

Beginning an incredible adventure

“A journey of a thousand miles must begin with a single step.” - Lao Tzu

Perception builds the foundation of our belief structures and frames our reality. If our perceptions are misinformed, then our assumptions will be in error. When perceptions are askew it is easy to be led astray, and into the realm of illusion.

Unfortunately, we human beings are easily fooled. Our perceptions, belief structures and the resulting actions can be deftly manipulated by those who control the flow of information in today's high-tech world—specifically: the spin masters of the ruling elite, and the talking heads of mainstream media.

Look how easily we were led astray concerning the events of 9/11, Bush's “endless war” on terrorism and the invasion of Afghanistan and Iraq. When France refused to become part of the Neocon's war, the American sheeple were deftly whipped up into an anti-French frenzy. Remember the boycott of French exports, and the renaming of french fries to freedom fries.

When one learns how to see through multiple layers of illusion and accurately perceive reality as it truly is, one acquires the power of discernment. When discernment becomes habitual, the resulting state of perception is known as sagacity. Sagacity is defined as: keen and farsighted penetration of perception, resulting in sound judgment.

If humanity is to survive the coming years of strife and chaos, it is of the utmost importance that we master the vital perceptual skills of discernment and sagacity. This is the only way that we can peer through the Elite's matrix of manipulation, lies and illusion, and find the truth.

Taking the first five steps

Step 1. one needs to begin this grand adventure by accepting the fact that humanity's natural state is one of bewilderment and confusion. This is because we are the continual object of deception.

Most of what we are taught in childhood, and accepted as the indisputable truth, is nothing of the sort. Most of the “truths” we firmly believe are in fact, fabrications. Children are taught an intentional mixture of truth, disinformation and outright falsehoods.

Much of what we learn from each other, our parents, teachers and through the media is simply crap. Our minds have been filled with so many half-truths, religious superstitions and intentional fabrications, that most of us no longer know what is real and what is not. This is one of the many ways that we have been cleverly transformed into puppets of the ruling elite. Their “factoids” are intended to manipulate, confuse and mislead.

“Truth only reveals itself when one gives up all preconceived ideas.” ~ Shoseki

Most of the “truths” that serve as cornerstones in our lives lack tangible substance. They are props designed to mislead and deceive, and mankind is easily fooled. We wander around the stage of life, oblivious to the shadowy elite directing us from just beyond the stage lights.

To accept this elusive concept can be a monumental task, one that stretches one's credulity. That is why this first step of the five is a real doozy. It is difficult to grasp, but it can be done. Many have accomplished this first step before you.

“I tore myself away from the safe comfort of certainties through my love for truth
- and truth rewarded me.” - Simone de Beauvoir

To uncover the illusory nature of our belief systems is a great accomplishment. It can be a lengthy and tedious process, but it can quickly build momentum until it becomes a virtual

landslide revealing the actual truths buried below.

As we practice discernment and increase our levels of sagacity, we are able to excavate mountains of misinformation force-fed to us since childhood, and discover the truth for ourselves. This process takes diligence, practice and above all; honest introspection.

“To thine own self be true. And it must follow, as the night the day,
thou canst not be false to any man.” - William Shakespeare

Step 2. To gain firm footing upon the well-lit path of enlightenment one must acknowledge habitual negative thought patterns, then begin to retrain the mind in order to neutralize these mental toxins. I call negative thoughts “stinking thinking.” Most of us engage in stinking thinking to some extent. Many people do this all of the time. We must strive to eliminate this counterproductive habit, which falsely colors our world and drains us of our vital energies.

“Avoid destructive thinking. Improper negative thoughts sink people.

A ship can sail around the world many, many times, but just let enough water get into the ship and it will sink. Just so with the human mind. Let enough negative thoughts or improper thoughts get into the human mind and the person sinks just like a ship.” - Alfred A Montapert

It greatly helps to practice monitoring one’s thoughts and internal dialog from the point of view of a friendly, yet impartial observer. This inner observer is part of you who stands aside and observes the flow of thoughts and feelings without making value judgments, or getting caught up in the emotional baggage. The impartial observer can be relied upon to give us accurate feedback and information because it has no vested interest in the outcome.

Using this technique helps us perceive the negative thoughts from an unbiased perspective as they arise, and not get swept away by the hurt, recrimination, guilt and blame. Using the impartial observer technique is also helpful with the following steps.

Step 3. We must examine our reactions to fear. Everyone is subject to fear at one time or another, especially in potentially dangerous circumstances. Fear can result from external events, or can arise from internal sources. Fears can either be either legitimate or illusory.

Buddhism teaches of that there are two types of fear; healthy fear and unhealthy fear. When we become afraid of something that cannot actually harm us; such as garden snakes or harmless insects, or are afraid of something we can do nothing to avoid; such as old age, then our fears are unhealthy. These fears only serve to make us miserable and paralyze us into inaction.

On the other hand, when someone quits doing drugs or stops engaging in criminal activity because of acknowledging the actual dangers involved, then these decisions result from healthy fears. The dangers are real, and constructive steps can be taken avoid repercussions.

Many of our fears are based in what are defined as “delusions” - erroneous ways of perceiving oneself and the world which surrounds us. By learning to control the mind, we can reduce and eventually eliminate the delusions. In this way the source of both our healthy and unhealthy fears are eradicated.

Fear is primarily a survival instinct that warns us of impending danger, and when it is prudent to either fight or flee. Great surges of adrenaline fuel these primal responses. Unfortunately, fear also gives us tunnel vision, shuts down our higher mental functions and drains us of our vital energy once the adrenaline has been spent.

Unbridled fear causes us to panic and make poor choices. Because of these primal survival responses, it is important that we learn how to acknowledge, and to control our fears.

“Fear is a darkroom where negatives develop.” - Usman B. Asif

When fear arises, it is important for us to quickly identify the source, and then strive to put our thoughts and feelings into proper perspective. If there is in fact a real danger, then we want to see it clearly. If the danger is the result of false perceptions, it should be identified as such and our fearful responses defused.

Correctly identifying the source of the fear keeps it from growing out of control, and helps to open up a tranquil space within us, where we are more easily able to deal with, and process our fears. How can this be accomplished?

When negative thought-forms (negatoids) appear in our minds, it helps to access one's impartial inner observer. This inner observer helps us identify the source of our fear objectively. Remember; it has no attachment to the outcome.

In times where fear arises, a song, prayer or mantra can help to banish our fear. This gives the mind something to focus upon instead of the fear itself. The following songs, sayings and prayers have proven quite useful.

I woke from a dream to a rumble of thunder
Not heard but perceived from within
A feeling inside that can't just be denied
Says the countdown is soon to begin

But in the darkest hour, the human spirit
Sings ancient songs to me
The tyrants will gather to worship their master
But he will be brought to his knees

Be gone prince of darkness, Be gone prince of darkness,
you have no power, you have no power,
Be gone, Be gone,

Begone Prince of Darkness - by the Nylons

“Yea though I walk through the valley of death, I will fear no evil: for Thou art with me;
Thy rod and Thy staff they comfort me.” Psalm 23:4

“I must not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain.” - *the Bene Gesserit Litany against fear* from Frank Herbert's novel *Dune*

“Shante Prashante Sarva Bhaya Upasha Mani Swaha” (“Invoking supreme peace I offer [surrender] the quality of fear to its source in the higher and formless universal mind. Salutations.”) - Vedic mantra to transform the energy of fear / from *Healing Mantras* by Thomas Ashley-Farrand / pp.137.

When internally generated fears and negative feelings arise, we cannot run away from them. They stick to us like glue. In order to process these inner fears it is necessary for us to retool our mental habits, face our personal demons, then replace the stinking thinking with more useful responses.

We often find that the internal fears we habitually carry around with us have the greatest explosive charge. They may have started out small, but grow as a result of suppression, becoming compressed and volatile. Luckily, there is no fear that is so large and scary that is

cannot be faced. When we haul our fears out of the dark basement and expose them to the light of day, they often spontaneously disappear.

“Many of our fears are tissue-paper-thin,
and a single courageous step would carry us clear through them.” - Brendan Francis

Running from fear is pointless; like running from our own shadow on a sunny day. No matter how far or how fast we run our shadow refuses to be left behind.

Acknowledge the fear, refuse to get attached or drawn in, and let the fears flow away. Negative thoughts come, and then they go. Resistance is futile. Let them come, and then let them go. If one does get swept up in an uncomfortable memory or feeling. Don't berate yourself. Gently let it go and return to the viewpoint of the impartial observer.

“To conquer fear is the beginning of wisdom.” - Bertrand Russell

The fourth step on our journey is to master the mind skills of discernment and sagacity. Discernment is defined as “the ability to grasp and clearly comprehend that which is obscured.” By achieving accurate perceptual clarity we can better perceive reality, monitor our mind-streams, maintain vigilance, and defend ourselves from mind control. Learning mental self-defense begins when we gain the the skill of discernment.

Sagacity goes hand-in-hand with discernment. It is defined as “acuteness of sense perceptions; keenness of discernment, or penetrating insight, soundness of judgment and shrewdness. Sagacity optimizes our perceptual abilities.

The combined abilities of discernment and sagacity, enable us to peer through the layers of lies and subterfuge, see reality as it truly is, and be able to recognize the truth when we see it.

Clarifying perceptual abilities takes practice and diligence. By learning the essential skills of discernment and sagacity, we become adept at gleaning the truth from falsehood and fact from fiction. Sharpening our powers of perception adds two very useful tools to our survival kits, and formidable weapons for fighting the Ruling Elite.

“Better keep yourself clean and bright;
you are the window through which you must see the world.”
- George Bernard Shaw.

The fifth step is to make it a habit of visualizing positive outcomes. This is the essence of positive thinking. It empowers us in situations that would otherwise sap our energy through fear, negativity and stress. Even when it seems that you are the only one maintaining a positive attitude, keep at it. Others will be transformed by your example.

“People deal too much with the negative, with what is wrong. Why not try and see positive things, to just touch those things and make them bloom?” - Thich Nhat Hanh

A veritable mountain of recent scientific evidence* proves that positive thinking is the key to a longer, happier and healthier life. They have found that stress hormones and byproducts are bad for ones health and shorten life spans. But positive thinking and selfless activity seems to counteract the damage of stress, promote healing and gift us with serenity.

In addition, many believe that we can shift the boundaries of reality through creative visualization. When one does this, one becomes a participant in the generation of reality—and is a true co-creator in the universe.

* *Positive Thinking the Key to a Longer Life?* by Ned Potter / *Convent Archives Provide*

Striking Link Between Outlook and Life Expectancy / ABC News, Oct. 25, 2005

So... in times of chaos, it behooves us to keep the mind clear, and our spirits strong and vital. Practice the skills of discernment and sagacity daily. If you find that prayer, meditation, mantra or affirmations work for you, do this regularly.

Practice compassionate acts, and unconditional loving. We will need all of our humanity and inner resources intact to bring balance to the evil created by the ruling elite. We must do whatever it takes to keep our inner lights burning bright.

“We are what we think. All that we are arises with our thoughts.
With our thoughts, we make our world.” - Buddha