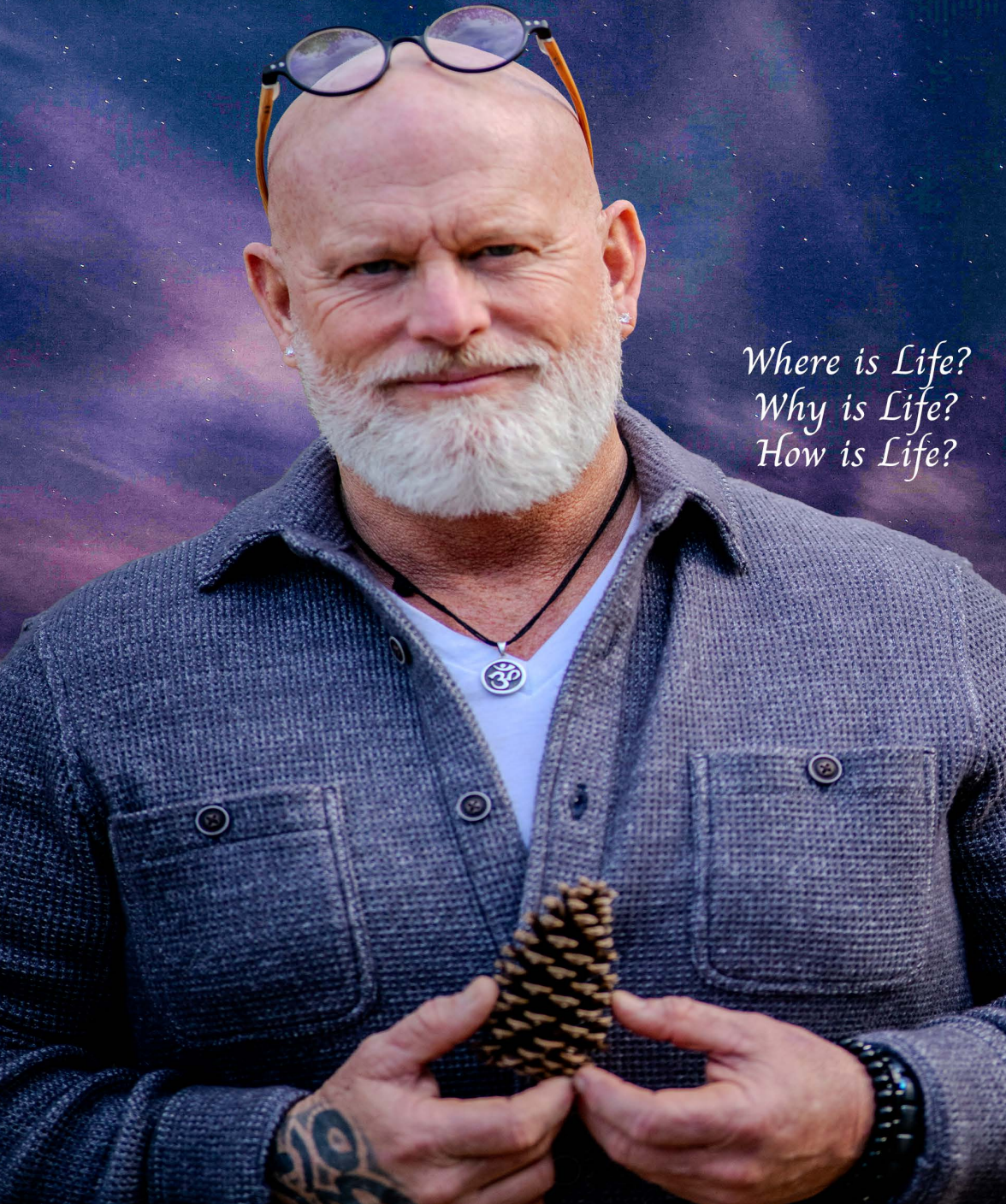


WHAT IS LIFE?

*Where is Life?
Why is Life?
How is Life?*



What is Life?

WHERE IS LIFE? WHY IS LIFE? HOW IS LIFE?

**BRONNER, AMERICAN
MYSTIC**

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A note from the Editor...

Bronner translates principles of life's mysteries that have been known and explained by gurus from around the world for millennia, into concepts understood by our American culture. This "What is Life" booklet is a reader-friendly, companion handbook that will be read and referenced many times over. Understanding and affirmations for the questions and assurance you seek are available here, anytime you want to. This is a real, 1st hand conversation with the author and his knowing of experience, as he walked through it, as he has reflected on it, and communicated in a way that is honest and authentic. Now, it is a tool for you.

A MESSAGE FROM BRONNER

When we consider life in this time space reality we experience right now, there are many factors. We think of friends, family, jobs, our neighborhoods, and our surroundings. As a species, we have used the Human experience to come up with so many ideas and beliefs of life. Very seldom does it occur to us, as a society of HUMAN BEINGS, that WE ourselves ARE LIFE. We say, "I hate my life." We say, "my life sucks." On the contrary, we parade around when we feel empowered by anything and say we love our life. We create so many illusions for ourselves that absolutely complicate the Human experience. And then, we teach ourselves to come up with just as many reasons to become depressed about life, to resent life. To then want to give it back and end life.

I, too, walked this path to its bitter end. I built an empire of wealth, fun, money and what I called success in life. And just at the pinnacle of that experience with my family in tow, it collapsed. All of that "success" crumbled down on top of us all. Me right in the middle. It was ugly and no fun. Over a few years I went from on top to the very bottom. The very bottom of my HUMAN experience.

Rebuilding my HUMAN experience IS my spiritual path. My individual dance with what I AM. The exact same "thing" you are. Every HUMAN BEING IS this experience. IS this experience. The opportunity to enter a physical time space reality AS the intelligence that creates the time space reality. This IS life. This IS what life IS. There is no other "isness" that IS. Each of us IS. This IS what we are; a sensation of "I". The feeling of the entirety centered within a given boundary. The sensation IS LIFE. The boundary we call the body IS our boundary of LIFE we get to use to experience this fundamental sensation. The "I" sensation. I, as the center point of a tremendous ability to know you are here. As this lump of 5 elements: water, earth, air, fire and akash, we call a human body. This lump obviously is not just idle dumb material that means nothing.

What makes this play of 5 elements amazing, is the life within that gives it structure. Far more structure than you can consciously conduct yourself. You and I are this. This is what life IS. YOU.

In this book I'm going to explore what you, as life, means. From my perspective, as a piece of life myself, I see life as life. I do not see you or anyone else as who you call yourself, "Mr. so-and-so this is so-and-so Mrs. so-and so." I know that you are the universe as life itself coming on at me in this particular way. I know I am that too. As I rebuilt my life I searched for what around me could be counted on. As a young athlete, I sought to emulate the very best in the sport that I chose. The sport I chose was baseball. So I would watch baseball constantly. Watching watching watching. Looking for who the best catcher was. I was a catcher or I aspired to be a catcher. So I would watch baseball no matter if it was major league, kids my age at the park, AAA ball no matter where it was if there was baseball I was watching. I was watching to see what tricks, what tools, what practices were being used and which ones were effective. As a very young boy, I had no reference points for what a good catcher was and what a bad catcher was. I had no idea what made a good ballplayer. I had no clue what any of that meant. I simply chose to play the sport to the very best of my ability. Simply because it was more fun. It didn't take a guru, mystic, sage, church, school or any teacher for me to realize. I could only learn baseball by watching baseball players. I could listen to coaches teach me the fundamentals and rules. But watching actual players playing the game under those rules using those fundamentals taught me how to be a ballplayer. The coach didn't teach me how to be a ballplayer. He gave me tools to become a ballplayer. My mom didn't make me a ballplayer. She gave me the platform by signing me up and paying money into a league to become a ball player. If that was my choice.

I learned really quickly in my experience of life is that I could become what I saw, what I experienced, and what I absorbed. If I chose to. I didn't have to go to some school to become something. I already was everything. I got to use this everything to experience the experience I chose.

So I watched baseball. I watched intently. I practiced. I borrowed the equipment from the team on nights and weekends and I would have family pitch to me. I would make them throw hard grounders and make me work. I would practice pop flies, throwing to second base, throwing to first base, throwing to third base. I practiced so intently that I missed friend's birthday parties and family get-togethers. And when I was around my family there was always a glove and ball so someone would play catch with me. I would go on to be the homerun king, most valuable player, best catcher in the league and I had the second highest batting average. I could play any position but I loved to be the catcher. I was a ballplayer. Simply because I chose to be.

This is the same way everything we experience IS. This is life. This is what life is. Our ability to experience the fullness of what IS, within a given boundary, to experience ourselves as a time space personality. The only problem is when we get too identified with the time space reality and it's majesty. I am not really a ballplayer, I am life. I am that life that I am that experienced becoming and being a ballplayer for a short time. I AM and always will be a piece of life. I just use this sensation of "I" to become things. Just like you. The one and only question is, what do you choose to become? Anything? Nothing? Most of us settle into that which we are told we are. The name, identity, values, beliefs, ideas, prejudices and judgements our parents and family hand us. We simply agree and say OK without any or little rebuttal. We become only one thing. This particular person we are handed and off we go in a limitless world. Limited. Many of us do wonderful things and need no awakening or realization. Many and many more do not. Too many of us never realize the fullness of what we are. Even and especially successful people. For most successful people the question of, "what if life never arises in this version of ourselves"? That's ok. For those who are asking this question and others, there are many of us who have realized that we are here to guide. Not teach, though it is labeled as teaching.

No, what I have to offer is simply my experience. I offer THIS in ways that may confuse you, entertain you, create situations for you

to go “uh-huh” or simply realize the truth right before your eyes. The experience of life that I offer is simply from me paying attention to life itself. When my life collapsed on top of me I had nowhere else to turn but within. This turning within exploded the sensation of life within me. I became a student of life. I watched life. Watching, watching, watching. I would watch trees, birds, insects, the wind, sun, and the moon. I began to watch life so intensely that it flipped inside out on me. I began to see life as it unfolded from within me and manifest itself as my thoughts in the physical world. As this experience of life from within me, my thoughts, my ideas, my desires and all that went on inside of me was showing itself instantaneously in the physical world. As I began to allow this new experience of life to settle as my new reality, I struggled. I struggled because we are not taught this. I struggled because no one ever told me that my life is my making and could explain it. Everyone had a philosophy. Everyone has a scripture. Everyone has a leader they think is the best. But what about YOU? You are the deciding factor in any decision you make. You are the deciding factor. And when I realized this I could never give away the power, to make decisions for my life, to another ever again. This is the realization that each of us must come to you to live the life you choose. To live the life you dream. YOU are life itself and it's entire intelligence. I want as many of us as possible to see this. Then to experience this. Once this happens within you, I trust absolutely you will do the right and best things to fit yourself and at least the 10 closest people around you. I trust that in this way, the world we all desire to live apart of will be the world we create. It can happen no other way. I offer my experience through this book so that many others may find life. Not a life but life itself. The full-blown 100% authentic completely genuine limitless piece of life you ARE.

WHAT IS LIFE?

Let's dive right in. What is life? As I told you before, you are life. What this means is that you are complex. Let's say that another way you are a SIMPLEX arrangement of three fundamental "things": energy, intelligence, and consciousness. SIMPLEX because there is only ONE energy in this universe. We call this energy, magnetism. It is the best word I have to use currently. The field of creation we are a part of is a magnetic field. As it moves and twists and bends around in and through itself it creates. It creates through pressure mediation, centripetal and centrifugal divergence and convergence, permeability, capacitance and resistance. I must tell you this right this moment. The language and my ability to have the simple knowledge I do of what I speak about is in part due to the being, Ken Wheeler. I do not know Ken and we have not met. I AM forever a seeker of how to demystify life. We have made it far too complicated. The spiritual path is about reverse engineering our intellect from our buttocks. Our heads are definitely right up our asses in regards to all things. Especially what life is. Since we don't know what life is there is no damn way we can manage it properly. I will let Ken continue this rant of dialogue in his world. But he is very much correct. Ken wrote the books on what a magnet is. What magnetism is. Far beyond science as we know it. But so simple, beautiful and effective. Thank you Ken Wheeler for your availability to the divine and for your courage to share it in this mental grossness of Earth, 2021. WE ARE PUNCHING A HOLE IN THE UNIVERSAL CONSCIOUSNESS. The first ones through always get bloody. Always!

Ok, back to "what is life"! Your host is still the ever so lovely American Mystic, BRONNER. Alright? Let's not take this too seriously. There's nothing serious about it. Life is sincere for sure. Definitely not serious. You are energy. **You are consciousness.**

Intelligence. What is there to take seriously? But of course you can and you create resistance. Resistance is why we are life. To resist the temptations of our totality for a time. And pretend we don't know it. Without resistance there is not life. Without life there is only conscious intelligence. Without resistance there is no need for intelligence. Without intelligence you simply have consciousness. When consciousness is alone it is complete, still silence. When there is complete, still silence there is no reason to be conscious. I'm dancing with words in an effort to create images in your mind of a medium of complete transparency but it knows it exists. It knows it cannot see itself. But it has sensations. Sensations are consciousness. One and the same. Sensations are also movement. Movement means a chaotic dance unless intelligence is added. Intelligence dances with consciousness in no particular way. There is no form to the formless. As it dances it folds and bends and twists around itself. Soon it creates a highly resistant friction against itself and a spark happens. A glow. The BIG BANG? Only a species created from this dance can look back on an idea such as this. And name it. At the time of this conceptual event happened, words did not exist. The human mind did not exist. This and all solar systems did not exist. Words to label this conceptual event came much later as a consequence. Not the reason. Not even a reason. So who cares what damn name anyone wants to give it now. A name and or the relevance of any chosen alpha bits together we call as words, is of zero importance. It happened. Or you can design your own words and call it as you choose. Again, irrelevant and a waste of words.

Now we have created a concept in the mind of how and why life. We will explore further each concept. What is life? A dance of consciousness magnetic, intelligent energy. Creating itself over and over and over forever. New versions and computations. New systems designed from the old. Always in motion. ALWAYS DANCING AND SINGING. Never idle. In mathematics we know this as a Mandelbrot Fractal. Or Mandelbrot geometry. The only geometry that properly explains the toes and fingers on your body and the curves of a leaf or talons of an animal. Every set is a full manifestation and creation of the last. Infinitely. Only a force that

is able to contain itself without impeding itself too much can do this. Only a force that has no purpose and no reason can have no destination all at the same time. Only and only a field can use and reuse itself in such a way. This is magnetism. Two opposite poles that are the same thing can create all we are and all we experience. What IS life? Life is a magnetic field that forgets nothing and remembers everything yet has no mind to care. Life is all around us and we breathe it in and out. Every 2 minutes we MUST inhale unless we train ourselves differently. We inhale life and exhale death. Every time without fail. Until we treat the body in such a way it can no longer hold life. Then body returns to Earth and we rerun to the field. Still life. No body to experience ourselves or the existence. A conscious body of intelligent energy without a physical boundary. This is my experience as I crossed one day, many years ago, the threshold of death. The experience was as though I received a full body hug that I was enveloped in. No pain. No fear. No light and no dark. I just WAS. Nowhere to go. Nothing to do. No “shoulda”, “woulda” or “coulda”. Just me as I had felt bad in my body I just did not feel any sensations. I was comfortable and at peace. Then I was back in my body being yelled at by the paramedic. I came to my senses in an ambulance. Just as that was happening my entire body told me. Not my mind or a thought. Every cell in my body I was now entering again told me, “The answers you seek are only in life. Not in death.” Intelligence made itself very well known in my experience. Many, many things happened within me after that. The most important was that I somehow knew I could rebuild and reengineer my entire life. I had a sick body I knew I could heal. It was because I had a sick mind, my body was sick. I had no idea what to do so I started with telling myself, “I failed at life”. I had to come to terms with this truth. What I thought life was, was definitely NOT IT. I just did not know a thing. And it was ok. Failing at what I thought and was told life is is not failing at life. It’s using a set of metrics to achieve a certain result. And finding those metrics did not yield the results wanted. That’s it. It’s that simple. And this is where our intellectual mind in the ass makes it all so complicated. We are butt heads. We create mind only boundaries called morals, rights and wrongs, goods and bads for EVERYTHING. TROUBLE IN MASSIVE AMOUNTS STARTS HERE.

If you are paying attention so far you may have noticed that the same thing I said created the Big Bang. The same force. The same intelligence. The same field. The same magnetic intelligence conscious energy is also you and me. And all we see. You are not something after the fact or on the end of that process. You and I are still “the process”. Electromagnetic life forms in an electromagnetic universe. Creating experiences of life as life. You may also have made the correlation between that same process and how your mind works. The same exact motion is what a restless thinking mind is. Every idea or thought creates a chain reaction of thinking up every possible reason for that idea. A sick mind creates the reasons, “why not”. What might happen to me? What’s the safe play? An equally sick mind will create every possibility why, “yes”. The positive outlook also becomes a folding back on itself into illusions of the possibilities. While far more able to risk for a reward, many times it crumbles as well. These people often have a serious collapse and fall into crisis within themselves. Positivity brings peace, but there are still moments when we have to engage with the doing of actions to fully manifest desires. Both can be very tough ways to live. Neither is right. Neither is wrong. They are both the way life happens. Naturally. Just because the original chaos that started creation has reached a point where creation is happening isn’t an ending point. There is no ending point. That’s the point. The only and only point is to experience and evolve. This is a living cosmos. Smack full of intelligence that is far beyond a tiny little human mind. That’s such good news for us! We can screw things up as these limited experiences and everything will continue to be. Certainly we can destroy a planet’s surface but this planet will not let us destroy her. WE ARE HER. Our bodies are made of her materials. We survive and thrive only in her atmosphere. We are shielded from the massive fireball that is the one and only begotten SUN, by Earth’s magnetic field. Created by her two poles. We live and breathe within a magnetic field of highly intelligent conscious energy. And we have turned against ourselves out of ignorance in that way too. Because we have this extreme sensation called, “I”, that makes us feel responsible. Driven. Purposeful.

And then add our ideas of god, as if we or he needs saving, and all hell has come to pass. We are so batshit crazy with this sensation we blindly listen and do whatever someone tells us. We have ignored our own intelligence right under our skin to the extent we turn against ourselves instantly. Playing and replaying that same old “somebody did me wrong” song. That piece of shit needs to be burned and forgotten. Because life is not about who did who wrong and the rights that need to be evened out. LIFE IS YOU. YOU are infinite. Infinite cannot be done wrong. Infinite cannot be set right. Infinite means all there is. Good and bad are one in the infinite. Isn't it? Absolutely. From this larger perspective there is never anything to worry about. Just an experience to have, to learn, evolve and move on. Holding onto any situation is resisting. Keeping memories alive is resisting. Dipping back to remember is not the issue. The fact we have memory is a tremendous gift and possibility. Living from memory is a trap. A hard trap to see and exit. In this way we can say life itself is a trap. The experience of containing infinite within a boundary like a body is also resistance we are trapped in. The only and only way to survive a trap and flourish is to know the way out. If you know how the trap works and have the key, it's only a simulation of a trap. Isn't it? A trap you can enter and exit as you choose is not a trap. Isn't it so?

So let's reason and recap. What IS life? Everything is life. Most importantly for you is that you are life. Infinite totality of creation is what you are without a body. With a body you are still the same thing just using a body to become physical. We could say infinite life trapped in a tiny little human body. We can clearly see this is the fundamental basis of resistance. We can say that an infinite amount of shit has been crammed into a 90 to 100 lb bag. And many bodies look like this too. Overfilled with life energy that is stagnant and desperately trying to hold onto everything that the boundary of body encounters. Have you ever sat in a public place and watched as people, entire families, walk around truly carrying their bodies? Walking is such a laborious task. They grunt and groan as they walk and bend or move. This is not a fault of the body but a fault of the user. Very few bodies come with a factory defect. We create the defects which really aren't defects from the infinite view. These are

experiences. Not flaws. Unhappy experiences for sure. But on the atomic and universal scales it's not a flaw or defect. Can you see this? You need not agree but can you see this? Life is never a mistake. Life does not make mistakes. It cannot. There is no finish line or graduation or any sort of win/lose criteria. There is just life. Nothing to win and nothing to lose. So there can be no mistakes. Now you may want to say there is a right and wrong to how life should go. You can do that no problem. Just realize you are setting up resistance to what life is. Life will not happen right as you see it all the time. In fact most of the time. So creating any metric within yourself that creates that resistance can and will cause you to suffer to some degree. Left unchecked, this resistance creates hatred and worse. If that's the type of experience you desire, go for it. Just do it consciously and don't identify with yourself too seriously. So you can stop when it gets too painful before you become bitter and nasty as a consequence.

You are here as life. There will be rainy days and sunny days. Windy days and dreary days. There will be storms and massive changes from our perspectives. There will be on and off constantly. Do not judge and label these events as good and bad. They just are. And there absolutely is intelligence behind it all. Not designed just for you but on your behalf. On behalf of life itself not the individual person, personality or even society. Life is always acting on its own accord so it can continue. Regardless of your thoughts about it or mine. So it's best to keep the largest view of life as possible as your active typical view. From 10,000 feet up our bullshit is non-existent and irrelevant. Once you come to terms with this you will have no more problems.

The Subject of Resistance

The very nature of the existence is resistance. A force we have called gravity is said to hold us down. Yet trees, plants and all that inhabits this planet grows up, out of it. Gravity is actually a loss of inertia or a certain coherency or permeability. "Like attracts like" is also a proper conceptual view. Our bodies are tuned to the same frequency as the earth. This is called the Schumann Resonance. Earth's AUM. Schumann found that the Earth had a frequency and it matched the human body. It was at 7-10Hz but I have read several new findings that say Earth's frequency has risen to 38-40Hz. Remember our bodies are magnetic toroid fields of energy. Or maybe that's not so obvious? But yes, energetically at a scale and dimension our tiny brains cannot comprehend. We are a Taurus field. Torso. Taurus toroid. All the same thing. Our very body is a dance of elements of this world and the electromagnetic frequencies this world creates. We exist because of resistance. Physically on every level our ability to exist in any form is resistance. It is also capacitance, permeability, coherency which are caused by and causes of force and motion. The human mind cannot deal with this. One must simply experience the sensations and allow the creator to be heard.

Mind is also resistance. Mind is also all there is. But what we call as mind is simply brain in motion. Thinking is the action of brain. Mind is the running of constant activity. Mind is pure motion and it takes energy. Even while sleeping a mind motion will burn energy. This creates insomnia and other sleep and breathing disorders. And of course anxiety and stress. All simply resistance. This is why we say one must calm their minds. In other words, cease the motion. No motion no noise. No noise no energy being used. The less energy the body uses the more it can perform. Isn't it so? Of course. It is this simple thing of shutting off your own mind or action of your brain that is the cause of all human suffering. A mind can be shut down can then access higher intelligence from the field of energy we are. Yes I said we are a field of energy. Life energy.

Your body captured some of this field of life energy and created the sensation of “I” within you. Within your boundary. My body captured some of this same field within my boundary and created the same sensation of “I” in the middle. We are the same. We simply have a different chemical and physical make up of the same recipe. The recipe of the human body. A recipe of and for life. Intelligent life. Built on layers and layers of resistance in a constant dance with coherence, capacitance and permeability. This translates directly into our approach to living with other pieces of life. Other people. To become a person we must resist who and what we truly are. We are pure conscious intelligence playing people. Yet at the same time we create and manifest EVERYTHING around us from NOTHING to A physical thing. Or from a simple idea in the darkness of our mind. A thought. Depending on the energy of emotion you give this thought in your mind. Determines how quickly a first physical version appears in your experience. If the energy is strong enough the first physical manifestation will be for your hand to write it out or type it today. This too is mind motion but the energy that was going into constant thought now went into the body and out the arms to the hands. And what was not on the paper or screen suddenly appears. Through you. Magical or no? Overlooked as simply no big deal. It’s “THE” deal we need to give our minds to. Surrender the resistance. It is not how life works. We must stop ignoring the very source of creation that is throbbing inside you. Giving you the ability to exist. You can turn your back on this universal force of your creation but why would you consciously do that? Why would anyone turn away from the fullness and power of creation consciously? That is the exact same as going it alone in the vastness of existence. Not a good plan unless you want to experience true struggle and hardship. You are the key to the best experience for yourself. I just do not see how anyone would be wide awake and fully understanding what they are and what life IS, choosing to ignore your greatest strength. No one desires suffering. A little competitive resistance that allows growth, yes. Flat out suffering on purpose? I do not see that as a viable conscious decision. Do you?

So what I offer in this book and this life is my experience with knowing the difference. It's not a secret or a mystery unless you have been asleep at the wheel. Asleep at the wheel means you have simply not yet paid your full attention to the life you are. And how it is connected to everything. Asleep means you do as you are told and truly believe there is a goodness in that, you have agreed with. Anything you feel has authority, even if you disagree fundamentally. You see life as a test or a proving ground of your obedience and if you pass you might go somewhere nice as a reward. None of this is conscious behavior of a limitless being of life energy. Isn't it so? I offer a perspective that has been my living experience. As a piece of life. And methods that worked for me to go beyond disease and heal and rebuild a body. The path I walked within myself was as ugly as it gets. It is what happens when you turn against yourself because you know not what you do or what you are. I walked alone for years in seclusion to come to terms with the totality of my unconscious ways. To stop the momentum of my karma and allow it to pass. As I watched consciously every aspect of my life from childhood to the very moment I was in, at the time. It was incredibly magical to witness. Now as I walk a new path I created I offer my knowing to anyone who chooses to listen. Because I continue to grow as I write, speak and discuss the mystical dimensions of life with other seekers. And as the methods I offer are picked up and used, I again witness others' transformations with the same tools. Gratefulness fills my body of life in all moments. I AM GRATEFUL.

Let's recap: resistance is a fact of existence. We must see it clearly in order to turn it into a possibility in our life experience. Resistance is a tremendous opportunity for a being of clarity. Resistance is a fact of our existence and a great tool for those looking beyond security and pleasure. These are guaranteed consequences of resistance in the game of life. Life is a game to play and never a job to endure. LIFE IS ALL THERE IS.

YOU ARE LIFE. YOU ARE WHAT LIFE...IS.

WHERE IS LIFE?

The question of where life IS, really has no relevance. Why? Because life is all there is. There is life and then there is life AS something. Life is what makes reality possible.

More importantly for yours and my experience as who we are right now, life is within us. WE are where life is focused. No other life matters but ours. When this boundary of life that is us becomes compromised in any way, WE lose out. Not others. Our ability to experience life in any way as who we are right now IS our body of life. Isn't it?

See we have been looking at this all wrong. We are life itself. Life is within us to use and explore as we see fit. Choosing to be a typical human is only one option. One very limited and completely miserable way to choose to experience limitlessness. But it is a choice one can make. It's a choice so many of us have made without even a sniff of any other option. Then we get so comfortable with it that we defend the fucker like we need to be miserable! Are you kidding me? "Oh I have to stay close to my parents. They will need me." Or "I don't get to follow my dreams, I have kids." Or "one day when I have money I will." Or "I wasn't born for this world." Or, or, or!!!! How many reasons can we come up with to be as small as possible? How many ideas and concepts can a human use to ignore its limitlessness? Yes. Waking up to life is waking up to your limitless nature. Waking up to realize you have been listening to bullshit about who and what you are. Bullshit about God and Jesus and needing to be "saved". None of that is reality. None of that is true.

Let's review.

WHERE IS LIFE? Everywhere.

Where is the most important place life is in your existence? Within you.

WHY IS LIFE?

Why is there such a thing as life? Is there a why? Why would there be a why? Who or what would ask why? For there to be a why, there must exist a “why not?” How does this get reconciled against infinity? Infinity is no end and no beginning. It cannot be broken or destroyed. It makes no mistakes and corrects no problems. It is no thing and all things. Impossible to measure and the question of measuring it is just not applicable. Yet the human mind absolutely can ask this question. I just did.

A mind in motion cannot navigate infinity. It's too vast with no end. No destination. No reason. No prize to claim. No prize even to consider. A mind is based on consuming energy. Consuming energy means it must have food to chew on. This is the nature of the intellect. It is a consuming and cutting tool of reason. Intellect is a segment of our overall mental scape that is in mind as well.

See mind is always a fluid motion not a block of stone. More a pool of life water. Flowing constantly. When it flows it causes itself to manifest where it moves easily. Where it does not move easily it must rest on itself to build up pressure based on its own volume. It will simply wait as long as it needs to fit enough pressure to build so it can flow again. When it meets resistance it simply sits and waits on itself to go beyond itself to find the path to continue flowing. Mind is energy and energy flows forever. So the question of mind is simply to understand what it is and how it works. It's a constant flow of energy. Energy is data. Data is a language of learning and growth. THIS is what MIND is.

You are a resistor specifically designed by nature to dip into this flow of light life consciousness; MIND. You can choose to be like a stone and just simply sit in the stream. You can dip into it and just feel it's cool sensations slightly. You can jump in and off you go. So many ways you can experience this experience of MIND which becomes physical through you, according to how you decide to be in

the stream. The spiritual path of enlightenment is about you becoming a power plant in the stream. A power plant of life. You want to know what it is like to fix yourself firmly, in this vast limitlessness of conscious energy life MIND. And simply sit and be one with it. For many, this sensation is so intoxicating they are finished. For many others they revel in it for lifetimes. For a few, they take it back to society for the betterment of mankind. In the end, those who choose to sit and become a power planet it is a very self-centered quest that has tremendous results for the entire MIND of existence.

To be limitless, infinite intelligence and create versions of yourself to forget this as a tiny little piece of yourself. Experience yourself in so many ways. And have it all lead back to the same ultimate truth as where you started.

THIS is why life. Life is a free ride of cosmic proportion. Igniting life within you IS the spark life gives itself. In so many ways, life can be ignited and burn deeply within you. Only question is: what fire of life are you igniting currently? Fire of fear? Fire of living? Fire of consciousness? Or the smoldering of life barely making a life? More smoke than an inferno.

Give life your own “why” and become that why. You want life to be love, live and give AS LOVE. Do not give life your purpose but put the responsibility outside of yourself on others. Life is constant abundance of whatever you dial up. Choose what you dial up wisely because that’s what you have to call on each moment, abundantly.

Let’s review.

WHY IS LIFE? For the experience of existing!

HOW IS LIFE?

How is life not all there is? How life happens is 100% up to us. We each are the life within us. Perfectly made and regulated for you. All any of us need to do is exist. And there is where the problems start. When you leave a child alone they will explore. We are all children of this cosmos. Little children of limitless potential and the universe itself is our parent. One can only ignore this. One can never disprove or damage this fundamental truth.

As a parent and the creator of all that is, can you imagine a more incredible world of creation to exist in? Certainly not. I definitely cannot. And once you can let go of your persona and simply see yourself and everything else as life, your experience will be absolutely divine. It's your idea of yourself that pollutes your full potential. It is your belief "I, yourself" and an external force you made bigger than the same thing that you already are. This belief of *"poor little me. I'm not good enough. I need to be saved. I need to be vindicated. Certainly I live and am better than those over there."* All of this complete bullshit is what makes you who you are, right now. Don't bullshit yourself. You can bullshit others that will never get close enough to know you. But don't bullshit yourself. Why would you do that? See yourself as no thing. In no place. At no time. Just simply become no thing but awareness. Awareness makes no judgments. It cannot. Awareness is simply aware. Discernment ability is all intellectual. Awareness is simply consciousness aware it is aware of some thing. It has no intellectual capacity to separate. Just simply become that which cannot separate within yourself. This means to identify with limitlessness. Not some God you just bow down to. Bow down because you recognize the divine within all things. Because you see the divine within you.

How? How do I do this, you ask? How do I identify with limitlessness?

Start by shutting your mouth. Talk and all of these words really are cheap. Free really. They only cost the life energy and its focus to create them. The one thing you never will get back is one second of your life. To live it fully you must be willing to shut up and listen. Listening is one half of speaking. There is a series of conversations going on around you all the time. Directly to us from the entire existence. Guiding and directing each life on the journey we desire. In our thoughts and emotions we carry the secret to it all. But it is very subtle and cannot be talked about. Words cannot take you there. You must allow the stillness to take you. You must die into your life to know the full beauty of what you are.

The process of dying gracefully into one's self begins with your own willingness to be quiet and still. Death means what? Stillness has come to the body because life has left it. Only the clean up team remains to decompose the structure and return it to where it came from. But when stillness comes while life is vibrant and there. When this happens, Papa has got a brand new bag. See life and stillness are the same thing. Life is still without pressure mediation and vibration. Electrical discharge results. Kinetic energy in a structure like a human body becomes possible. Your spine acts as the plane of inertia for these activities in your body. Magnetic North Pole is your right brain or masculine side. Magnetic South Pole is your left brain or feminine side. These two poles converge at the spine and the kundalini is the kinetic energy that oscillates, positive negative positive negative. As this frequency rises it ignites other aspects of each functioning system of the body. Everything gets a cosmic upgrade. AKA The AWAKENING. When a person wakes up from the illusions of lower consciousness.

Dying into yourself is the liberation we all seek. Forgetting who you once were and in the same body becoming something completely different from the inside out. It is the walk of the enlightened being. The walk of the soul. When the soul ascends to heaven. Heaven and head are the same place. Even in heaven as it's been storied would only be experienced within a body of some sort. Heaven is only available to you in your body. Once the body goes, the simple concept of heaven and hell are no longer available to you.

You have no way of knowing. Body gives you this ability. Heaven and hell only exist in your thoughts. Change your thoughts and become available to heaven. This means honesty with yourself about what is true and what is your belief. Honesty with yourself is not an easy road emotionally. This is where the Dark Night of the Soul comes from. Depending on your bullshit and the layers and consistency. This determines how horrible you will feel as you realize you were wrong. Some simply begin to laugh hysterically as it hits them. Others like me live through our own internal hell for months or years. Dying took on a whole new meaning for me when it happened in my early 40's. I lived a dark 3 years of my soul. And it took 3 more to rebuild myself. Away from everyone. But one person. One life checked on me through those years and still today. That life witnessed unimaginable things I did. Sickness that came from deep wounds I carried a few life times. As I became still I noticed that my karma was passing me by. My past events, places I would end up going, people I saw, situations I witnessed around me all were just like my memory told me. It was freaky at first. Then I would see someone or be somewhere and tears would come. Sad tears I had no idea where they were coming from within me. Deep sadness that hurt so bad for days. I would feel confused and not part of any thing I did or where I was. Then it would pass and as I sat the reasons would come to me. And I would know I was reliving a past life wound I could not remember until after it was reconciled. I would sleep for several hours after from exhaustion. And each time I woke up, my body felt repaired and soon disease was gone. In my experience now with how life is. It's just exactly how I feel within me. Many incredible things happen around me and to me each day. Life and I are best friends. When I feel pissy I will encounter another pissy life. When I AM simply joyful I have absolutely zero issues. Everyone is simply pleasant to me. Animals and plants greet me and play. I AM always well taken care of no matter where I go. What I require is always there. What I want shows up quickly. If it's not exactly right I send it back. "Try again with these enhancements SHIVA." I play with life and it plays back. It truly is magical. When YOU decide exactly HOW, your experience as life is.

WHAT...WHERE...WHY...HOW

It is my wish and my blessing to anyone who reads this book or heard any word I utter. It is my wish that everyone die within themselves and risk it all for consciousness awareness of life itself. No matter what you do in your life, do it consciously. Not for any other reason should you do something you do not choose on your own to do. When you come to the understanding that this is always true. Suddenly, “no thank you” becomes very easy to say. No. Even easier.

Live As Love My Friends

Love As Unconditionally As Life

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