. Even if it means losing his arm and an eye in the process.

The real seeker of the truth discards and sacrifices everything, while requesting nothing. He wants the truth, the whole truth and nothing but the truth. Almost isn't good enough, "live life in such and so a manner" will not do. He doesn't compromise and will not bow to anyone, especially not to his fear(s). At most he will visit someone who already knows and who will enhance his fire. Not someone who will comfort him. Not someone who will start talking about previous lives, fasting, shiatsu, space clearing, meditation, NLP, mindfulness or living in 'the now' (what the hell is that anyway?), or any other form of illusion that's hot at the moment. He knows that his prison cell must not be decorated

and turned into a fun place to stay, but instead has to be torn down and left behind.

Because this is what spiritual people do: they decorate their prison cell, want to have a good time with the other inmates, satisfy their guard and teach their children to be good and productive inmates too.

The one who wants freedom only wants to break out. And when the other inmates don't want to come along? Fine, he or she will go alone.

Which I think is a crucial point: people don't break out in groups, and they never will: you break free from the claws of illusion BY YOURSELF.

It's not at all fun, nice or cozy. The chains are, so to speak, anchored in your flesh and you have to pull them out. The same with the ones inside your brain. And the ones within your eyes, hands, faith and history. You have to pull them all out and burn them.

Ah well. The real seeker already knows this, while the so-called seeker doesn't want to know. The so-called seeker wants to find a small group where there is no risk of awakening and where they talk about phases, enlightenment light, processes, evolution, meditation, special light or special energy, the growth of your consciousness, chakra healing, menstrual dancing, astral cooking, spiritual lace bobbin and mala stringing and where they like to coach each other using the latest book on meaningful relationships or tantra healing. Great entertainment for those imprisoned. No problem.

There is something for everyone inside. For the real seeker there is only one option: getting out! Leave! Now.

# Religions?

## There is only one!

“*“All is ONE” is nonsense.*

*There is no ‘all’, ‘all’ is plural, fragmented.*

*There is NO THING.*

Someone once asked me what I think about the different religions. I said that to me there are no different religions. They are just different versions of one and the same thing: ego-ism. That’s the religion of this world. The average earthling who thinks he’s religious, prays to his god and asks him for help, to give him what he wants and to protect him from disaster. He strives to avoid hell and begs for heaven or a better next life. It’s all about ‘me’: help me, save me, bless me, protect me, redeem me, exalt me (and if possible also my loved ones). Me, me, me.

Hein Thijssen who once said that monotheistic religions encompass intolerance: my god is the best one, the only one. So...

Furthermore, I feel religion is searching for something outside of yourself. It’s closely related to fear and it promotes us-them thinking: us the religious people and them the apostates, the heathens. Us from the righteous church-position-cult or movement and them from the misleading, misled malicious prophets.

Religions (and other forms of magical thinking) don’t do a lot of good, as far as I’m concerned. Just like other ideologies that are based on fear and desire and separateness. As long as we keep identifying ourselves as Christians, Muslims, Hindus, agnostics, Taoists, Buddhists, Hells Angels, Manchester fans, liberals, (anti-)fascists, humanists or Trotskyists, we still haven’t surpassed puberty, when we think in tribes, when it’s “us or them”.

For as long as people are asleep they want to be part of something bigger, but not too big, thank you. This can’t be helped. To each his own – and why not



combine while you're at it? Be a Buddhist-bondage girl, or a new age communist, a tai chi gun-loving ecologist, a conservative Muslim feminist or whatever.

Religion (or an ideology) can provide comfort and support and a sense of belonging, but only for group sympathizers. This already contains the seed of conflict, repression and peer pressure. And it maintains separateness. Just like being a fanatic soccer club member or a radical political party advocate does. All part of the game, since we are who we are, but also all based on a shared belief: ego-ism. So we are all already united in one worldwide ideology or religion. Let us be happy.

Amen.

# Self or no-self?

*“The ego arises in everybody’s mind.*

*Yet for some it’s something  
which takes over everything.*

*For others it’s merely  
a temporary phenomenon.*

One thing is utterly impossible: to bring self and no-self together.

Many try to find a way to apply the enlightened perspective in their life as a person. Not possible. Never.

A transposition of the reality of no-self to the delusionary world of the separate ‘I’ that’s supposed to be in this world or universe is impossible. It’s neither possible to judge Reality from our delusionary state of mind, nor use the values from our dream state to judge Reality.

What’s true and what’s not true are incompatible. Period.

So anyone who thinks: “Oh, enlightenment means ‘not to worry about anything’, so I shouldn’t worry about anything.” is wrong.

When you think the absence of your ‘I’ causes or reveals love for everything, and then you try to love everything, you will be disappointed. It’s not the same. When you think consciousness accepts everything, and then you try to accept everything, you will end up in yet another hell. It’s not possible.

Reality, that which permeates everything, is impersonal and all-encompassing. It cannot be changed or adjusted to fit your dream, or implemented in it. There is no practice of non-duality. It’s realized, or it’s not. Nothing to integrate or transform or implement. You are simply awake, or not.

The truth *cannot* be ‘applied’. And most certainly not by an untrue ‘I’. Not possible. Nonexistent. Not going to happen. Truth is Realized, or not.

Unfortunately, and at the same time quite amusingly, this is exactly what many seekers try to do: to let their list of ideas about non-duality or enlightenment correspond with their life as a person in the dream state. Comical and touching, but utter illusionary and the next example of utter un-clarity.

As a human being you also can't live like a woensel, or pretend to. (A woensel is a nonexistent non-creature.) Just like as an ego you can't live the life life itself lives. By the way, all your ideas about egos and enlightenment are illusionary as well. Just like your ideas about woensels.

So, relax and observe all your theories about being, enlightenment, wisdom, realization, the ego, the absence of the ego, love, bliss, 'the now', et cetera.

Just observe. If needed, write it all down, in detail, and then realize it's all nonsense. And, when possible, throw it all out. All these notions of integration, growth, climbing up and applying are just a waste of time and energy. They are senseless, useless and merely reinforcing the illusion of the separate 'I'.

There is *no bridge* that connects sleepwalking with being awake. Being awake *cannot be* integrated with sleepwalking, like being pregnant won't be possible for a corpse. You *cannot* apply or integrate what IS with or in the unreal. Got it?

# Misconception

“*Seeking will not make you see any clearer. To stop will.*

*Discover your identification with the commentator and see!*

*He is only part of what is perceptible,  
a phenomenon, not you.*

*Discover: without ‘him’ I continue to exist.*

*Anything you can describe*

*is no more than exactly that:*

*a description of a perception.*

*So whatever you can describe can’t be you.*

Who is concerned about the real questions?

For example: how on earth did you acquire the conviction ‘I exist’?

Where does this notion come from? Was it always there, or did it develop?

Or: I know my current state is wakefulness: so apparently, I am something other than this state. What? What am I?

We change from one of our three possible states into another without it having any effect on what we are. So, what we are is something other than what we think we are when we are dreaming, sleeping or ‘awake’. Right?

What is going on?

What is real?

What is your starting point in life, when you speak? Is it simply from your physically identified perspective? Then you will never get advaita.

Most seekers have some spiritual curiosity but mostly it is linked to a range of psychophysiological problems. Their curiosity usually doesn’t transcend the body-mind level, doesn’t reach into what is real. For them spirituality is there to solve their problems. Real spirituality, however, wants you to stop believing you are a separate entity. Your egoic state of being has to dissolve, and then there will be no one who can *have* any problems (or claim any success or guilt or

whatever). But most people want things to stay the same, just without the problems. Like a child always wanting to have its way.

And that is not what self-inquiry is about. Real inquiry is about dis-covering the truth. For instance that you are not the mind, that there is no such thing as separateness. It is used to eliminate all false notions and beliefs, after which reality is revealed. This is completely different from feeling groovy or getting what you want or doing what you want (or not doing what you want).

It's all about realizing that you yourself are the illusion: everything is real, except for the postulated 'you' (I).

True spirituality is not about the effect it has on 'you' (or the body-mind) but is solely about the truth. The goal of investigating what is True or Real (or What am I) is not to feel better, but to discover what-is: to lay bare Reality.

The fact that people do try to find ways to feel better or to get rid of misery is not wrong or anything like that, it just has nothing to do with true inquiry.

The misconception that spirituality, and thus also enlightenment, is about the effect it has on the body-mind level, results in a tendency to evaluate enlightenment or the truth based on characteristics, feelings and behavior. Or to measure awakened ones or gurus based on their behavior (a great pastime, by the way) or to measure your own progress based on your own behavior and feelings.

Understandable, but beside the point.

The true seeker of the truth might say: "What I want to know is what Awareness, or Reality IS. And not what the body-mind is doing, or what effect the revelation of Awareness has on my so-called life. Those are secondary issues. I want to know the truth. If I wanted a good feeling I could also simply smoke a joint, engage in sexual activities, go running or get my ass to the sauna or a concert or something."

So, are you interested in BEINGNESS, or in your so-called self?

Do you focus on Awareness or on how you feel?

Do you investigate Reality or do you want a quick fix of whatever seems to bother you?

*“*  
*I am not suffering*  
*because the world is a bad place,*  
*but because my outlook is so terribly limited.*

# Self-inquiry

“  
*What can you say about yourself,  
that isn't a construct,  
that isn't hearsay,  
that doesn't arise from memory,  
that isn't a story?*

*What are you?*

To the un-experienced:

One way to make a start with your inquiry is to thoroughly investigate a certain topic. For example: control.

Begin with taking notes about everything that has to do with control. Let your thoughts flow freely and write down everything that comes to your mind, and continue to do so. A day or two will not suffice.

The next step is to observe - feel and see - what happens in real life when there is a tendency to (be in) control, and when there is not. Write down what happens, how it feels, what you're like, how people react, et cetera.

Investigate what causes this tendency of wanting to be in control - and I don't mean 'your past', but right now, in the actual situation. What are you trying to avoid, prevent, manipulate? And what for? Or for whom? What is the price you pay for being in control, and what does it get you? What does it do to your 'being'? Is it effective? And when it is, does it maybe somehow keep you captive as well? Does it really make you happy when your act of control has the desired result? Does it make others, who are oh so important to you, happy? Does it really, in the long run, prevent things from happening, or are they merely postponed. Can being in control set you free? Are you 100% sure that the way you want things to be is the 'right' way, the wisest option? And last but not least: who or what is it that needs control? What are you?

Don't just do it in your head but write it all down. Otherwise it will stay vague and turn into a knot you can't unravel. Writing things down by hand makes for a better understanding and keeps things physical. Then there is a better chance of discovering your true behavior, standards and assumptions. Write, see, feel, listen, touch and be prepared to discover the real state of affairs.

In short, explore the universe called (for example) control, get to the bottom of it. Find out in all possible ways, by YOURSELF, what things are like, what's going on, what the effects are, what or for whom it is for, et cetera. There is water for the ones who go deep enough...



# Confront your worst nightmare

“  
*The truth is true.*

*The truth, by nature, doesn't compromise.*

*Whatever may lie in the middle,*

*It is most certainly not the truth.*

Observe the way you protect the unreal structure, the ego, because you think you can't live without it, because you think that that is what you are.

Observe how fear (of pain, grief, loss, loneliness, et cetera) sustains the unreal structure, how it keeps you imprisoned. When you rationalize, avoid and defend, you are nothing but protecting your prison!

The acknowledgment of this and the subsequent demolishing of all and everything, is what is needed when you want to be a true human being, when you want to transcend the sub-human stage that holds most people captive. And definitely when you feel or believe you want to be free.

When you truly discover that your so-called 'self' *is actually experienced* it becomes clear that it just cannot be *you*. And along the way it will then be possible to discover how the fake self keeps making the 'decisions' and not you (except for sometimes) and how it keeps you relying on strategies (except for sometimes), that fear is in control of your life.

When you awaken even just a little, you will be scared shitless of how tied down and un-conscious you really are. And with it disappears the possibility of holding others or the circumstances responsible. It is you that allows what you think you are to dominate and restrict life. By deluding yourself and others. It's you that allows it! And 'allowing' is a verb.

Except for a few exceptions, no one is suddenly and permanently 'out', free. It will be sudden when you see it, though, and then a usually long and painful battle will commence. Falling asleep again and again. And then struggling to find your

way out of it, over and over, again. It calls for a radical change of attitude: a welcoming of what you once feared and thankfulness for rejection and misery, since you will notice that what is whining and screaming inside of you is the fake self. Not you, but the fantasized you.

You will consciously start to feel through whatever it is that is resisting freedom. Consciously explore and confront where and how you delude yourself (what self??) and protect yourself. When and why you manipulate other people or let yourself be manipulated. You will learn just how awful it is to only be half a person, to only use half your power: too often phony, dishonest, scared and blind.

Awakening isn't much fun. Otherwise, it wouldn't be called awakening. It's not about a moment of silence or clarity or bliss. Which in itself is fine, but usually no more than a short break, after which the unreal grabs a hold of you again. Lasting awareness requires an ongoing and systematic demolishing of your defenses, your belief systems. Demolishing, not embellishing. Pulling down, undermining, that's what's needed. The one who wants to be free has to undermine his convictions (convict, ha!) and assumptions, has to find out where their flaws are and has to stop rationalizing and seeking the support of other 'sleepy-heads'.

So when you get in a quarrel, find out what your part in it is, observe how your ignorance, assumptions, expectations and selfishness contribute to the matter. What the other person did is not as important as you like to think it is. When you are hurt, try to find out how on earth that is even possible. What do you need to hold onto and believe and assume to feel hurt? What stories are running in the background justifying your sorrow or whatever it is you hold up?

Undermine your assumptions about what is fair, right, honest, et cetera. Don't keep them afar and in the air, but take a close and critical look. Find out where your ideas aren't right. Lay bare where your reactions lack freedom, instead of covering them up with rationalizations, explanations, quotes and excuses.

Instead of holding on to what in fact is restricting you, become the enemy of what is fake in you, have fun in subverting your prison. Though more likely you will find it gruesome, just like war.

Stop putting yourself to sleep using books, incense, satsang movies, mantras and lullabies from the east. Read the passages that disturb you, that you don't agree with, that instead of feel comforting, feel like hydrochloric acid and pieces of broken glass, that are confrontational and sting like hell.

Many alarm clocks are needed to get you away from the living dead and to stay awake. Any situation matters. Every rejection, setback or disappointment counts. A true human uses these occasions to free himself, the immature will use techniques to go back to sleep as fast as possible or complain to others and seek their approval and support to be comforted right back to the usual senseless slumber.

What you are is determined by how you deal with things, not by what you pretend to be or say you want. Fight your ignorance, break down the walls, refuse excuses and sedatives, eat barbed wire and drink vinegar (not literally!). Feel and see where you restrict yourself, where you flee or fight what-is, where and why you force, manipulate, avoid, defend, evade and complicate things. Do this when you want to be free or real. If not: fine, sleep well.

As soon as you start worrying whether what you call life is actual living, the adventure begins. When you realize you are asleep and that not only almost all the people around you are asleep as well but furthermore that people keep each other asleep, your flame might start burning. The virus might kick in. When what is supposed to be love is no longer acceptable because it turns out to be needy dishonesty, things might start happening. All of a sudden you will realize you chase the same illusions as everyone else. Realize you live a half-baked, mediocre life and that what is screaming inside of you, what feels oppressed and cramped and revolted, in fact is a part of your true self, or at least an ally of authenticity and freedom.

Maybe you will start to see that this structure we call society is the structure of mass sleeping and that it's not living. True living is intense, honest, fearless, spacious, passionate, creative and vigorous. True living doesn't include: 'I'm OK, I'm getting by quite nicely'. True living is the absence of the tyranny of fear and denial, of standard rules and manipulation and it doesn't accept monotony, doesn't accept a clinging out of fear for freedom.

The adventure consists of a fundamental inner transformation, a true revolution. Of scrubbing the dust out of your eyes, the cobwebs out of your mind and to see and look for yourself. Don't let anyone fool you, but feel, really feel and know, by yourself, what is real and what is not. What is true and what is not. What makes you shine and what makes you dull and puts out your flame.

And then: get rid of what obstructs you, take down what inhibits you and throw away what hinders you. If needed also your job, insurance, friends, partner, pets, stamp collection and kids. But above all confront yourself with your tendency to sleep and to salve.

Refuse to accept that you live the life of a scary, petty, needy toddler. It's time to grow up! But also be aware that awakening often more feels like a crisis than heavenly singing. You wake up realizing that all your life you have been stuck in a comatose nightmare and that everyone around you also mistakes this comatose existence for living. Suddenly your friends' advice is useless, since they tell you to 'be sensible' (another word for fear), to not take any risk and to keep snoring. Even your therapist or spiritual guide may suddenly seem like a well educated zombie, who just tries to keep you 'sane' (usually meaning 'asleep').

You may start feeling an immense pulling force within and in the people around you. Pulling you back to your cage, back to the herd. Disgust and repulsion will arise – if there is some authenticity in you left – and you most likely will try to avoid these emotions. Don't!

It is just a symptom of the inner battle between the old and the unknown new. Confusion, isolation. Many friends turn out to be the friends of your false self. Your colleagues don't really know you, except for the role you play. Maybe even your family and partner mainly only know the unreal you. The act they forced you into. Who the hell are you anyway?! Do you really, really know?

What will you do when you're almost only familiar with what's unreal? What will you do when the disaster that's awakening starts messing up your life? No more spiritual coziness and entering of a world of unity together (dream no. 326). What will you do when the fire is lit and starts burning down all that is unreal? Will you try to extinguish it or will you let it happen? Will you go along with it or will you avoid it, cover it up? Will you go back into your cage or will you walk into the open field? ... and the hungry eagle spots from great heights ...

Find out what disturbs you, search for kerosene instead of holy water, use matches and forget about the incense. Incense only prevents you from smelling what stinks in your life. Observe, take no prisoners, taste, feel and explore. Unburden yourself from what holds you down.

Throw away what stands in your way. Enter your fears and get to know them, make sure they will run away when you lay your eyes upon them. Stop fleeing. Stop explaining, rationalizing and spiritualizing. And away with the feelgood gurus who spread stories about illusionary unity, peace, kindness and bliss.

Spirituality is of no good except for handing out sedatives and methods that postpone the evil hour. Meet the truth inside of you and don't let yourself be tricked into believing anything else. Never give up and make sure to go all the way down, until you are sure of what is what. Don't copy anyone, see for yourself. And again: watch out for the spiritual mafia. Find what is real by refusing *everything* that is not real. Take a look at yourself, see how you twist and turn, avoid and distort, lie, hold on to things and soothe yourself into sleep. It's all there. (The truth is also there, right there, in fact, you are IT!)

Search and find yourself where you are. Observe relentlessly, totally terribly honestly and without fear. Be completely aware and really feel, look at the dork or bitch you think you are. In no time you will see the claws of fear that are in charge of the steering wheel, while all this time you thought it was you...

Start.

Now.

Or sleep...

*“Self-knowledge can arise when a person is able to observe his thoughts, feelings and actions without excuses, explanations or compensations.*

*The goal is to realize, to see, not a change by means of effort*

*but by BEING aware.*

Sometimes, when self-examination becomes fierce, it can express itself in an intense and poetic way. With permission of the author the following email is included.

Dear H,

there is clinging  
to fairy tales  
what love once did  
is now looking for something new to hold on to  
naked and shivering in the cold, it seems  
ready to merge into/disappear into another story  
sleeping again

somewhere a faint notion  
remain receptive!  
but forgotten straight away  
that is not how it goes  
what is, right now, is, right now  
I can't force myself  
only experience  
love for one seems small, oppressive  
love for all is free, grant

behind me a long ribbon  
shining beads  
the first guy  
the second guy  
the third guy  
and...  
and...  
and...  
a remark here  
a look there

for the very first time saying I love you, and knowing it's not true  
the second time  
et cetera  
beads of locked up energy  
and sometimes sadness or shame because of it, 'cause hey, come on, get over it,  
but I never did haha  
I never 'felt'

and with it all  
the SEEING  
of it all  
of my self-defense  
origin of the hard shell, and how that makes sense now,  
clear as crystal,

and to see it all happening  
to SEE it, in front of my eyes

no need to intervene  
no criticism  
just SEEING

to see the truth  
not about myself  
that's not how it feels  
no judgments  
impersonal  
no downside or whatever  
the downside of what?!

but to see the truth of... this organism  
its tendencies  
this composed thing

amazed: I don't have to do anything



the current position is SEEING  
although it's not something I actively do, I think  
I cannot NOT see

and that... must be grace  
but unfair as well  
is what I think when I think of the woman I work with  
or each person that's suffering  
there is nothing you can DO  
apparently it shows itself when the time is right

is that true?  
there must have been something 'I' did.  
is that true?

I toiled  
but I might as well have not  
what good is digging a hole in the ground  
when you burn with desire in the wake of a flower?  
or thinking you see colours in a dream?  
riding your bicycle and smelling what you know is a flower

did all the digging bring you any closer to the flower?  
you knew the digging was somehow related to the flower  
when you weren't digging you would grow sad  
digging felt like doing the right thing  
but it never would've brought you any closer to the flower

even more so, the further you dug into the soil  
and the harder you worked  
the further away the flower

but when the flower and I are the same  
when the wave and I are the same

whose desire then fills my heart?

the subject then knows it's not the object  
but the subject can't think  
can't see IT

THAT's the helping hand

the SELF gives the SELF

'I' help myself to SEE

and yet 'I' can't do anything  
the subject can't do anything  
matter can't do anything  
the hammer doesn't operate by itself  
it needs a hand

is the hammer needed by the hand to hit things with?  
to see what happens?  
to experience how it feels?  
why?...

why not?...

'consciousness wants to experience itself', 'consciousness is seeking itself'... is  
what some teachers say

at a certain level it feels like an endless game, full of possibilities, without aim,  
everything is OK, no interest, magical creational stuff

but at the same time, at a different level  
things are still hazy and unclear

but it 'feels' like there is a basic principle

something like the law of gravity turned upside down  
once captured in the opposite trap, everything wants to go up, will eventually  
fall upwards.

but maybe this is what makes 'a human'

why does the SELF reach out for the SELF? When THAT, already is EVERYTHING?

only when the self is the SELF, it KNOWS it's EVERYTHING

is this true?

arranging

something about arranging

something about a wind that stops blowing through everything when the time is  
there

THANKS Hans

Nazmiye

“ Intelligence is clarity.

Intelligence is not the intellect.

The intellect normally obstructs

True intelligence

Is being awake...

Now-here.

*Rose Petals and Barbed Wire* – by Hans Laurentius © 2014

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