

# **AWARENESS**

## **THE ROAD TO KNOWING**



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**AN EXPLANATION OF HUMAN THINKING AND HUMAN BEHAVIOUR**

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# Introduction

This book was written to give the reader more inside into the subject of human awareness. I do realize a lot of valuable information has already been published on this subject. However the main topic in this book, the awareness scale, will make you familiar with an entirely new vision on the subject of awareness. It will provide an inside into why people think the way they think and behave the way they do. If you study this information carefully you will better understand human interaction. You will also learn how human interaction causes more conflict or more harmony among one and other or with the environment.

It really is much more a study book than a story book. It is packed with information that isn't necessarily all true but of enough value to at least be considered. Especially the top and the bottom of the scale contain levels that cannot be dealt with in any scientific fashion. Perhaps the entire subject of awareness is still outside the realm of exact science. However, the facts about awareness presented here can be experienced. You can experience the sequence of the scale and see for yourself whether it makes sense.

It is my wish that this scale will be used by those that want to help their fellow man rise in awareness and thus create more harmony among people.

The information in this book was gathered through careful observation of my own experiences in life and those of others. I believe anyone with an open mind can benefit from this information.

By reading this book you will also understand why not everyone will benefit from this information. You will learn the difference between an open mind and one that is closed for new ideas and what causes it.

Here you have a few of the questions I have tried to answer in this book:

1. What is the meaning of *God*? Does he exist?
2. What positive influence could religion have on the human civilization?
3. How low can people sink in awareness or how high can they rise?
4. Why confusion is the make breakpoint on the awareness scale?
5. What is the difference between knowing something and understanding something?

Please, don't just accept the answers I give in this book as true. Think about them. Work with this scale, experience with it. It is a tool that can be used to establish your condition on all aspects of your life or that of others. It can be used as a yardstick for self help activities or psychotherapy.

When studying this book make sure you have a printed copy of the Awareness Scale and the Expanded Awareness Scale at hand. You might otherwise not be able to follow the notion of the text. The Expanded Awareness Scale is introduced in chapter 8

Especially when studying the sub scales it will be of help to refer to the Expanded Awareness Scale. To make it easier I placed the name of the sublevels when used in the context in italics. The main awareness levels as well as the sub-awareenes levels are always shown within quotation marks.

# Chapter 1.

## What is Awareness?

Awareness comes about through an intention to know things to the exclusion of other things. When something is unknown an intention to know it or not know it can enter in. The intention to know about something expresses itself in awareness. The intention to not know can lower awareness whereas the intention to know can raise awareness. It is these two phenomena that give us an awareness scale from being aware to being unaware and all the different levels in between.

The most fundamental desires that spring from all forms of life are to exist and grow to full potential. Human beings want to know how it feels to exist in a certain way and how it feels to grow to full potential. On the other hand a human being doesn't want to know how it is to fail to exist in a certain way or how it is to fail to grow to full potential. These opposite intentions, most visible in humans, indicate the existence of an awareness scale that is far more complicated than the awareness scale of other life forms.

The intention to know or not know about existence or changes in existence is what brings about emotion and directs people's attention.

We can become aware of things through sensory perceptions or by direct observation. By direct observation is meant spiritual observation or spiritual awareness.

The spirit becomes aware of things with or without the senses. What a spirit can become aware of without the use of the physical senses we call the mental field. The mental field is the inner world of which only the spirit can become aware. It contains thoughts and impressions of the inner and outer world.

With the inner world is meant the higher frequency world. With the outer world is meant the lower frequency world. The higher frequency world cannot be observed with the senses. The lower frequency world can be observed by the spirit through the senses.

Awareness is also the way you look at things, the way you experience things, the way you feel things. It is therefore that emotion is to be considered an essential part of awareness. The way you look at things is determined by emotion and what you believe.

The result of awareness is mental high frequency impressions of whatever you direct your attention to. Whether you look inward (memories/imaginings) or outward (perceiving existence through the senses) the result is the same, you end up with mental impressions of what you became aware of.

In order to retain what you became aware of some of your attention has to hold onto the mental image you formed of it. This is what your mind basically consists of: information, in the form of mental images, that are readily available to use or to decide about things.

When we remember something we become again aware of a mental impression we formed in the past. We are making contact with a mental impression and so bring it back in our minds.

The human mind is nothing but a collection of these things in a timely fashion. It is brought into view through intention, attention and emotion.

Whether the mental impressions we make will stay available in our mind is determined by whether our attention remains, to some degree, focused on it. We keep paying attention to it when the information is regularly used for analyzing or making decisions about things. Basically memories, whether good or bad, remain with us because we want to keep them there. We stay to some degree connected to these memories when we feel they might be useful in the future.

Memories are probably located in or connected to the brain. I don't know much about the structure of all this but it is of no real importance for the understanding of awareness. Memories can be blocked from view due to brain malfunction. Memories can also become overwhelming due to brain malfunction. Brain malfunction can be caused by the spirit, the mind, the body and the environment. Each and every brain malfunction can be kept in place by one of these four elements or a combination of them as they are interactive.

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The human mind is formed through intention, attention and emotion. It is intention, attention and emotion and the result thereof that constitute awareness. The spirit is probably nothing but an idea that awareness (intention, attention and emotion) has a location.

In many cases emotion will overrule intention and attention but on higher levels of awareness intention will become more and more influential over attention and emotion.

A lot is still unknown about the universal mind that connects us all. Scientifically we are very close in proving its existence.

The individual mind can be seen as a working memory consisting of certain high frequency information fields. It is connected to the brain or the cells of the body or located within them.

All voluntary action comes from you as a spirit using your brain through your individual mind. All involuntary action must then come from what we call the subconscious mind. Possibly the subconscious mind is the universal mind or a part thereof.

Awareness could, to some degree, be seen as looking inward and looking outward at the same time. The more you, as a spirit, look inward the less you look outward and vice versa. Awareness is sensing the present with the use of past memories and future considerations including any opinions or decisions that were made.

Without our past experiences, (working memory) we don't recognize the present as we should. We have to include what we became aware of earlier in order to become aware of the things we encounter in the present in a proper way.

Emotions produced by the spirit are generated through interaction between past memories and future considerations. This is how a whole spectrum of emotions is produced in present time. Emotion is feeling. It is how you feel about what you became aware of. Emotion constitutes the feelings of attraction and rejection. Attraction and rejection are just reflections of the intention to know and the intention to not know.

Not knowing can express itself in the intention to know. In order to accomplish knowing we have to reach for it. Reaching in order to know is caused by the feeling of attraction.

Human beings have many different emotions. The feelings attraction and rejection are the cause of our inclination to reach or withdraw. You reach for something because you are attracted to it. You withdraw from something because you are rejected by it. Between attraction and rejection we have static. You are not inclined to reach and not inclined to withdraw. All emotions we exhibit show the feelings of attraction, rejection and static and make us want to reach, withdraw or remain static.

Here are a few examples of emotions were we reach out: antagonism, interest and enthusiasm. Fear and anxiety are typical withdraw emotions whereas anger, indifference, happiness and apathy fall under the category static.

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The static emotions are the stable emotions and the emotions that make us reach and withdraw are the instable ones. It is these three types of emotions that cause each and every awareness level to either be stable or instable. The stable awareness levels are static levels and the instable awareness levels are reach or withdraw levels.

If you really look at it you can only come to the conclusion that spirit, awareness, consciousness, intention, attention and emotion are all pretty much the same thing. They are just names for life itself. There are many names for life in its essence. Because we don't really know what the source of life is all about we find a different name and a different explanation for it in every religion or philosophy.

Just realize that I have just now given you 9 different names for the same thing. Let's look at them again: spirit; awareness; consciousness; intention; attention; emotion; life itself; life in its essence; the source of life. And these are just a few.

You must realize that what you are reading here has nothing to do with science. It is philosophy or, if you like, what I think about life and life in its essence. That's all it is!! None of this is meant to be dogmatic. You are as free as a bird to think whatever you like about it. I just thought that my contemplations regarding the meaning of the word awareness could be of some interest to others and that is my sole reason to elaborate on it. It is not at all my intention to start up yet another new religion, quite the contrary in fact. Having said this lets work it out a bit further.

The past, as such, is an illusion. There is no such thing as a past. The past exists only in the present in the form of memories. The same could be said from the future.

What we think of the future will thereafter exist as memories in the present. Future and past memories play a dominant part in how we become aware of the environment we live in. It is the increase of memories through perception that makes us more aware. The memories from the past and the considerations about the future mostly determine an increase or decrease in awareness, not so much the things we become aware of in present existence.

If the thing observed in the present fits into a frame of reference in our mind we become more aware, if not, it doesn't mean anything to us or it might even confuse us. However, without the present there would be no increase or decrease in awareness either.

Past or future memories that exist with us in present time have to form a tension field with the actual present for emotion to exist. It is this tension field that we call emotion.

Intention is mainly associated with future concepts whereas attention is directed to present existence and memories derived from past and future. Attention is active on all three, past memories, the present and future memories, whereas intention is only focused on future concepts and future considerations.

Emotion is an integral part of both intention and attention. Attention assists intention. Pure intention has no emotion. Pure intention, without thoughts, is beyond awareness. Pure intention is *knowing*. When intention needs to be assisted by attention and emotion it becomes awareness. Emotion could be seen as a carrier wave for attention and intention or the lack of it. On the other hand intention can also be the driving force for attention and emotion. This, of course, depends on the level of awareness you are on.

The direct result of awareness is a developing personal mind and in that way a developing universal mind.

The indirect result of awareness is an awareness scale. In whatever situation you find yourself in, you are always aware in a certain way. That "certain way" is a particular level on the awareness scale.

In that way the different levels of awareness on the awareness scale can also be considered different levels of emotion. The awareness scale is in fact a scale of different levels of "intention", "attention" and "emotion" as that is what awareness really is. At least that is how I see it.

# The Awareness Scale

	<b>Total Knowing</b>	
	<b>Knowing</b>	
+	<b>Being Fully Aware</b>	-
+	<b>Being Yourself</b>	*
+	<b>Extra Sensory Perception</b>	-
+	<b>Intuition</b>	*
+	<b>Purpose</b>	-
+	<b>Competence</b>	*
+	<b>Belief</b>	-
+	<b>Ideas</b>	*
+	<b>Understanding</b>	-
+	<b>Exchange</b>	*
+	<b>No Understanding</b>	-
+	<b>Confusion</b>	*
0	<b>Assumption</b>	-
0	<b>Unreality</b>	*
0	<b>Fixed Reality</b>	-
-	<b>Helplessness</b>	*
-	<b>Irrationality</b>	-
-	<b>Total Failure</b>	*
-	<b>Unable to Assume Identity</b>	-
-	<b>Unaware</b>	*
	<b>Not Knowing</b>	

The awareness levels preceded with a plus are levels where the person is actually aware. On the awareness levels preceded with a zero the person has sunk below awareness of self in relation to the environment. On the level of "Confusion" you can still be aware of being confused.

Below "Confusion" on the zero levels you are unable to recognize the awareness level you are in. The levels preceded with a zero can be both constructive and destructive whereas the levels preceded with a minus are always destructive. The levels preceded with a plus are then to be considered constructive.

"Fixed Reality" is a level where one has accepted reality without much inspection. At this awareness level one can easily slide from a constructive stage to a destructive stage or vice versa.

On this level one can still be constructive. You don't give it much thought that you made up or accepted information that might be utterly untrue.

In fact at this stage you know with absolute certainty that your fixed reality is correct.

Whether you are constructive or destructive on this level depends upon the fixed reality that is controlling you. On the minus levels you are aware of being destructive. On the level of "Helplessness" you can still feel remorse. On the level of "Irrationality" there is no remorse. Being destructive is considered the only solution left. On the level of "Total Failure" you want to be destructive, but you are even failing in that. On the level of "Unable to Assume Identity" you literally feel like a nobody. You cannot conceive of being someone.

The state of being "Unaware" just below the level "Unable to Assume Identity" can actually not be considered a level of awareness yet it is the lowest level. It is the level where spiritual input has become zero. One can still live but one cannot do anything to change things, not for better or for worse.

The signs on the right side of each awareness level indicate whether the level is stable or instable.

There always is an inclination to reach for stability when you are on an instable awareness level. There also is an inclination to reach for instability when you are on a stable awareness level.

The reach for stability is usually stronger in comparison with the reach for instability. The awareness levels that are stable can be considered as levels on which you can recuperate from your travel through the unstable levels.

(-) = Stable; (\*) = Unstable

## Total Knowing

This is a state I consider belonging to God. The state of "Total Knowing" is utter and complete knowing. Nothing is unknown, everything is known at this state. "Total Knowing" is just another word for the source of all creation or God, if you like. Going down from this state means that not knowing enters in. We might say that some part of God has decided to become an individual.

We humans cannot possibly fathom what this level is all about. We are connected with it, we reach for it and basically we are it.

As humans we can believe in it or deny it. When we deny it we tend to derail. When we believe in it we tend to mystify it. When we are high enough on the awareness ladder we might be able to recognize it.

# Knowing

"Knowing" is a state where things are known but not all things. In the state of "Knowing" there is knowing and not knowing. The unknowns can be brought to "knowing" through the different awareness levels. The unknowns can bring about a desire to know.

"Knowing" and "Total Knowing" are not to be considered levels of awareness, they are beyond being aware. In fact they cannot even be considered levels. That is why they are not preceded with a (+) sign. The states of "Knowing" are beyond constructive or destructive considerations. They are beyond consideration.

Again, what I am telling you here about "Knowing" and "Total knowing" has nothing to do with science. No prove can be given. There is no need to accept it either. It is put here to give some explanation for the existence of awareness and how it might come about. I consider it a reasonable explanation. You may think differently.

I don't think science will ever succeed in proving the existents or non existence of this state I call "Knowing". If it does it will have tackled the biggest mystery of this or any other possible universe.

## + Being Fully Aware -

When you are fully aware you are fully aware of the environment around you. With *being fully aware* I mean perceiving what you perceive. Not perceiving things that aren't there. This includes the mental field. At this stage you are also aware that you exist as a spirit, a body and a mind.

You are so much aware of these creations that you are your environment, your body, your mind and your spirit. Due to the very nature of this awareness level you cannot experience negative influence by your mind, your body or your environment because you feel you are all of them.

This is the highest state of awareness attainable, as above or beyond it there is only "Knowing" and "Not Knowing". When there is a wish to know awareness kicks in. Awareness is therefore based on a wish to know about existence or changes in existence. The wish to know on the level of "Being Fully Conscious" is most subtle.

## + **Being Yourself \***

A spirit wants to be something and in being something it wants to be itself. On the states of "Knowing" spirits do not exist. From the state of "Knowing" and through the state of "Not Knowing" spirits can come into existence through a wish or desire to know.

At the level of "Being Yourself" you are aware of your spiritual nature. This does not mean that you know you are a spiritual being. It just means that you feel you exist. You feel that there is a "you" perceiving through your body. It doesn't even matter whether this "you" really exists or whether it is just an illusion. Remember that an illusion is a form of existence and probable the only form of existence. I will clarify this further later on in this book.

It is the **feeling** that **you** exist that counts here. You can only fully be yourself when you feel you not only exist as a body and mind but also as a spirit who is in control of both its body and its mind.

On this level you are your spirit, your mind and your body. In order to fully control it you have to be it.

## **+ Extra Sensory Perception -**

Just below the level of "Being Yourself" we have the ability to become aware of things without the use of sensory perceptions. When you are on the level of "ESP" (Extra Sensory Perception) you become aware of things without the use of your physical senses. You are certain about what you perceive. What you become aware of is not from the world outside but from the world within. Extra sensory perceptions are perceptions derived from the mental field. Telepathy and Clairvoyance are examples of extra sensory perceptions.

## **+ Intuition \***

Just as with "ESP", "Intuition" is a level of awareness where you become aware of things without observation or reasoning. In the case of "ESP" we know what we become aware of and have no doubts about it whereas on the level of "Intuition" we can still have doubts about it. We might want to ignore it because we feel somewhat uncertain about it.

Sometimes the Level of "Intuition" is mistaken for the level of "Assumption", which is much lower on the scale. But real intuition will never fail you.

When intuition turns out to be wrong you were not on the level of "Intuition" but on the level of "Assumption".

The same thing can happen with the level of "ESP". We are convinced we see things originated from a source different than our self yet we look at our own imaginations. Again we are on the level of "Assumption" instead of the level "Extra Sensory Perception".

On the awareness level of "Assumption" we want to believe that things have been, are or will be in a certain way regardless of real existence, whereas on the level of "Intuition" we are confronted with information from the universal mind that closely resembles present time reality.

Just as with "ESP" neither your mind nor your body are involved in the process. It happens between you as a spirit and the universal mind. The reason you can be uncertain about it is because you are only vaguely aware of it. With "ESP" you are fully aware of it. "Intuition" is in fact "ESP" on a lower level of awareness.

You don't lose your sense of intuition or ESP when you move upward from these levels on the level of "Being Yourself" or higher. When rising on the plus awareness scale you take all the attributes of the lower plus awareness levels with you.

## + Purpose -

Because the level of "Intuition" can be somewhat vague and therefore unstable we might drop down to the level of "Purpose" in search for stability.

We humans can have all kinds of *purposes* but on the awareness level "Purpose" our *purposes* aim toward improvement of self, others and the environment in this order of importance.

Also, on the level of "Purpose", we naturally will tend to stay in balance with others and the environment.

We can have *purposes* in all aspects of our life. It is our *purpose* that determines which direction we go. We always go in some direction.

Even if you are running on automatic without much consideration of what you bring about, that automatic behaviour was established with a *purpose*.

There are three main categories of *purposes*:

1. *Constructive purposes*
2. *Idle purposes*
3. *Destructive purposes*

A *constructive purpose* is a *purpose* that causes improvement in self, others or the environment. A *destructive purpose* causes a worsening in self, others or the environment. An *idle purpose* causes neither an improvement nor a worsening of self, others or the environment. It might fail to stop a worsening of conditions.

There is a gradient scale of different levels of *purposes* between *constructive purposes* and *idle purposes* and between *idle purposes* and *destructive purposes*.

Just to let you know; there is not such a thing as having no *purpose* in life. You always have a *purpose* and usually many more than just one. It is the *idle purpose* that seems to have confused the issue here. When you are waiting to die your *purpose* is to wait until you are dead. That is a *purpose* too.

It is probably one of the last *purposes* you have in such a state. On all levels of awareness we have *purposes*. It is only on the awareness level of "Purpose" that we are able to consciously strive toward constructive ones.

Each individual seems to have a main *purpose* in life, whether he is aware of it or not. This is something you want to do above all other things. On the awareness level of "Purpose" you can become aware of it.

When you are too low on the awareness scale on too many aspects of your life you might never find your main *purpose* in life let alone accomplish it.

On this awareness level we only strive toward *purposes* we consider constructive toward self, others, and the environment.

If we come to the conclusion that they were not as constructive as we thought they would be, we can easily change direction and strive toward more constructive ones.

At this level we are also able to reach our *purposes* or recognize that we cannot.

## + **Competence** \*

When we find it hard to reach a *purpose* we descend to the level of "Competence". Although *competence* is needed to reach a *purpose* one can overdo it and so fail to reach the *purpose*. When *competence* is lacking we also fail. Either way a failure in *competence* will bring us on the awareness level of "Believing".

On the level of "Competence" we are able to make proper judgment about the gaining of *competence* or the limitations of our *competence*.

It is your judgment of your *competence* that determines whether you will move upward from the level of "Competence" or downward.

When judgment of your *competence* is negative, *believing* in yourself becomes more important as without *believing* in yourself and what you are aiming for you will not gain the *competence* you desire.

## + **Belief** -

Having a strong *belief* in what you can be, do or have becomes important for you on this level. Having a *purpose* you can *belief* in will make you feel much more stable. You need this stability to gain *competence*.

*Believing* on this level of the scale is stable but not fixed. This is how it differs from the level of "Fixed Reality". On "Fixed Reality" we find it very hard to let go of a *purpose*. On "Fixed Reality" we consider *believing* in our *purpose* senior to the ideas on which the *purpose* was founded.

On the awareness level of "Belief" we don't look at the *ideas* underlying our *purpose* as sacred. When different *ideas* or *purposes* seem more logical we can easily accept them. We can *belief* as much in a new *purpose* as we *believed* in a former *purpose*.

When we accumulate failures in reaching our *purposes* we tend to lose our ability to *belief*. When we *belief* less and less in our ability to reach our *purposes* we tend to glorify *ideas*. Thus we descend into the awareness level of "Ideas".

## + Ideas \*

We can only have sound *ideas* on a certain topic when we *understand* that topic. That is how we rise from the level of "Understanding" to the level of "Ideas". *Ideas* are thoughts that can be transformed into *purposes* we can *belief* in. The awareness level "Ideas" is instable. We will therefore more easily be inclined to descend toward the level of "Understanding" or rise toward the level of "Believing", as these levels will give us stability.

Sometimes people can be stuck on the level of "Ideas". They have lots of *ideas* or they constantly try to find new *ideas* without coming to a point where they use them. They appear to be stuck on the level of "Ideas" which is strange since the level of "Ideas" is an instable level. The inclination toward stable levels is normally stronger than the inclination toward instable levels. The reason for this is that such people are not on the level of "Ideas". They are probably on the level of "Fixed Reality". This will become clearer further in the book.

There however can be a tendency on the level of "Ideas" to assign too much value to them. The philosopher is an example of someone who you will find on this awareness level. A philosopher is able to assimilate many different *ideas*. He can observe the differences and similarities among them and estimate their value. Whether he can accept them or act on them is a different story.

The scientist or inventor can also be found on this level. He has a thorough *understanding* of his subject and is thus more able to form new *opinions* about it. These *opinions* can then be tested and proven and if found workable become part of science or a new invention.

On this level the *ideas* we form or attract are the once we consider constructive.

## + Understanding -

This is a level of awareness where you can perceive that something really exists. You can see the complexity or the simplicity of it.

You can see how it correlates with other things. You have a complete mental concept of it. This is what we mean when we say we *understand* it.

There are various degrees in *understanding*, more on this later. When you go down the awareness scale toward "No Understanding" you enter the level of "Exchange".

On the level of "Understanding" you very often want to share what you know with others. You don't really want to know what they think about it since you *understand* it already.

When they challenge your *understanding* you will tend to descend into the level of "Exchange". When you do it properly you might improve on your *understanding*.

## + Exchange \*

Between "No Understanding" and "Understanding" there is the awareness level of "Exchange". When there is less *understanding* *exchange* will be considered more important.

There is mental *exchange* and physical *exchange*. There can be a combination of both. Mental *exchange* is usually considered a prerequisite to physical *exchange*.

Mental *exchange* is what we call communication. Physical *exchange* is action and reaction. On the level of "No Understanding" communication and action/reaction are inhibited.

Mental *exchange* (communication) is what we use to come to *understanding* about things. Both mental and physical *exchange* is what tends to move us upward or downward on the scale of awareness. When *exchange* is too much or dishonestly out of balance we tend to move downward on the scale. When *exchange* is not too much or dishonestly out of balance we will be inclined to move upward on the scale.

Communication is just a higher form of *exchange* in comparison with action/reaction. It could be seen as action/reaction on the level of ideas. *Exchange* is a broad subject that will be explored more thoroughly later in this book. It touches upon the core principles of existence.

## + No Understanding -

When we don't *understand* something we basically have two choices. We can leave it for what it is and simply don't touch it any further or we can make an attempt to *understand* it.

When we make an attempt to *understand* it we use the element of *exchange* to sort it out. When we fail to *understand* something and at the same time cannot let go of it we will generate *confusion* in our mind. This is the exact point where things can go out of control.

## + Confusion \*

*Confusion* is a level of awareness where you cannot make sense out of the things you are confronted with. *Confusion* is also seen as a disorderly mixture of things. However, as an awareness level it is purely a mental state. In the mind *confusion* is a disorder of impressions or memories. In that mental *confusion* nothing seems stable. Things don't seem to fit together. Information can be contradictory to other information or information can be missing or unreal or out of place.

We can hardly call it an awareness level since your awareness is greatly impeded due to the very nature of this level. On the awareness level of "Confusion" you are mainly aware of the mental *confusion* you are in. There is too little attention left to look outward.

"Confusion" is a turning point in the awareness scale. Positive emotions can change into negative once at this point. You can still stay out of negative emotions but you will feel inclined to go into them.

The way to get out of *confusion*, as with all the other awareness levels, is to go one level up or one level down from the level of "Confusion".

When you want to go up you will have to locate one particular thing in that confusion that you don't *understand* and then find out whether it can be *understood*. When you think it can be *understood* you can decide to make efforts into that direction. When you *understand* one thing you will have to find another thing and another until the puzzle is complete. As soon as you *understand* one thing in a *confusion* you have a stable point from which you can solve things. Actually, for a *confusion* to become less you only have to recognize one thing you don't *understand* in that *confusion*. This usually will give you some stability to work your way out of it.

When you think the one thing you found cannot be *understood* you can decide to drop it and find another one. If you cannot find any element in a *confusion* that can be *understood* you might as well drop the entire *confusion*. In fact you can drop any *confusion* any time you want.

You can only be trapped in a mental *confusion* when you feel you have to sort it out and at the same time you think you are unable to sort it out.

When you want to go down the scale of awareness you will have to decide to transform a *confusion* into an *assumption*.

## 0 Assumption -

*Assumptions* can be used to encapsulate a state of "Confusion". The way we encapsulate a *confusion* is by dreaming up an explanation for it.

As soon as we give our own explanation for a confusion we have stabilized that *confusion*. Inventing or accepting a suitable explanation is a perfect way to escape from the undesirable consequences of *confusion*. The explanation is the capsule and the *confusion* is what is in the capsule. We can give the capsule a name and this is how your explanation becomes an entity. It has a name and we can now forget about the *confusion*. We can direct our attention toward the name instead of the *confusion*. This will put us more at ease.

Before we will base our decisions on *assumptions* we have to do some real self-deception. We have to decide for ourselves that the explanation we accepted at random consists of true data. Explaining *confusion* without solving it is already quite a departure from logic but accepting a randomly chosen explanation as factual is even worse.

Sometimes we even have to make it into a more acceptable explanation before we can believe in it. We change the explanation or the name until we feel we can believe in it.

When we explain a *confusion* we usually do this in a general way. We like to use generalities in our explanations as this will keep the *confusion* encapsulated. When we become too specific about it we might get dragged into the *confusion* again. After we accepted a general explanation for the *confusion* we usually won't question it anymore as we feel a bit more stable now and we don't want to lose that feeling. We want to stay out of *confusion*.

When we act on *assumptions* we will become *uncertain* and *afraid*. When we become *uncertain* and *afraid* about our actions we descend into the awareness level of "Unreality".

## 0 Unreality \*

When we are on the awareness level of "Unreality" we are unable to make up our mind about things. We don't know what we want. We have descended down the scale of awareness to a point where things have become *unreal*. We might try all sorts of things but we will be utterly unable to attain certainty on whatever direction we choose. We will be afraid to do the wrong thing. *Fear* stems from *uncertainty*.

When we act on *assumptions* we become *unreal* for others. We cannot act on *confusion* unless we try to solve it but we can act on *assumptions*. We are not aware of the fact that we are *unreal* for those who are not *confused* on the same issue. We are mostly aware of being *uncertain* or *afraid*.

Who wants to be *uncertain*? Who wants to be *afraid*? When we don't want to be *uncertain* but we are, the solution would be to dream up or accept some more things to further explain our thinking and behaviour. We feel a lot better when we change reality into a made up reality if reality itself has become too much of a burden to us.

And this is what brings us to the level "Fixed Reality".

## 0 Fixed Reality -

On the level of "Assumption" we are building the foundations of a *fixed reality*. By accepting or by dreaming up information without a real *understanding* of the situation at hand and acting on it we can come to the conclusion that the information is correct when we see some workability or some use in it.

At this point we have taken a randomly accepted reality and made it into our own reality and belief it to be true. It could be true but usually it is not.

On this level of awareness the state of "Knowing" is completely unreal to people. Therefore they have to make it as real as possible. The state of "Knowing" can become so unreal to us that it takes on an actual form. Knowing becomes an entity, which I don't think it is.

Knowing becomes some sort of spiritual personification we call *God*. Nothing seems to be able to change our mind on this. In fact we will consider it an insult if someone would try to make our *fixed reality* (*God*) unreal. I am not trying to tell you here that it is wrong to belief in *God* or that *God* doesn't exist.

It is just that when we have a fixed reality about something we are unable to think about it in a different way.

People that are caught in a fixed reality can be quite out of step with their surroundings. Cult leaders and their followers use their *fixed reality* to convince others of it.

If they cannot convince others of their *fixed reality* and are unable to let go of it their environment can bring them in a state of *helplessness*.

Because you cannot let go of your *fixed reality* you cannot listen to people that try to convince you that you are *unreal*. Help from those not agreeing with you can hardly improve your awareness as you cannot see it any more as an *assumption* that became fixed. For you this *fixed reality* has become reality, your reality.

The more decisions you base on it the more you will defend yourself when you discuss it with people who are not part of your world. Your belief in your *fixed reality* will transform into absolute certainty. Eventually it might become a certainty you must defend against all odds. You might feel irritation and eventually hostility toward anyone trying to change your mind.

The capsule you build on this level of awareness is of course much harder to penetrate than the one you made on the level of "Assumption". But when others do succeed in taking down these defences and you are still unable to let go of them you might sink straight into the level of "Helplessness".

Although the defence systems on this level can appear very stable, the awareness level itself is less stable than the stable awareness levels higher on the scale.

## - Helplessness \*

When you are *helpless* you are also confused. *Helplessness* is simply *confusion* on a lower level. In fact all levels below the level of "Confusion" are lower levels of *confusion*.

It is just that we use tricks to masquerade *confusion* and that is what these lower levels of awareness are all about.

The reason you feel *helpless* is not that you have given up on your *fixed realities*. If you would give up on them you would rise on the scale of awareness to "Unreality" or higher.

You feel *helpless* because you still want to belief in your *fixed realities* but you realize you cannot defend or practice them any further. This can make you extremely *irrational* and vulnerable. It could actually drive you insane. On the level of "Helplessness" you are driven by *uncertainty* and *fear*. *Uncertainty* and *fear* starts on the level of "Unreality" and becomes stronger on the unstable levels as you descend down the awareness scale.

## - Irrationality -

On the awareness level of "Irrationality" people will act knowingly against all logic. It is a solution for being *helpless*. The level of "Helplessness" is an extreme level of mental *confusion*. The irrational act is simply an attempt on the individual to find some stability in that *confusion*.

He will do things that are completely senseless or outright destructive but he must do it for if he doesn't he will fall back into the mental turmoil we call "Helplessness". If we make his destructive or senseless actions impossible the person might descend down the scale of awareness to "Total Failure".

## **-Total Failure \***

We can become so confused that whatever we undertake will turn into a *failure*. This will become very much apparent in the persons environment. You will find a lot of unfinished actions within the vicinity of such a person. It can come to a point where everything the persons touches will turn into chaos.

"Total failure" is very much a mental state. It can be such an intense *confusion* that the person is utterly unable to do anything right. He is also unable to think straight. His thoughts are totally out of control. He keeps having all kinds of random thoughts and emotions to a point where he is utterly unable to accomplish anything constructive or destructive.

On the level of "Total Failure" we might try to convince our self that there is no longer a reason to exist in a certain way. When we succeed in this we will lose the ability to assume identity and so descend on the scale.

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## **- Unable to Assume Identity -**

When one is *unable to assume identity* one will descend to the lowest awareness level which is being "Unaware".

From all levels of awareness the level of Unable to "Assume Identity" is the least stable. One tries to take on or keep up an identity but utterly fails in upholding it.

One gains some stability in this attempt but only from the hope that one can uphold the identity. At the point one is convinced that no identity can be upheld one will become *unaware*.

## - **Unaware \***

The lowest level of awareness is the opposite of the highest level of awareness "Being Fully Aware". We cannot really call it awareness as the spirit is unaware.

Being *unaware* should not be confused with body unconsciousness where the body doesn't react anymore on outside stimuli.

Being *unaware* could be seen as the level where the spirit reaches bottom. The spirit is *unaware* of himself, his mind, his body and his environment. There can be random thoughts or pictures without any structure. All activity is programmed activity and the spirit has no say in it. The spirit has lost all control over his body, his mind and his environment. The body just goes on living without any spiritual interference.

## **Not knowing**

On the state of "Not Knowing", just as on the state of "Knowing" one can develop a wish or desire to know at what point awareness comes back into existence.

## Chapter 2.

### How the levels of awareness correlate with the life we live.

Religion as it is used and has been used through the ages can bring people one level higher on the awareness scale. When they are on the awareness level of "Helplessness" they might respond to the level of "Fixed Reality". On the level of "Fixed Reality" we are *unreal* as our reality is only based on *assumptions*. The source of these *assumptions* is *confusion* and *confusion* can come about through a *lack of data*.

From the level of "Fixed Reality" to the level of "Confusion" we are most vulnerable for mind control. Constructive mind control could be considered as mental influence needed to bring someone all the way up the awareness scale to the level of "Confusion". From the awareness level of "Confusion" you can choose what you want to do with the information. You can drop it or make an effort to sort it out.

This could be a task of religion in a civilization; to bring people up the awareness levels from "Helplessness" to "Confusion".

To the degree that religion brings people higher on the awareness scale it will enhance a civilization. From "No Understanding" to "Understanding" we don't need religion we need education instead. Education will work best from the level of "Confusion" on up to the level of "Purpose". Below and above these levels education will be experienced as a burden.

There is an urge to understand things that can only be known or experienced. Questions about life such as: "Who am I?" or "What will happen when I die?" or "Did I live before this life?" or "Does God exist" can only be answered properly when one is above "Purpose" on the awareness scale. The answers have to come from within. Answers from others can sometimes be of assistance and stimulate you to look within yourself.

The journey from "Intuition" to "Knowing" is one that you have to travel alone. Psychology, philosophy and religion can be of some help to make you more aware of the levels above "Purpose" but you don't always need them, as all there is to know you will find within yourself. These subjects can also confuse you and so drive you away from your inner *knowing*.

We can all come to know God but we don't have to. When you know God you are God and that would be the end of the game called living. There always will be an urge in us to either go up the scale of awareness or to go down.

When you decide to go up, life can be great fun. When you decide to go down life could become quite miserable for you. That's the way life is.

You don't have to believe any of this as you can experience it all the way down and all the way up and all by yourself. When you are all the way down you might need a hand to get up again. Psychology or religion could give you this hand but not below "Helplessness".

Below "Helplessness" in many cases justice or sometimes even psychiatry has to take over.

But be careful with religious leaders or their followers, as they cannot always be trusted to actually help you upward. The same could be said from psychiatry and justice.

The difference between the help offered by religion and the help that is available through psychology and psychiatry is that the latter ones are, to some degree, based on science and therefore evolve and in that way become more effective. From religion we know that its philosophy and doctrines don't change. They are considered sacred and infallible. No evolution possible.

When an individual has dropped down on the awareness scale below "Helplessness" in too many areas of his/her life he or she can become a burden to society. We find criminality on the level of "Irrationality" and "Fixed Reality".

People who went criminal or insane on these levels have to be corrected. Sometimes they have to be isolated from society. This depends upon whether or not they can be corrected while still functioning within society. People on the level of "Fixed Reality" don't have to be criminal or insane but both the criminal or the insane are always on the awareness level of "Fixed Reality" or "Irrationality".

Knowledge is as valuable as it can be used. So, what is the use of all this? What can we do with it?

First of all we must realize that using the awareness scale as a remedy can only be successful when it is applied to a certain aspect of life we have trouble with. Awareness is subject related. You can be low on the scale on one subject and high on others.

For example a businessman can be on the level of "Purpose" when he is active in his business but he can be on the level of "Unreality" in the relationship with his wife.

This businessman might not have problems with his business he can't handle but he might have problems with his wife that are a constant worry to him. If he knew that he was unreal for her he could do something about it. Even when his wife or others would point this out to him he might not see it.

When he tells his wife that he has no time for her because of his work he actually admits that he is on the awareness level of "Unreality" towards his relation with her but he doesn't see it that way. In fact he thinks it is completely justified to sacrifice his marriage for his business. After all he is on a much higher level of awareness regarding his business than he is regarding the relationship with his wife.

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Let us look at this example from the viewpoint of the wife. Let's follow her from the level of "No Understanding" down to the level of "Unreality". She doesn't understand why her husband considers his work more important than their marriage. She tries to come to *understanding* by communicating with him. She is rising on the awareness scale to "Exchange". But she fails on that level. What he tells her makes no sense to her.

Since he is much lower on the awareness scale regarding his relationship with her his explanation of the situation just doesn't add up and so she again goes down the scale to "No Understanding". She wants to *understand* him and cannot accept the fact that an illogical response cannot be understood. This generates *confusion*.

She tries to make sense out of explanations that do not make sense in a desperate attempt to solve the dispute. This is how she descends into the level of "Confusion".

Due to the unstable nature of the awareness level "Confusion" she will be inclined toward more stability. In other words she just has to find an explanation for this situation to put her mind at ease. Stability can be found upward or downward on the scale. Because she loves her husband and wants their marriage to work out she seems unable to face the fact that he cannot be *understood* on this point. This is why she chooses to dream up some explanation for his behaviour. She *assumes* that he might have fallen in love with another woman and thus slides into the level of "Assumption". At this level she feels somewhat more at ease. It explains to her why he considers his work more important than their relationship.

Her *confusion* has calmed down. Although she might be furious when she thinks of him as a traitor she will be *less confused* about the situation as such. She now will feel confident enough to question him about it.

She asks him if he is in love with another woman but he denies it and tells her that he just has too much work and that his work for now is more important to him. His answer still doesn't make sense to her and that confirms her *assumption*.

If at this point she is still uncertain she will keep explaining it for herself until she can convince herself that she has found the right explanation. At this point she will also be very susceptible for suggestions from others.

At a certain point she will make up her mind about it and that would be the final stage of the awareness level of "Assumption". The only thing she has to do now to slide further down into the level below "Assumption" is to act on her *assumptions*. This is what puts her down into "Unreality". She will now start to treat him differently. She cannot show that much affection for him anymore. She is not willing to help him as much as she used to do. She becomes more and more *unreal* in the eyes of her husband.

Whether or not the husband is actually cheating on his wife doesn't change the fact that his wife went down the awareness scale due to a self installed *assumption*. Let's assume he is cheating on his wife.

We will now look at how the husband in this example can go down the awareness scale to "Unreality" regarding his marriage.

Let's assume he hired a secretary for his business who turns out to be a very clever and good looking lady. She seems to understand his wishes before he has expressed them. He takes his secretary with him on a business trip. They seem to get along pretty well. When he comes home after his trip he realizes that his wife is not as clever as his secretary. She doesn't seem to be all that interested when he talks about his business. Because he doesn't want to hurt her he doesn't question her about her disinterested attitude toward his business.

The lack of communication causes him to descend onto the level of "No Understanding". He says to himself: 'I don't get it, why can't she be more interested in the things that are important to me'. Similar things happen between him and his wife and each time he seems to notice how his secretary differs from her and each time he doesn't talk about it with his wife.

Communication could have solved the situation but communication tends to go haywire under a stressful condition. Due to his failure to communicate properly he descends from "No Understanding" into "Confusion".

He gets annoyed and in an attempt to handle the confusion asks his wife: "How come you are never interested when I talk about my business?" She answers his question with a slightly varied question: "How come you are never interested when I talk about the things that interest me?"

Both questions remain unanswered and a whole quarrel ensues. The husband solves his *confusion* by deciding for himself that his wife is unable to accept him as he is. This generality puts him on the level of "Assumption".

Because his secretary does seem to be able to accept him as he is he decides to create more business so they both can do overtime. Now he is away several evenings and he starts using the weekends for business trips with his secretary. And this is how he descended to the level of "Unreality".

As we can see from this example both husband and wife acted on a general *assumption* and this is how they became *unreal* toward each other. Now let us see how this marriage can change into a nightmare.

Both husband and wife have become *unreal* toward each other. It is not just that they don't understand each other. It is far worse than that. In fact they now start to think, say or do things contrary to what they expect from each other. At the same time they are *uncertain* or *afraid* for each other's reactions.

This condition doesn't have to be the end of the marriage. In fact most marriages descend to the level of "Unreality" and remain there until death do us part.

Can it get any worse than that? It definitely can as below the level of "Unreality" we have the level of "Fixed Reality". On this level we are adopting *purposes* we can believe in just as we do higher on the scale. The husband decides to get to know his secretary a bit better in an effort to accomplish what he is missing in the relationship with his wife. Before he knows it he has started an intimate relationship with his secretary. He has now substituted his marriage for an affair with his secretary.

Why is this lower on the scale? Doesn't the husband have a right to a more fulfilling relationship? He certainly does but in the way he goes about it he has lowered himself on the scale. This way he is damaging his marriage even further by pursuing a *purpose* contrary to the marriage. When his wife doesn't know about this she might think she still has a husband whereas in fact she doesn't.

In some cultures this might not be a breakpoint at all and might be considered entirely different. It all depends on customs, agreements and the law.

Customs in this context could be considered as agreements made by fathers and forefathers and adopted by their children and grand children. They are very often accepted without much reasoning.

Anyway, in most cultures people consider an extra marital relation, no matter the duration, a reason for divorce.

In this example we will go for the worst-case scenario. The wife can't stand the fact that her husband doesn't love her anymore and starts a relationship with her neighbour just to get even with her husband. This is how she descends onto the level of "Fixed Reality". Just as her husband she has substituted her marriage for another relationship. Although her purpose is different it nevertheless is a substitute for the real marriage.

In this example the wife doesn't want to lose her husband and therefore, in a desperate attempt, tries to get him back by copying his behaviour. The husband doesn't want to terminate the relationship with his secretary but feels compassion with his wife and therefore doesn't want to end their marriage.

Both husband and wife could go down when their "Fixed Realities" violently collide and they are unable to cope with this. They will feel helpless toward each other because they are unable to end their marriage and at the same time they are unable to give up on their "Fixed Reality". This will put them both on the level of "Helplessness".

At this point their marriage seems beyond repair to them. Unless they come to an agreement about their marriage their situation could drive them insane. The chance to come to an agreement on this level of the scale is practically zero. Usually, without any help from outside, nothing decent can be accomplished. The level of "Helplessness" is very uncomfortable for both of them. They both feel something effective has to be done. The only thing that would be effective is to come to an agreement about their marriage. Since they both do no longer belief that this is an option they might seek destructive solutions and so descend to the level of "Irrationality".

The husband decides he will try to poison his wife. And the wife decides to kill her husband's secretary. Both attempts fail and both husband and wife wind up in jail. While being locked up they both descend to the level of "Total Failure" as they both feel unable to be destructive toward each other.

What can we learn from this? There are several conclusions we can deduct from this example:

1. The relationship started to deteriorate due to a difference in levels of awareness. This caused a hindrance in communication.
2. On each level they had a choice either to go up or to go further down.
3. The further down they got the more difficult it had become to choose to go upward again.

Whether we look at marital relationships, family relationships, or business relationships the deterioration of it starts with an inability or unwillingness to communicate whereas the improvement of a relationship starts with the willingness and ability to communicate. An unwillingness to communicate is basically a desire to Not Know. A willingness to communicate then is a desire to Know. You communicate because you want to know. In fact all awareness levels exist for only two reasons and that is to Know or Not Know something.

The reason for the inability to communicate on both sides is an interesting one. Communication is on the awareness level of "Exchange". On the level of "Exchange" and above it communication can happen without hindrance.

However the more we descend below the level of "Exchange" the more difficulty we will experience with communication and *exchange* in general.

Communication on the awareness level of "Exchange" can falter for many reasons. There however is a basic reason for the problems we experience with communication. It has a lot to do with our inability to *be ourselves*.

"Being Yourself" is an awareness state that is much higher on the awareness scale. As you move above the level of "Exchange" your ability to communicate will improve. It will keep improving until you reach the level of "Being Yourself". At this level communication with other human beings becomes second nature.

Communication at the level of "Exchange" can go up into "Understanding" or down into "No Understanding". When it goes up communication will improve when it goes down it will worsen.

Now we have looked at how we can go down on the scale of awareness let's have a look at how we can go up. As you probably understand by now it is all a matter of choice. The higher you are on the scale the easier it is to choose to go up even further. The lower you are on the scale the more difficult it is to decide to go upwards and the easier it is to choose to go further down.

Knowing this scale and recognizing the level you are in, regarding each aspect of your life, can be of great benefit to you. Knowing on what level of awareness you are regarding trouble spots in your life will to some extent clarify it.

On the destructive minus levels you can only think about things in a negative way. On the constructive plus levels you will only think about things in a positive way. On the constructive levels you will be inclined to go up. On the destructive levels you will be inclined to go down. The lower you are on the scale the stronger you will be pulled downwards to the bottom. The higher on the scale the stronger the pull will be to move you upward to the top. The neutral zero levels are a different story as they remain neutral or go into a positive or negative direction depending upon outside influences.

Let's take a look at how the marriage disaster we used as an example here could be improved.

The only reason both husband and wife would still be on the level of "Total Failure" or lower is because they were unable to recognize that what they were trying to do was a deviation from rational behaviour.

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If a criminal wouldn't recognize that he behaved himself in an *irrational* manner he might continue to be destructive after his release from prison. He might even try to be destructive in jail in an attempt to get out of the instable levels "Total Failure" or "Helplessness".

A criminal doesn't want to admit to himself or anyone else that his destructive behaviour was wrong for if he does he will move upwards on the scale into an unstable awareness level. He is afraid to move upward because he is afraid to become unstable. Criminal behaviour we find on the levels "Fixed Reality" and "Irrationality", which are both, stable levels.

Above these two levels we have the instable levels "Helplessness" and "Unreality". Because the lower awareness levels are actually based on confusion the lower stable levels are used to keep the confusion in check. This is why a criminal finds it so hard to admit to his crime. He wants to stay out of "Confusion", which is to say he wants to stay out of "Helplessness" or "Unreality". He feels he will slide into the level "Unreality" or "Helplessness" as soon as he admits that he was wrong. His criminal behaviour protects him from these levels.

When a criminal admits to his crime his last defence will be that the crime he did was the right thing to do. As long as he can convince himself that he was right in his actions he can still stay away from the unstable awareness levels. What a criminal doesn't realize is that when he admits to a crime and admits the fact that the crime was the wrong thing to do his awareness will improve. He will go up the ladder instead of down. To him going up or going down makes no difference as both levels will make him feel unstable and therefore he will tend to stick to his criminal behaviour.

There might be many other reasons for sticking to criminal behaviour but when we look at it in the light of awareness this is the reason. It probable is the most fundamental reason for criminal behaviour.

For a criminal to rise on the awareness scale he needs to admit to himself and others that he committed the crime. However, it is not enough for him to only admit that he did it; he also must recognize it as misconduct that he has to put right or make up for. Only then can he rise on the awareness scale.

What is the difference between *irrationality* and criminality?  
Criminality is destructive behaviour or action whereas *irrationality* doesn't have to be outright destructive. Insanity could be seen as an extreme form of *irrational* behaviour.

When you try to poison your wife to get rid of her or, when you try to kill the mistress of your husband are you criminal, *irrational* or insane? You are most definitely criminal and irrational but you are not always considered insane.

In fact the husband and wife in our example did not necessarily go insane. They just went criminal. In general we can assume that criminality belongs more to the level of "Fixed Reality". When caught, criminals might descend to the level of "Helplessness" but don't necessarily go insane. Insanity will always occur on the level of "Irrationality".

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People go down into the level of "Irrationality" because the feeling of *helplessness* has become so unbearable to them that they believe something has to be done no matter what to regain stability. You don't plan your actions on this level as much as a criminal on the level of "Fixed Reality" would do but you tend to hold on to them.

A serial killer has a strong inclination to kill again and again in the same fashion or according to certain fixed patterns. This is how he tries to remain stable. Such a person will probably be considered both criminal and insane.

A criminal on the level of "Fixed Reality" will plan his criminal acts. He allows himself to think about them. He doesn't see his plan as *irrational* or criminal.

In fact he thinks there is nothing wrong with what he intends to do. He will think he is right and his plans and actions are completely justified.

For the husband or wife to reach bottom they would have to go down from the level of "Helplessness". If one of them would commit suicide while being in jail that would be an act of insanity which is on the level of "Irrationality".

Intending to commit suicide and failing in the attempt could cause one to descend into the level of "Total Failure".

Let's assume the husband tries to commit suicide but fails and so descends into "Total Failure", how does he get out of this? How does he get himself to rise on the scale? "Total Failure" is a very low level of confusion. It is very hard to deal with.

It takes time and a peaceful environment. The confusion will calm down eventually. He doesn't have to go through the level of "Irrationality" to go upward but he certainly will be inclined to do so. Since "Total Failure" is such an unbearable condition to be in that people tend to bounce out of it. They can bounce upward right into the level of "Irrationality" or downward into the lowest level of awareness which is "Unable to Assume Identity".

As soon as they are stopped in their *irrational* behaviour they tend to fall back into "Total Failure" again. They will do anything in their power to hold onto the level of "Irrationality" for they are terrified to go below into "Total Failure" again.

On the level of "Total Failure" the insane should be left alone. No mental therapy should be allowed. The person should be locked in a room where he can't hurt himself. Drugs might not be necessary unless the person doesn't eat, sleep or is in pain. When such confinement is not possible the use of drugs to keep him calm and to keep things under control can be crucial. No suggestions should be made to him.

When he asks questions about his mental condition don't answer the question. You could tell him that it is better for him not to discuss things until he feels a bit better.

The person should be nursed on food, drink and sleep. No music should be allowed. Complete silence is the best remedy. No demands. No pointed or harsh objects should be allowed in the room. Nothing should be allowed in the room that the person can use to harm himself or his caretakers. He should not be allowed to wear anything that could be used for harmful purposes.

The whole idea of this is that his mind becomes less hectic. When his mind becomes less overwhelming to him he might slide into the level of "Helplessness" without going insane.

Often the awareness level of "Total Failure" is confused with the awareness level "Irrationality". "Total Failure" is a different kind of *irrationality*. In "Total Failure" people can be terrified. They have no control over their minds. When an irrational person has gone insane he or she can act completely normal before and after the insane act. This can make the insane rather dangerous.

The insane will usually act out there *irrational* behaviour in two ways. Either they do there *irrational* act knowingly in an attempt to gain stability or they are taken over by other spiritual entities who commit the insane act through them. When this happens they have great difficulty remembering what there have done. However there can be other ways of mind control involved too.

Let's assume the husband decides to move upward and climbs up the awareness ladder onto "Helplessness". Although this can still be a very confused state, a light form of therapy on this level could give some results. But one has to be careful for if you do it wrong the person might drop down into the level of "Irrationality" again. The way to come out of the level of "Helplessness" is to find were things went off the rails.

The husband has to look back in his memory and find the exact point where things went wrong for him. For a certain time he was successful in slowly poisoning his wife. She had become sick and no one had found out why.

Then the neighbour, who she had an affair with, came in and saw that he did something in her drink. He called the police and her drink was analyzed and the poison was found in her drink. That's where it all went wrong. He should have been more careful but he wasn't and of all people the neighbour caught him in the act.

When the husband realizes this he is back in "Fixed Reality". He can now set a new *purpose*. He could decide to kill his wife after they both had finished their sentence or he could decide to end his marriage when released from prison.

He could also realize that killing his wife was not a very good solution. At that point he would rise on the scale into the level of "Unreality".

When he admits to others that he was wrong and that he shouldn't have tried to poison his wife he will probably feel very *uncertain* or even *afraid*. He could be *afraid* of what others might think of him. He could be *afraid* that others might not accept him and he is right, others probably will not be willing or able to except him. He is completely *unreal* to others and that is what scares him and what makes him *uncertain*. But if he wants to go up the awareness scale he has no choice but to admit he was wrong.

He has to move through this *fear* and *uncertainty* for if he doesn't he will fall back in "Fixed Reality" again.

This is why criminals can remain criminal after they are released from prison. They never got out of their "Fixed Reality". The only way you can rehabilitate a criminal is by getting him to confess his crimes.

Confessing to the crimes that were committed is a first step but for rehabilitation you need to recognize that your act was wrong.

Remember that on the level of "Fixed Reality" you think you are right no matter what you did. The next step would be for the criminal to find out why he committed the crime.

If you ask a criminal why he did it he most probably will not give you a logical answer. The reason for this is that he doesn't know why he did it. The reason for his crime is a complete mystery to him. If he fails to find out why he did it he will try to rationalize his crime. He will try to make it look good or not so bad.

He could tell you things like: "If you knew what he/she did to me you probable would have done the same". The reasons he committed the crime is not what his victim did to him. The reasons for his crime are things he has completely forgotten.

He will not be able to tell you the exact reasons. And the real reasons can be brought back to one single *assumption*. This is the first *assumption* he accepted as true and on which he started to act.

Most *assumptions* have been generated to escape from the level of "Confusion" but the one you accept as true and act upon is the one that could get you in trouble.

In our husband and wife example the husband has to find out where it all started. When he remembers that he couldn't *understand* why his wife was not interested in his work and how he was trying to figure this out but failed he will be able to look at the *assumptions* he made up or accepted to explain the *confusion*.

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When you would then ask him what the first *assumption* was that he accepted as true to solve the *confusion* and on which he acted you have the exact reason for his downfall. This is how he eventually became criminal. Isn't that interesting?

After this the husband can look at the *confusion* again. He has a choice here. He can try to solve the *confusion* by communicating with his wife or he can drop the *confusion*. In most cases the person will drop the *confusion* as the *confusion* might not be relevant to the current situation anymore. When his wife has not come up scale on his level, communicating about his *confusion* with her will not solve it. Either way he will wind up being on the level of "No Understanding".

Because the husband drops his confusion or handles it doesn't mean he now *understands* his wife and the relationship he had with his wife. *Understanding* is achieved via the level of "Exchange". *Exchange* would be the next thing for the husband to look into.

Was there a dishonest imbalance from his side towards his wife or the relationship with his wife in general? At this point he needs to assess the damage he brought to his marriage.

He will come to the realization that he wasn't too much there for her while she had expected him to be there for her. He will come to realize that he considered his work more important than his marriage and that his wife suffered under this condition.

When he has looked carefully as to how he created a dishonest imbalance in his marriage with his wife he will be ready for the next step which is to make up for the damage he has done to her. When he has realized the full extent of the damage he has done he will be able to do something for his wife or to give something to his wife that will bring him back in balance with her. This is regardless of what she thinks about his efforts.

After he has made up the damage he will come to an understanding of his marriage and how it ended and he will not think irrational thoughts about it anymore, he will not do illogical things regarding his marriage anymore, and he will not feel bad emotions about his marriage either.

When his wife would go the same route they could start all over again and build a successful relationship with each other without any bad feelings as to what had happened with them.

They would once again *understand* each other and they would be able to have *ideas* as to how to improve their marriage. Some *ideas* would be agreed upon and become *desires* they could both *believe* in. The *ideas* would become *purposes* and *competence* would increase to reach these *purposes*. The more successful they would become in reaching their *purposes* the better they could work together. The better they could work together the better they could read each other's mind and thus enter the level of "Intuition". From that point further upward many positive things could ensue.

Let's summarize some facts that are useful to know when using the scale of awareness.

1. Awareness is subject related. On each aspect of your life you can be in a different level on the awareness scale.
2. The lower you are on the scale regarding a certain element of your life the stronger the inclination will be to move further down.
3. The higher you are on the scale regarding a certain element of your life the stronger the inclination will be to move further upward.
4. Moving up or down the awareness scale can go quickly or slowly depending upon the person or the circumstances.
5. On the zero levels you are not aware of the awareness level you are in.
6. On the plus levels you look at things in a positive way.
7. On the minus levels you look at things in a negative way.
8. On the zero levels the person can be constructive or destructive to his environment.

9. On the zero levels the person can be destructive to his environment while thinking he is constructive.
9. On the zero levels the person cannot think rationally and on the stable zero levels he isn't even aware of the fact that he cannot think rationally.
10. On the minus levels the person is aware that he is destructive to his environment but he is also convinced that being destructive is his only way out.
11. When you are low on the scale regarding one element of your life other elements higher on the scale can be pulled down by it.
12. When you are high on the scale regarding one element of your life other elements lower on the scale can be pushed upward by it.
13. On the minus levels one is utterly unable to assume responsibility for his actions.
14. We can divide our lives in ten main elements. These ten main elements can be used in conjunction with this scale:

1. You as an individual.
  2. You in relationship with your partner or spouse.
  3. You in relationship with family
  4. You in relationship with your friends.
  5. You in relationship with your work environment.
  6. You in relationship with other groups.
  7. You in relationship with humanity.
  8. You in relationship with nature
  9. You in relationship with the universe
  10. You in relationship with God (Total Knowing)
15. For a civilization or even the entire human race the most dangerous level of awareness is "Fixed Reality".
  16. For a group the most dangerous level is "Assumption".

17. For the individual the most dangerous level is "Exchange".
18. All troubles that can be associated with relationships are caused by violations of the laws of *exchange*, they are perpetuated by the use of *assumptions* and they become seemingly unsolvable by a *fixed reality*.
19. On the level of "Unreality" you can feel remorse. On the other zero or minus levels you cannot.
20. On the level of "Fixed Reality" you are certain that you are right in what you think and do and that others who don't think and do the way you think and do are wrong.
21. The lower you descend on the scale of awareness regarding one of the main elements of life the more chance there is that other elements of life will be pulled down with it.
22. In comparison with the lower instable levels the lower stable awareness levels have a greater potential to pull other main elements of life down.
23. The higher you climb on the scale of awareness regarding one of the main elements of life the more chance you have that other elements of life will be pulled upward with it.
24. In comparison with the higher instable levels the higher stable awareness levels have a greater potential to pull other main elements of life upward.
25. The stable awareness levels are most stable high on the scale and become less stable when you go down scale.
26. Except for natural disasters, only the level of "Fixed Reality" can destroy the human civilization.

## Chapter 3.

### Fixed Reality versus Mind Control

Since the awareness level of "Fixed Reality", when containing destructive ideas, can bring about the most harm to a civilization it might be of some use to know a bit more about it.

On the contrary when the level of "Fixed Reality" consists of constructive ideas tremendous improvements can be attained in any given civilization.

Most awareness levels on the awareness scale have a scale of their own. These sub awareness scales fit in the main awareness scale and follow the same stable (-) / instable (\*) wave pattern as the main awareness levels do.

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As you might have noticed, I indicated these sublevels by putting them in italics. It is advisable to use the Expanded Awareness Chart throughout the entire book. You need it as a reference in order to follow the line of reasoning.

#### **Fixed Reality**

- **Being Right**
- \* **Identity**
- **Extra Sensory Perception**
- \* **Intuition**
- **Purpose**

- \* **Competence**
- **Belief**
- \* **Ideas**
- **Understanding**
- \* **Exchange**
- **No Understanding**
- \* **Confusion**
- **Assumption**

As you can see from the scale above, "Fixed Reality" consists of thirteen sub awareness levels. Most of these sub awareness levels exist higher on the scale as part of the main awareness levels in the same sequence. Only the two levels at the top of the scale are somewhat different, all the rest is the same. This is what makes "Fixed Reality" somewhat tricky as it can easily be mistaken for these higher levels.

Helpless people don't really understand information that is given to them. On the level of "Helplessness" people are unable to observe facts and therefore unable to evaluate facts. When you feel helpless you are unable to make up your mind about things. All things you come in contact with are more or less a mystery to you.

Even when what is offered is not at all meant to mystify; you will view it as such and might or might not be able to cling to it. One thing is certain; you will not be able to really understand what is offered. Your need for stability overshadows your ability to observe fact.

When you want to get out of "Helplessness" you are very much inclined to accept anything that comes your way.

And that is how you wind up in the sub awareness level of "Assumption", which is at the bottom of the "Fixed Reality" sub awareness scale.

You can stay there for a while of course. You will feel a bit better and a bit more stable at this level in comparison with how you felt on the main awareness level of "Helplessness" but when you want to rise on this sub awareness scale you have to look at the *assumption* you clung to. As soon as you take a real look at it you will feel somewhat *confused*. You entered the sub level "Confusion". You will wonder what this thing is that you accepted just out of the blue.

In order to rise from the sub awareness level of "Confusion" you will have to admit that you simply don't understand what you are holding on to. As soon as you realize that you cannot put this thing into perspective you will feel calmer and more at ease. You have realized that what's wrong is that your *assumption* isn't what you thought it was thus you enter the sub level "No Understanding". At this point you will feel enough stability to *exchange* with the source of the assumption.

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The source of the assumption can be any entity you can think of such as an object, a situation, literature, a phenomenon, a symbol or a person.

From the moment you start to *exchange* thoughts with the source of the *assumption* you will come to understanding. Can you *exchange* thoughts with an object? Yes, you can. You would simply have to fill in for the object what it should communicate to you. And make no mistake about it; people are definitely capable of doing this.

This is one way of developing your own fixed reality. When you look at kids you see this happening all the time.

At this point you could convince yourself that you *understand* something that no one else understands let alone knows about.

The funny thing about the sub level of "Understanding" at the level of "Fixed Reality" is that it is quite a personalized *understanding* that might not have any bearing on reality. Whether you dream up your own *understanding* of it or accept it from another communicating entity doesn't really make much difference. The point is that your *understanding* of it could be right or wrong if compared with the real world around you. You see, it doesn't have to be wrong. You could say that the degree of truth or untruth depends to a certain extent on the awareness level of the source of the *assumption* and the source of the *assumption* could be you.

When *understanding* on this level has a high degree of truth we could easily mistake it for the main awareness level "Understanding" higher on the awareness scale. Even when it sounds perfectly right there still is an enormous difference between those seemingly, identical levels.

The most striking difference is that the person, who is on the sub awareness level of "Understanding" within "Fixed Reality", will tend to hold onto his *understanding* to such a degree that he cannot let go of it. He is at this point unable to see the bigger picture.

His *understanding* has become a fixed opinion. When he wants to rise from the sub awareness level of "Understanding" he will need to broaden his view. He can do this in two ways. He can imagine the existence of all kinds of things that embellish his fixed opinion or he can accept them from others.

This is how he rises to the sub awareness level of "Ideas". These new *ideas* could still have a high degree of truth when derived from a source that is on a higher level of awareness.

On the sub awareness level of "Ideas" however, the degree of truth or untruth doesn't make all that much difference. The level is far too instable to give too much consideration to whether something is true or untrue.

In order to rise from the sub awareness level of "Ideas" one has to start believing in these ideas to gain stability. These *ideas* could be right or wrong, constructive or destructive but again on the main level of "Fixed Reality" these things are simply not taken into account. What you care about is that you now have something you can *belief* in and that this gives you a feeling of increased stability. At this point you can see *purposes* and you can plan to become *competent* to reach these purposes. *Ideas* can transform into *beliefs* and *beliefs* can transform into *purposes*.

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Just as all zero and minus awareness levels or their sub levels can act as an obsession so can the sub levels of "Fixed Reality". On the sublevel "Ideas" within "Fixed Reality" one could be inclined to glorify them.

On the sub level of "Idea's" people sometimes can be found to read many books and seem to have a desire for information that cannot be satisfied. They want to know everything. They feel that the more they know the more they will gain certainty.

Certainty is what they need on this level so they can *be right* and are more able to make others wrong if their *being right* is threatened.

The reasons that they can remain stuck on the sub awareness level of "Ideas" and are unable to move upward onto a higher sublevel has to do with the fact that they lack self confidence.

In other words they cannot conceive of a *purpose* because they think that they, as individuals, cannot accomplish a *purpose*. That is why they keep fooling around with *ideas*. Their *purpose* is to know everything. The solution to this dilemma would be to have them find and accomplish many small doable *purposes* until they realise that they can trust themselves to go from A to B. At that point they probably can conceive of a higher *purpose* and have a go at it.

When they do rise above the sublevel "Idea" entering the sublevel "Belief" this level too can take on extreme forms. On the sub level of "Belief" some people might think they can conquer the world. Some of the most outrages *beliefs* can be found on this sublevel. By gaining *competence* their *belief* will become their *purpose*.

The manic-depressive jumps from the level of "Helplessness" to the sub level "Ideas" or "Purpose" within "Fixed Reality" and backwards again. The reason he jumps down again is because he cannot let go of his outrages *beliefs* even when people in his surrounding prove him wrong. When reality catches up with him his solution is to become helpless again. He feels helpless again because he gave up on his *purpose*, not because the *purpose* was outrages.

When a person on the sub level "Belief" isolates himself from the people that are against his strange ideas and associates with people who are sympathetic to his strange ideas he will rise onto the level of "Competence" more easily.

People on this sublevel within "Fixed Reality" can become as *competent* as people on the main awareness level "Competence".

The sublevel "Belief" and the sub level "Purpose" will both stimulate the rise in *competence*. The result of the increase in *competence* could, on this level, be totally destructive without the person realizing it.

When he demonstrates *competence* to himself and those who go along with him the next sublevel "Purpose" will become very real to him. You could say that his *belief* has become his *purpose*. On this point he might be able to do anything to reach his purpose no matter how crazy or destructive it seems to others above the level of "Fixed Reality". But again, his actions don't have to be destructive and this makes it even more difficult for people higher on the awareness scale to understand his behaviour.

These sub levels within the "Fixed Reality" scale don't have to become destructive. It all depends on who is in control. In capable hands of people high on the awareness scale those on "Fixed Reality" can be of great value to a civilization.

From the sub level of "Purpose" people on "Fixed Reality" can move to the sub level "Intuition". They, however can only be intuitive towards people and circumstances that belong to their fixed reality. Their *intuition* will falter miserably when they are confronted with people or situations outside their sphere of influence. Same goes for *extra sensory perceptions*.

When people move higher on the sub scale of "Fixed Reality" into the sublevel "ESP" their ideas and actions cannot be trusted. On the sub level "ESP" they cannot differentiate between what they became aware of and what they imagine they became aware of.

They cannot differentiate between real spiritual observation and their own imagination. The sublevel "ESP" is a stable awareness level. Stability enhances certainty. They have no doubt about what they became aware of. It can both be factual or imaginative. But whether it is factual or not they are certain that what they became aware of is real.

If they would have doubts about it they would descend to the sublevel of "Intuition". Attacks on their observations could drive them both upscale or downscale. When they choose to move upward they will assume an *identity*. They will think they need to be someone in order to see the things they see. However when you decide to be someone the first inclination will be to *be right*. You have to *be right* or you will not be able to be someone for very long. The urge to *be right* is needed for anyone that wants to remain being someone. It is a pure survival mechanism that can defie all logic.

Due to clashes with people not belonging to their world they might start to feel as if they are unreal and so go up scale out of "Fixed Reality". They will move out of "Fixed Reality" more easily when criticism is friendly, specific and constructive. When criticism is too general they will be inclined to move down on the sub levels of "Fixed Reality" instead.

Moving up from "Fixed Reality" into the awareness level "Unreality" is very harsh on the person when his fixed reality is in great contrast with the real world. To rise from "Fixed Reality", while being destructive toward the society at large, seems next to impossible to those involved. It sometimes requires great bravery to escape from it.

People can go up and down the sublevels of "Fixed Reality" without ever moving upward to higher levels of awareness. It probably is the most crucial point on the scale.

Too many people that have descended into "Fixed Reality" seem utterly unable to rise above it. They have become a slave to their "Fixed Reality".

When "Fixed Reality" is too much under control of people that are themselves below "Confusion" on the awareness scale we pretty much have described the current condition of mankind.

A civilization consists of constructive groups and destructive groups. Within each civilization constructive groups are the ones that establish, maintain and improve it. Destructive groups are the ones that disestablish and ruin it.

There are also groups that are not destructive but not very constructive either but these usually are a minority in comparison with constructive or destructive groups. When destructive groups gain too much influence in a civilization great suffering for its population can ensue.

Helpless people are destructive to the group they are part of. Because they feel helpless they cannot conceive of contributing toward the group. When they don't contribute to their group they are a liability toward that group. They will tend to pull other group members down with them.

When helpless people rise on the awareness scale onto the level of "Fixed Reality" they can become constructive or remain destructive.

When controlled by constructive people they will most definitely become constructive.

In other words when helpless people are given constructive ideas that they can execute they can rise more easily onto the level "Fixed Reality". We can classify this as constructive mind control. This is how we raise our children or are supposed to raise our children.

On the zero levels of the awareness scale people are most vulnerable for mind control. On the main awareness levels "No Understanding" and "Confusion" people can also be affected by mind control but not as easily. On the levels below "Confusion" up until the level of "Helplessness" mind control is most effective.

Above the main level of "confusion" and below "Fixed Reality" mental influence (mind control) executed by others is next to impossible.

**MIND CONTROL =**

**ANY TYPE OF INFLUENCE EXERTED ON A PERSON'S MIND THAT MAKES HIM DO WHAT A SOURCE DIFFERENT FROM HIMSELF WANTS HIM TO DO.**

Mind control is part of everyones life. Without it a civilization cannot exist. Without it a group cannot exist. With constructive mind control people can be stimulated into higher levels of awareness. The more they rise on the scale the less mind control can influence them and the less they will need it. You will find destructive mind control most often used in destructive groups or organizations.

In a civilization people can be on all levels of the awareness scale. This is all part of the fabric of life. The different awareness levels of the awareness scale produce the entire spectrum of conduct and emotions you find among the human species.

Leaders who are below the level of "Confusion" regarding their sphere of influence will use destructive mind control on their followers. They will also be vulnerable for destructive mind control from their seniors.

Below the level of "Confusion" one acts on general assumptions. Leaders above the level of "Confusion" will use constructive mind control to improve or maintain things under their control. From this we can learn some very interesting facts:

## **LEADERS MAINLY DETERMINE EVOLUTION, REVOLUTION OR RECESSION BY THE USE OF MIND CONTROL**

**TO IMPROVE A GROUP OR THE CIVILISATION AS A WHOLE ONE ONLY NEED TO RAISE ITS LEADERS ABOVE THE MAIN AWARENESS LEVEL "CONFUSION" REGARDING THEIR SPHERE OF INFLUENCE.**

General statements are the ultimate weapons used by leaders to keep their followers under their control.

The response to a general statement depends on what level of awareness people are. From "Helplessness" to "Assumption" we accept general statements without much criticism.

From the level of "Understanding" to the level of "Purpose" we will refuse to accept them. On the level of "Exchange" we will attempt to clarify them.

On the level of "Confusion" we can even become upset with them. From the level of "Intuition" upward positive general statements can actually support people to move upward on the scale. Negative general statements will not affect someone on "Intuition" or above.

Also on the level of "Confusion", as a solution for the confused feeling we experience, we might accept general statements as they tend to stabilize a confusion.

On the main levels "Intuition" and "Extra Sensory Perception" metaphysical forms of mind control can enter in. These influences can only be positive. On the equivalent sub awareness levels within "Fixed Reality" negative metaphysical forms of mind control can start to occur. These, for us often, invisible negative influences can also happen on the levels below "Fixed Reality" and should be considered as a very serious type of mind control that can make people sick or act irrational or outright evil.

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On the levels "Being Yourself" and "Being Fully Aware" people are most able to connect with the states of "Knowing" and so expand their knowing.

This is not mind control since the states of "Knowing" are beyond awareness and therefore beyond the need of a personal mind. When you "know", you don't use your mind. You use your mind from the awareness level of "Purpose" downward.

Above the level of "Purpose" we touch upon the source of all things. This is what I call "Total Knowing". It is the era we humans know least about. What I write about "Total Knowing" is how I feel about it.

There is more and more scientific evidence that points toward some kind of energetic field that connects all existence.

As I am not a scientist it is not my intention to deliver prove of what I am saying here. My writings on this are just an invitation to experience this information for yourself.

## Chapter 4.

### The sub awareness levels of Exchange and how they relate to organizations

When people gather together we don't necessarily have a group or an organization. A human gathering becomes a group when they all agree on the same thing. We could say that people come together for a common interest. People can also be forced or manipulated together but that doesn't change the fact that they have a common interest. When people are forced together their common interest could be to stay out of trouble. A gathering can become a group and a group can become an organization. Thus we have a scale of three items.

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1. **A gathering**
2. **A group**
3. **An organization**

Just as common interest is the glue for a gathering of people so is agreement the glue that connects people into a group. Groups do not endure unless they organize themselves. The glue for an organization is structure. It is the structure in an organization that holds the organization together. Of course there has to be enough agreement on structure for a structure to remain in place. Disagreement can change a group into a bunch of individuals who all try to do their own thing. Disagreement on structure is the downfall of each and every organization.

What do we mean with structure? A structure is the way certain things are put together to make it into a whole. An organizational structure is a structure that contains all things and activities needed to produce and deliver a product or a service. The main purpose of whatever organization is to deliver products and services.

We can differentiate two types of activities in an organization.

### **The primary activities:**

1. To produce products.
2. To deliver products.
3. To deliver services.

### **The secondary activities:**

All activities designed to support the primary activities we will call secondary activities.

### **Terms and definitions:**

Product = The expected result from an activity.

Service = An activity that supports another activity or entity

Per the above definition of the word product a service can also be seen as a product. The difference between a service and a product is that a product could just be one object whereas a service is mainly an activity using objects. In the remainder of the text we will use the word product aswell for a service.

When a gathering of people agree on a certain purpose they usually will agree upon a structure to attain that purpose. At this point they will start to establish an organization. The agreed upon structure is what we will call the establishment.

What does an esoteric term such as "awareness" has to do with organization?

What has been found is that people working in organizations are on the awareness level of "Exchange" and can be on different sub awareness levels within the awareness level "Exchange". The sub awareness levels of the main awareness level "Exchange", as outlined below, can be seen as a guideline for the makeup of an organization. An organization could be built in this sequence. It doesn't have to follow the below outlined sequence but it could.

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We will assume that there already is a reason to organize into a structure. Therefore the original idea that one wants to get duplicated will not be taken up in the chart below.

## **Organization Chart**

This organization chart shows the sub-sub-awareness levels plus all the sub-sub-sub awareness levels of the main awareness level "Exchange".

These sub-awareness levels can be matched with many of the different functions that you will find in organizations as you can see below.

"Perception" is the lowest level of the sub-sub-sub exchange scale.

On the Expanded Awareness Scale fully explained in chapter 8 the sub-sub-sub awareness level "Perception" fits just above the main awareness level of "No Understanding". Check it out for yourself.

The highest sub level of the Exchange scale is "Duplication". On the Expanded Awareness scale the sub awareness level "Duplication" belongs just below the main awareness level "Understanding". The entire "Exchange" scale also fits into the sub awareness level "Exchange" within the "Fixed Reality" scale.

Criminal organizations function on this level. However, organizations don't have to be criminal to function on the sub levels of "Exchange" within the "Fixed Reality" scale. (See the Expanded Awareness Scale in chapter 8)

To show how organizations can be build from an awareness viewpoint the scale below is presented upside down from "Perception" being the first and lowest level all the way up to "Duplication" the last and highest sub, sub, sub awareness level.

In the second column I listed what departmental functions would represent these sub, sub, sub awareness levels. In the third column you find the seven sections. One section, as you can see from this column, has three departments.

<u>Dep. - Awareness levels</u>	<u>Departments</u>	<u>Section</u>
Perception *	1. dep. of information	1. Establishment *
Association -	2. dep. of structure	
verification *	3. dep. of inspection	
orientation -	4. dep. of innovation	2. Consolidation -
education *	5. dep. of instruction	
agreement -	6. dep. of registration	
exchange *	7. dep. of purchasing	3. Exchange *
balance -	8. dep. of bookkeeping	
possession *	9. dep. of assets	
prediction -	10. dep. of service	4. Execution -
activity *	11. dep. of practicing	
creation -	12. dep. of production	
results *	13. dep. of examination	5. Qualification *
recognition -	14. dep. of validity	
rectification*	15. dep. of correction	
response -	16. dep. of feedback	6. Control -
explanation *	17. dep. of marketing	
realization -	18. dep. of planning	
conditions *	19. dep. of supervision	7. Management *
source -	20. dep. of the originator	
duplication *	21. dep. of the CEO.	

The seven sections could also be seen as awareness levels as they also follow the wave from instable to stable to instable etc.. When a section has two departments with an awareness level that is instable the section is considered instable. When a section has only one instable department and two stable ones that section is considered stable.

## **Section 1 Establishment \***

### **Establishment Manager**

<b>Dep. 1</b>	<b>Dep. 2</b>	<b>Dep.3</b>
<b>Perception*</b>	<b>Association-</b>	<b>Verification*</b>
<b>Information</b>	<b>Structure</b>	<b>Inspection</b>

## **Section 2 Consolidation -**

### **Consolidation Manager**

<b>Dep. 4</b>	<b>Dep. 5</b>	<b>Dep. 6</b>
<b>Orientation-</b>	<b>Education*</b>	<b>Agreement-</b>
<b>Innovation</b>	<b>Instruction</b>	<b>Registration</b>

### **Section 3 Exchange \***

#### **Exchange Manager**

**Dep. 7**

**Exchange\***

**Purchasing**

**Dep. 8**

**Balance-**

**Bookkeeping**

**Dep. 9**

**Possession\***

**Assets**

### **Section 4 Execution -**

#### **Execution Manager**

**Dep. 10**

**Prediction-**

**Service**

**Dep. 11**

**Activity\***

**Practicing**

**Dep. 12**

**Creation-**

**Production**

## **Section 5 Qualification \***

### **Qualification Manager**

**Dep. 13**

**Dep. 14**

**Dep. 15**

**Results\***

**Recognition-**

**Rectification\***

**Examination**

**Validity**

**Correction**

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## **Section 6 Control -**

### **Control Manager**

**Dep. 16**

**Dep. 17**

**Dep. 18**

**Response-**

**Explanation\***

**Realization-**

**Feedback**

**Marketing**

**Planning**

## Section 7 Management \*

### Management Manager

Dep. 19

Dep. 20

Dep. 21

Conditions\*

Source-

Duplication\*

Supervision

Originator

C.E.O.

C.E.O.

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Establishment Director

Production Director

1

2

3

4

5

6

When an organization is on the sub-sub-sub awareness level of "Perception" it cannot function at all, yet each organization in its formative stages will have to begin on the awareness level of "Perception". Through *perception* we gain information. Just as all things start with *perception* so does each organization start with the assembling of information through *perception*.

This is why the first department of an organization could be named the department of information. And this is how the department of information relates to the departmental (sub-sub-sub) awareness level "Perception".

With sufficient information we can build a structure. In order to build a structure we must associate the applicable pieces of information with each other. This is how organizational structures come about.

The awareness level "Perception" of the department of information is instable as there is nothing stable about *perceived* information all by itself. Information can be inapplicable, incomplete, unsuitable for what we want to accomplish. As soon as we bring the right pieces of information together we can build a stable structure. In building the structure we enter the sub, sub, sub awareness level "Association".

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This is the very beginning of an organization. However, a structure can appear stable but might not be stable enough when put to use. When we test the structure we *verify* its usefulness. Thus we enter the awareness level "Verification" that correlates with the department of inspection. The task of the department of inspection is not only to *inspect* and *correct* the structure in its formative stages but also to *inspect* it on a continual basis. Structures can easily be tempered with especially when human beings become part of the equation.

We will consider the department of structure more stable than instable as the awareness level "Association" is a stable awareness level. The department of inspection, on the other hand, is considered instable, as it will tend to introduce changes to correct the structure and the level of "Verification" is an instable awareness level.

Departments that have an instable awareness level will usually need more supervision.

The first three departments make up the establishment section. The establishment section puts the organization in place and does an effort to keep it there. The word "establish" comes from the Latin word "stabilis" which means "make stable". However the establishment section is a rather instable section. It is a section that organizes for production and that is all it does. In fact a company could just go on producing products when it has its establishment section in place. An organization would actually have to produce products with an establishment in order to test its operation.

Some beginning companies will start producing products with only the establishment section in place. In too many cases this would overcomplicate things, as the established structure might need innovation or the people involved need to be educated on the structure at first. This is the task of the consolidation section. The consolidation section consolidates the establishment. The consolidation section is therefore considered a stable section as it stabilizes the establishment.

The first department in the consolidation section is the department of innovation. This department corresponds with the awareness level "Orientation".

On the awareness level "Orientation" we need to take a closer look at how the products we want to produce fit into the community and the society at large. You might come to the conclusion that your structure is far too complex or may not be adequate to the level of production needed. You might need to change your structure.

"Orientation" is a stable awareness level. Through orientation you gain stability. Through innovation you intent to wind up with an improved establishment.

The department of innovation needs to be very knowledgeable as to what happens on the market place. Public demands change as new or better products are introduced. The department of innovation should improve the establishment of an organization so it has the capability to produce or deliver the products or services most needed or wanted by the target group. The department of innovation should always stay in close contact with the department of feedback in section 6.

It is all very well for senior management to understand the structure of its organization but this is definitely not good enough. All people that have become involved with the organization need to understand their part of the structure and how it relates to their function within the organization. Thus we enter the next awareness level "Education". All members of the organization need to be instructed as to structure, changes in structure and how they fit in.

Education leads to stability but "Education", in itself, is an instable awareness level because educated people have to be tested and seasoned in an actual structure. Education on structure will lead to the next awareness level "Agreement"

After everyone is instructed to do what they are supposed to do we need to make sure there is agreement on the working conditions. Establishing an organization would not be complete without agreements on salary and working hours etc.. That is why you need a department of registration.

It is the task of the department of registration to register all agreements that are made and are going to be made in the future. This goes further than the inner structure of the organization. All agreements made with people, or organizations in some way connected to the organization are registered in the department of registration. Agreements, especially registered ones, have a stabilizing effect on an organization.

This is how you get a consolidated establishment. You could think that we are now ready to produce. Not by a long shot. A fully consolidated establishment cannot start producing without setting up all the main *exchange flows*. Without it an organization would become total chaos in very short order.

We need the exchange section to registrar all the exchange activities. This is where the sub, sub awareness level "Exchange" becomes real. Just as the main awareness level "Exchange" is instable so is its sub, sub level and its sectional level as *exchange* is a process that changes continually.

The first department, the department of purchasing, has as its main function the registration of all these activities. This means the purchasing of products by customers as well as all purchasing done by the organization itself. In other words all that comes in and goes out is registered in this department.

An organization gives products in exchange for money and pays money to its members and workers and pays money to improve its establishment.

The next awareness level that becomes real is "Balance". The whole idea of *exchange* is to bring *balance* to imbalance. The department of bookkeeping has as its main task to show a *balance* in purchasing by recording the purchasing of customers and the purchasing of the organization itself opposite one and other.

When we look at this balancing of figures we can see whether we make any profit and if so what assets we can afford or how debt can be reduced. In bookkeeping the assets and debts are part of the balance sheet and new assets or debts become part of the balance sheet. Through balancing figures we can manage and control our earning and spending. This gives stability to the organization.

When you get more money than you give out you will be able to buy things that become assets of the organization. So the next awareness level is "Possessions". The department of purchasing will be considered an unstable department as *exchange* is never in *balance* very long, if at all. It is the department of bookkeeping that, through a balancing of figures, shows the degree of *balance* or imbalance and therefore adds stability to the organization. The awareness level "Possessions" is instable as assets can be bought or sold or they can change in value. Also the debt on assets can be too much of a burden on the organization.

Bookkeeping is a recording of *exchange* and is the only activity in the *exchange* section that brings stability. Bookkeeping is to produce facts that can be used to steer the organization. You could compare bookkeeping with the oars and rudder of a rowboat. You use the oars in such a way as to move the boat in the right direction.

Rowing too much with the right oar will turn the rowboat too much to the left and rowing too much with the left oar will turn the rowboat too much to the right. With the rudder you can balance out left or right movements of the boat to keep it on course.

It is pretty much the same in steering a company or organization. You use the balance sheet in bookkeeping (the rudder) as vital data to determine direction.

You use the money that comes in and the money that goes out (the oars) to move forward. If in a certain period of time too much money comes in at the left side and too little goes out on the right side for costs or improvements, the organization will tend to go off target. In the same way, if too little money comes in at the left side and too much goes out on the right side for costs or improvements the organization will go of target as well.

In fact setting up the "Exchange" section would still be part of further consolidating the establishment. This means that the first three sections are only concerned with establishing the organization and keeping it established.

When you have the exchange flows all worked out production can begin. The awareness level that becomes real at this point is "Prediction". Prediction gives you the stability you need to go into action in order to produce and deliver products.

The department of service has as its main task to make production predictable. It makes sure that the establishment can go into action and can remain in action as planned.

The next awareness level therefore is "Activity". There is a difference between *activity* and *creation*. When *activity* leads to a product we have what we will call *creation*.

Department 11 has the function to practice people in what they learned in the instruction department (dep. 5). "Activity" is an instable awareness level as in practicing skills things tend to go wrong at first. When your workers have more practice they will be more able to *create* the desired results.

The difference between the department of instruction and the department of practicing is that in the department of instruction people are instructed on what is expected from them whereas in the department of practicing people can become more skilled in the producing of products. An apprenticeship could also be required but this would be done in the production department.

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This brings us to the awareness level of "Creation". The production department *creates* the products of the organization. "Creation" as an awareness level is stable, as those working in the production department are supposed to know what they do and should be able to produce uniform products of the desired quantity and quality. Products should be examined by the producers if feasible. A product must be what it is supposed to be and does what it is supposed to do and has the quality and quantity it is supposed to have.

There are two types of products. There are sub products and end products. A sub product is a product that needs more work to become an end product or it needs other sub products to become an end product. An end product is a product that is ready for use by the consumer.

A sub product is not ready for use by the consumer but might be ready for use by another worker. A second worker in the assembly line needs to make his improvement on the sub product or needs to use the sub product to connect it with other sub products. It is therefore the responsibility of the next worker in line, if feasible, to examine the sub product for correctness. Thus we have entered the qualification section.

The department of examination has a similar function. The department of examination has, as its first function, to make sure the next worker in the assembly line does qualify the sub products he received. If it is, due to the production process, not possible for the next worker in the production line to qualify his sub products, the department of examination could do this by spot-checking these sub products.

The second and main function of the department of examination is to examine the end products produced. The awareness level of the department of examination is "Results". When we look at results from the viewpoint of examination we can see that "Results" is an instable awareness level. The department of examination can discover that products are below or above standard and take action on their findings. This can destabilize the production line.

The next sub awareness level is "Recognition". The producing of sub products and end products should be acknowledged and are sometimes recognizably validated as such. This would be done by the department of validity.

Producers can and should be acknowledged as producers of valuable products.

This does not include the payment of a salary as a salary is part of the agreement that was made in the department of registration. It could however be a raise in salary or a gift or any other way of showing recognition and appreciation. This is a very important function in an organization. Results should be acknowledged with a showing of appreciation. Without a department of validity you have organizations with less motivated personnel where riots or strikes can ensue.

The next sub awareness level is "Rectification". The first task of the department of correction is to correct, get corrected or throw out or get thrown out those products that have failed to become actual sub products or end products. Its second task would be to correct those workers that failed to produce the expected product and to correct the workers that accepted a false sub product if they were supposed to check their sub products for correctness.

Although it has a stabilizing effect on the organization *rectification* in itself is an instable activity. When you have to correct you have to find and point out what mistakes have been made. Usually people don't like to hear this. They find it somewhat embarrassing when they have to be corrected in their way of functioning.

"Recognition" is the only stable awareness level in the qualification section. This makes the qualification section a somewhat instable section. Due to its instable nature qualification very often needs more attention from senior management.

The next section that becomes real now is the control section. This is a stable section that determines the production quantity to a great extent.

At this point we have entered the awareness level "Response". Through feedback from the customer we can come to a better understanding of the usefulness of our products.

The department of feedback can do surveys in order to find out what the customer thinks of the products. This information can be used to correct and advertise. Thus we enter the department of marketing with its sub awareness level "Explanation". You need to explain your product to potential customers. The best way to market a product is to explain it while you show it and then, if possible, let your publics try it or let them try a part of it.

We have now come to a point where the organization can produce, sell and deliver products. This calls for planning. Organizations expand or contract. When your marketing creates more customers than you can handle you could plan for more production. Or when you produce more products than you can sell you would have to plan for more or better marketing activities or for less production.

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If your marketing activities don't lead to more customers you need more or better feedback from them so you can plan for the production of products they need or want. Planning, of this nature, is often done by senior management but can be done on a lower level as well. Through sound planning and the execution of it you can realize what you set out to accomplish. This is why the sub awareness level of this department is "Realization".

The sub awareness level "Explanation" is considered instable, as you never really know whether you come across to your public. You have to wait and see what the effect of it will be.

The sub awareness level "Response" is stable because you can always create response, you can register it and learn from it. The very fact that you produce and deliver products will usually produce some response.

The sub awareness level "Realization" is stable because through planning you can realize any target you set out. Through planning you can establish, produce and deliver. The functions of the department of planning are to supervise the execution of all plans, to introduce new plans, to cancel old or unworkable plans and to rectify faulty plans.

In fact an organization only needs these 6 sections to run itself. However, experience has learned that organizations tend to disestablish themselves if they lack senior management. The reason for this becomes apparent when we look at the departmental functions of the 7<sup>th</sup> section.

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Senior management looks at conditions. What is the condition the organization is in or what is the condition of the different departments?

The condition of an organization or any part thereof is determined by examining the quantity, quality and viability of its products. Does the quantity have enough quality to be considered viable?

To determine conditions senior management mainly uses data obtained from sections 3, 4, 5 and 6. To improve conditions senior management works out plans and programs and gives these to the department of planning. The department of planning gets them executed.

Keeping statistics is mainly useful for the sections 4, 5 and 6. You don't need statistics to determine the condition of your sections 1 and 2. Section 3 is mainly a recording division. The recorded figures can be used to draw statistics from.

Never use statistics to determine the value of an individual worker, manager or activity. Never pay your personnel or whoever is working for you on statistics alone. Always look at how viable your worker or manager is for your organization as to the quality, quantity and viability of his products. Figures on statistics can be wrong or false. They only symbolize quantity. You have to go and look for the products to see actual quantity and quality. The quantity can be too much or too little. The quality can be too high or too low.

Customers have to be willing to pay for the products, use them and be happy with them before you can establish the viability of a product. Managing on statistics only is blind management. Even if you had statistics that could show the quality and viability of a product you would still have to go and look to make sure these figures match reality. A manager who manages with figures alone is a dreamer.

The sub awareness level "Conditions" is instable as conditions are always changing. They need constant supervision. When conditions change for the better you need to find out the cause of the improvement. If conditions worsen you need to know what caused the worsening. If you don't look for these things you are not a manager. You cannot manage a condition if you don't know what influences it?

In the department of supervision you have senior management. You don't have to put senior management in a section alongside the other sections but you can.

You can also put senior management on top of the other six sections. Middle management would be those in charge of sections and lower management would be those in charge of departments

The next sub level of awareness is "Source". An organization that has built itself to this stage of the game should by now recognize the source.

Source is a person or a group of persons that created the fundamental ideas the organization was build from. Source doesn't have to have a function in the organization but sometimes has. The main task of source in an organization would be to verify whether the original concepts are still valid and correctly used.

This calls for the next and last sub awareness level "Duplication". Duplication is the common denominator of all organizational activities. It is what people or structures do in an organization. Organizations are formed and established for the sake of duplication. Duplication is also the Achilles' heel. It is why we need leaders.

The main task of a CEO is to see to it that the organization corrects itself as soon as it deviates from its basic concepts and to see to it that all plans, programs and actions are correctly executed. This is how duplication of the original concepts is achieved.

Sometimes through changes in the market place it can happen that the original concepts have to change. Very often it is source (the person or group who started it all) that can bring such a major change about. It usually is the task of the CEO or a Board of Directors, if there is one, to decide upon such changes. Sometimes the source has a say in this as well. This all depends on the agreements that were made at the outset.

The sequence in which the sections of an organization are presented here is not necessarily the right sequence. You could build an organization in this sequence but in fact you can build an organization in whatever sequence you see fit. You could build the entire establishment first. You could start producing without much of an establishment and improve on the establishment as you go along. The sectional sequence may depend on what type of customer is served.

The only reason for the sequence given here is that the various departmental awareness levels of the awareness level "Exchange" have this particular sequence. There are 21 departmental awareness levels within the awareness level "Exchange". This doesn't mean that you need 21 departments. Each departmental awareness level brings a different function into view. Functions can be combined. For example department 7, 8 and 9 could easily be united into one department. You could have one department for purchasing, bookkeeping and assets which is often the case.

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The way you put these sections and departments together is depended upon the type of organization you want to build. However, the sequence given here is a logical one and could be of some use when you build an organization.

This entire sub awareness scale together with its corresponding departments and sections gives you a pretty good idea of the basic functions that have to be present in a well organized organization of some size.

We could argue about the sub awareness levels of Exchange. Are they really awareness levels? Well, as outlined earlier, I see awareness as a combination of intention, attention and emotion.

For example the act of educating requires intention which produces attention and emotion. Each and every new action can only be implemented through intention attention and emotion, in other words, through awareness.

And that is why I dare call the subject of "Education" within the "sub exchange" scale a level of awareness. Remember, it is the way we look at things that determines intention, attention and emotion (awareness). When you look at things from an educational viewpoint we see things from an educational perspective. To me the same holds up for all the other awareness levels within the main awareness level "Exchange".

## Chapter 5:

### How we rise on the awareness scale

The question we want to embark upon now is: "How do we go about raising people on the awareness scale?" There are a vast number of psychotherapies and self help exercises that can be used to make people more aware. However, the awareness scale as outlined above is a new discovery that can help therapists to determine what therapy would fit best on the awareness level their patient or client is on.

In order to use the scale as a guiding principle for therapy or self help activities one first needs to discover on what level of awareness the person is, regarding his troubled area of life. The effectiveness of a therapy or self help activity can be tested more accurately with the use of this scale. When the person has risen on the scale after therapy you know progress has been made.

Progress upward on the scale doesn't always look like improvement. For example when people move from the level of "Helplessness" to "Fixed Reality" they sometimes act crazier then when they were helpless yet they rose in awareness. It is, of course, better for an individual to be on the level of "Fixed Reality" then to be helpless but that is not necessarily true for his surroundings. The person who is rising on the scale will consider the higher stable levels more as an improvement than the higher instable levels. People that rise from "Fixed Reality" to "Unreality" will not recognize this higher awareness level as an improvement.

On the zero and minus levels one can only recognize rising in awareness as an improvement when one rises to a stable awareness level. On the plus awareness levels one can recognize rising to an instable awareness level as an improvement.

The ten main elements of life can be used to determine what element of life the person has most trouble with. Some not so fortunate people will have trouble in all ten elements. By questioning the person, you usually can find out what element affects him most. The element that affects him most is usually the one he wants to improve.

You need to bring him all the way up to the level of "Confusion" or "No Understanding" on that element of his life. Normally, from the level of "Confusion" the person can get things back under control. He can now decide for himself whether he wants to solve the *confusion* or let it go.

When one element of trouble is taken care of you have to find out from the person what other element of his life is now most troubling him and you take care of that etc. etc.. Therapy or self help activities are as good as they help people up the awareness scale and at least above the level of "Assumption" on all elements of life they are having trouble with.

New more effective therapies could be developed by the use of this scale. By establishing where your patient or client is on the scale you can see what his next level up will be.

When you would develop or use a method to get him upward on the scale you would have to make sure that he winds up on a stable higher level. If you leave him on an unstable higher level he would not consider having made much progress.

Another advantage of using the awareness scale for therapy is the fact that you can learn which therapy works best on the awareness level of the person. Different awareness levels might need different therapies. You might not be able to treat all the different lower awareness levels with the same remedy or therapy. You need to find out what works on what level.

People below the level of "Helplessness" will usually worsen under whatever type of therapy. If that is the case no therapy should be allowed. Medical examinations or medical treatment should be done when feasible and only when absolutely necessary. The level "Helplessness" is difficult to treat. The person on this level is resistive to treatment. But it can be done. Don't force treatment on the *helpless*.

We should differentiate here between those people that are *helpless* in one or more areas of their lives and those who feel helpless to the extent that they can no longer function in life. The latter one we call the mentally ill. It is somewhat difficult to draw the line here.

A severe trauma can lower your awareness to the level of "Helplessness". Life becomes more and more a routine. There is no initiative or desire to create. It feels as if things just happen and you cannot control any of it.

There are three sub awareness levels within the main awareness level of "Helplessness". When you are at the bottom of the main awareness level of "Fixed Reality" you are on the sub level of "Assumption". At the sub level of Assumption you feel stable.

Above the sub level of "Assumption" you have the sub level "Confusion" and below the sub level of "Assumption" you have the highest sub level of "Helplessness" which is "Indecisive". The sub level "Confusion" and the sub level "Indecisive" are both instable. Whether someone goes up or down from the stable sub level of "Assumption" within the "Fixed Reality" scale is mostly determined by influences from outside.

There is not much power of choice left on the sub level of "Assumption" but you can still choose to go up or down and this goes for all levels on the entire scale. Here you have the sub awareness scale of "Helplessness":

## **Helplessness**

### **\* Indecisive**

#### **- Basic routines**

### **\* Dropping basic routines**

"Helplessness" begins with indecision. You are unable to make up your mind at this stage. This will make you feel instable. When you are *indecisive* on this level you have no hope.

In order to gain stability again, you might allow yourself to descend on the sub awareness scale into the sub awareness level "Basic Routines".

You feel you need to do those things you have always done. You are running on automatic. At this point you are very reluctant to change. Advice from others cannot be trusted. You stick to basic routines. You might accept advice and make it a basic routine but you don't trust it. You don't belief in it.

The only thing that keeps you stable and keeps you going at this level is your adherence to basic routines. You know that when you keep doing the things you do you feel a bit safer. A tramp sleeping on the streets and eating from garbage cans has this as his basic routine. He considers it very important that he doesn't break this routine. He cannot consider other ways of surviving. When he does he will hit the level of "Indecisive".

When you put him under pressure in an attempt to make him change his basic routine he might drop further down into the level of "Dropping Basic Routines". This will make him feel very unstable. It is at this point that someone could descend into the main awareness level of "Irrationality". But one also might decide to move up through the level of "Indecisive" right onto the sub level of Assumption within "Fixed Reality".

To understand human behaviour it is important to know that awareness is very much subject related. In order to help people more effectively it can be of the utmost importance to establish what awareness or sub awareness level the person is in regarding a particular area of his life he/she is having difficulty with.

## Chapter 6.

### How do thought, emotion and behaviour relate to awareness?

You could say that the awareness level you are on regarding a certain aspect of your life determines the way you think, feel and act in that particular area. Thoughts cause emotion and emotion influences behaviour and action.

On the plus awareness levels all thoughts, emotions and behaviour characteristics are positive. With positive I mean constructive toward the survival of man and his surroundings. In the states of "Knowing" there are neither thoughts nor emotions. In these states action is stemming directly from knowing. You could say knowing and action have melted into one and the same thing.

On the minus levels thoughts, emotion and behaviour become negative. Negative meaning: contra survival toward man and his surroundings. Thought, emotion and behaviour on the zero levels can be both positive and negative.

High on the scale thoughts are almost not fixed. You can form, accept and let go of thoughts easily. The more you descent on the scale the more thoughts become fixed. In other words the more you want to hold onto them.

It is the degree of fixation of thought together with emotion that determines whether an awareness level is considered stable or instable.

The wave from stable to instable to stable etc. probably comes about through certain thought processes that we all have in common. Thought fixation starts at the highest awareness level and goes up and down in curves gradually becoming more fixed as one descends down the scale. Initially it is fixation of thought that produces emotion. Thought fixation is what we call intention.

On the level of "Being Fully Aware" thoughts are extremely lucid. At this level one can connect with the state of "Knowing" most easily. On the state of "Knowing" one can know things without having to understand them.

On the level of "Being Yourself" there is slightly more fixation of thought in comparison with the level of "Being Fully Aware".

As one descends, on each stable awareness level, thoughts will become more fixed. With fixed I mean that one tends to hold on to them more. On the lowest stable level of awareness maximum fixation of thought has been reached. On the level of Irrationality and below some people rather die than having to give up on their thought fixations.

Thought is king. It determines success or failure and all the levels in between. When you have sound thoughts you will produce good emotions which will result in good behaviour and rational action. When you have irrational thoughts you will produce the opposite.

When you have intermediate thoughts or just as much good thoughts as bad thoughts regarding the situation you are in, your condition will not worsen very much but it will also not improve significantly.

This type of thinking will produce conservative feelings. You want to hold on to what you have and not take to many risks. You are on the main awareness level "Exchange". On this level you are honest in your dealings with other people but you do not trust them all that much. People have to earn your trust. It is not a stationary level; things can improve or worsen but never to a great extent. Every good company or organization runs on this level.

The sub awareness level "Exchange" within the level of "Fixed Reality" is of course a different story. Honesty at this level is not the same as in the main awareness level "Exchange". Although "Exchange" is an instable awareness level thoughts are much more fixed on the sub awareness level "Exchange" within "Fixed Reality" than they are on the main level of "Exchange".

A person on "Fixed Reality" could consider his actions dead honest whereas someone not on this level could consider the same actions completely dishonest. Honesty on "Fixed Reality" is more programmed. On this level one can only think the way one is programmed to think or the way one has programmed himself to think. In "Fixed Reality" you cannot assume a viewpoint outside the boundaries of that level. If you do you will colour that viewpoint with the fixed ideas that you have.

Competition is on the level of "Fixed Reality". When you are competing with someone you are unable to fully assume the viewpoint of that person. You will assume his viewpoint to a certain extent.

You want to know what he does, how he thinks, how he feels and what he is up to with the sole intention to find his weak spots so you can beat him. You want to be right and you want the other too be wrong. You want to win and therefore you want the other to lose. The more you focus on winning the more fixed your reality becomes and the more chance you will have to actually win.

All of existence remains in existence through, for us humans, invisible programs. The totality of life, and that includes us humans, is programmed to start existing or grow into existence and to remain in existence until its condition has changed so much that we consider it a new cycle of existence. Existence doesn't stop, it eternally changes in condition. It changes periodically into other forms of existence.

A flower is programmed to grow and blossom to its full potential. When it has reached its full potential it will enter the cycle of decay. It will eventually wither away into something that was once a flower. The remains have a program to become another form of existence.

I cannot prove the existence of these programs. It just seems a reasonable explanation for the way existence exists. This way of explaining existence points toward the existence of a universal mind.

Again, I want you to realize that what I am saying here is just my opinion. You can believe in this if you like. You don't have to believe in anything I write here. Maybe science will come with conclusive evidence on this sometime in the future, maybe not. Until that time we can use this theory about programs and the universal mind as a thesis. Keeping this in mind let's sum up a few even less provable concepts.

Thoughts align with programs. All programs are part of the universal mind. Positive thoughts will put positive programs into action. Negative thoughts will put negative programs into action.

Negative thoughts can change positive programs into negative ones. And the other way around: positive thoughts can change negative programs into positive ones.

The thinking level of a flower is far more constant in comparison with that of an animal or our level of thinking. But the thinking level of a rock would be extremely consistent in comparison with that of a flower. Thoughts pertaining to a rock could then be considered pretty much the same as the program that keeps it in existence. You could of course assume that a rock doesn't think and that it just adheres to the invisible program that makes it exist.

But it is not unlikely that there is a thinking pattern that pertains to a rock and on which its program acts. But one thing is fairly sure; if a rock would think it would not present thoughts to the universal mind that were different from its program. And that is probably why the behaviour pattern of a rock is extremely constant. And the same goes for the flower. So, what is the difference between a flower and a rock? We say a flower contains life and a rock doesn't. How do we know that?

A rock does exist! Doesn't it? We can sense it! It is part of life! There, however, seems to be a remarkable difference between a flower and a rock yet we don't really seem to know why this is. We know a flower is more flexible and it changes a lot more and a lot faster than a rock does. Its cycle of existence is much shorter. But what makes a flower so different from a rock. Is it the programming?

Maybe the more complex life shows itself, the more complex it has been programmed to show itself.

There however seems to be a barrier between matter and animated matter that cannot be overcome. A rock will never become a flower or a more complex living species like an animal or human being. Matter itself can only be a building block for animated matter. At least that is how it seems to be. We shouldn't rule out the possibility that lower forms of existence evolve into higher forms.

Thoughts are high frequency energy fields that do not persist unless they are used in a program of the universal mind. We humans differ from other life forms in that we can think thoughts that are different from thoughts that are activated through a program. In other words we humans can, with our thinking ability, change programs in the universal mind. It makes humans and possibly other similar life forms on other planets the most unpredictable life forms in existence.

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We create our own future. Our future depends on what we think and how much we think of what we think and how strong we feel about what we think. We can think different thoughts, different from the programs that make us exist, function and behave.

Two things can happen due to thinking new thoughts that are not included in our programs. When a new thought creates emotion to a point that it changes behaviour the new action as a result of it can worsen things or improve things. This causes the wobble and warp of civilizations. It is how we became dominant over other life forms.

Men attained the ability to think thoughts of his own. He could retain these new thoughts through his contact with the universal mind.

The universal mind puts these thoughts into programs and from that point we run on a new program.

Whether the new program produces improvements or a worsening of condition utterly depends on what thoughts we feed the universal mind.

In order to change the programs you run on in a positive fashion you, or someone influencing you, would have to be above the level of "Understanding". On the level of "Ideas" you can think new thoughts. On the level of "Belief" you will be able to hold onto an idea long enough for the universal mind to pick up on it and put it into your program.

On the level of "Competence" and "Purpose" you prove to yourself that your new program is operational. On the level of "Intuition" and "ESP" your competence in acting out your new program is further enhanced. On the level of "Being Yourself" and "Being Fully Conscious" intentions from others will not derail your activities. On the state of "Knowing" you can do what you need or want to do without thinking about it. You have become the action. On the state of Knowing you as a separate spirit has ceased to exist. You have become life in its essence and your action is pure action with nothing added to it.

The new thought has been integrated into your program fully and it goes into effect at the precise moment it has to go into effect. The program is flawless and can only be tampered with through your own thoughts. The execution of your program can of course be hindered or stopped by the various physical causes just as a flower can be hindered in its grow through a lack of water.

When you start to think differently and belief in what you think you send new thoughts to the universal mind. The universal mind will change your program accordingly.

Negative thoughts about your competence will, through reprogramming from the universal mind, lower your ability to do what you were perfectly able to do before you had these negative thoughts.

Hypothetically speaking and without taking any possible physical causes in consideration one could assume that in competitions were all competitors were trained to the state of "Knowing", a game could never be lost unless one of the competitors would have a thought contrary to the program installed.

Thought is king as it rules everything. So, beware of what you think. Gain control over your thinking and you can change your life for the better.

# Chapter 7.

## Another look at Fixed Reality

The awareness level "Fixed Reality" is a tricky thing to fully grasp. On this level of awareness human behaviour can become extremely complex. As I said before, "Fixed Reality" can be easily mistaken for levels of awareness higher on the scale. It is very important to understand this if you want to help people to become more aware. On the sublevels of "Fixed Reality people can be from very constructive to very destructive and all the levels in between.

Let us illustrate this with an example of a baby becoming a child and as a child growing into adulthood.

First of all you must understand that a baby starts out on the level of "Helplessness". The baby needs to be cared for. It cannot take care of itself. It learns to behave according to certain routines. These routines become fixed. Crying means food or attention from parents or some kind of trouble. Crying is than one of the first behaviour patterns. More of these routines will be learned as the baby grows. These routines will be modified due to parental influence.

As a baby and somewhat later as a child the person will be unable to decide about things not belonging to the learned behaviour patterns.

Because a child is not able to make up its mind about what is offered or experienced it will be driven through "Indecisive", the highest sublevel of the main level of "Helplessness", upscale into "Assumption" the lowest sublevel of Fixed Reality. At the level "Assumption" we basically accept things without evaluation.

From this we can see that a child becomes what you put in it. The *basic routines* of a child will continually be readjusted on the sub level of "Assumption".

The sublevel of "Assumption" gives stability to the child. Children will copy their parents or other care takers in words and behaviour. It gives them a sense of stability. This all happens on the sub level of "Assumption" within "Fixed Reality".

However, at that level one can easily become *confused*. When parents disagree on how their child should behave it will be pushed upward on the sub awareness scale right onto the sublevel "Confusion". When the child is then forced to act, it can do two things to gain stability. It can fall back into "Assumption" by assuming that the parent, it feels most confident with, is right or it can move higher on the scale into "No Understanding". On that level it will show this by not acting on either one of its parents.

From the level of "No Understanding" communication can take place. When the parents sort out their differences among each other through communication they can then try to bring their child to some kind of *understanding* as to what happened and how they want their child to behave. *Understanding* on the level of "Fixed Reality" doesn't have to have any bearing on reality.

When the parents do not sort out their differences and do not bring their child to some understanding of what they want anything can happen. Anyone or anything might gain influence over the child.

As soon as a child gains the ability to reason it will, through the *exchange* of ideas or through imagination, start to *understand* all kinds of things. The child will further enhance his *understanding* with all sorts of *ideas* that he picks up from his surrounding or makes up himself. Before you know it the child will start to *belief* in all this and starts to experiment in order to gain *competence*. The whole thing could even become some kind of *purpose*. Quite a rise on the sub awareness scale of "Fixed Reality" as you can see when you examine the scale.

Children on the level of "Fixed Reality" can go in all directions from becoming outright destructive to making their first inroads to constructive assistance. This is mainly determined by the quality of education or the lag of it.

Fixed Reality is a very important level of awareness for children. It is the level of awareness wherein most of their beginning education will take place.

When children grow into adulthood "Fixed Reality" can still be very much the awareness level they are in concerning their main aspects of live. There is nothing wrong with that unless that "Fixed Reality" collides with other peoples "Fixed Realities". And even that isn't always a bad thing. However, when people oppose other people because of a "Fixed Reality" we have a game and when we have a game we have competition and we have competition we need rules. And the rules need to be fair and so we have the need for justice.

Justice is needed for people who are on the awareness level of "Fixed Reality" or below. This is because a person on the awareness level of "Fixed Reality" can only look from the viewpoint of his opponent to some extent.

His *identity* is more important than the *identity* of his opponent and in order to maintain his *identity* he must *be right* and his opponent must be wrong or he must win and his opponent must lose. And that is what life is all about on this level of awareness.

Let us take a more realistic example. John and Joseph went to school together. Joseph had some irrational thought patterns. He wanted to get and he didn't want to give or do things in return for it. He always boasted to John about how he got something without having done anything to deserve it. Practically each day when they rode on their bikes to school together Joseph came with another story about how he tricked his father or his mother into giving him what he wanted.

John was raised in quite a different fashion. His parents taught him early in his childhood that he had to contribute in order to get things or get things done from them. He tried to get things without doing any favour in return but his parents were relentless and did not give in.

After many attempts he had accepted that this was how things had to be done. You get something because you deserved it or you were willing to return the favour. He had accepted this lesson from his parents without thinking. It had kept him out of trouble with his parents. John was on the sublevel of "Assumption" within the main awareness level of "Fixed Reality".

What Joseph was talking about *confused* him. 'How come Joseph can get anything done from his parents and I always need to return the favour?': He was thinking. He didn't like the situation one bit. One day he asked his friend Joseph: "How come you get things from your parents without you returning the favour?" "Why do I always have to return the favour and you don't?"

He considered Joseph being better off than he was and he couldn't figure out why his parents were so different. He needed a solution to this problem and instead of asking his parents for clarification he asked Joseph. And Joseph said: "because you ain't smart enough". And that is what hooked John. Now he knew that Joseph understood things he didn't *understand*. It made him feel a bit better. A bit more stable so to speak. He just needed to find out from Joseph how he got things done from his parents. He had left the sublevel of "Confusion" and entered the sublevel of "No Understanding". He wasn't *confused* anymore. He knew what to do.

Let's look at some more sub awareness scales:

<b>Confusion</b>		<b>No Understanding</b>
* <b>Conflicting data</b>	-	<b>Lack of Data</b>
- <b>Protest</b>	*	<b>Random Data</b>
* <b>Disorientation</b>	-	<b>False Data</b>

There was a *conflict of data* between John and Joseph. Due to a lack of understanding on the part of John the *false data* from Joseph seemed to be in conflict with the ones of his parents.

"Conflicting Data" is the highest sublevel of the main awareness level "Confusion". It is a light and instable form of *confusion*.

From the moment you realize that the *conflict in data* is caused by *data* you consider *false* the *confusion* ceases to exist. *Data* cannot be in *conflict* unless at least one *datum* in it is *false*. When you recognize the *datum* as being *false* you have risen to the lowest sublevel of "No Understanding", the level of "False Data". From that level you can do an attempt to sort out what this *conflict in data* is all about.

And this is how you work yourself upwards on the awareness scale from the main level of "No Understanding" through the main level "Exchange" right into the main level of "Understanding".

That is how John would stay out of trouble with Joseph. He will not stay out of trouble with Joseph because he is somewhere on the sublevels of "Fixed Reality" and can therefore be manipulated very easily as we will further explore later in the text.

Conflicting data carries with it quite unstable thought patterns. That is why we tend to see *conflicting data* as a problem. Thus we enter the sublevel of "Protest". We stabilize our protest by calling it a problem. In fact a problem is nothing but an apparent *conflict in data* and a *conflict in data* can cause *protest*. We tend to hold on to problems and so we stay confused.

It is due to pressure brought about by the person himself or a source outside of himself that he can become disorientated about his problem and thus lowering his awareness. The same pressure can also drive him back upward on the scale into the sub level "Conflicting Data".

At that point he becomes again aware of the fact that his problem is, in fact, a conflict of data. He can again see how the data seems to be in conflict.

The reason we have problems and hold onto them is stability. We don't want to look at conflicting ideas because we cannot make sense of it and so we feel unstable. We tend to avoid pressure that could force us to solve the problem because it could also *disorientate* us and so make us feel unstable. So we try to play it safely and just hold on to the problem.

Although the main level "Confusion" is an instable level the sublevel "Protest" can keep one in the middle of it and give one some sense of stability. A *protest* or a problem is a mental force counter force. It is, in fact, an equilibrium of mental forces.

The word problem can mean different things. A problem can be defined as a thing that has to be sorted out but it can also be defined as a difficulty or something we have a difficult time with. In the first meaning a problem is on the sublevel of "Conflicting Data".

In the latter meaning it is on the sublevel of "Protest". When a problem (conflicting data) becomes a problem (difficulty) we are on the sublevel "Protest" within the main level of "Confusion".

With *disorientation* I mean an inability to see how certain observations or ideas are related to each other and how others are not. This happens on the sublevel of "Conflicting Data" in a light form.

*Confusion* is nothing but an inability to observe differences or similarities between things. A *conflict* in data comes about through a *lack of data*. Through a *lack of data* we might accept *random data*. When we fill the *lack of data* with *random data*, part of this data or all of it could be *false data* and thus we create a *conflict of data*. *Conflicting data* can also be seen as a misunderstanding. The sublevel "Conflicting Data" could also be called the sublevel of "Misunderstanding". I choose for "Conflicting data" because it tells you what a misunderstanding really is.

Due to filling the void with something that doesn't really fit in there we misunderstand the general concept. We now have an unworkable concept. We will feel *protest* against it because we cannot think with it and when we try to think with it we tend to feel *disorientated*. This all happens in our minds. None of this happens in the outside world.

*Confusion* is a funny thing; it doesn't exist in the world outside of you. It can only exist in your own mind as a set of ideas or data that you cannot figure out. It doesn't make sense because there is a lack of data and you try to solve it by putting in data that doesn't fit. If you do that consciously just to see if it fits or conflicts there is no problem.

You never really have to enter the sublevel of "Protest". You can throw out the data that conflicts and try to fit in another datum until you find one that does fit.

But when you, usually due to outside pressure, randomly put in a datum that doesn't fit and then try to work with it your ability to think will block. At that point you might consider your misunderstanding a problem to you and that brings you on the sublevel of "Protest".

At the sub level of "Protest" the *confusion* gets a more stable character. We have sort of settled in this mental state.

When, through pressure, we allow ourselves to feel *disorientated* about our problems and thus unstable we demand an instant solution and so descend into the main level of "Assumption".

### **Assumption**

- **Stable data**
  
- \* **Forced understanding**
  
- **Substitute understanding**

This all happens pretty much in the same fashion on the sub awareness scale of Fixed Reality where these levels than become sub sub levels.

Both John and Joseph operate on the "Fixed Reality" scale. John being on the sublevel of "No Understanding" could ask Joseph how he deals with his parents and so, through the sub level of "Exchange", come to an *understanding* of how Joseph operates. He might add his own *ideas* or he will just start to *belief* in the *ideas* of Joseph. In this way he would move upwards in the "Fixed Reality" scale.

John could, due to the aspect of *conflicting data*, feel *confused* about the whole thing and therefore feel *protest* against Joseph his parents or both. He would then start to feel *disorientated* and so be inclined to accept all that Joseph had said to him as *stable data*. Then he would force himself to *understand* what Joseph was talking about. *Forcing understanding* on oneself can make one vulnerable. This sub sublevel is quite instable. You just have to *understand* it, even if a datum makes no sense to you at all.

When Joseph said to John: "Because you ain't smart enough", John took this as a *stable datum*. Then, of course, he had to *force* himself to *understand* it. This is how John convinced himself that he wasn't smart enough in his dealings with his parents. From this point, no matter what Joseph would tell him, John's *understanding* of it would be a *substitute understanding*. John would not be able to come to a *real understanding* of the situation. He would accept any explanation that would suite him. The explanation John accepts or dreams up is a *substitute* for *real understanding* of his situation.

You must realize that we are talking hear about sub sub awareness levels within the main awareness level Fixed Reality.

Whether we operate on the sub scale of the main awareness level "Assumption" or we operate on a sublevel of "Assumption" within the "Fixed Reality" scale, on the level of "Substitute Understanding" we enter a point where human behaviour can go totally haywire.

You accept a *stable datum* in order to escape from *disorientation* and then *forcing* yourself to *understand* it whether it makes sense to you or not. This is what makes you vulnerable. You still have some inkling that the *stable datum* or *data* could be wrong.

That is why you have to force it on yourself. You still have doubts about it. You feel uncertain about it. It makes the sub level "Forced Understanding" a very unstable one indeed. In search for stability you can go up scale and look at your *stable data* again and maybe modify it a bit. You sometimes need to make it more acceptable to yourself so you can more easily force it on yourself.

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In search for stability you can also go down scale by *forcing understanding* on yourself to a point where you have convinced yourself you understand it. At that point your *forced understanding* has become a *substitute understanding*.

The sub level "Substitute Understanding" is of course a stable level of awareness. You want to hold on to your *substitute understanding* as you have nothing else to hold on to.

Joseph is now in a powerful position to influence John. Joseph can mould John into the same behaviour he became successful with as John will tend to accept any and all information as *stable data*.

Below the main level of "Fixed Reality" we enter the main awareness level "Helplessness". If John would lower himself out of Fixed Reality he would enter the highest sublevel of "Helplessness" which is "Indecisive". John would not be able to make up his mind anymore regarding his *substitute understanding*.

Lowering from the main level of "Assumption" one would enter the main level of "Unreality". This, of course, is much higher on the Main awareness scale than the level of "Fixed Reality".

## **UNREALITY**

\* **Uncertainty**

- **Fear**

\* **Distrust**

- **Blame**

\* **Lack of Identity**

When you act on your *substitute understandings* you will become unreal toward others.

John and Joseph don't necessarily have to be on "Fixed Reality". As you will now understand they could both be higher on the scale and going through the same awareness levels that exist lower on the scale within "Fixed Reality". Let us assume this is the case.

Due to the influence from Joseph, John would create a *substitute understanding* about his parents. He would now attempt to get things from them without returning the favour. He could raise his voice against them. They would be surprised at his reaction and maybe tell him that he should know better. However, that wouldn't solve it for John and not for his parents either.

The situation between John and his parents would become very *uncertain* to John. At this point John is in disagreement with his parents. His *substitute understanding* came in conflict with the *understanding* of his parents. This made him feel *uncertain*. To solve things he would only need to take another honest look at the *stable data* he took for granted and acted upon. Yes, that would turn on his *confusion* again. But *confusion* is on his way up the awareness ladder.

Notice that there is a difference between *conflicting data* and real life conflicts. *Conflicting data* is the beginning stage of *confusion* and can only remain in existence through *false data* whereas a real life conflict is always caused by a *substitute understanding*. Real conflicts do not happen on the awareness level of "Confusion" or "Assumption", they always happen on the level of "Unreality" or below.

The sub level "Uncertainty" can be brought into existence when one acts on a *substitute understanding*. Real understanding would not bring about *uncertainty*.

A *substitute understanding* doesn't have to be a deviation from reality. Someone could have given the person a perfectly true datum. It nevertheless becomes a *substitute understanding* for the person that comes down from the level of "Stable Data" and then "Forced Understanding". In other words it doesn't matter whether his *substitute understanding* is right or wrong, He will become *uncertain* when he acts upon it anyway and he will become *afraid* for what it might bring about.

The sub level "Fear" is mainly focused on the consequences of one's actions. Basically you know when you don't understand something. It is just that you have camouflaged it with a *substitute understanding* and basically you know that too. This *fear* will give you some sense of stability. It will keep you alert as to what might happen due to your actions.

When you act on a *substitute understanding* that conforms to reality you will not necessarily get into trouble with your surroundings and therefore you will have a greater chance to overcome your *uncertainty* and *fear*.

When your *uncertainty* vanishes you will be able to see that your *substitute understanding* is workable. You will recognize that the data you use is stable and not in conflict. At that point your *confusion* is solved. You might still have a *lack of data*, *random data* or *false data* which you have to sort out but this you can do on the awareness level "Exchange".

Now when we take all this in a broader perspective we can see how people can be manipulated into doing things they wouldn't necessarily do out of themselves.

We can change someone's thinking and thus his behaviour by creating *conflicting data* to confuse him and then give him *stable data* to bring him further down scale. This however is not good enough. It might not last very long. In order to really get a grip on someone you have to get him down to the level of "Fixed Reality". At that point you can control him.

Let us further explore the situation between John and Joseph. We will now assume that Joseph is on the level of "Fixed Reality" and John is on the main level of "Confusion" and on the sublevel "Disorientation" just above the main level of "Assumption".

The question is: "How can Joseph pull John down scale into Fixed Reality and manipulate him on that level?"

Well, first he could tell John that he should make a real fuss with his parents every time he doesn't get what he wants. John will take this very serious. It becomes his *stable datum*. He thinks about it a lot at first. He thinks about what he will say and how he will do it. He might modify it until he can force the datum on himself so it becomes his *substitute understanding*.

As soon as he puts it in practice he will descend to the main level of "Unreality" and right onto the sub level "Uncertainty". After he has done it he will dive further down into the sublevel of "Fear". He doesn't know how his parents will react on it. That is what makes him *afraid*. When his parents counteract him he will lose his trust in them. Where there is no agreement there will be *distrust*.

For John and his parents this can be the beginning of a very troubled relationship. John will only *distrust* his parents when they counter act him. The sub awareness level of "Distrust" is always associated with counter action, never with thought alone.

A counter action for John is an action that challenges his *substitute understanding*. When John gets penalized for acting against the will of his parents he will no longer trust them. He will consider them untrustworthy. He will be very careful about what to tell them. He will avoid conversations regarding his *substitute understanding* but will not give up on it.

On the sub level of "Distrust" John will feel unstable because he will continue to act on his *substitute understandings* and his parents might continue to punish him for it when they find out about it. His solution for this instability is *blame*. He will *blame* his parents for disagreeing with him or penalizing him. *Blaming* his parents will give him back some stability.

When you decide that the cause of your trouble is not you but someone other than yourself you feel somewhat more at ease about it. It is not necessarily wrong to think that another is the cause of your trouble. There can be many causes for trouble. However, when you want to lower your awareness at this point, you have to blame the person or thing you *distrust*. This is how you regain some stability.

*Blaming* someone else for what you bring about might give you some peace of mind when it is accepted or tolerated by the person you *blame*, which is rare, or by others you discuss it with, which might happen more often.

Getting agreement from people you discuss it with will strengthen your idea that someone else is the cause of your trouble. It is a denial of you causing trouble. That denial in itself is a loss of identity. You lost your troublemaker identity. This will create a vacuum. It is the vacuum that makes the sublevel "Lack of Identity" an unstable level. A temporary solution for that vacuum is to *be right*. Here we enter the highest sublevel of "Fixed Reality" which is "Being Right". At this level you want to *be right* no matter how wrong you have been. *Being right* will give you stability.

However there still is a vacuum in yourself that needs to be filled and so you will tend to attract other identities. You will unwittingly take on the characteristics of others. And now you have descended to the sublevel of "Identity" within "Fixed Reality".

Let us clarify this a bit further. What do I mean when I say "you"? You as an individual are made up of identities. Your body is your main identity. This is how the outside world recognizes you as you. Your behaviour is an identity that we could consider of some importance. Your memory is an identity but so are your emotions, your way of speaking, your attitude toward things and your behaviour in general. Also your job or your function is part of your identity. Then there is your way of thinking that, to some degree, determines the way you behave. Your way of thinking is a less visible identity. There are all sorts of other attributes that make up who you are. The sum of all your identities including your name is what we call "you". Other people recognize you through these identities.

When your action is a breach in agreement and others disagree with it or penalize you for it you will be inclined to feel *fear* and *distrust*.

Then you will have a tendency to *blame* others for your actions and so deny the self causing part of your *identity*. By pretending not to be the cause of the breach in agreement you pretend that there is a vacuum in your own *identity*.

This pretended vacuum will make you feel less causative and in this way less worthy of yourself. In order to make up for your lowered self esteem you will start to rationalize your behaviour against anyone that counter acts you in order to be right. To the degree you succeed you will regain stability but you will not have filled the vacuum you pretend to have.

This vacuum can only be filled with a new identity or by realizing that you were the cause of the trouble you experience. A new identity will put you on the sub level of "Identity" within the "Fixed Reality" scale. At this level of awareness you are utterly unable to *be yourself*. You will continually hide yourself behind an identity that you can use to be right and make those that contradict you wrong.

Let's take a look at honesty. How does honesty relate to this part of the awareness scale? Honesty can still be found on the main awareness level of "Confusion" but not below. Above "Confusion" people are honest with themselves and with their surroundings. Below "Confusion" dishonesty sets in. Dishonesty starts on the level of "Assumption" and worsens gradually as one descent down the awareness scale. Dishonesty becomes harmful to others on the level of "Unreality".

The degree of harm to others or the environment always depends on the degree of *unreality*. The more unreal the datum that is acted upon is, the more harm or danger it can bring about.

But what about you as a spirit? Can we identify someone as a spirit? What is a spirit? Does it exist? What does it consist of? Nothing can be proven at this point. You cannot prove that you are a spirit.

We could assume that if the spirit in you exists than it must be some sort of identity. The spirit will not exist for you unless you can identify it as you.

Perhaps the spirit in us is much more a quality than an individual entity. It is of some importance to understand that we are a composite of all these different identities that make up our personality.

The fact that we have the ability to think, and therefore the attribute of choice, tends to point toward the fact that we are more spiritual than the other life forms. But, please, don't be too sure of that.

Rational thinking can only occur above "No Understanding" on the main awareness scale.

On the sub level of "Being Right" at the top of the "Fixed Reality" sub scale there is no self criticism. You are quite sure that you are not causing the situation you are in unless that situation is considered desirable to you. All undesirable conditions are caused by others or other conditions and all desirable conditions are caused by you. You cannot see any negative effect that you create on this level. The stability of this level is caused by this way of thinking. On this sub level of "Being Right" one pretends to be right

This is the beginning phase of the main awareness level Fixed Reality. It seems to be a really shaky beginning as you pretend to *be right* about something whereas deeply inside you know you might not.

You could *be right* but even when you were right you wouldn't know it. On the surface you pretend to *be right* but inside almost on a subconscious level you simply don't know.

The feeling of *being right* is much more dominant than the uncertainty that lies underneath it. And that is what makes "Being Right" a stable sub level of awareness.

The sublevel of "Identity" seeks for approval. It needs constant approval. When you want approval for being right you will tend to lower yourself onto the sublevel of "Identity".

Joseph pretends to know he is right about how to handle his parents. Being in need for approval he brags about it to John and so descends on the scale into the sublevel "Identity" within the "Fixed Reality" scale.

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John, due to Joseph's influence, might blame his parents for the way they treat him, and so lowers himself on the main awareness level "Unreality" onto the sub level "Lack of Identity" coming awfully close to the main Awareness level "Fixed Reality".

When Joseph approves of John blaming his parents John feels stronger about being right and so descends into "Fixed Reality".

Both John and Joseph think they *are right* about the idea that their parents are wrong and that their course of action is right. They think they *are right* about the fact that you should be able to get something for nothing whenever you feel like it.

In most families, I hope, but certainly in the society at large this is frowned upon. When this *false datum* comes under attack they might descend into "ESP" (Extra Sensory Perception). On the level of ESP they will justify what they think they *are right* about and so further convince themselves that they *are right*.

The sub level of "ESP" within "Fixed Reality" can act as an attempt to justify what you think you *are right* about when it differs too much from reality. At this point we might dream up solutions that have no bearing on reality. And this is how John and Joseph are able to stabilize their thinking.

However, when their behaviour comes under even more pressure the urge to go down in awareness will increase. They will hit the sub level of "Intuition". They will become uncertain of their own justifications. This is how intuition can act in "Fixed Reality".

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When you have a feeling that you could be wrong in your judgment on the sub level of "Intuition" you will tend to justify it in a more moderate way. Perhaps what they both think is right could take on a different form. Their thinking has destabilized somewhat.

In search for stability they will hit the sublevel of "Purpose". When justification fails you need to focus on a *purpose* to regain stability. Concentrating on a *purpose* will put new energy in the thinking they hold in common and make it stick again.

At this point both John and Joseph might be in need of a purpose they can work on together. If they agree on a common purpose they can act together as a group.

Let us assume John and Joseph agree upon becoming shoplifters. In order to work toward this *purpose* they will go down to the sub level of "Competence". To the degree that they are successful they will rise toward the level of Purpose" again or further descend into the sub level of "Belief".

When caught and penalized for their actions they might descend into the sub level of "Ideas". They might work out total different *ideas* and rise or descend with these different *ideas*.

These *ideas* can only be destructive *ideas* when still founded on the basic idea to get something for nothing. To get something for nothing is what they held in common as *being right*. This is how their Fixed Reality world started out.

At the sub level of "Ideas" within the "Fixed Reality" scale reform can take place. Outside influence could offer more constructive *ideas*. If John and Joseph would follow more constructive *ideas* without working out what was wrong with their *ideas* they will not be able to rise above "Fixed Reality". Constructive behaviour within "Fixed Reality" is as much possible as destructive behaviour.

In a society the majority doesn't question right or wrong behaviour. They just operate on the different sub levels of "Fixed Reality" and never enter the higher levels of awareness on many aspects of their lives. This is how humanity could become such an incredible destructive force on planet earth. "Fixed Reality" and the levels below can be extremely hard to escape from.

## Chapter 8.

### The sub awareness scales and how they fit into the main awareness scale

It should be of interest to look at all the different sub awareness scales within the main awareness scale as this will provide us with a much deeper understanding of how we humans think and act. Several of the sub scales have been touched upon in previous chapters. Take a look at the scale below. It makes the awareness puzzle somewhat more complete.

## Expanded Awareness Scale

	<b>Total Knowing</b>		
	<b>Knowing</b>		
+	<b>Being Fully Aware -</b>		
+	<b>Being Yourself *</b>		
+	<b>Extra Sensory Perception -</b>		
+	<b>Intuition *</b>		
+	<b>Purpose -</b>	<b>Determination</b>	-
		<b>Intention</b>	*
		<b>Planning</b>	-

+	<b>Competence *</b>	Authority		*
		Ability		-
		Capability		*
+	<b>Belief -</b>	Conviction		-
		Confidence		*
		Acceptance		-
+	<b>Ideas *</b>	Opinion		*
		Visualization		-
		Imagination		*
+	<b>Understanding -</b>	Concepts Association		-
		Concepts		*
		Data		-
		Sub, sub levels	Sub, sub, sub levels	
+	<b>Exchange*</b>		Duplication	*
	Duplication *	Management *	< Source	-
			Conditions	*
			Realization	-
		Control -	< Explanation	*
			Response	-
			Rectification	*
	Flowing Out -	< Qualification *	< Recognition	-
			Results	*
			Creation	-
		Execution -	< Prediction	*
			Activity	-

			Possession	*
		Exchange *	< Balance	-
			Exchange	*
			Agreement	-
	Flowing In *	< Consolidate -	< Education	*
			Orientation	-
			Verification	*
		Establishing *	< Association	-
			Perception	*
+	<b>No Understanding</b>	- Lack of Data		-
		Random Data		*
		False Data		-
+	<b>Confusion</b>	* Conflicting Data		*
		Protest		-
		Disorientation		*
0	<b>Assumption</b>	- Stable Data		-
		Forced Understanding		*
		Substitute Understanding		-
0	<b>Unreality</b>	* Uncertainty		*
		Fear		-
		Distrust		*
		Blame		-
		Lack of Identity		*

0	<b>Fixed Reality -</b>	Being Right	-
		Identity	*
		Extra Sensory Perception	-
		Intuition	*
		Purpose	-
		Competence	*
		Belief	-
		Ideas	*
		Understanding	-
		Exchange	*
		No Understanding	-
		Confusion	*
		Assumption	-
-	<b>Helplessness *</b>	Indecisive	*
		Basic Routines	-
		Dropping Basic Routines	*
-	<b>Irrationality</b>	Obsession	-
		Failure	*
		Delusion	-
-	<b>Total Failure *</b>	Unfixed Attention	*
		Hallucination	-
		Utterly dispersed	*
-	<b>Unable to Assume Identity</b>		-
-	<b>Unaware</b>		*
	<b>Not Knowing</b>		

When we look at the higher main awareness levels from "Intuition" to "Being Fully Aware" we will see that there is no sub awareness scale for these levels.

This doesn't mean that a scale for these levels doesn't exist. It is just that I haven't discovered them. It is the same for the lowest awareness levels "Unable to Assume Identity" and "Unaware".

In this chapter I will briefly explain all the subscales. I will start with the lower levels and work my way up to the top of the scale. I will also give somewhat more inside into the lowest levels of the awareness scale.

### **- Unable to Assume Identity -**

There is not much I can say about this level except for the fact that I presume it is the lowest awareness level imaginable. At this level you cannot conceive of being someone.

You need to be someone in order to do something. To create an effect you need to feel you exist. If your level of self-esteem is below zero you will feel unable to act. When you cannot do you cannot have things. Having without doing means nothing to you in terms of self-esteem.

The absolute prerequisite for awareness is identity. Without identity awareness cannot exist. You, at least, have to feel you are some sort of entity before you can be aware of things.

On the level of "Unable to Assume Identity" you still desire to be someone or something but you feel you cannot. When you let this desire slip you have become *unaware*.

## - Unaware \*

You can be *unaware* of something or many things or even everything. When you are *unaware* you will still act according to how you are programmed to act. However, your spiritual output is zero. There is no intention, attention or emotion emanated by you as a spirit.

The entire awareness scale could be seen as a circle. When you are unaware there is no "you" to be aware. There is only the state of "Knowing" that manifests into programmed action. We humans die on the level of being Unaware" and we are born on the level of being "Unaware".

At the moment we want to know something spiritual awareness sets in. At this point a constant battle between wanting to know and not wanting to know is set in motion and this is what we call awareness. Intention, attention and emotion can only manifest through the interaction between a wish or desire to know and a wish or desire to not know.

## Not Knowing

Just as the states of "Knowing" and "Total Knowing" on top of the scale, the level "Not Knowing" at the bottom of the scale has nothing to do with awareness itself. The states of "Knowing" and "Not Knowing" are the cause of awareness and make the awareness scale circular. Remember that on the state of "knowing" not all is known. Only on the state of "Total Knowing" all is known.

One could go from the state of "Not Know" to "Know" without the use of any of the awareness levels. Perhaps all activity that is put in motion by the subconscious / universal mind happens on the state of "Knowing". There doesn't seem any awareness involved. It just happens instantly and precisely when it is supposed to happen. And this includes all mental programming when it is complete.

When you learn a skill to a point where you can do it without thinking your mental programming is complete. It now runs on automatic. You can still be aware of things but as far as the automatism itself is concerned you don't need awareness unless you want to change it.

When we don't know something we don't actually need to become aware of it, we can simply know it. But, for the sake of living we choose wishing or desiring to know and so we become aware.

The states of "Knowing" are hard to grasp. This is just an attempt to clarify it in some way. You cannot really understand knowing as "Understanding" is a level of awareness whereas the states of "Knowing" are not.

## **- Total Failure \***

*Unfixed attention* is the best recipe for failure. We need to focus our attention in order to learn new things. When we cannot we fail. It is the lack of intention that causes the inability to fix our attention. When attention is unfixed entirely we can open ourselves to influences from the mind. The emotion generated by this influence determines whether we consider the influence a positive or a negative one. Failure, usually, doesn't turn on good emotions.

*Hallucinations* happen seemingly involuntary. However, they tend to stabilize *unfixed attention*. Your attention becomes somewhat fixed on random mental pictures or random mental experiences.

The Sublevel "Hallucination" can also be induced by drugs and doesn't have to be experienced as negative. These mental pictures or mental experiences are usually not from your mind but from the universal mind (the one we are all connected with).

The influence from the universal mind can be good, bad or neutral. As on all levels there is a choice that can be made. Do we allow the mind free rein until it runs us into *utter dispersion* or do we let the *hallucinations* for what they are and move back up into *unfixed attention* again?

## - Irrationality -

*Irrationality* can be best understood as an *obsession* to act in a certain way. It leans onto the stable sub level of "Basic Routines" within the main level of "Helplessness". However, *basic routines* can be completely rational whereas *obsessions* tend to be somewhat more out of the ordinary. The real difference has to be found in the strength with which we hold onto the activity itself.

*Failure* to hold onto an *obsession* on this level is therefore considered, by the person having the *obsession*, as extremely serious and destabilizing. "Failure", as the only instable level within the main level of "Irrationality", is liable to make one extremely vulnerable.

The inclination to continue the *obsession* can be very strong and failure to do so can drive one into delusion.

A delusion is quite similar to an obsession except that a delusion is more severe and can be even more irrational. One will hold onto a delusion despite all evidence to the contrary.

It is an even stronger attempt to feel stable after the sub level of "Failure" made one feel extremely sensitive. On the sub level of "Delusion" one might hold on to the same *obsessions* one had on the sub level "Obsession" but one can also adopt different ones.

The real difference is that one holds onto a *delusion* with more ferocity than with an *obsession*.

## - Helplessness \*

In a state of helplessness one cannot make up one's mind about anything. Helpless people are very unstable people. They feel they need *basic routines* to keep going in life. The *basic routines* keep them in a state of helplessness. They can be useful to their surroundings when given useful *basic routines*. However when left on their own there is no saying as to what *basic routines* they might adopt. Since the main awareness level "Helplessness" is mainly instable the stability of the sub level "Basic Routines" cannot be trusted to uphold all that long. Helpless people will therefore *drop their basic routines* quite easily and unexpectedly. They need constant supervision. Decisions need to be made for them.

## 0 Fixed Reality -

On the subject of fixed reality a lot has been explained already in earlier chapters. Probable a whole book could be devoted to this subject alone but I try to be as brief as possible.

Fixed reality is all about *being right*. Even at the lowest sublevel of the fixed reality scale we *assume* random data in an effort to *be right*. *Being right* is a very basic urge that has its roots in plain survival matters such as fighting to save your life or running away to escape death. In nature being right equals staying alive whereas being wrong could be equal to death.

On a spiritual level we want to survive with our physical body, hence the importance we give to *being right*. When there is no threat or danger coming from our environment and we still feel this urge to *be right* it is because the feeling of danger is coming from the mental field. We might consider things a danger to us whereas in reality this doesn't have to be the case.

This fight or flight response can be activated by the mind, actual danger or a combination of both. It brings us in a state where we must win and are unwilling to lose. Winning is *being right* in what you do. Loosing is the opposite. This is what makes the awareness level "Fixed Reality" so hard to escape from. It is a game that is very hard, and in extreme cases next to impossible, to escape from.

There is a milder version of this right/wrong games condition just above "Fixed Reality" on the main awareness level "Unreality". On the main awareness level "Helplessness" it becomes less severe as well, whereas on the level of "Irrationality" it becomes even stronger than on the level of "Fixed Reality" It doesn't exist above "Unreality" but it intensifies on the stable awareness levels as one descends from "Unreality" down scale.

To rise above "Fixed Reality" we need to unfix the view we have on reality. This can be very hard on people. For many this will seem next to impossible. In too many cases people have built their entire life around fixed realities.

When their *being right* is threatened it causes instability in their *identity*. By *being right* you protect your *identity*. On the sub level of "Identity" we try to camouflage our *uncertainty*. "Fixed Reality" with its entire subscale is one hell of a solution to camouflage your *uncertainty*.

When *identity* can no longer be upheld *extra sensory perception* (ESP) will take over. *Extra sensory perceptions* are not perceptions as we know them. On the level of "ESP" we become aware of things beyond the 5 senses. We therefore could consider all things we can become aware of beyond the physical senses *extra sensory perceptions*

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I realize that by explaining it in this way I have broadened the subject of ESP considerably. You could now state that remembering something is an *extra sensory perception*.

Well, in fact, it is as you don't have to use your senses to remember something. So, in my book ESP can be seen as an assembly name for all mental impressions we create or become aware of without using the physical senses. This includes not only what is in your mind but also what is in the mind of others or in the universal mind.

Maybe, it is somewhat tricky to define ESP in such a broad way as we normally see ESP as clairvoyance or telepathy. Another problem is that we cannot actually separate the mental field from the 5 sense reality world.

Without the mind, awareness, as we know it, would be an entirely different story. Without the mind we wouldn't know how to be, do and have.

Animals know how to be, do and have to a great extent and therefore are not so much in need for mental capacities. There is some learning involved but it all is very much controlled by knowing or instinct as we call it. We humans rely more on our mental capacities and therefore have an additional way of becoming aware of reality. Due to our mental capacity we are more able to experience time. Through the experience of time we are able to think and believe things. Due to the think and belief faculties we can form opinions. This would then all fall under the heading ESP.

The sub level of "ESP" within Fixed Reality can only be explained by broadening its definition as explained above.

*ESP* defined this way is active on all levels of awareness on the entire scale with all its different sub scales. When, for example, we feel *utterly dispersed* we feel that way because the mental field makes us feel that way. Physical reactions do play their role in it as well, but it is the mental field that causes the dispersion to be so extreme. Animals can probably feel dispersion but not as extreme as humans can.

It is usually only on the main awareness plus scale that *ESP* can develop into clairvoyance or telepathy. However it occasionally can happen on "Fixed Reality" or any other level of awareness.

On the main awareness plus scale *ESP* will contribute toward higher levels of awareness whereas on the "Fixed Reality" subscale it has a more stationary character.

Due to the inclination to *be right* and the need to protect *identity*, *ESP* can also be used obstructively or even destructively within the level of "Fixed Reality". It can also be used to restore *identity*. When this fails uncertainty creeps in and *ESP* changes into *intuition*.

Just to remind you: *Intuition* is a lower form of *ESP*. On the level of "ESP" you have no doubts about what you became aware of whereas on the level of "Intuition" you are not so sure. What you became aware of is not so clear. It is more a gut feeling than a crystal clear awareness.

*Intuition* within "Fixed Reality" is also coloured by having to *be right* just as all the other sub levels within "Fixed Reality".

When *intuition* fails *purposes* will need re-evaluation or revalidation. I will leave the rest of the "Fixed Reality" sub scale on to your imagination. I feel I covered this scale quite sufficient in earlier chapters.

## **0 Unreality \***

Unreality, mainly due to outside pressure, translates into *uncertainty*. When one becomes more *uncertain* the level of "Uncertainty" can go over into the level of "Fear". *Fear* is a stronger and more rigid type of *uncertainty*. Due to its stable nature it can take on very intense forms. Although the physical reaction is one of withdrawal *fear* itself can be extremely ridged in nature. It is when withdrawal seems hindered that the intensity of *fear* can grow.

To continue with what you intent to do despite your *fear* can improve your awareness. You can move upscale through "Uncertainty" and higher.

Withdrawing due to the intensity of *fear* will cause you to *distrust* the situation you escaped from. The instable sub level of "Distrust" will tend to pull you back into the sub level of "Fear" or lower your awareness into the level of "Blame".

In other words: ' You pull through your *fear* or you *blame* yourself or others for your situation. You can also *blame* the circumstances for causing you *fear*. No matter who or what you *blame* only blaming yourself will lower your awareness. Blaming others or circumstances will give you back some sense of stability and will keep you on the level of "Blame".

*Blaming* yourself will bring about a *lack of identity* and this will give you feelings of instability.

The inclination to *be right*, that is inherent to our physical nature, can pull you down into "Fixed Reality". This is a critical level on the awareness scale as we know by now that the level of "Fixed Reality" can be very hard to escape from.

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We don't want to *lack in identity* as *identity* and *being right* is almost sacred to us. We feel we can only protect our *identity* by *being right*.

## **O Assumption -**

Why we assume information to be correct without any research or understanding has probably baffled many of us.

You only need to look higher on the awareness scale and notice where we are coming from to understand why people assume things without understanding or research of the subject involved and you will agree that this riddle has now been solved.

Due to *being disorientated* we are in need for *stable data*. *Being disorientated* feels, you guessed it, unstable and since we almost always urge more strongly toward stability we will except *data* and consider it *stable* without any attempt to come to some sort of understanding at first.

*Stable data* are as stable as we consider them to be. Through human interaction they can come under pressure. In an attempt to hold on to our *stable data* we try to understand them. However, the reason for trying to understanding them is not to understand them but not to lose them as *stable data*. This is why I call this lower sub level "Forced Understanding".

I am not trying to convince you here that *stable data* are necessarily wrong data. They are simply *stable data*, nothing more and nothing less. They can be from extremely wrong to extremely right and all the levels in between. They can be right in one occasion and wrong in another. Only the intention to gain stability is of concern here.

*Forced understanding* will distort *stable data* which causes you to feel instable with it.

On the sub level of "Forced Understanding" to gain back stability you will either re-examine your *stable data* and move back upward and onto the stable sub level "Stable Data" or you stabilize your *forced understanding* by creating or accepting a *substitute understanding*.

It is your *substitute understanding*, when acted upon that will make you *uncertain* and bring you on the sub level of "Uncertainty" within the "Unreality" scale.

## + **Confusion** \*

"Confusion" is the lowest Plus level. Below "Confusion" we have the three zero levels: "Assumption", "Unreality" and "Fixed Reality".

They are neutral levels of awareness and therefore open to influence from outside (the environment). It is on these three zero levels that outside influence can have the strongest impact on the person.

Probable the biggest part of humanity is operating on the zero awareness levels and has been for a very long time back in history. Currently there are many indications that this is about to change. For us humans to behave less harmful toward the environment we need to rise above the level of "Assumption". We need to learn how to live more in balance with nature.

Confusion can only come about through a consideration that data seems in conflict with other data. The question we must pose here is: 'Can a datum be in conflict with other data?' Now, let us think about this for a while. What is data? Isn't it just a combination of symbolic sound codes we call "words" put in a certain structure we call "sentences" that are supposed to represent reality. Here we get to the root of the problem and it raises a new question. What is reality? Is reality what we become aware of through the senses or is it what we become aware of through introspection or is it both? I think it is both.

In the beginning of this book when I gave my view on what awareness could entail I explained about looking inside and looking outside at the same time. Or to put it in different terms, we look through past experiences or beliefs into the reality of this moment.

Since we all have different experiences and thus different beliefs we all see reality in a different way. This is the prime reason for confusion.

If we could allow others to have their view of reality there would be no conflict. The opposite of 'conflict' is 'agreement'. Agreement means that all people involved believe that a certain body of data is correct. When there is a conflict it means that at least one person has a different belief about the agreed upon body of data and acts against the others in word or in deed

Let's get back to the original question. Can a datum be in conflict with other data? When we really look at this thoroughly we can only come to the conclusion that data is just data.

Data itself is not able to cause any conflict whatsoever. Data can only be in conflict with other data because we believe it to be in conflict.

Conclusion: a conflict in data does not exist just as a conflict in reality doesn't exist. It is what we believe that causes agreement or conflict. The reason I call the highest sub level of "Confusion" "Conflicting Data" is because in a state of confusion we think that we are dealing with *conflicting data*.

It is just a matter of viewpoint. For us humans to become aware of reality we need to assume a viewpoint, a location from which we can view reality.

Due to the nature of awareness we look from behind and through our significances, thoughts, ideas, opinions and beliefs and thus colour what we become aware of. This is also how we recognize what we become aware of. It enables us to think

It is these significances, thoughts, ideas and opinions that can form into beliefs. The beliefs we have can be in conflict with other beliefs we have or beliefs others have.

It is not what we become aware of but how we become aware of it that is responsible for the appearance of "Confusion" or any other level of awareness.

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When our beliefs are used as a filter for reality are we still able to see what is actually there. Thoughts, significances and ideas don't necessarily blur our view on reality all that much but opinions and beliefs can.

On the sub level of "Confliction Data" we don't have *conflicting data*, we just think we have. What we really have at this level is conflicting beliefs. We blame it on the data but it is one belief in conflict with another belief that is the cause of the confusion.

It is not even someone else's belief contradicting your belief that can bring about the state of confusion in you. It is your belief(s) contradicting your other belief(s) that bring about confusion.

Due to the fact that we think confusion is a conflict in data we tend to look outward for it as if the confusion is outside of us. But the confusion is within us. It is our confusion. It is our mental conflict.

You only need to look one step higher on the scale and you know what has caused the conflict in beliefs. It is a *false datum* which in fact is a false belief as well, as you will understand by now.

*Conflicting data* will cause one to feel unstable and thus inclined to rise on the awareness scale to the sub level of "False Data" or descend to the sublevel of "Protest".

Basically, a belief counter belief mental construct is what can cause people to *protest* against their counter belief. You cannot accept the counter belief you have and so have a problem and it will make you *protest* against a source outside of you.

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For example: Your belief is that you have a car. You go to your garage and you find out your car is gone. Your counter belief is that someone stole your car. Chances are that you drop down scale into "Protest".

You can't belief that someone stole your car and at the same time you belief your car was stolen. These are two opposing mental forces. That is what a problem is.

When you belief your car is stolen and you can't accept this, in other words you still want to belief you have a car you are protesting against your belief that you car was stolen. Underlying this there are two opposite intentions: the intention to have a car and the intention not to lose your car.

These intentions form, sort of, a carrier wave for beliefs and when these mental forces oppose each other and are upheld in an equilibrium of forces they tend to persist. This is the analysis of a problem. All human problems are experienced on the sub level of "Protest" within the main level of "Confusion". All problems exist only in your mind.

I try to explain the sublevels of Confusion in great detail because I want you to really understand this awareness level. It is the exact point on the awareness scale where you turn, from being cause over things, to being the effect of things. You don't always have to be in control of things but I think it will help when you understand at what point on the scale you will let it slide. When you start protesting against a situation or fact you have lost control. You have become the effect of it. Intentions are the foundation of the mental field. All your significances, thoughts, ideas, opinions, beliefs and judgments have your intentions as its foundation.

When you can handle the level of "Confusion" you can stay away from the zero and minus levels of awareness. When you understand what causes confusion you will be more able to choose to be confused or not to be confused.

There is nothing wrong with confusion at the highest sublevel "Confliction Data". However when you feel *protest* against it you have turned it into a problem that can bother you. It is the *protest* you feel that will blur your awareness to a point of dispersion.

To get an even deeper understanding of the main awareness level "Confusion" we need to include the awareness level above Confusion.

## + No Understanding -

No understanding is caused by a *lack of data* that can urge us to accept *random data*. *Random data* will mostly consist of *data we consider false*.

*False data* is data that doesn't fit into the main body of data. All *random data* is *false data* unless it fits into the main body of data. There is nothing wrong with looking at *random data* as long as you recognize the *false data* in it and look for the correct data.

It is very much like a jig saw puzzle. All the pieces are random until they fit with each other. A wrongly placed piece that doesn't fit can be seen as a *false datum*. Pieces from another puzzle with a different subject mixed within the puzzle you try to solve can also be considered *false data*.

Accepting *false data* will set the stage for confusion because it counters the intention to understand things. Just as we choose to not know things on the state of "Knowing" so we choose to not understand things on the awareness level "No Understanding". At this level of the scale we are, to some degree, aware of this decision.

It is an illogical act to accept random data as a substitute for no data or a *lack of data*. The logical thing to do would be to look for data that would put you on the road to understanding. When you work on a jig saw puzzle you look for a piece that might fit, you don't just grab any random piece and try to make it fit. When you add a piece that actually doesn't fit, you have introduced a *false datum* into the main body of data. Although this is an illogical thing to do we all do have this inclination at times.

The real problem solver type under us will sometimes have a hard time understanding that people can accept *false data* or seem unable to recognize them as such. There is in fact no logical reason for us to accept *false data* yet we do.

I have no other explanation then the fact that accepting *false data* will make us feel more stable and we usually prefer the feeling of stability over the feeling of instability. The sublevel "Random Data" is the actual turning point of the scale. It is the point where we move from logical thinking to illogical thinking.

So, the question here is: "What do we do with *random data*?" Do we realize that *random data* is caused by a *lack of actual data* or do we accept *random data* without sorting it in an attempt to fill the gab? That is really what it boils down to.

*Random data* can be completely false, partly false or entirely correct. When you start out with a jig saw puzzle you might have a complete puzzle where all parts are scattered in a random fashion. Until you rearrange all random parts into a completed puzzle you will not know whether you have a lack of parts or parts not pertaining to the puzzle.

This means that all data that is not brought in alignment with data it pertains to will seem false to us. When all data is brought into alignment to form a complete concept we can come to an understanding of it. In most cases we will recognize a *lack of data* when we attempt to sort out *random data*.

We can at that point feel inclined to search for data that fits the puzzle. We do this through observation. At that point we have entered the lowest sublevel of the main awareness level "Exchange".

Let us look at the awareness level "Confusion" again as we now know what causes it. Confusion is brought about through the acceptance of *random data* without being willing and able to sort it out or look for more suitable data.

## + Confusion \*

As we learned earlier there is no *conflict* in *data* yet we do perceive it as such. The *conflict* in *data* is in fact caused by data we consider unsuitable.

For example: you like to wear a blue shirt as it fits very well with your black trousers, so you think. However, your wife doesn't like the collar blue. The opinion about the collar blue from your wife seems to be in conflict with your opinion.

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From this example we see that there is no *conflict* in *data* but a conflict in opinion and essentially a conflict in intention.

We want the puzzle pieces to fit because we want to solve the puzzle. We want to wear the blue shirt and we want our wife to like the blue shirt as well.

And this is how we get into ideas counter ideas, opinions counter opinions, beliefs counter beliefs and judgments counter judgments and thus we experience problems.

At the sub level of "Conflicting Data" we do not experience problems as bothersome. It is only one step lower on the sub scale of "Confusion" at the sub level "Protest" that we experience a problem as bothersome.

We can have opposing thoughts, ideas, opinions, beliefs and judgments as in the example above without considering it a problem. We can work with conflicting data and sort it out or accept it as it is.

At the sub level of "Protest" we usually point to a source outside of us and we fail to see that we ourselves have an intention that is in opposition to another intention we have. The things we don't want can counter the things we want and that is the essence of our *protest*.

It is at the sub level of "Protest" that negative emotions come into play. Above the sub level of "Protest" there are only neutral or positive emotions. The negative emotions that show themselves as a form of protest are things like: irritation, being discontent, feelings of dislike or more severe: contempt, anger, hate, fear and grief.

The severeness of emotion can have many causes that we will not go into as it is not within the scope of this book.

For us to have a real problem we need at least two of our own intentions in conflict with one and other. In the example above you want to look good in your blue shirt. You want your wife to approve of your blue shirt in combination with your black trousers and you know she doesn't like it.

If you didn't want your wife to like your blue shirt you wouldn't have this problem. If she could accept you in your blue shirt she wouldn't have a problem with it either.

The anatomy of a problem is the anatomy of life itself. Life can only give the appearance of existence through an equilibrium of forces. A problem can only remain in existence through a balance in intentions.

When we feel stopped in what we want to be, do or have we tend to believe that a source outside ourselves has stopped us. This is not the case. In fact we have stopped ourselves by intending something different than what we originally intended. The different intention will then act as an opposition toward the original intention. As long as we hold it in opposition we will feel stopped in what we originally wanted.

Example: You want to buy a new sports car but you don't want to pay that much money for it as you are afraid you won't be able to pay back the loan for the car.

Example: You want to win a tennis game but at the same time you don't want to lose the game.

When you are running behind in the game you will tend to protest as you don't want to lose the game. When you protest you have negative emotions. Due to negative emotions you become less aware and thus less able to win. You can only win when your first intention to win is stronger than your second intention not to lose.

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You can have two types of second intentions. You can have second intentions to fortify your first intention and you can have second intentions that hinder or stop your first intention. The latter ones are the cause of problems. Your environment can be seen as the cause of problems but it never is. It is what we intend to be, do or have and don't want to be, do or have in the environment that is the cause of all things that bother us.

Opposite intentions are never the exact opposite of the original intention.

When we take the example of wanting a red sports car we don't all of a sudden drop this intention. The exact opposite intention would nullify the original intention. Wanting a sports car will disappear when you don't want the sports car anymore.

Lower on the scale, were we are less aware, opposing intentions can hinder or stop our original intentions on a subconscious level. Intentions that we hold in opposition to the original intentions are always things we don't want. As in the sports car example we don't want to pay that much money for it and as in the tennis game example we don't want to lose the game. The structure of a problem therefore is "wanting something" versus "not wanting something else".

When we qualify what we don't want as stronger in comparison with what we originally wanted we will feel dispersed and so sink into the lowest level of "Confusion" the sub level "Disorientation".

But it is now time to move back upward on the more positive side of the scale.

## **+ Exchange \***

The main level of "Exchange" has been worked out rather thoroughly in chapter 4 but at this point I want to show you the simplicity of this rather complex level of awareness.

To get from the sub level "Lack of Data" at the top of the main awareness level "No Understanding" to the sub level of "Data" at the lowest sub level of the main awareness level "Understanding" we need to exchange on a mental level. In other words we need to communicate.

Action, which is exchange on a physical level, does have its part in coming to an understanding of things but it doesn't play a dominant part in it.

**Maxim: For 'flowing in' to occur something must 'flow out' that can be duplicated.**

At first glance you might think this is complicated but it isn't. Let me explain.

On the main awareness level "No Understanding" you are in need for *data*. On the awareness level "Exchange" data can *flow in* you through the five senses. Before it can flow into you it must *flow out* from a location outside of you. The data that flows into you, needs to be *duplicated* for *understanding* to occur. All perceptions that *flow in* through the five senses will get *duplicated* instantly and mostly without us being aware of it. However, when we need *data* to come to an *understanding* of things we need a *duplication* of *data* we can remember and this is what we intend to let happen on the awareness level "Exchange".

That is all there is to it. I could explain that the sub level "Flowing Out" is a stable level of awareness because usually what we flow out is what we think or belief about reality and that the levels "Flowing In" together with "Duplication" are instable because we tend to make mistakes at these levels but this is of minor importance.

## + Understanding -

The main awareness level "Understanding" has a very simple sub scale. You need *data* to form *concepts*. You need *concepts* so you can *associate* them with other *concepts*. The sub level of "Data" is considered stable because it functions as the foundation for understanding. *Concepts* are instable as they are as valuable as you can compare them with other *concepts*. Full understanding can only take place through an *association* with *concepts*. It forms the basis for ideas.

## + Ideas \*

With two instable sub levels the main awareness level "Ideas" is a somewhat instable level of awareness. When you *understand* some aspect of life you will usually be inclined to *imagine* how things can be improved. *Imagination* can be made stronger and more stable by *visualization*. You work it all out in great detail in your mind. This is how you stabilize your *ideas*. I am not saying that you don't have to work things out on paper but this is only to support *visualization* in your mind. You eventually will wind up with sound *opinions*.

## + Belief -

"Belief" is a more stable level as it strengthens your *ideas*. It starts with *accepting ideas* as valid or getting it accepted by others as valid. *Acceptance* is the foundation of every *belief*. Only when you *accept ideas* you can have *confidence* in them. According to the dictionary there is not much difference between *confidence* and *conviction*.

On the sub scale of "Belief" we should see *confidence* as a lesser and instable form of *belief*.

We gained *confidence* but it is still somewhat shaky. When we further rise on the scale of "Belief" we become *convinced* that we can put our *ideas* to practice. It is at this stage that we have enough courage to put our *ideas* to work. Through *belief* we can program or reprogram the subconscious mind and thus learn new skills.

### + Competence \*

When your *belief* is strong enough you will have the *capability* to become *competent*. The sub level of "Capability" is supported by the positive awareness levels from "Exchange" on up. *Capability* is potential action whereas the sub level "Ability" refers more to actual action. *Capability* is a prerequisite to *ability*. *Ability* on its turn should be a prerequisite to *authority*.

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Real *authority* should always be gained through *ability* which is to say actual competent action. A real *authority* has, through his actions, gained the right to control, command or make decisions. Giving *authority* to someone who lacks *ability* does not happen on this level of awareness. It is a grave mistake that can only happen lower on the awareness scale.

### + Purpose -

Needles to say that only real *authorities*, on the plus level "Competence", can *plan* to obtain constructive purpose.

Only at this stage of awareness will you have the *intention* and *determination* to enforce a positive outcome for the condition or environment you intent to improve.

## Chapter 9.

### Total Knowing

The scientist will consider the information below from highly speculative to outright nonsense. So, there is no reason to believe in it or to assume that it is true. It was written in an attempt to explain the inexplicable. If you feel it is true then, for you, it is true. If you feel certain things are not true than of course these things are for you not true. Is this a matter of feeling? Unless we *know* I guess it is.

Above or beyond awareness we have the state of "Knowing". In the state of "Knowing" there is the ability to *know* and to *not know*. When a spirit ascends from the level of "Being Fully Aware" to the state of "Knowing" that spirit has recognized its core essence and has thus ceased to be a spirit and has become what we sometimes call the higher self but what I call *knowing*. The state of "Knowing" can be seen as the bridge between the spirit and "Total Knowing" (God)

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Through human history religious or otherwise many names have been given to the state of "Knowing". Let me give you a few of these names:

The holy ghost; the universal mind; the subconscious mind; the field; the unified field; cosmic consciousness; the acasha files; the higher self; universal intelligence; life itself; chi; prana; zero point energy; the living substance and many more.

And here I come along and I give it yet another name as I call it *knowing*. Forgive me for that. The word *knowing* just happens to fit best in my philosophy on this subject. Feel free to give it any name you feel comfortable with.

*Knowing* is behind every element of existence. When new forms of existence are created they are created on the state of "knowing" through "Total Knowing". The only function of *total knowing* is to support all that exists by knowing all there is to know. Just as "Total Knowing" is beyond awareness it is also beyond existence. The state of "Knowing" is a deviation from the state of "Total Knowing" as it introduces the element of *not knowing*.

"Total Knowing" is the potential that makes existence possible. "Knowing" makes it happen through *not knowing*. When in *knowing* a wish to not know emerges a spirit is born and will exist until all wishes to know are fulfilled at which time the spirit will seem to exist as if it has yet again risen to the state of knowing.

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Knowing versus Not Knowing creates a subtle energy field that makes awareness possible. This etheric or subtle field of energy creates all of existence.

Basically all aspects of existence consist of different waves each with its own particular wave length and wave pattern and its own particular frequency.

The levels of "Knowing" have no wave length. It could be compared with a flat line. One could say it is the absolute zero. The levels of "Knowing" therefore do not exist as we observe and experience existence.

It is the level of "Knowing" that creates existence through its subtle energy field.

The levels of "Knowing" should not be confused with knowledge. Knowledge does exist for us in different forms and is the end product of awareness.

How can "Knowing" be the cause of all things when "Knowing" itself does not seem to exist for us? How can nothing become something? How can nothing cause anything? Are the levels of "Knowing" really nothing? How can a something we call "Knowing" exist or not exist? If something is just a potential does it exist?

These things we cannot explain. The unexplainable really is unexplainable for us. Just as "Total Knowing" and "Knowing" are beyond awareness and so beyond our existence they are also beyond explanation and comprehension. Therefore "Total Knowing" and "Knowing" can only be known.

Awareness first comes about through a desire to not *know* and than through a desire to *know*. Perhaps all that exists has come about and remains in existence through a desire to not *know* and as a reaction to not *know* a desire to *know*.

On all levels of awareness as shown on the awareness scale we have a desire to *know* or not *know*. It doesn't matter what we want to *know* or what we don't want to *know*, on all levels we desire to *know* and not *know* certain things.

The desire to *know* or not *know* isn't very strong on the higher awareness levels but becomes stronger as one descends.

At the higher levels it is merely a wish. The desire to *know* or not *know* is stronger on the instable levels of awareness and weaker on the stable levels of awareness.

A spirit consists of two different types of waves. These are the waves that express a desire to *know* and the waves that express a desire to not *know*. A spirit is a conglomerate of these two types of waves. No wave or energy flow can exist unless it has a wave or energy flow countering it. Therefore, due to the duality and interaction of these two types of waves they can exist and so the spirit can exist. Plain theory. No prove whatsoever.

Waves can vary in frequency and in pattern. The frequency of a wave can change from very high to very low. The condition of a spirit can so be determined.

Because a spirit is in its essence *knowing* it needs to separate itself from *knowing* through not *knowing*. Although the spirit can not actually separate itself from the state of "Knowing" it will consider to be separated by using a spirit body.

Without the spirit body a spirit could not become aware of things. Just as everything else in existence a spirit body consists of waves.

**Thesis:**

**For a spirit (as knowing) to exist it needs to identify with its spirit body.**

Therefore we could assume that a spirit body is the spirit. Or we could say that *knowing* has become a spirit.

A spirit that vibrates on a high frequency is on a high level. A spirit that vibrates on a low level is a low level spirit. Imbalance between the "desire to *know waves*" and the "desire to not *know waves*" determine whether a spirit body moves higher or lower on the awareness scale.

Basically all spirits are on a high frequency. Low level spirits have become low level because they got themselves mixed up with low level frequencies. Since we assumed that spirits identify with their bodies we will talk about high-level or low-level spirits.

Unless hindered or stopped low-level spirits will evolve into higher-level spirits. Both lower level and higher level spirits are necessary parts of existence as we experience it.

It is no use trying to improve lower level spirits unless they feel a genuine desire to become more aware. There is no need to try to convince them. They will let you know when they need your help.

Lower level spirits need control from high level spirits. High level spirits need freedom of control from low level spirits. There will always be far more low level spirits than high level spirits unless mankind rises to greater heights.

The more the high level spirits allow the low level spirits to take over control the more dangerous the environment will become. This is the main reason mankind at this moment in time is an endangered species.

## What is happiness?

Happiness is the fulfilment of your desire to be, to do or to have. The underlying reasons for being, doing and having is the desire to *know* and the desire to not *know*. You want to *know* how it feels to be, do and have things. It is your desire to *know* that will make you go into action. It is the desire to *know* that we all have in common. The desire to not *know* will allow you to stay focused on what you desire to *know*.

Planned and coordinated action will result in status and accomplishment. This is happiness brought about through experience.

People higher on the awareness scale can experience happiness through introspection. They can discover their connection with "Total Knowing" at which point they can let go of negative thoughts and feelings. On the level of "Fixed Reality" we can see a mimic of this where we look up to or admire a leader and so let go of negative thoughts and feelings. That is to say, negative to the aims of the leader.

Thoughts and feelings, just as any other part of existence, consist of some form of energy. Energy is motion; to be more precise the moving of particles in space. Each and every particle in space, no matter how big or how small, consists of a number of different waves and they all have their own particular frequency. These waves have to stay as close as possible to an equilibrium of forces to remain a particle. Current scientific breakthroughs even suggest that there is no such thing as a particle. Existence in its entirety seems to be made up of waves and only become particles when observed.

"Total Knowing" does not contain energy. That is why above awareness in the state of "Knowing" and "Total Knowing" there are no thoughts or feelings.

The purpose of thoughts and feelings is accomplishment. The purpose of negative thoughts or feelings is negative accomplishment. A balancing of negative and positive thoughts and feelings causes no accomplishment.

In the state of "Total Knowing" accomplishment doesn't exist. In the state of "Total Knowing" there is only knowing. Knowing cannot be understood. Knowing can only be known. "Total Knowing" is neither a quantity nor a quality. Total Knowing is only knowing.

As we spirits live life connected with a body, for us happiness is best obtained through accomplishment. As you rise on the scale of awareness on all aspects of life, you will experience higher levels of happiness.

In the state of "Knowing" we experience the source of life. In the state of "Knowing" we have knowing and not knowing. These two opposites are not real opposites as in the states of "Knowing" there are no opposites yet their potential to manifest opposites makes life possible.

Whereas all aspects of existence are constantly changing in quality and quantity, "Total Knowing" is permanent and perfect.

Just as all aspects of existence, happiness is a temporary state.

Happiness can exist on all stable levels of the awareness scale. It is a temporary feeling of balance generated by the spirit. Happiness is a feeling that aides accomplishment.

There is no happiness on the level of "Knowing" or "Total Knowing". For a spirit, with or without a physical body, to experience happiness it needs to go up and down the awareness scale. Also on the minus awareness levels real happiness cannot exist. Only a feeling of stability is experienced on the stable minus level "Irrationality". This feeling of stability could be seen as the lowest form of happiness. Yet, it is a far cry from real happiness.

A spirit will only generate the feeling of happiness when it is rising or descending to a stable level on the awareness scale. When we look at the anatomy of happiness we find a temporary calming down of the desire to know or the desire to not know. You could say it is a temporary balance between these two desires.

The following is even more speculative. I can only hope you will appreciate it.

Don't feel forced in any way to agree with it

## **DOES EXISTENCE REALLY EXIST?**

There is only one. "The one" is the subtle energy field that came into existence through a desire to know the unknown. Knowing itself is neither something nor nothing.

"Total Knowing" knows all there is to *know*. Only "the one" exists. For "the one" to exist it needs to appear outside of "Total Knowing".

In fact it needs to pretend that it doesn't *totally know* and so become separated from "Total Knowing". For the sake of having a game "the one" needs to pretend there are awareness units through which "the one" can perceive what it pretends to not *know*.

For an "awareness unit" to be of any value it needs to pretend there is something to be aware of. Therefore "the one" pretends these awareness units put out dimension points. Thus we have the illusions that we call space.

For the illusion of space to remain "the one", disguised as all the different awareness units, needs to pretend the existence of matter. For "the one" to pretend the existence of matter it needs to pretend there are forces. For "the one" to remain the pretence of matter it needs to pretend that there is an equilibrium of forces. For "the one" to have interaction between forces it needs to pretend there is imbalance. And this illusionary structure of balance and imbalance among forces is causing the illusion we call time and matter in space. And this could be the fabric of which the universe is made.

If you think this is all nonsense you could be right but let me invite you to look at the following.

It has been said that there is no past and no future. There is only the present. If this is true, and it seems that way, than time cannot exist. Time needs a past and a future to exist. Without past and future there is no time. If time doesn't exist things cannot change as for change you need time. And what about dimension?

Can dimension exist without time? And how about matter? How can matter exist when it depends on time and change? If this universe exists only at this very moment without past or future how can it exist? Existence needs energy in space that endures in time.

You see what I mean? Existence itself cannot be proven to exist.

It doesn't really matter much whether we look at the universe as a holographic projection of "the one" or whether we look at it as reality. For us humans we experience the physical universe as reality. To state that existence doesn't exist is just not real to us no matter how hard we try to fathom it. Whether it is actually true will probably remain a mystery to most of us.

An awareness unit or spirit could also be envisioned as an energy field having the shape of a torus. The empty centre of the torus field could be seen as "Knowing". From "Knowing" at the centre of the torus awareness kicks in. The waves of awareness move around clockwise and anti clockwise and outward until they reach the outer boundaries of the torus field where they start to move inward again. Eventually it will move inward to a point of touching "Knowingness" and become again one with it when there are no wishes or desires to know. It can also start of a new cycle of pretending to *not know* and than wanting to *know*.

Awareness is *knowing* manifesting itself within an illusionary setting. The basis of that setting might well have the shape of a torus energy field.

We essentially are "Knowing". Knowing Knows all there is to know in a timeless, spaceless, zero like fashion.

Whether reality is a holographic torus field or not, when you are in it you have to deal with it.

However, when we see reality as a holographic projection of "the one" an awful lot of phenomena like intuition, clairvoyance, telepathy and all other extra sensory perceptions can be more easily understood.

I hope I didn't scare you with all this. I invite you to enjoy existence whether it exists or not. I also hope I have given you some more inside into the life we seem to live.

You can escape from the awareness level "Fixed Reality" and work your way upward. You can now use this awareness scale to rise to greater heights or help others do so. We as humanity have entered a time period in which we will experience great changes. The higher you are on this awareness scale on all aspects of life the more you will be ready for these experiences.

# Chapter 10

## Conclusions

In this last chapter I will give you some more opinions and beliefs I have regarding this somewhat complex awareness scale and maybe some things to think about.

It is not unusual to think of awareness in a scale. There must be a reason why we as individuals are so unique and all these different levels of awareness on all aspects of our lives seem an excellent explanation for it.

Maybe the difference I make between awareness and *knowing* is an entirely new viewpoint on this matter. I haven't found this way of looking at it anywhere else so far. I really do believe that all the different levels of awareness are caused by a wish or desire to *know* or to not *know*. There is no way to prove it to be true or untrue for, as you will understand by now, *knowing* cannot be understood in a conceptual way. *Knowing* can only be known.

I invite you to come up with a better explanation for this phenomenon I call *knowing* and how it relates to awareness. If you can, let me know. I might have to rewrite a large part of my book or throw it in the bin as its foundation would no longer be valid.

It seems as if each philosopher has his own terminology to describe phenomena like awareness and *knowing*.

The term most commonly used is "consciousness". The problem I had with the word "consciousness" is that you cannot really use it to describe the phenomena of "knowing".

Looking up the word consciousness in a dictionary will not give you much insight into its meaning in spiritual or philosophical literature. It is therefore that I use the word awareness. More over, dictionaries give a better explanation for the word awareness.

Another interesting aspect of this awareness scale is that it can be divided in three parts: the plus, zero and minus levels of awareness. It shows us where we are most vulnerable. I explained how the zero levels of awareness can be influenced by positive and negative mental forces.

We learned how on the zero levels people tend to follow leaders. Most of humanity will follow leaders without questioning their leadership. The zero awareness levels explain why people have this tendency and also how to escape from these levels.

Yet another aspect of this scale is that its lowest level and its highest level cannot be seen as levels of awareness. I am talking about the state of "Not Knowing" at the bottom and the state of "Knowing" at the top.

If you remember well, the state of "Knowing" at the top also includes not *knowing*. It makes this awareness scale circular. There is no real bottom or top. From the state of "Knowing" any form of life can spring by choosing to not *know*.

We don't need to travel through all the levels of awareness to reach "Knowing" but we will be inclined to do just that.

We can also reach the level of "Knowing" by lowering our awareness below the level of "Unable to Assume Identity" straight into "Not Knowing".

From "Not Knowing" we could pass over into "Knowing" straight away. It is only when we want to know or don't want to know that the aspects of intention, attention and emotion (awareness) come into play.

Someone asked me whether he had to travel through all the different levels of awareness to go, for example, from the level of "Confusion" to the level of "Understanding".

Well, that is not how awareness necessarily operates. You don't have to do things to become more aware. When your intention changes your attention and emotion will change accordingly. A change in awareness is a change in its three components. Awareness can rise or descend without going through each step of the scale. This will usually happen due to sudden pressure from the environment.

It is just that we feel safer by going through the different steps on the scale as they simply make sense. They form gradient steps and each step presents a choice to continue upward or to continue downward.

It is not that we can't improve our awareness through doing things. It depends on how we do things. When we do things with a desire to *know* things we can rise in awareness. When we do things with a desire to not *know* things we cannot improve our awareness.

We can lower it in this way or keep it stationary. However we do not have to act to become more aware.

We can simply become more aware if we wish or desire to *know*. Awareness is much more a state of being than it is a state of doing.

How can we attain a purpose without any *ideas, beliefs* or *competence*?

The fact is that we can but we think we need to have *ideas* and we think we need to *believe* in those ideas and we think we need to have *competence* to attain our *purposes* and we are right because that is what we think. In the state of "Knowing" we don't think we just act and the result of our action is always what we *know* it will be.

Basically we can all do this but for the sake of having a game we allow ourselves to *believe* that we don't *know* and we allow ourselves to *believe* that we want to *know* and thus we become aware of things. This is the game we call life. It is probable not that simple. There probably is a lot more to it but this is my take on it.

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It is perfectly okay to disagree with all of this.

Is awareness a trap? It can certainly feel like a trap depending on the level you are on. Especially the zero and minus levels can feel like you're in a trap. The plus awareness levels can be seen as normal states of existence where humans can feel happy and content.

I believe humanity will eventually leave the zero and minus levels and evolve into the plus awareness levels permanently. Life on earth would then become a total different scene. There will still be opposition but this would be dealt with in an entire logical fashion.

Opposition would be dealt with on the plus level "Confusion" and the zero levels would not have a chance to come about.

On the plus awareness levels above the level of "Purpose" we exceed the five sensory perceptions of the body.

The body itself has an awareness of its own. It acts on outside stimuli instantly. It simply acts as programmed. In animals we call it instinct. The human body also has this stimulus response type of instinct. It has a very strong reach and withdraw mechanisms it uses to survive. We can have control over some of these mechanisms depending upon our level of awareness.

Whether we are on the plus levels of awareness or not when the body is in danger it will act entirely on its own accord and it will act instantly without any consideration or thought.

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We are so used to becoming aware through the five senses that we sometimes find it odd that we become aware of things without the use of these senses. The five bodily senses are in fact extremely limited in comparison with the entire awareness scale. The five senses are most useful on the plus awareness levels up until the level of Purpose. The five senses are of course also used by the body itself for survival purposes.

As explained earlier I decided to widen the definition of *extra sensory perceptions* to mean all activity in the mental field. In other words all perceptions obtained without the use of the physical senses.

It is true that we become more intuitive when we reach the level of "Purpose" but we can be intuitive on any awareness level.

Extra sensory perceptions such as clairvoyance and telepathy will mostly happen above the level of Purpose but can in fact happen on any level of the scale as well.

There are many people that are very low on the awareness scale but they see all sorts of things without using any of their physical senses.

Let us ask a blunt question here. What is the use of this scale? What benefit could it present to humanity? I know I already presented this question before but let's have another look at it.

To have a better understanding on human behaviour and how we get ourselves in trouble and even more important how we get ourselves out of trouble I consider a benefit.

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Another benefit would be that this extensive scale can be used to detect at what level of awareness you are, on each aspect of your life. I know, at the zero and minus levels it is very hard for us to recognize at what level we operate but it can be done.

Remember that people operating on the plus awareness levels can have a profound positive influence on people operating on the zero and minus levels of the scale. It is just that those people operating above the zero levels have very often no clue as to what the score is with people on the zero and minus levels.

That is why they allow these people to take control over them. They fail to see the negative because they are so used to the positive.

The positive awareness levels tend to withdraw from the negative ones as it is the other way around. Positive awareness doesn't want to look at negative awareness. But we have to, eventually, as negative awareness will destroy all positive awareness if we would keep on giving it free reign.

Positive awareness doesn't need to bother all that much with negative awareness as long as it controls the majority that are the zero awareness levels. The zero levels can be attracted by both the positive and the negative.

If the positive levels don't keep the zero levels in check the minus levels will. And the latter is the state mankind is in and has been in for a very long time. The minus levels have too much control over the zero levels.

It is not that the entire human race needs to wake up for humanity to live in peace and in harmony with nature. It is the people on the plus side of the awareness scale that need to wake up and look at what is happening with their zero level majority.

They need to take back control so they can lead the masses into the plus levels of awareness. And that is what eventually will happen. The question is how far we will let it slide. How many catastrophic events are needed for the plus awareness levels to go in action and turn things around? Only time will tell.

The minus levels especially the level of "Irrationality" with its influence on the level of "Fixed Reality" can seem very hard to handle but it only seems that way.

In fact the plus levels of awareness are much more powerful than the minus levels can ever be. It is just that the plus levels don't realize their power over others. But this will change over time. How long this will take we don't know. But sooner or later it will as the entire purpose of awareness is to come back to the state of "Knowing".

If we come from the state of "Knowing", or "Total Knowing" if you like, just so we can return to it than what is the use of becoming aware anyway?

I don't know! Maybe "Knowing" wants to exist in separation and so experience a game. Life is a game and the game is to experience in order to know.

You might think that I offered you a complete concept of this subject. Let me tell you that I don't think this is the case. I think I have only touched upon this subject and believe there is much more to be known.

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Also I think the detailed scale I presented in this book can be of some benefit to us, especially the ones who are mainly operating on the plus awareness scale. Chances are that people on the plus scales will be much more open to this information.

As stated earlier, we can be on different levels of the scale regarding the different activities of life we engage in. We can be below zero in a family relation and in the plus area when we are in our work environment.

We can also be dragged down the scale entirely by allowing certain aspects of our life to slip down scale. This doesn't change the responsibility we have when we are on the plus side of the scale.

Only those on the plus awareness levels can take responsibility for their fellow man on the zero levels and below. The plus awareness levels are much more powerful when we compare them with the minus levels. This makes it rather easy to turn things for the better if only the plus side would realize how powerful they are.

All power comes from the state of "Knowing". The closer you are to knowing the more power you can pass through to others.

Sorry for repeating myself so often in this book. For the fast thinker this might cause some irritation. For the slow thinker it will help to better understand this subject. I am a slow thinker myself and I like repetition to really come to an understanding of things.

If there is anything you need to understand from this book it is the level of "Fixed Reality". You might wonder by now whether you yourself have aspects of your life that are on this level. Well, do you really want to know this? You might be in for a shock. If you feel brave enough and you think you can handle it you should ask yourself the following questions:

1. Do I have opinions or beliefs I am unwilling to question?
2. Do I experience irritation when others try to counter my opinions or beliefs?
3. Do I feel the inclination to counter or attack people that express opinions or beliefs that counter my own opinions or beliefs?
4. Does it seem to me that my world is caving in on me when others stop me in expressing or practicing my beliefs?
5. Do I feel that I would rather die than give up what I believe in?

A positive answer on these questions will tell you not only that you have locked yourself in the awareness level of "Fixed Reality" but it will also show you how stuck you are in this level.

Many people who are mainly operating on the plus awareness scale will still have *fixed realities* that can inhibit their freedom and happiness. They simply are not aware of the fact that these realities are fixed. Careful self observation and self questioning can bring this to light.

On the plus levels we also want to hold onto things. We need to fix reality or it would simply vanish. Intention, attention and emotion are all attempts to fixate reality. However, on the plus levels we can change our fixed reality in an attempt to improve it whereas on the zero and minus levels we cannot.

What do you do when you find yourself stuck in "Fixed Reality"? Well, by now you should know the way out. At the moment you realise you are on "Fixed Reality" you will tend to rise above it. It won't feel good. It will feel somewhat shaky but that will pass as soon as you move from "Unreality" to "Assumption". You don't have to start *assuming* things just because you feel inclined to do so. You might as well start *perceiving, associating and verifying* on the lowest levels of "Exchange" and so skip the levels "Confusion" and "No Understanding". The reason you landed in "Fixed Reality" was a lack of data anyway.

I myself was most of my life either on the level of "Helplessness" or on the level of "Fixed Reality". I know how it feels. I also know, from own experience, how hard it can be to escape from "Fixed Reality" especially when your fixed realities have no bearing on the real world. But, it can be done and when you do you will do yourself and those surrounding you a great favour.

To recognize whether we are mainly on the plus levels of awareness we should look for the following character traits:

Honest	Trustworthy	Kind	Wise
Ethical	Courage's	Humble	Tolerant
Empathic	Logical	Altruistic	Flexible

These character traits become stronger and more profound as one assents on the plus awareness scale.

On the zero and minus scale we have the opposite traits:

Dishonest	Untrustworthy	Rude	Unwise
Unethical	Afraid	Opinionated	Intolerant
Prejudiced	Illogical	Egoistic	Inflexible

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This is not a complete list of traits. There probably are many more traits that could be added to these lists. This is just to give you some idea as to where to look for when you want to establish a position on the awareness scale.

For those still in doubt whether the levels on the awareness scale are all actual levels of awareness I would like you to consider the following:

There is nothing in this or any other universe that can exist separate from awareness. Awareness is existence. What we become aware of is what we think we become aware of. All kind of awareness scales could be made and there exist many of them and they can all be correct.

My scale differs from other scales in that it shows you how we humans think and act and why we think and act as we do and I believe this to be its greatest contribution.

I am not claiming there are no other reasons, no more basic reasons or even more superficial reasons for human behaviour. However, I do believe the reasons given in this book definitely make sense. Human behaviour changes as awareness changes.

It is my sincere wish that you will use this scale to rise in awareness and that you will use it intelligently to help others to do the same.

The End

# THE SOURCE OF LIFE

## How existence might emanate from it

None of the 58 propositions below should be seen as truth. They are summarized here in an attempt to clarify existence. I don't believe we will ever fully understand how existence came to exist. Therefore these propositions are just propositions and are nothing more than an attempt to gain a more profound understanding of the source of life and how life came about.

1. Source doesn't exist as we experience existence
2. Source doesn't exist in space or time
3. Source doesn't consist of matter or energy
4. Source doesn't consist of etheric or subtle energy
5. Therefore one cannot become aware of Source
6. Source is *Total Knowing* and could be considered neutral as it doesn't cause or reflect change
7. Source is the ultimate potential
8. The Original Soul is a living, formless, omnipresent, intelligent substance that came into existence through *not knowing* and the intention to *know* the unknown
9. The foundation of awareness is *not knowing*
10. Awareness is excepting what one becomes aware of as existing in space and time.
11. Without awareness there is nothing to become aware of
12. Awareness and Existence are essentially the same but in space-time existence appears to be the product of awareness
13. Awareness emanates at first from an unwillingness to know and then from the willingness to know the unknown
14. Source as *Total knowing* is beyond existence and thus beyond comprehension
15. We can only comprehend that which appears to exist.
16. Only what we don't *totally know* we can become aware of
17. Not knowing could be interpreted as negative
18. Existence as the apparent product of awareness could then be interpreted as positive
19. The Original Soul in itself isn't being aware but has its own soul body that is used by all souls to store all perceptions and this is how the Original Soul not only becomes increasingly aware but also to the utmost intelligent

20. The Original Soul Body can be seen as what is called the All Mind or Universal Mind
21. The Original Soul Body consists of etheric or subtle energy on which perceptions can be imprinted
22. Each Soul uses a part of the Original Soul Body as its own mind and is in this way connected to it
23. The Souls mind as part of the Original Soul Body extends into its aura and the physical body as well
24. The Original Soul cannot exist without its Soul Body
25. The Original Soul is essentially *knowing* and can only feel separate from Source through *not knowing*
26. *Not Knowing* causes the elusive emptiness in which the Original Soul Body can exist
27. Awareness constitutes intention, attention and emotion
28. The Soul feels, just as the Original Soul, separated from *knowing* through an unwillingness to *know*
29. The Soul *as knowing* decided to *not know* and so created in the elusive emptiness of *not knowing*, its Soul Body
30. When I mention the Original Soul or the Soul I mean in fact their bodies as their core essence is *knowing* and *knowing* in itself is beyond existence
31. The Soul can be aware of things and thus create existence
32. The Soul feels separate from the Original Soul in order to become aware
33. An infinite number of Souls can come into existence from the Original Soul through the feeling of separation
34. Souls can exist eternally unless they decide to give up on all of their unwillingness to *know* at which time they become one with Source
35. Reality is what at least more than one Soul becomes aware of and agree on
36. Reality can therefore be seen as consensus reality
37. As the core essence of the Soul is *knowing*, that of the Soul Body is *not knowing*
38. The Soul Body, that is the Soul, becomes aware through (it self) *not knowing* and the willingness to *know*
39. The willingness to *know* is the intention that underlies all other intentions
40. Emotion comes about through a willingness to *not know* in conjunction with a willingness to *know*
41. That which is created through awareness can initially be seen as positive
42. The negative aspect of awareness comes into view through an unwillingness to *know*
43. We tend to withdraw from what we don't want to *know* and feel attracted to what we do want to know
44. Apparently this is how the dualistic universe has come into existence
45. Attraction and rejection are the two forces that give the appearance of persistence and thus existence

46. Attraction can be considered positive and rejection can be seen as negative whereas neutral is neither one
47. Attraction without rejection is unconditional love
48. The Original Soul can only attract, it cannot reject and thus loves all perceptions of all Souls
49. Rejection produces the emotion of fear
50. Love in ratio to fear determines how we experience life
51. Source = Neutral = *Total Knowing* = Non Existent = Potential
52. Awareness = Existence = Consensus Reality
53. Existence = Intention, Attention and Emotion causing Persistence in time and space
54. The rock bottom basic purpose of life is *knowing* the unknown
55. The intention to know or not know the unknown is awareness
56. Since all is known within Source, to Source life has no purpose
57. As Souls consider themselves being separate from Source, their basic fear and at the same time their basic desire is to lose themselves in Source
58. *Total Knowing*, to the Soul, is the ultimate mystery as awareness prevents *knowing*

Many of these propositions might make no sense to you at all. Reading them many times could give you some more inside. At least it did to me. Don't just accept them. Think about them. Ask yourself if any of them could possibly make sense.

I found value in writing them and then reading them many times over. I hope you do to. They form the basis for the awareness scale and are presented here as additional information to ponder upon.

I don't know how they came to me. Perhaps they came straight from Source. But who can tell. On this level of thinking nothing can be proven.

If you want to find out how close science has come to prove the existence of, what I call, the Original Soul you could read "The Field" from Lynne McTaggart. In her E-book you find an overview of the latest scientific discoveries and how these have changed our knowledge of both the micro and the macro cosmos. When you are an old school scientist you are probably in for quite a shock as many earlier scientific discoveries have already been proven false. Some fundamental discoveries, that she refers to in her book, have huge implications on entire fields of knowledge.

You can download this e-book free of charge.