



Unedited Notes
from
The Existential Mirage
and
Psychology's Wet Dream

Unedited Notes
from
The Existential Mirage
and
Psychology's Wet Dream
circa 1983-1986

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*"It is easier to understand that the entire manifestation
is of a nature of a dream,
or
a mirage,
but you interpret the rest of the manifestation as being
a Mirage and won't let go of the seer of a phenomenon,
the seer too is also part of the mirage."*

- Nisargadatta Maharaj

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Section I

Not Another Old Book!

I truly did not know where to put this last book
And where it stood
in relation to the other two old
Volumes from the mid 1980's.

Clearly both psychology and existentialism
as well as spirituality are illusions and appear
within the dream. And, obviously you cannot
liberate or enlighten a non-existent self.

On the other hand,
why not discuss the illusory process,
(the process that never happened)
that a non-existent self imagined it went through.

Of course there is a huge debate,
to have a practice,
and
to not have a practice

Either way,
they are both an illusionary appearance
within the dream

And yet, as spiritual practice was both given and
supported by both
Sri Nisargadatta Maharaj

and

Sri Ramana Maharshi

consequently, it seemed that as notes written some 28
years ago,
why not?

Nisargadatta Maharaj:

*"Spiritual practice is looking for what you have
not discarded and then discarding it."*

So let's get started

The Story

After 5½ years, I returned from my first trip to India in June of 1982. As you might imagine, anyone in this situation might feel quite a bit of culture shock.

I am extremely introverted and assume, like most people, I wanted to sort out not only what happened, but also how I had been drawn into the “spiritual game” so deeply.

I had been begun my training in psychology in 1968, and had had a private practice in Long Beach California in the mid-1970’s.

As many might remember, most of the new Human Potential Movement Psychologies, (Specifically Gestalt Therapy) carried with them the Zen and Existential Philosophies of the 1930’s through the 1960’s.

Therefore, I used the only, or shall I say the best way for me to view inwardly my psychological organization to see if there were any hints psychologically.

In short, how going to India and giving up my life had happened.

WHAT HAPPENED?

as it had been such a 180 degree turn from the

sex, drugs, psychology and politics of my era.

Using my psychological, and philosophical/existential training as the context, I surmised, (rightly or wrongly) that there were two basic principles, (I think from Freud) which seemed to be my best key to processing my own psychology as it related to this "spiritual turnaround".

- 1) *"All traumas are organized in chains of earlier similar events."*
- 2) *Transference and counter-transference, and what I called transpersonal transference and counter-transpersonal transference*
- 3) *Linking these to existential states of existence that we all go through*

and finally, to the understanding I received from

Sri Nisargadatta Maharaj,

namely,

- a) *"Anything you think you are you're not, therefore discard it."*
- b) *"Its all an illusion."*
- c) *"In order to let go of something you must first know what it is."*
- d) *"Sadhana, (Spiritual practice) is looking for what you have not discarded and discarding it."*

With all of this as the context, I viewed
within at my psychological structures,
(in India or Sanskrit called samsaras)
in an attempt to see them for what
they were, and discard them
as not this not this termed
Neti Neti

As you go through the book, you will notice lots of typos and poor grammar. You will also find some of this repetitious and at times out of order. Please forgive all of this as my goal was just to make the notes available and not get bogged down in the details.

As I mentioned in Volume I regarding the editing process,

“I just can’t deal with all of that right now.”

So here it is...
Whatever it is...

Much love
Your Mirage brother

Stephen

October 21st, 2011

Very Metaphorically

Mirage I

Existence(ism)

The Belief That You Are

(The origin of the state of everything)

A student asked Nisargadatta Maharaj a very very very long question.

Maharaj replied, "Who told you that you exist."

After a long silence

Maharaj said, "The mind tells you you exist, consciousness tells you you exist and you believe it. If you understand just this its enough."

Existentialism which might better be termed existence-ism, pertains to problems of existence. Actually it refers to (temporary) states of existence.

However,

(unlike me, who made a mistake of linking two states, i.e. "I don't exist", and "I have to exist" to the #5 on the enneagram, (which should have been "I don't know, "I have to know),

existence-nonexistence pertains more directly to the **underlying state** which remains as the backdrop of all issues of existence, and therefore all of existentialism, (**existence-ism**).

As pointed out by

Nisargadatta Maharaj,

(very very paraphrased)

The **I Am**, that felt sense of isness or beingness is the backbone, or backdrop of all other states. For without the sense of **I am** or beingness or isness, what is called the personality with all its alleged issues would have no ground to build a foundation upon.

Unfortunately, once the **I am** is established and believed to be true, numerous issues arise, like death. (which religion co-opted to handle utilizing concepts like you do not die, but rather you go someplace else).

In this way, and, with this as its context, existentialism (**existence-ism**) can be revisited in the light of 20th century science as the

problems of existence.

All **states of existence** are "**I**" dependent, and are states of existence which are believed to be "I", "me" and "mine".

All states rest upon the felt sense or **state called existence** which stands in opposition to the unknown state and **concept of non-existence.**

It is the interaction of these two states,

(existence and non-existence)
which **lie** at the center of "I"
and which,
by its nature bring about the problems of being.

The focus on what is about to come
is to point out both the traps and dilemmas of
states of existence, and utilizing psychology to
point to their origin, i.e. **the origin of states of
existence ergo psychology's wet dream.**

What makes these states of existence so easily hidden is
because the states of existence are fused in what
Freud called "chains of earlier similar events",
and which
Milton Erickson called associational networks.

Patterns are illusions.

To quote Heraclitus:
"You never put your foot in the same river twice."

Translated into present time neuro-science,
The brain and nervous system produce the illusion
of patterns and categories organizing traumas into
chains of earlier similar events in order to organize
the chaos and possibly enhance survival.

Patterns actually do not exist outside
of this organizing mechanism.

Without any attempt to change these associational networks, but rather to recognize them so as not to be deluded by the veil of believing in patterns by realizing the basic root of the existential dilemma

survival

Existence-nonexistence

Buddha's Four Noble Truths
(Revisited in the light of existence-ism)

- 1) Life is suffering. (The state of existence with its opposite is suffering)
- 2) The cause of suffering is the desire to change what is. (or to resist the interaction of the existence-non-existence states).
- 3) Stop trying to change what is (which as will be demonstrated later includes the trap of, *"If I accept what is, that everything will change for the better"*).
- 4) To *"Realize"* the mirage nature of the perceived universe.

Mirage II

The Existential: Moving Pictures

Nisargadatta Maharaj,

(as "I" remember and understood him):

You see things as moving, actually it is like a film strip, with gaps and light coming through.

There is no movement, there are
just pictures of movement.

Nisargadatta Maharaj,

*"There is no karma (movement or activity) in
the state of Parabrahma (the absolute)"*

Traps and dilemmas of existence
contain the illusion of change

Problems of existence
Existence and/or non-existence

Existence-nonexistence an underlying state

A picture of movement
The illusion of movement and change
A perceptual illusion
"I" dependent

The "I am": The belief in existence, isness, or beingness,

the unquestioned backdrop of all issues of existence.

Nisargadatta Maharaj (paraphrased):

*the I Am, that felt sense of isness or beingness
is the backbone of all other states*

Existentialism: Problems of existence

Without the illusion of a moving picture

The sense of I am, beingness or isness, psychology
would have no foundation.

The stable sense of an "I" or "I am from which all other
experiences appear to appear.

This "I" appears to be contained within a location,
generally in or around a body.

A body "I" or self

Again without which all other issues would have
no foundation or ground to build upon.

Nisargadatta Maharaj, (paraphrased):

"All your problems are the body's problems..."

As the I am, self, body-self, isness,
beingness or whatever appear numerous
existence (ism) issues arise;

Separation

Who am I?

How did I get here?

Why am I here?

Choice

God

Death

The list is endless

With numerous compensations or ways to handle, heal,
explain, psychologize or mythologize,
(with myth-conceptions)
these states of existence

A few examples:

Religions appear in order to handle death

Religious Fiction: you do not die, but rather you go
someplace else.

Religion: A cure for death

*Revisiting Soren Kierkegaard,
(arguably the founder of the God side of the
existentialists) **leap of faith.***

Kierkegaard in the light of Nisargadatta Maharaj

The leap of Faith is not a must
BUT a state of existence to be discarded.

(Nonduality: the religion: a cure for separation)

The sense of beingness or I am

Metaphorically formed in utero

The sense of being, isness or I amness is its intrinsic
nature

Like grass is green

We all sprout from the earth,
(metaphorically mother earth).

To be separate would be like a plant separating itself
with the concept of being separate, special or different.

Nisargadatta Maharaj:

"You are like grass growing."

Compartmentalized boxes
Compartmentalized frames
And I-entities.

No self without the metaphor of a brain
No mind without the concept of mind

No perception without the metaphor of a perceiver
No location without the perceptual locator
No time without the perceptual apparatus
No space without the perceptual apparatus
No mass without the perceptual apparatus
No energy without the perceptual apparatus
No quantum without the perceptual apparatus
No neuro-science without the perceptual apparatus

Unending time
Without time

The Existential Mirage appears to appear

The self concept re-enforces itself.

When the concept of the self awakes from sleep it

perceives the same reality again and again

Reality: A map, a perceivable perception

The "I" is part of that map

Located within the map

The seductive trap: the "I" imagining it has something to do with its perceivable perceptions

Mistakenly labeled ego,

While the "I" arises after the action and event have already occurred

Nisargadatta Maharaj (paraphrased):

The "I" arises late, and then takes blame or praise for what it has not done.

The "I" and the 3+ dimensional map appearing together simultaneously

Ego: a label representing something which does not exist outside of the map

Ego: a label representing something which does not exist outside of its own perceivable map or film

The concept of ego is part of the illusion

Neti Neti

Neti Neti is part of the map-film

Seductive Trap: the "I" can change the map.

And by doing so change the territory

Change: a resistance to non-existence

Change: A resistance to what is

Trying to improve

Change

Make a better "I"

Mistakenly imagining you create your own reality contributes to and re-enforces self-consciousness and the sense that the "I" is the center of a world which revolves around it

A mirage trying to be or become a better mirage

*Like the ocean does not create the waves,
it just happens*

So too, you create nothing

Nisargadatta Maharaj:

"Give up the tendency to improve yourself."

No bad or good

Just part of the illusion

Neti Neti

Neti Neti: Part of the map-film

The "I": a label within the map-film representing something which does not exist

Less than dust

Imaginary dust
Just part of the illusion
No Neti Neti

*Seductive Trap: The illusion that the world
was there before the "I" arose, and that the
world will be there after the "I" vanishes*

Trying to change pictures, stories, beliefs, perceptions or
trying to make a better picture, or comparing pictures
and trying to "fit in" to the "right" picture only adds
more lenses and re-enforces the story and the "I"

Beware of Maya, George Harrison

Maya: That Which Isn't

Maya: That Which Isn't

Maya: That Which Isn't

Mirage III

Looking Into A Starless Sky: The Existential Mirage Appears

Empty

A knower appears to appear

A Knowing Knower appears to appear

A Knowing Knower with no frames of reference
no references to frame

The knower-looker appears to appear looking for
non-existent patterns

Organizing chaos

A mirage self seeing itself as not self

A looping into the belief in concepts of existence

Trying to understand its existence

Never questioning itself

A point of view

A point to view from

Believing its perceptions and the organized patterns
beliefs and

of the point of view of the perceivers'
abstracted perceptions.

Assuming the position of the point
the looker or perceiver

never turns toward itself..
Believing its' perceived perceptions
The Existential Mirage Appears

Without being, isness or presence
All is part of the illusion
The Existential Mirage Appears

The universal mind: contains all minds
Without a self or mind
Without a perceptual locator
No universal mind

The earth has no substance
The earth has no substance
The earth has no substance

The one mind
Consciousness
No quantum
No mind
No consciousness

Facing the eternal
Without a face
What is your original face?
No Face

Doing or not doing: An understanding
Understanding: part of the illusion

The Existential Mirage Appears

Without either the concept of doing
or not doing simultaneously

Spirituality: A miss-guided concept of a self which does
not exist

The Existential Mirage Appears

The Illusionary body illusions an illusionary "I"

The Illusionary body illusions an illusionary "I"

The Existential Mirage Appears

Nobody knows why anybody does anything

Nobody knows why anything happens

Nobody knows why anything does not happen

Explanations, reasons, justification

The Existential Mirage Persists

The loss of the concept of loss

The loss of the concept of control

Control never was

Without reasons and explanations

What is?

An illusion: seeing, experiencing, something which is not
there

The looker-"I"-point finds an organization with
meanings, explanations and reasons based on nothing
but it itself.

The Existential Mirage Appears

By believing its perceived perceptions

The existential mirage persists

Problems of existence solidify

Quantum without a perceiver is

NO Quantum

Neuroscience without a perceiver is

NO Neuroscience

Birth and death

All "I" and perceiver dependent

Believing its perceived perceptions

The existential mirage persists

Problems of existence solidify

Awareness

Duality

Non-duality

Oneness and God

A Rorshach test

The "looker-perceiver-I" does not realize it is all

dependent on its point of view

A point to view from

A perceiver's perceptions

The existential mirage persists

Problems of existence solidify

Nothing exists without a perceiver there to perceive it

Dristi Shruti Vada:

*"The world is only there as long as there is
an "I".(perceiver) there to believe it."*

Bishop Barkely:

*"If a tree falls in the forest and there is no
one there does it make a sound?"*

Be careful of the trap of trying to change the perception
of the perceivers' or its' perceived illusions

It only bears more of the same fruit

A mirage with no water

Believing its perceived perceptions

The existential mirage appears

Dristi Shruti Vada:

*"The world is only there as long as there is
an "I", (perceiver) there to perceive it*

Without an "I"-perceiver

No world

Buddha, The Diamond Sutra:

"There is no world."

Believing perceived perceptions

The existential mirage persists

Problems of existence solidify

The Existential Mirage Appears

Without a perceiver no existential Mirage

Lenses unraveling

Lenses unraveling

Lenses unraveling

The Existential Mirage Dissolves

Section II

Psychology's Wet Dream

Choosing the Title of this Section

I thought this was a great play on
words for two reasons.

First

It's a wet dream for believers in psychology
who are
"true believers"
and have accepted psychology as their personal savior

Why?

Because what could excite psychology devotees
more then believing that psychology is "spiritual"?

And

that psychology is part of a
"spiritual practice"
and

Secondly

Since psychology and spirituality are part of the illusion
appearing within the mirage
as part of the dream
and is an illusion

therefore

this title fits well into the context of the

"Dream Trilogy"

I HOPE YOU GET OFF ON IT!

A STORY OF "I"

An Existential Fiction: Psychology's Beloved Myth-Conceptions Existential Illusions

An Origin of Existential Angst

I feel like I have to be something

I feel like I have to do something

I feel like I have to have something

I feel like I have to create or produce something

I feel like I have to not be something

I feel like I have to not do something

I feel like I have to not have something

I feel like I have to not create or produce something

The Birth of the Blues

A blur and light
A shock
Thrown from nothing and nowhere
as there is no inside
there is no outside
Into somewhere and something.

Noise.

Without the cognizance of time
Nor of where
Nor of the what is

No where

No concept of **is** or **was**

Somehow, the "I" or the perception of a world, (which
came first)?

Appeared

Or appeared to appear?

Hazy unformed like looking from an acidic world.

The how
and
what
and

who was far away
Without a concept of "me" or "mine"
Without a location

Without the concept of a center from which
something arose or could arise

*(It would not be till later that the imagined "I" would make a linguistic
miss-conception as a state of being with a located center or source of
existence, in opposition to the linguistic state of non-existence).*

Rather the mis-conception
(myth-conception), would somehow appear like
a sound-image coming out of nowhere. **Not
yet formed, it appeared as a force.**

Somehow the story-world and state appeared and with it
a perceptual mechanism which believed
it was

Somehow, this confused deluded perception of "I"
imagined that this was the direction that was
or would-should be taken, a trajectory,
a **path** was revealed.

*(It was not till "decades" later when this nonsense dissolved, and the
"I" dissolved realizing the freedom from its burden).*

Without conditioned meanings

The "I" or the perception of a world
which came first
An Appearance
Hazy unformed
An acidic world.

The how, why, where, what and who
not yet formed

A conception
a sound-image coming out of nowhere
The story-world,
The perceptual mechanism believes that it is.

Deluded and clouded
The concept of I am not yet fully appeared
Realize the freedom from its burden.

Appearances carries
the illusion of being born
from or as **a source**
or
the source
with a **location**

Existential Mirage:

*The illusion of being born, with a past,
from a source or as a source with a location*

Mirage II

No "I" Concept

The concept of I am had not been born,
yet as there was peering out the slits that would later
be called "my" eyes the world of haze, and the illusion
of "forces" began to sharpen and images appeared

The only thing that was noticed was pangs
for food, water, and in a word comfort.

Large god like creatures kept looking down on this body
making sounds and gestures and applying comfort.

Sometimes they seemed happy and other pained.

Soon "my" gestures seemed to correspond to their
mood,
And
we were one and the same unit.

In fact by what the body did the "I" hallucinated
(infantile) fantasy whereby it could control
or
that it **created their actions.**

At first, the "I" had thought in some weird way that they
created me,
but actually,

in a reversal

the "I" fantasized **I created them.**

This hallucinatory illusionary fantasy was a deep state
a puzzle that the "I" fantasized that only
the gods must know its secret.

Still I thanked these gods for providing for my needs,
almost without request,
or actually even before I desired anything.

This was like a **heaven,**

as a desire arose it would be immediately fulfilled and
more comfort was applied like a warm balm that seemed
to last, (since there was no concept of time) an eternity.

This **heaven,** and living with these gods felt timeless,
an eternity. A thought appeared that somehow "I" must
have done good to get here.

The illusion of cause and effect appears.

(After all one of the purposes of the nervous system is to organize
chaos)

Existential Mirage:

*Magically the gods know what the "I" needs and what it
doesn't need.*

*Accordingly the magical gods are always watching,
recording, observing
and
are omniscient*

Existential Mirage:

Mom and Dad: The Archetype of God

Sounds and gestures

Applying comfort.

Understanding the archetype of God

A pre-verbal, pre-conscious appearance appearing so
early

Impossible at first to imagine another world

Plato's Perfect Ideas

Later Jung's collective

Collective

No Collective

An explanation

Abstract foolishness

Organizing Chaos

Existential Mirage:

Hopefully the gods have a plan to organize Chaos

Unformed

Appearing as forces

Now a place

Now a world

A perceptual illusion

Existential Mirage:

Thrown into the world

(Martin Heidegger)

The gods are happy

The gods are pained.

My gestures correspond to their mood

And we are one and the same unit

Existential Mirage:

*What the body does (the "I") can influence, control and
create the actions of gods.*

*I can get them to give me what I want if I
play there game and do what they want.*

Existential Mirage:

*They, (The gods), created me,
but actually I must have created them.
a puzzle, a secret that only the gods must know.*

Thanking these gods for providing my needs,

Existential Mirage:

*What grace when they do provide my needs with
comfort (a lesson when they don't),
almost without request or actually even before I desired
anything, a comfort of their grace.*

"I" must have done something right."

Existential Mirage:

A magical omnipotent omnipresent god watches over me and provides what I need and that is called grace.

Existential Mirage:

*Like heaven, as a desire arises it is fulfilled,
if the "I" needed it, if not, a lesson.*

*More comfort arose called sleep that, (without
the concept of time) appeared to be eternal.*

Mirage III

The "I" and the Body Become One

Time has not registered,
and certainly not as it pertained to a body.

Yet slowly, without noticing,
like a frog who would jump immediately out of boiling
water, but when put in slowly heating water,
the frog would remain until it died.

The body became "I"
and the beautiful oneness was lost. Truly

paradise lost.

I was separate (I must have done something really
wrong or sinned) through no fault of my own,

for now I was
and the body was no longer an object
but a subject
a point of view
a position slowly solidifying in a location.

Without the concept of time
This heaven, and living with these gods felt timeless

An **eternity**

A thought appears
How did "I" get here?

Existential Mirage:

"I" must have done good to get here.

As the body becomes "I" separation appears

Existential Mirage:

The beautiful oneness is lost. Paradise lost

Existential Mirage:

Paradise lost,
I must have done something wrong.

Separate through sin or a fall from grace
with each move comes an on-going correction
called
socialization
separation takes hold

Existential Mirage:

*Maybe I did or must have done something I should not
have.
For now I am
And
I am separate.*

Existential Mirage:

*Fall from grace,
I was in the garden, (oneness),
and now I am cast out*

Separation re-enforces I Amness

Separation re-enforces itself

The body was no longer an object

but a subject

a point of view

a position slowly solidifies in a location.

Separation: In a world peering through what

is NOW "my" eyes with "my" perspective.

Mirage IV

From I Am That One Substance to Who Am I?

Separation appeared and was perceived
I was in a world peering through what had now become
"my" eyes with "my" perspective.

How had I fallen into this?

what did it mean?

and where? and who was I? became the foremost
question.

It was truly a perception which had changed from I am
That One Substance
to Who am I?

(Unfortunately, I did not realized until many years later that the more I
moved "forward" looking for the answer to Who Am I?
and the more I struggled to find the answer
the more solidified and re-enforcing everything and the I became).

Survival was magnified,
the gods who took care of me became more important
and in some weird twist of fate I yearned to keep and to
be the "I"

so that I could determine how I
got here in the first place.

(I later realized that it was the desire to **be here now** and figure

this out which paradoxically pushed me further into the solidification-identification of a self, a being, and a sense of isness in time.)

Existential Mirage:

*For the "I", the new creed:
In the world,
but not of the world,
as separation is
and the world is not me.*

Existential Mirage:

*Maybe the "I" has fallen from grace,
Maybe born with/of sin?*

Existential Mirage:

*The "I" was not,
now I am,
knowing Who am I? will solve all my problems.*

*(The Realization of Who I am, is the search for a logos or a logic,
a variation on Jacques Derrida.*

*Jacques Derrida (paraphrased): "The History of philosophy is the
history of the search for a logos, (logic), a transcendental presence
that exists prior to the creation of the universe).*

The more the "I" "moves forward" looking for the answer the more the
"I" struggles to find realization-relief, resolution or liberation
the more solidified and re-enforcing everything became and the "I" am
became.

**(The "I" struggles to keep the sense that it is
and was,
in order to find out
Who I am?)**

not appreciating its deteriorating and re-enforcing effect.

**The "I" keeps the "I" to find out who it is,
thus re-enforcing itself.)**

(Not realizing) it is the desire to be here, (now) and
figure this out

which paradoxically pushes the "I" further into the
solidification-identification of something which IT
knows not, a self?, a being?, a sense of isness?,

The desire, seeking to find the way
out leaves the "I" more "in".

Existential Mirage:

There must be a reason or purpose.

The "I" and the belief in separation and finding
out, "Who am I"? becomes a religious creed,

The "belief in in the "I's" perception of the
physical universe becomes an implicit religion
and path to be worshiped and obeyed.

Existential Mirage:

The desire to learn it,

(mom-dad-the worlds) laws

and rules to survive

*and be comfortable would return me to the good graces
of the gods*

*and return to the heaven,
which was where I started.
That is the seeking mechanism.
A spiritual path.*

Existential Mirage:

*Like a religion, the gods had to be pleased. And so,
transpersonal transference continued outside of the
thing called awareness.*

(Much later I realized that awareness was born of a body-self).

Existential Mirage:

*Deeply there is a fear that these gods not only created
me, but also they are responsible for my survival,
evolution, growth and existence.*

*The "I" assumes the god's have a plan
that obviously the "I" knows nothing about,
Maybe if I serve them I will find the
answers to these questions.*

Existential Mirage:

*The gods are watching, witnessing me from a distance
and have a plan.*

*("He sees you when you're sleeping, he knows
if you're awake, he knows if you've been bad
or good so be good for goodness sake").*

Existential Mirage:

*(Although as a defense) the "I" manipulates it **as if** the "I" were magically in charge and created them,*

(The "I" fantasizes that it creates its own reality.

Existential Mirage:

*The "I" magically believes
that their, (mom-dad-world) reactions
are dependent upon It, (the "I").*

Existential Mirage:

*The "I" (fantasizes) IT controls them, and the "I" is
responsible for their reactions to it.
If the "I" could control or even hide its actual feelings
and experience then it could control the world. (mom
and dad) and then get them to give it what it wanted,*

Mirage V

It Must Be Something I did or Said

Separation continues to deepen

The mind compartmentalized

and

solidified.

Did I do this?

or was it something I did or said?,

what did it mean about me?,

did I have some sort of deficit,

and if I had a deficit how could I hide it,

and over come it.

And finally, how could I magically control the outside world to both survive and get it to conform to my inner

wishes

while hiding that I had inner wishes or desires.

I must get over this fall from "grace"

And win their grace.

Existential Mirage:

The "I" hides its fantasized deficit and pushes to overcome the bad "I" or hide it, so that the "I" can get what it wants.

Existential Mirage:

The "I" magically imagines it controls the outside world to both survive and get what the "I" desires.

Trying to get the world to conform to its inner wishes, while hiding that IT, (the "I") had inner wishes or desires.

Mirage VI

Desires Rationale and Grace

Desires bothered me,
obviously they were bad
because the gods seemed to become annoyed and
irritated at the nonstop needs.

The "I" imagined needs too were bad.

The "I" began to find a way to get the gods to take care
of its needs without asking.

The "I" wanted the gods to give it whatever it wanted
whenever the "I" wanted it
without having to ask.

The desires and needs were unstoppable
and
seemed to precipitate
and
ergo control all its actions
while the I battled to keep them hidden.

The "I" developed a rationale,
a motivational schema,
a justification for its behavior based on its hidden
needs and agendas for getting its needs met.

Simultaneously, it seemed desires which had been
fulfilled in the past without a word or expectation
Now required an effort from this "me"
to get the gods to meet them

Clearly, I had fallen from their good graces.

Maybe if I figured out how to shift my needs to their
needs,
or
what I imagined they might want
seemed like an obvious strategy to get
back into their good graces.

As that strategy began to work,
the gods seemed happy,
which
got my needs met,
so I felt happy.

Sometimes when the needs were not met
the "I" imagined it would get them met in a future time,
or their was a reason
or
that it was a lesson
and that when it learned the lesson it would get the
needs met.

OR
maybe the "I" really gets what it needs,
and

therefore the "I" didn't need what it didn't get.

"You can't always get what you want

"You can't always get what you want

"You can't always get what you want

But if you try sometime

You might find

You get what you need"

Rolling Stones

After all the gods **are perfect** and know what I need.

The "I" also realized that to please the gods **obedience**

to them was a absolute necessity

to take care of their needs

and to **serve them, without a self** became the gods

wish,

and so mine,

(selfless service)

as unknowingly

comfort and survival were my only interest.

Mirage VII

Winning God's Grace

(It should be noted that prior to the solidification of the "I", all perceptions are hazy so people can often times be "seen" as energies or as forces.)

Virtues and praise were **sung to the gods**. Fantasizing
that by doing so
the gods would be pleased and grace
would befall the this "me".

Paradoxically the gods also felt like both
my protectors and my captors.

At first it all seemed easy and fun as (the) "I" began to
play their game to get what it needed. But as (the) "I"
pretended to do that,
I began to forget I was pretending,
and so the game of **modeling** them for survival felt like
a painful trap
as my self along with the corresponding needs
and feeling had to be hidden, not only from
my masters, but soon from myself.

Mirage VIII

Separation: Them Versus Me

The delineation between them and me,
and inside and outside strengthened as the game of
survival seemed more and more crazy.
As if the craziness of hiding what was going on with me
matched the craziness of what appeared outside
which I was expected to conform to.

Mirage IX

Fitting in to Survive

This process continued outside of my control.

Feeling even crazy,
as if they were sane and right,
and

I was crazy and wrong.

What was more disturbing was the rules of the game
which was foisted upon me became internalized
and

like a sheep unknowingly heading to its own slaughter

I began to believe these rules,

Or

better said

The path laid out by the gods,

which had become internalized were
right and the I was wrong.

Moreover the thoughts, feelings, emotions, and all I
thought I was

was dominated by some new internalized cruel ruling
self

I called it the **should self**

All I thought I was was not right
and had to be changed squashed and certainly not

shown in order to fit in and be seen as appropriate.

(god I always hated the word appropriate, it meant fitting in to some status quo bourgeois value system...

hated it!!!)

Mirage X

Becoming Them

Somehow all the rules of these god-like people who controlled my existence must be obeyed in order to survive, get ahead, get what I wanted evolve and get some form of pleasure. In fact, they were responsible for my entire being and evolution. What a wierd game or play I was in.

In this way the rules which are now internalized had to be obeyed.

Soon I developed a **strategy of modeling** and being like them,

(taking on their personalities, point of view, sense of humor, values)

for this I was "accepted into their cult.

(Foucault (slightly paraphrased): "The person with the power controls the discourse." i.e. what you can be, do, have, say, feel , express , look like etc.)

In short whether I liked it or not I became mini-them, with their **"way"** or **"path"** of living which guaranteed pleasure and survival.

Mirage XI

Living Their Existence

What became even more striking is that I sounded like
them,
and
my life became theirs.....
as if they controlled this body and all it contained,
while inwardly
a fire of anger burnt which had equal force as the
internalized self fighting for liberation from the cruel
gods who condemned me to live in the prison of their
existence. (This is reminiscent of the Gestalt that
should-want split which appeared in the late 1960's.)

Mirage XII

There Are Other Gods?

The "I" continued seeking attention,
sometimes by increasing the comfort of the gods,
continually hoping to gain comfort through this action.

I made up a story of serving them without a self,

(selfless service)

which would ensure a more comfortable survival.

But,

suddenly I met others who too had gods.

It was then I realized that my gods
were better than their gods.

(My father can beat-up your father).

Mirage XIII

Demon Possession

Something they called love was granted by these gods.

However simultaneously,

with

equal if not greater force,

what I now mistakenly called my own self battled back

even though the gods tried to stop it,

as if

I were possessed by some demon or other.

Mirage XIV

Parents Are Not God

I had fallen into the trap and resigned.

(spiritualized as surrendered)

myself to this thing called life.

No longer were the Gods god,

they were parents who exerted their power over me

suppressing any creativity

with reasons and justifications, using the school,

(learning lessons)

and the system as their allies.

Mirage XV

Compartmentalization: Frames of Reference A natural survival response

As time moved before me
the game solidified.
And so,
as if by a trick of the mind,
compartmentalization formed through
repression-survival
producing an unconscious world perception
that was in a frame,
i.e. frames of reference,
like boxes or windows.

Each box or window contained its own frame of
reference,
its own understanding; thoughts, memory
emotions associations, and perceptions.

(Psychology called these parts, ego states, or subpersonalities.

I called them I-identities to highlight that each was a closed loop
with a different "I-perceiver".

And

that these frames of reference hid a "perceiver-less state" where there
was no frames of reference,
and
no references to frame.)

Through compartmentalization
a new creed appeared.
And
through compartmentalization
and its frames of reference
the "I" was able to navigate into the appropriate and
acceptable behaviors and thoughts etc.
And into the heaven of survival and bliss of what was
now called a future
or
here and now
or
here-after.

The sad part was that one of the compartments was a
mask which was seeking the societal grace of fitting in.
Fitting in led to the promise of a **reward in a future
life.**

Simultaneously, in another compartment, hidden,
A legend emerged
I imagined fantasized and dreamed there was
a real self.

A self,
an organizing self
hidden behind the false masked selves.
I termed this the **"Real Self"**, a unique self that was me
and mine, an essence or essential self which lived and

breathed, wishing only for the freedom or liberation of
the jail cell of existence.

(Later I came to realize that this organizing real self,
unique self or essence was part of the illusion of being,
and held all the compartments together like glue).

Mirage XVI

Redemption from Prison

Giving the parents their due,
I was supported,
but at a price.

Modeling their behaviors, actions, mannerisms and
even viewpoints,

I became what they wanted.

A carbon copy.

The only rebellious act was to play as if I was them.
At the same time I began to seek attention from others
who too were trying to

keep hope alive

and

faith in a redemption

from

the hell of the masked self

who remained hidden and unknown to the world.

I began to

wait for a savior,

("Waiting for Godot")

to deliver me from the darkness of a prison existence.

Mirage XVII

Freedom My Own Illusions

As time passed,
rebellion or over throwing the tyrants outside
taking off the masked self inside
and
to liberate, (whatever that was),
seemed like the only solution to this problem.
If I could outsmart the system
And
beat the bad guys,
then somehow I would be free.
(I realized later that the masked self, and the bound
self were connected and part of the mirage.)

Mirage XVIII

(I did not know where to put this section)

Separation Deepens Mind Compartmentalized Solidifies.

The ego or "I"

The illusion of doership is crystallized
the opposite of transparent or translucent

an

opaque "I"

An "I" in a location with itself at the center,

The illusion of an "I"

No "I" to remember its non-isness

*"We live in a world of mirrors and everyone
thinks they are looking out." Unknown*

Desires-needs are a bother

Unquenchable.

Existential Mirage:

*The "I am" is certain that desires are bad
because the gods seem to become annoyed
and irritated at Its nonstop needs*

Existential Mirage:

Needs too are bad as it irritates the gods.

The "I" finds ways to get the gods to take
care of its needs without asking.

The "I" wants the gods to give it whatever it wanted
whenever it wanted it without having to ask.

The desires and needs are unstoppable
and
control the "I"'s actions
while the "I" battles to keep them hidden

Existential Mirage:

"The cause of suffering is desire"

Existential Mirage:

"Stop desiring stop suffering"

Buddha's Noble Truths: Revisited

Existence is suffering.

Nisargadatta Maharaj (paraphrased):

"Living in consciousness is suffering."

The cause of suffering is desire. The desire to change
what is.

Without cause and effect

(Enquiry: Prior to words or sound;
What is desire?)

*Vijnana Bhairava: Take your attention
off of the desire and put it on the desire
itself as energy or consciousness*

Stop trying to change what is, including the trap of,
"If I accept what is, than everything will change for
the better."

Realize the existential mirage and the
nature of the perceived universe.

Desires are not to be gotten rid of, just realize their
outcome is based on the belief that **I Am, You are,
and it is.**

And that an illusioned "you" will get rewards-
punishments for actions

This reinforces the belief in a non-existent world.

A moving picture
Without movement

Simultaneously, it seemed the "I's" desires which had
been fulfilled without a word or expectation now required
an effort from the "I" to get the gods to get them met.

Existential Mirage:

Clearly, the "I" had fallen from (their) grace.

NOT AGAIN !!!

If the "I" can figure out how to shift its needs (which became its **mission or path**) to theirs, (the gods') needs or (**mission or path**), then liberation would be guaranteed.

Mirage XIX

Existential Mirage Solution: Be Them EVEN MORE!!!

The self-"I" felt a lack,
A deficit
(as if something is missing)
remains hidden
and

a no-self identity emerges.

The gods are pleased and happy,
which got the "I's" needs met,
so the "I" feels happy but dissociated from itself
and an emptiness which it labels as a lack.

Existential Mirage:

I am empty inside and there is something that is not right with me. I must fill up the emptiness or try to get another to fill up the emptiness or hide the emptiness or overcome, (compensate for it).

Existential Mirage:

Please the gods, obedience to them and their needs, and to serve them without a self, (be egoless) became the gods wish. And so a new no-self Identity is formed

more spiritualized and nobelized into the spiritual).

Noblized: A reaction formation whereby a set of survival behaviors is made to be noble and spiritual

Spiritualized Existential Mirage:

*Virtues and praise are **song for the gods**,
(my captors).*

Play their game to get what is needed.

*The "I" pretends to do that, models them,
and then forgets it is pretending.*

The game of **modeling** them for survival felt like a painful trap as my "self" along with the corresponding needs and feeling had to be hidden, not only from **my masters**, but soon from "myself".

The delineation between the gods and the "I" and inside and outside strengthen as the game of survival seems more and more crazy,
"as if"

the craziness of hiding what was going on with the "I" matched the craziness of what appeared outside and the "outside is what the "I" was expected to conform to.

The "I" feels like it is walking and living on **egg shells being watched, (observed)**

and **on trial** for something It supposedly did. But no one

seemed to know what it was that I had to be tried for.

(An internalized interpretation of "**The Trial**" by Franz Kafka).

This process continues like an unwanted habit, outside

of the "I's" control,

The "I" feels crazy,

"as if" the gods are sane and right,

and the "I" is crazy and wrong.

The rules of the game the god's are playing become

"internalized",

(called the shoulds or the superego or introjects)

and like a sheep unknowingly heading to its own

slaughter.

The "I" believes these rules

(which had become internalized)

were right and the "I" is wrong.

The "I" sounds like the gods and becomes

dogmatic in defending their positions and

standards "as if" they belonged to the "I".

The "I" develops an

"internal" observer,

that observes and witnesses

the world through a lens of survival

judgments and evaluations.

Existential Mirage:

The observer, slightly detached, also watched and was mindful of the "I"'s actions, and how they were received from the "outer other".

With the gods internalized:

Existential Mirage:

*The "I" feels both special and different as well as separate. Unknowingly viewing through the lens of the newly manufactured defense of dissociation which is made spiritual, (**spiritualization**) and hence called witnessing, mindfulness or observation.*

Existential Mirage:

The observer "position" felt less pain and so the "I" decides it was spiritual and it was its essence or beingness.

Existential Mirage:

The observer has a unique quality which the "I" begins to consider a "higher" state because it observed the body and was less body centered, and therefore a higher state, (not realizing it was all coming from the biological as a survival mechanism), (god bless the inner observer that witnesses and keeps me separate from the insanity "out there").

Existential Mirage:

Thoughts, feelings, emotions, and all the "I" thought it was ruled by a internalized cruel ruling self, (super-ego), which demanded conformity.

Existential Mirage:

*Suppressed wishes and needs began to grow, fearful of them being seen and released they become the "I"'s inner **demons**.*

Existential Mirage:

*The "**I**" **succumbs**, (spiritualized as surrender) to the gods
and the "I" labels it spiritual.*

When the gods praised the "I"
the "I" feels good and gets goodies.

Existential Mirage:

*The internalized rules
now an **internal dialogue** has to be obeyed, as the "I" rehearses and censors all interactions with itself*

The "I" finds it easy to actually **model** and be like them by taking on their personalities, point of view, sense of humor, and values.

Existential Spiritualized Mirage:

The bliss of succumbing-surrender

Existential Spiritualized Mirage:

*The "I" becomes mini-them, with their "way" or path" of
living guaranteeing peaceful survival,*

BUT

*always on the edge and hyper-vigilant, (aware)
the "I feels like a **peaceful warrior**.*

Simultaneously it takes more and more energy to deal
with the energy trying to express itself,

the "I"'s "demons"

(which was the "I"- self-energy wanted to say or do.

Existential Spiritualized Mirage:

*There is an internal resistance to succumbing and
surrendering to the gods,*

*and the "I" could not get the grace of the gods
until It got rid of this bad thing, called ego.*

The "I" sounded like the gods, and
the "I"'s life became theirs...

Existential Spiritualized Mirage:

*The internalized god controlled this
body and all it contained,*

Existential Spiritualized Mirage:

*Inwardly a fire burnt of anger of equal force
as the internalized self fought for liberation
from the cruel gods who condemned me to
live in the prison of their existence.*

The **demons** of repressed-suppressed experiences got louder with each day,

Meanwhile the evaluative, judgemental vigilance of the inner witnessed labeled the suppressed feelings as bad

Existential Spiritualized Mirage:

Through "practice", (my spiritual practice) the inner demons were kept under "control"

Mirage XX

Splitting in Two

The discrepancy between the experience the "I" was
having,
and the masked persona grew stronger and more
painful.

There was a splitting apart,
on one side the mask
on the other the "I" .

Driven by the need to survive and glued solid by the
false inner witness

which produced a false self and a split within
the walls of the "I"'s prison world solidified.

Seeking refuge from the demons

Seeking attention,

love,

acceptance in an attempt to increase the comfort of
love/survival these parent-gods had granted,

I became very *loving and kind* to them and
others, (the gods seem to like that).

However simultaneously, with equal if not greater force
the suppressed false self battled back even though the
gods tried to stop it.

It was if I were possessed by a separate entity.

Falling into the trap
the "I" resigned itself to this thing called life.

No longer were the gods God,
they were parents who exerted their power over the "I"
suppressing creativity
with their philosophy of why and how, reasons,
explanations
and
justifications,
using what later became an

Existential Spiritualized Mirage:

you have a lesson to learn,

it's a school,

or

Existential Spiritualized Mirage:

*With the system as their allies forming
an implicit threat of annihilation.*

The striking thing was that the "I" still held an

Existential Spiritualized Mirage:

A Fantasized idealized REAL GOD,

as if

*there must be some righteous God to lead me on the
path of righteousness,
a path to freedom and liberation.*

Play the game,

Existential Spiritualized Mirage:

(stay on their path)

became the new creed with the heaven of survival and
the promise of bliss in the future.

The "I" wasn't sure what future
meant, except it wasn't now.

The "I" began to fantasize of the day of a

2nd coming of god

Existential Spiritualized Mirage:

*the second coming of a new god
who comes and ends the game
(the end became a salient wish.)*

"My only friend, the end"

-Jim Morrison, the Doors

behind the mask of societal grace, and fitting in and the
promise of a reward in heaven

or

Existential Spiritualized Mirage:

Next life,

Or

Getting a second chance,

*(because obviously I had done something wrong called
sin)*

I decided given that the new god, the 2nd coming was

*surely going to happen
I would be born again*

"Meet the new boss, same as the old boss."- The Who

Existential Spiritualized Mirage:

*Since the "I" did do something wrong,
The "I" was **born into sin,**
an original sin,
which it had to surrender to the gods rules
to be free of.*

Modeling their behaviors,
actions, mannerisms and even viewpoints,
The "I" becomes what the gods want.
And hence live out their ideas.
This re-enforced their ideas.

The only rebellious act was to play out their identity
and seek attention from others who too were trying to

Existential Spiritualized Mirage:

*Keep hope alive and faith in a redemption from the hell
of original sin or karma from a past life
hummmm (makes sense).*

Existential Mirage:

*The "I" becomes a fantasized masked man
a lone ranger
who remains hidden and unknown to the world
(Of course this too is nobelized)*

Existential Spiritualized Mirage:

*Waiting for a savior to deliver me from
the darkness into the light.*

Existential Spiritualized Mirage:

Who was I?

And

how did I get here?

*Who were those guys?,
and why the game at all?*

Fortunately or unfortunately a belief took hold.

Existential Spiritualized Mirage:

*If somehow the "I" could find the answer to this riddle
then somehow all problems would be solved. This
question haunted and eclipsed "my" existence.*

*Sometimes the idea was background
sometimes foreground
always there.*

Soon

the problem absorbed the "I"-inner self,
while the "I"-outer self continued on its quest for
survival masked in the guise of fitting in, getting love
and attention, and in a word,
doing whatever was required for
survival-heaven,
while the inner self strode on.

Feeling pained

Looking and experiencing behind the mask,
asking questions

Existential Spiritualized Mirage:

*The idea arose that somebody must know
the TRUTH, and I must find them*

Interpenetrating Layers:

Circa 1989-1996

In the great unraveling, layers interpenetrate one
another

The bottom layer being the map or logic

or

logical system

With inter-dimensional layers each re-
enforced this matrix which held the fabric
of the interpenetrating layers.

This logical system or matrix remains
unquestioned and acts as an explanation
and a justification for thoughts, memory,
emotions, associations, perceptions.

thereby structuring, defining, re-
enforcing, and informing the "I"

Mirage XXI

Non-Existence and Freedom

Death and the concept of non-existence somehow re-appeared.

A new idea emerged,

First, the "I" once wasn't

therefore non-existence could be the key to freedom,

Existential Spiritualized Mirage:

maybe the "I" didn't actually exist

second

Existential Mirage:

That if this thing called death, like birth, could come suddenly and appear without request then the "I" was on a time clock to find the TRUTH of existence or non-existence before its time ran out.

In the "I's" desperate need for comfort,

and the time clock running out,

the "I" assumed that the answer to its' questions

hinged on non-existence or death before

"time's up"

and somehow the "I" would either win or lose

Existential Mirage:

*The end of the game was what the "I"
sought, however, the "I" strove to know
the TRUTH before the clock was over*

(not realizing that this striving was re-forcing the "I".)

Would the answer be discovered by "being good" which
the Fantasized-Idealized- Gods/gods/parents had taught.

Was this just survival,
or a
spiritual path?

Maybe that's all freedom was
freedom from myself and away from the never ending
wants which was like
the Existential Mirages' demons, now called ego.

Existential Spiritualized Mirage:

Following rules

*Being good to get to the heaven of the world or
the here after*

or

a better next life

or

liberation was

what the socialization process was.

Existential Mirage:

Socialization: run everyone through the meat grinder

*and hope they all come out the same.
An unusual spiritual path.*

Rules, regulations and hope for comfort in the form of
popularity attention and a
promise of love-survival predominated.

The problem of death is always in
the backdrop. Because of the

Existential Mirage:

*absurdity of life, (Albert Camus)
was foreground.*

*The "I" was living in a big mental institution with no
one in charge,
(None Flew Over The Cookoo's Nest)*

If we all were going to die, then religion was just
an institution designed to handle this question.

Existential Spiritualized Mirage:

Religion has the cure for death...you don't die.

WHY WAS NOBODY TALKING ABOUT IT IN
SOME REAL OR AUTHORITATIVE WAY?

Everything other than this seemed ridiculous ...
without the answer to this big question,
why bother with much.

Existential Spiritualized Mirage:

The "I" began to pretend that all there was NOW....

BE here Now.

And that somehow death was not going to happen to me

"Nobody gets out of here alive."

- Jim Morrison of the Doors

Existential Spiritualized Mirage:

This denial of death, which religion hoped to placate with

the hopeium of a here after,

or

a good god which was better then the

old one seemed even more crazy.

"Meet the new boss same as the old boss."

- The Who

Or maybe

Existential Spiritualized Mirage:

The non-dual religion which was a cure

for separation might work.

If the "I" doesn't play the game

(which is by someone else's rules)

the "I" will burn for all of eternity seemed both extreme

and cruel,

not the loving and forgiving god we were all told about.

Once again the mind was divided,
if the "I" was good then
the "I" gets the good stuff
either here or later in heaven,
and if the "I" was bad
the "I" gets the bad shit either here or in hell.

Existential Spiritualized Mirage:

*This compounded with the anthropomorphic
projection of a god with human emotions did nothing
but recapitulate my earlier survival fantasies.*

If one of the purposes of the brain and nervous
system is to organize chaos.

One of the Dictionary definitions
defines chaos as the empty space prior to the
appearance of the physical universe
then all seeking and its perceived conclusions
once solidified are attempts to organize chaos

There is neither order, nor no order,
control nor no control.

Seeking is a nervous system driven reaction,
cause and effect are a mythology
Duality and non-duality a superstition
Non-duality: the religion; the cure for separation
An appearance and disappearance

dependent upon perception.

Preceivables and conceivables attempt to create order and control where there is only Emptiness, which includes

the emptiness of the "I" which "perceives" it.

Archetypes, are not images or perfect ideas from some other more perfect plane as Plato had proclaimed and Jung co-opted with the collective.

Rather Archetypes were the universal images that each culture cultivated to enhance survival. And because all humans are from the same evolutionary path, similar symbols, stories and creation myths overlap.

There is nothing mystical about it or something to be worshipped.

It was an abstracted human tendency to seek answers through the abstraction process in a feeble attempt to enhance comfort, organize chaos, and ensure survival.

Souls, God and the indestructibility of self-soul, with meanings, purposes and missions were organized with religions and myths, for without them confusion and fear of death would prevail.

In this way, the quintessential part of life, namely death would always remain a veiled mystery.

(Interestingly being saved means
being saved from death)

“You can never get out of an Archetype from within the Archetype” - Quantum Psychology

Existential Mirage:

*“if I ever get out of here”
how do I get out of here?*

The non-provable abstracted story of psychology seems logical with its religion of reorganization and self improvement. which gives hope, (hopeium)

Existential Mirage:

*The “I” keeps trying to get better,
get more.*

*The ongoing hope for change
with the self improvement loop which disguises earlier
driven impulses to get better,
be appropriate,
fit in
and
if the “I” said and did the right things
then somehow I would get there.*

Nisargadatta Maharaj:

"Give up the tendency to improve yourself."

Self-improvement a never ending process

as the "I" noticed the people in the psychology game 20, 30, and even 40 years still working on things and trying to get better, healed, and make themselves better.

The "I" feels better on a track to self-actualization, however, the "I" saw the repetition-compulsion,

(Repetition Compulsion: The tendency to keep repeating the same behavioral patterns over and over and over again in the hope, (hopeium) of righting the wrong and getting a better outcome).

Insanity is doing the same thing again and again expecting to get a different outcome

- Albert Einstein

Mirage XXII

Deconstructing the Personal I-identity Letting Go of Psychology's Traps

Realizing that trying to improve
was a never ending illusion

the "I" decides to take apart what it called
identities so they never appear again.

I-identity:

- 1) Feeling, imagining, experiencing or believing you are special, different from another.*
- 2) Experiencing that you are in a specific location in space-time, and for this reason the location, (usually the body-I), is your point of origin or departure*
- 3) Believing that this I concept with a location actually is, (has existence with a past, present and future.*
- 4) That the I concept is the source of, or responsible for any thoughts, memory, emotions, associations, perceptions, behaviors etc.*
- 5) That the I concept is permanent, and as a permanent entity, (sometimes*

*named a soul or self), can experience
its own Nirvana or non-existence.*

6) *That somehow you are or were chosen and
have a special, or any mission or purpose,
or that there is a special plan for you.*

Whatever is being experienced now,
has been experienced and will continue to be
experienced by someone somewhere

Expand to include

Its all ME in the universal mind

The universal mind

"when"deconstructed is consciousness

"I was doing time in the universal mind

I was feeling fine

I was turning keys,

I was setting people free..."

- Jim Morrison of the Doors

The tendency to understand
Nobody knows why anybody does anything

Nobody knows why anything happens

Nobody knows why anyone does anything

Without happening

Without perception

No reasons

Like a child putting together a puzzle of sounds and
words praying for satisfaction-liberation

The drive for expression,
an illusion that it will yield satisfaction

A child strives to puzzle words in correct order

Like grass is green

Like apple trees produce apples

Asking an "I"-ego to not be there, or to be seen as
an enemy,

is like asking an apple tree to destroy its apples, or
stop producing apples.

Sound, the birth of a word

The word self-I am is born

The self: a concept in the brain

The self: a concept in the mind

There is no such thing as brain or mind

The self: a conceptual concept bearing the delusion
of location, time, space, energy, distance, mass
isness, beingness, presence, and I amness

Psychology drugs, sex and politics

Existential Mirage:

Self-improvement externalized

More hopeium.

More repetition compulsion

Existential Mirage:

*With acid and mescaline appearing
the pain subsided
the "I" "sees" the essence or beingness
within each individual.*

Existential Mirage:

*A beautiful individual being trapped in the body
The birth of the soul with lessons to learn
and karma to pay back.*

Existential Spiritualized Mirage:

*"What if" there is a god... "what if" it or
whatever is watching... "what if" there is
a plan... what if there is a reason?*

The suppressed self begins to secretly question
and secretly seek the answer to this question.

"Therapy" offers a promise and layer by layer of
the false self began to dissolve as not only a new
feeling of hopeium met self-actualization, but also

Existential Spiritualized Mirage:

*A misguided understanding that somehow if I were to rid
myself of psychological fusions and identities the "I" had
either taken on, modeled, or produced, the real self, the
essence along with the answer to who am I, and where
am I and what happens after death would be solved.*

Little did the "I" know that it was these questions along with the belief in there being answers to them which would trap the "I" even further..

Existential Spiritualized Mirage:

*I need someone who knows to save me,
a Guru, a yoga, karma, self-realization, liberation
self realization and enlightenment.*

Mirage XXIII

Facing the Guru

The dawn of a new day
The "I" meets face to face someone who "knows".
Packed with concepts the "I" did not know it had,
The "I" met and projected them all onto this person.

Existential Spiritualized Mirage:

*These gurus sometimes visible,
sometimes invisible left the "I" in awe with the promise.
The implicit guarantee along with 5000 years of tradition
that if I did what they said,
(called surrender)
I would be free
and all my questions and pain would vanish
for all eternity.*

Mirage XXIV

Existential Mirage: Psychology's Fictionalized Definitions and Explanations

Projection: *the art of the brain and nervous system attributing ones own characteristics or situations or people, thoughts, associations and feelings upon another. Often times from an earlier time period in life.*

Transference: *the projection of the brain and nervous system onto another from an earlier time like mom and dad.*

Counter Transference: *the projection of the brain and nervous system onto another from an earlier time. Except with counter transference the identification is with the parent or magical parent, rather than the child.*

*This is most common and most pronounced with **Gurus and Psychotherapists**. E.g. The therapist or guru unknowingly, (unconsciously) take on and believes the projected transference of the client, student or devotee. When this happens and the therapist or guru by doing so re-enforces the age-regressed structures of the clients or students they are being paid to help.*

Transpersonal Transference: *An age-regressed state whereby the brain and nervous system projects onto god, formless gods, and the guru etc. making them omniscient, omnipotent, omnipresent with magical powers.*

Transpersonal counter transference: *In this regressed state, the brain and nervous system identifies with the projected magical omnipotent, omnipresent, and omniscient fantasized other, (usually a parent). In this way, the adult imagines they are omnipotent, omnipresent, omniscient with magical powers.*

(It should be noted that **THAT** or **THE ABSOLUTE** has no qualities or attributes.)

Hericlitus: "You never put your foot in the same river twice."

Existential Hint: You never put your foot in the same river once.

Existential Spiritualized Mirage:

The guru played the transpersonal counter-transference to the transpersonal transference and age-regression of the students.

Thus, enabling and supporting their students into an infantile game.

Students became regressed, unknowingly modeling their guru's or idealized guru's

behavior and taking on their belief system,

Michelle Foucault (slightly paraphrased): the person with the power controls the discourse: what can be said, thought, done, (behavior), felt etc. And what cannot be said, felt, done thought, (behavior) etc.

Ergo, the "I" bowed and scraped like a child to the ideas of someone else.

Ramakrishna:

"I asked my devotees to give up their attachments, and instead they gave up their common sense."

Existential Spiritualized Mirage:

The "I" assumes, all these traps did not apply to it. And the "I" fell into the trap, like a child in a transpersonal transference loop.

Mirage XXV

Acting It Out All Over Again

Existential Spiritualized Mirage:

*Unknowingly the "I" turns its modeling and fusion skills
"to other better uses"
the "I" plunges into the land of yoga.*

Existential Spiritualized Mirage:

*Devotion to the invisible, super idealized god,
(transpersonal transference),
who watched and guided the "I"
with a plan a purpose,
(the "I"'s liberation),
with new rules and unending lessons to teach,
(a new and improved cultural socialization.)*

Existential Spiritualized Mirage:

*The "I" becomes a believer.
Give up self,
Give up desires,
Do what your told
Follow the path
And you will reach eternal bliss
Guaranteed.
Hopeium*

Existential Spiritualized Mirage:

*One self struggles
(once again like in the past)
to give up its self for salvation-liberation,
Salvation: being saved from death*

Existential Spiritualized Mirage:

*A new and shiny spiritualized false self is born with all
new rules, regulations, codes, vows, clothes, (custom)
and standards of behavior which were applied with
extreme prejudice,
(cultural socialization).*

*The "I" begins to look, walk, act, and behave just like
the guru.*

(Transpersonal counter-transference)

This re-enactment or acting out past patterns of
survival,
(nobleized as spiritual)
along with their new way or path to bliss feels right.

*(Emotional reasoning: The cognitive distortion
that if it feels right it must be right)*

Nor did the "I" realize that the pattern repetition-
compulsion of repeating an action imagining
a different outcome was reminiscent of

Again:

*Einstein's, "Insanity is doing the same thing again
and again expecting a different outcome."*

The "I" feels insane.

Existential Spiritualized Mirage:

The Prescription

Surrender to what is.

Acceptance,

obedience,

be here now,

go with the flow

became the cliches of spiritual practice,

(repeat as needed).

Taking on these new attitudes felt familiar,

(like I had done them before),

maybe like a past life,

or past earlier part of this life)

and are great compensations yet these new philosophies

which veiled the suppressed self,

(from where the "I" started),

and drove what the "I" mistakenly believed was

the essential self even deeper from view.

The more the "I" suffered

the more surrender-succumb-accept and

obedience masked the obvious.

Caught in a new belief system destined to draw the "I"
down the same self improvement path whose departure
point was a lack,
Something like
"there must be something
wrong with me."
worthless, unlovable
ETC.

Existential Spiritualized Mirage:

Notions. (were now called impurities)

Down Alice's rabbit hell I reached for and fell.

Mirage XXVI

Waiting for the "Experience" To Set Me Free

*"Why wait for a train if the train isn't coming?"
- Sufi saying (Idries Shah)*

Existential Spiritualized Mirage:

The Big Experience would set me free

Was what I was told,
(they came and went)
so up and down the cycle of bliss-piss the "I" went.

Existential Spiritualized Mirage:

*The "I" was told there was one big permanent
experience that trance-ended all other experiences*

Not again!!!!

Mirage XXVII

On It Goes

As life continued,
the "as if" of the False self with all its fusion and
modeling skills to fit in
survive,
be comfortable,
were hidden under the guise of spirituality.

Existential Spiritualized Mirage:

*If the "I" gets enlightened it will be happy, healthy, holy,
wise, and comfortable for all eternity.
the same implicit promise given since
the "I" drew its first breath.*

Existential Spiritualized Mirage:

(watch your breath)

Maybe by watching my breath things
would change, but who or what was
watching the breath in the first place?

But now it came in a new **custom**;
orange and white robes,

like
Moses coming down from Mt. Sinai
*(Like Charlton Heston
in the
"Ten Commandments.")*

Existential Spiritualized Mirage:

*the "I" took the bait,
and "as ifed" taking on the model of the surrender or
acceptance game,
with the label called spirituality.*

Mirage XXVIII

From Acceptance to Deconstruction

Who am I? was the earliest of questions
by luck

luck has no rules

Who am I? emerges as the "I's" life's work
and unknowingly the "I" was reunited with its preverbal
quest.

The absolute belief,
No the absolute certainty
that
if the "I" knew who it was
then all its pain and problems would disappear.
Deciding in a moment the path
to find out who the "I" was
and
to realize who the "I" was not,

And who was the "I" not?????
All perceivables and conceivables.

Mirage XXIX

**Regressed?
Again?**

**?Yoga?
A Cure for the Existential Mirage?**

Bhakti Yoga: the yoga of devotion and
worship to an (outer) deity

Existential Spiritualized Mirage:

*Taking this on,
worshipping the new gods...*

"Meet the new boss, Same as the old boss"

- The Who

Taking on the Yoga philosophy along with its behaviors
seems easy and normal.

The bliss of regression.

Existential Spiritualized Mirage:

*Karma Yoga: The Yoga of selfless service
with the subtext, "I will get something
really good from this action."*

Imagining that the "I" will get it,
doing it to get pleasure
(a capitalistic yoga and a pleasure seeker)

even though
("You're not the doer"),
or
better said,
("There is no doer"),
is a basic tenet of Yoga

Miss-taking Yoga as a religion, not as a technique
which, like experiences, have an expiration date.

Existential Spiritualized Mirage:

*Beneath the surface **lie a lie***

That somehow through devotion and deconstruction

*I would **be** more*

***have** more*

***do** more*

***create** more*

and

***be seen as** more than the perceived others.*

*Wanting to be the guru is a transpersonal
counter transference, ie "I have the
magical powers to set you free."*

Section III

**“Spiritual”
Existential Queries**

Everything is consciousness,
nothing exists outside of consciousness

A yogic leap of faith?

Krsna is Consciousness,

And

Prior to Consciousness.

*Krsna is the Consciousness without form,
rules
or
regulations.*

Krsna, Me, Atma, Brahman, Buddha is Consciousness

*Not a lifestyle, wearing certain clothes
or a custom, or being celibate etc*

*Krsna, the Absolute prior to
Consciousness called Parabrahma*

What is prior to the emergence of "I"
and the awareness of "I Am"?

What is the preconscious illusion?

The problem **lies** with a subtle presupposition
Presupposing that there is a consciousness
or a something prior to "I" or the
consciousness called "I am".

Without this "introverted" concept called "going in"
Subtle anthropomorphic statements and beliefs dissolve

Then nothing
Not even consciousness would lie pre-personal "I".
I am not and could not be consciousness,

Suffering has nothing to do with me
Illusioning that by waiting it will be revealed to me by
and unseen force if I am good, or ready, or upon death
Is truly an illusion

The intervention of a subtle **"leap of faith", called
surrender** if not carefully scrutinized as a process
of mind and a denial of death can "dangerously" lead
to an infinite number of anthropomorphic super-
impositions projected on something that is not there.

The Archetype of God is not a reality which exists in the
collective,

Rather a pre-verbal infantile concept born of survival
A transpersonal transference
An organization of chaos
Reasons and explanations representing
a non-existent being in charge.

The existential mirage might solidify
The existential mirage might solidify
The existential mirage might solidify

The comfort of this BIG Consciousness
A step to the oneness of non-duality

*Non-duality: An illusion to comfort and
heal the mirage of separation*

Separation and oneness another Mirage
Duality and non-duality is part of the illusion
Duality and non-duality part of the Mirage
Duality and non-duality appears in the dream:
the story of a non-existent self

Without a perceiver, what is?

Unseen forces is a figment of imagination
Without unseen forces
Without deaths time clock
Without death

The Yoga Mirage, (Yoga Maya):

An "I" in training
Ruled by an anthropomorphic invisible intelligent
God with a plan or a consciousness
A leap of transpersonal transference plus faith

Who am I? was an early questions,
By luck?

Luck has no rules

Who am I?,
Vedanta's neti neti,
(not this not this)
deconstruction, discarding, dismantling of all concepts
that arose.

Dissolving concepts
so they did not return seemed like
The pre-verbal path
Neti Neti
Not this Not this appears in the dream
Neti Neti
Not this Not this appears in the dream
Neti Neti
Not this Not this
appears in the dream

Flashbacks appear "as if" in a past
But they actually appear now
Flashbacks appear "as if" in a past
But they actually appear now

And through neti neti
The nonexistent time passes
Neti Neti
The mind pacified,
Removing beliefs,
Discarding antiquated psychology
Inaccurate

Bhakti Yoga of devotion and worship to an (outer) deity
dissolves

An inner dissolving of everything I thought I was
Consciousness

Anything Logical and linear are seductively dangerous
Anything Logical and linear are seductively dangerous

More hopium: if we could rid ourselves of the
bad shit, all would be well with the world.

Without cause and effect

Without time

Without linearity

Without logic

The **lies and hopeium** of psychology dissolve

Combining the yoga of devotion,
with the jnana of intellectual deconstruction
Was the action or activity of Karma yoga
whose intention was without self

What remained though was the missing piece,
the selfless yoga miss-named karma yoga.

For I still imagined that I would get it,
I was still doing it for a me,
even though
"You are not the doer",

or

better said,
"There is no doer",
was a basic tenet of Yoga.

Unfortunately, I had taken Yoga as a religion,
not as a technique,
which like all experiences and states
had an expiration date.

With yoga and yoga "training" the path becomes clearer.
Deconstruct, neti neti on steroids, and all would be well.

Being drawn into the Science of Yoga? was like being
drawn into The neuro-science and quantum physics.
It seemed that what surprised me most was that that
science was the same as, and proved yoga.
Truly in the annals of Buddhism the Buddha
himself was an incarnation, (an appearance)
which brought science into yoga.

a new creed,
that if it was provable scientifically,
then it was grounding to the spiritual
and Buddhist teachings.

Emptiness

Buddhism with its pure emptiness made sense in its
quantum perspective .

And neuro-science would match the "no-doer"

understanding of the creame-de-la creame of Yoga,
Advaita-Vedanta.

Nagarjuna's Eight Negations

No coming

No going

No arising

No subsiding

No similarities

No differences

No duality

No unity or non-duality

Neti Neti

Not this Not this
appears in the dream

Neti Neti

Not this Not this
appears in the dream

Neti Neti

Not this Not this
appears in the dream

Neti Neti

Not this Not this
appears in the Mirage

Neti Neti

Not this Not this
appears in the mirage

Neti Neti
Not this Not this
appears in the mirage

Psychology is part of the illusion
appearing within the mirage
part of the dream

Psychology is an illusion
Psychology is an illusion
Psychology is an illusion

Spirituality is an illusion
Spirituality is an illusion
Spirituality is an illusion

Nisargadatta Maharaj:

"Give up the tendency to improve yourself"

*"You are a mirage which does not
know you are a mirage."*

*"It is easier to understand that the entire manifestation
is of a nature of a dream, or a mirage, but you interpret
the rest of the manifestation as being a mirage and
won't let go of the seer of a phenomenon, the seer too is
also part of the mirage."*

- Nisargadatta Maharaj

