

# The Freedom of Choice

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*“Whoever knows everything,  
but lacks Within,  
lacks EVERYTHING...”*



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## Introduction

Imagine a dog.

Suppose that you present a dog with two items to choose from:  
a beautiful diamond  
and  
a piece of shit.

Guess what would interest the dog?

Surely NOT the diamond. The dog may even piss on it.

WHY is a dog perfectly HAPPY about its choice?

Simply because dog's limited intellect doesn't allow appreciation of the beauty of a diamond.

**Our conscious choices are determined and limited by our Intellect.**

Why did I start a book with a parable? Because **this book has been written specifically to provoke and challenge your Intellect.** What is the challenge? The challenge is to try not to miss any gem...

And in case you do not find any initially – please do not piss on it, because you may feel strange later – when you will grow to understand more.

Take your time. You may have to read and study this book many times, in various stages of your life, before it will start making perfect sense.

The primary aim of this book is to show you how much conscious progress you can achieve by going WITHIN and studying YOURSELF as an integral part of the entire Universe.

Be prepared for many surprises when discovering unexplored corners of your OWN Consciousness.

There are many questions in this book. They are designed to *awaken answers that are already in your mind*. How much of your awareness can you bring to your conscious attention?

Tom Chalko  
Melbourne, Australia, 4 December 1999  
5-th week of fasting

*“Whoever doesn’t know Self – doesn’t know anything,  
but whoever knows Self –  
has already acquired the Knowledge  
about the Depth of the Universe”*  
[2]

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## Easy Questions

What is easier:

**to make a house**

or

bring a **dead body** to **Life**?

In other words, is it easier to create a house or create Life?

It is MUCH easier to make a house than create Life.

Please think carefully if you have any doubts about that. If you are absolutely sure about the correctness of the above answer, you are ready for the next question.

Do you think that a house could create itself, without anyone designing it?

What if we could wait a LONG time? Indefinitely long?

Can a house really make itself? With windows, doors, carpets, tiles, electrical installations, plumbing, conveniences etc.?

Can we determine exactly what is the CHANCE of a house building itself?

From our experience, we have to conclude, that a house cannot just build itself. The probability of a house creating itself is ZERO<sup>1</sup>.

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<sup>1</sup> You may say that this probability is infinitesimally small and it is not quite zero. In this case, let's focus on the scenario that is an infinite number of times more probable.

But WHY cannot a house build itself?

A house cannot build itself, because it takes Intellect and INTELLIGENCE to imagine, design, construct, test and improve a house to make it useful.

**We have to conclude that Intellect and Intelligence have to exist BEFORE a house can be built, simply because a house has to be IMAGINED, before it can be even designed.**

Please make sure that before you proceed to the next section of this book, you fully understand the above conclusion and you do not have any doubt about it.



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## **The First BIG Step**

We have just agreed that Life is much more difficult to create than a house.

So, if the probability of a house creating itself is zero, the probability of Life creating itself is even less !!!

We have to conclude, that Life could NOT just create itself.  
So,

**All Life must be by DESIGN.**

Intellect and Intelligence had to exist before any Life existed. Why? Simply because Life had to be IMAGINED and then designed. Like a house.

How much Intellect and Intelligence is needed to design Life?  
A little or a LOT?

I am sure you will agree, that a Great Intellect indeed is needed to design Life. So Great in fact, that it may be impossible for us to imagine today.

We can summarize our discussion so far in the following statement:

**GREAT Intellect had to exist FIRST – before any Life in the Universe came to existence.**

I would like to stress both words: **GREAT** and the **INTELLECT**, because without phenomenal Intelligence - Life just couldn't happen.

Remember - you agreed, when reading the previous chapter, that even a house cannot be created without Intelligence. And you also agreed that Life required far greater intelligence to be designed than a house.

Please make sure that you truly understand what we are talking about here. There is little point of reading further if you do not understand and agree with the above statement.

---

## **The concept of The Purpose**

Can you imagine anyone **EXTREMELY** intelligent designing something with **NO** purpose and for **NO** reason?

Hence, the next conclusion is that **Life MUST have a PURPOSE.**

The remainder of this book focuses on the most important and possibly the most difficult issue imaginable – on **discovering** and **proving** The Purpose of the entire Universe and Life in particular.

Prepare your imagination and intellect to stretch to the limits you never thought possible.

If you can meet the challenge, even to a limited extent, you will know for **SURE** your place and perspectives in the Universe. You will no longer need to “believe” anyone and anything. **YOU WILL KNOW.** For sure.

Wouldn't you like to see your life from the widest perspective imaginable? Wouldn't you like to **KNOW** what is really going on in the Universe and **WHAT FOR?** Why did it happen? Why it **HAD TO** happen?

Many great individuals in the distant past tried to explain some aspects of The Purpose to people who couldn't even start understanding what they heard. Since they couldn't understand much – they developed various “beliefs”.

But “suspecting” or “believing” in The Purpose and PROVING it comprehensively to EVERY INDIVIDUAL, including YOURSELF are totally different things.

The insight and understanding that I would like to share with you in this book was developed gradually, over four decades of trials and errors, followed by 5 years of meditation and intensive concentration, several hours each day.

Communicating it to you is the most difficult task in my life so far.

Understanding The Purpose and proving it to myself, although a great challenge in itself, was not as difficult as expressing it for other people to understand. Why?

Because it takes TWO minds to have truly effective communication. I know myself but I do not know YOU. I simply do not know what information and which examples from Nature would stimulate your imagination most effectively.

Before I started writing, I tried to express my discovery to several carefully chosen friends, to whom I am very grateful for their feedback. Almost all of them were deeply moved and suggested to “write this down”.

So, here it is.

First - let us consider The Beginning. Everything has to have a beginning. Do you agree?

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## **The Beginning**

Imagine The Beginning.

The Beginning of Everything.

There is NOTHING.

Absolutely Nothing - no space, no time, no perception, no consciousness - nothing.

Can you imagine TRUE NOTHING?

I know that it is hard, but try...

Imagine theoretical, hypothetical, absolute NOTHING that had to exist before anything else in The Beginning.

The Beginning of Everything.

Try to imagine NOTHING in your mind.

Now, how many absolute "Nothings" like that can exist?

If you say 2 or more - neither of them will be "nothing" anymore - there will be 2 of "something" that you defined and **distinguished** as 2 separate "things".

So, we have to conclude, that in The Beginning - there could only be ONE NOTHING.

Singularity.

Hence, the entire Universe must be a **Single Process** – no matter how complicated it seems to us and no matter how limited is our perception and interpretation of it.

Incidentally, everything that our astronomers can perceive in the Universe seems to originate from the Single Point in Space – called by scientists the Centre of the Big Bang. [16]

Is it a coincidence?

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## **Development of intellect**

Let's examine what are essential conditions for intellect to develop.

Is it possible to “record” or “transmit” intellect from one living creature to another? If it was – we would be teaching monkeys and chickens at Universities.

Can one person learn and another become more intelligent as a result? Not really.

Is it possible to develop intellect without practicing any thinking? Highly unlikely.

The only necessary condition for development of intellect seems to be the INTENT of intellect ITSELF. Nothing else is needed – only the **intent to think**.

From the above consideration it is clear that Intellect can ONLY develop ITSELF. No one else can make us more intelligent and wise – only ourselves. Is that not so?

**So, the key property of intellect is that it can develop ITSELF in the direction of its own INTENT.**

Now try to imagine what would happen to intellect, if it did NOT have the intent to develop itself. What would happen to your own intellect if you decided NOT to use it at all?

Suppose that you decided NOT to think. It is clear, that in time your intellect would decay and regress significantly.

So, intellect has a **motive** to **develop itself**. The best and the most logical choice for intellect – is to grow and expand itself. Otherwise it decays and in the extreme case it may even cease to exist.

Isn't it a pleasant feeling to become more intelligent and knowledgeable?

**Would you consider choosing the opposite?**

**Would you have a desire to become less intelligent?**

Please keep answers to the above questions in your mind – you may need them very soon.



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## Where is intellect?

What is the difference between a **living** body and a **dead** body at the moment of death?

Every organ in both cases is exactly the same.

Even every atom is the same.

So what is the difference?

“Consciousness is gone” as many experts would say.

Gone WHERE? And where is it when we are alive anyway? Surely NOT in any organ, or even not in any atom of our body – because they all remain exactly the same at the point of death. Organs and atoms are not “going” anywhere. They **stay** the same, and only later do they decay.

From this simple example, we have to conclude that consciousness as well as intellect (which is a certain aspect of consciousness), exist independently of the material reality that is composed of atoms.

Where are they? We do not know yet<sup>2</sup>, but it doesn't mean that we cannot study them.

However, it is clear, that using material technology (any instrument made from atoms) to study consciousness and intellect may not be a very good idea.

The MIND should be our instrument. Let's use it.

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<sup>2</sup> For latest discoveries See the "NU Journal of Discovery" [20] <http://NUjournal.net/choice.html>

## **The Origin of Intellect**

We agreed that in The Beginning there was a Singular Nothing.

We also agreed, that before Life could come to existence – there had to exist a Great Intellect who designed it.

How could a Great Intellect come to existence? Could it come to existence from and In the Nothing?

Well, we have just discovered, by examining certain aspects of ourselves in one of the previous sections of this book, that intellect CAN and actually DOES develop itself. You have a proof of it within your OWN intellect.

Indeed, when you sincerely and thoroughly examine Your Self – you will find that your own intellect has expanded itself from a very simple awareness, so simple in fact, that you may not even consciously remember it.

So, we have a very logical sequence. The Intellect developed ITSELF from the simplest possible awareness – just as our intellect did.

In other words, the awareness of Nothing expanded itself - much as OUR awareness did. That's why it is SO important to study ourselves – it is the only way to understand Consciousness.

From awareness - consciousness of "being", intelligence and Intellect developed - all by ITSELF and with ITSELF. Nothing else was needed - only the INTENT of Intellect to think by itself – at every stage of its own development.<sup>3</sup>

We have already established that one of the most pleasurable and satisfying activities for Intellect is to develop ITSELF. Hence, it is almost certain, that after sufficient amount of *thinking* The Intellect became very evolved - **from** and **in** the Nothing.

Apart from the pleasure of developing itself, what OTHER essential needs of The Advanced Intellect can we identify beyond any doubt? What would satisfy The Great Intellect and Intelligence of the Designer of Life? It seems impossible to say... However, we CAN determine the needs of OUR intellect, can't we?

Let's try to establish **what activities are the most satisfying for YOUR intelligence and intellect.**

Imagine that you have no physical body - only intellect and intelligence. What would be the most pleasant and most satisfying activity for your intellect? The ULTIMATE activity? That would NEVER be boring, that you would like doing indefinitely long?

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<sup>3</sup> This topic is very advanced and can be fully understood only by studying the Self, which may take every reader a lifetime. However, understanding of how awareness can appear and develop intellect is not essential to understand the rest of this book. It is sufficient if reader understands the concept of the Singular Nothing and the need for The Intellect to precede Life.

It is purely about yourself. The better you understand the answer - the closer you will approach complete understanding of the Purpose of the entire Universe. For this reason, I suggest that you **THINK** about the answer to this question, before you continue reading.

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## **Intellectual Needs**

We have already established that one of the most pleasurable and satisfying activities for Intellect is to develop ITSELF.

Have you discovered anything else trying to answer questions from the previous chapter? Have you found any other ESSENTIAL needs for YOUR intellect?

What about a need for FEELINGS? What particular feeling is the most pleasant and always satisfying?

Isn't it LOVING and being LOVED?

Indeed, just by examining ourselves we can establish with a high degree of certainty, that ANY advanced intellect has a NEED for Higher Feelings, such as Love.

So, without any doubts, we can conclude that The Great Intellect also had a NEED to experience Higher Feelings. It needed to Love and to be Loved.

What exactly is "True Love"? It is very difficult to define this blissful "state" of mind and intellect with any precision. One thing is certain, however. In order to experience Love – an **exchange** of feelings has to take place. To experience Love – we need to **give** Love and also experience **being loved**.

Do you want a proof? Imagine that one of the above is missing...

Hence, for Love to be complete and truly fulfilling it has to be a **mutual exchange** of feelings.

Exchange of feelings? With WHOM ????

There is no one else! The Intellect is **alone** in the Nothing!

So, The Intellect, at a certain level of its evolution (only then!), develops a NEED for certain sensations, that we call "feelings". In particular, it imagines a very special, blissful EXCHANGE of feelings that we now call LOVE.

But to make such an exchange possible – The Intellect needs a “company” of other "individual intellects" to make such a pleasant exchange POSSIBLE.

Do you know how to DESIGN a system, in which the possibility of experiencing Love is maximized?

Let's explore some key aspects of such a design.

---

## **Designing for LOVE**

Can you **force** anyone to love you?

Can you **demand** being loved?

Would you really love someone if there are “**conditions**” attached?

What happens to true Love in these situations?

The moment we try to force anyone to love us, or impose any conditions, the Higher feeling that we call Love – simply stops existing. It is instantly replaced by feelings of bitterness, disappointment and even deceit, as soon as any conditions are discovered.

This is a very “delicate situation” – to say the least.

From the above, it is clear that:

**In order to experience True Love - the autonomy of individual intellects cannot be in any way compromised.**

Individual intellects have to CHOOSE themselves to give their Highest feelings to other individual intellects by their OWN Free Will.

Hence, we can define the **autonomy** of the “individual intellects” as a **necessary condition** in “Designing for Love”.

**Without the autonomy of “individual intellects” – no possibility of Love exists.**

An essential part of this individual autonomy is the unconstrained Freedom of Choice, or Free Will.

Should there be any limits to such an autonomy of the “individual intellect”? If there is any limit whatsoever in The Design – as soon as it is discovered by the “individual intellect” – it would induce very unpleasant feelings of disappointment and deceit.

So,

**In the Design for Love, autonomy of the individual intellect should be unlimited.**



---

## **Consequences of Autonomy**

Since “individual intellects” must have unlimited autonomy, there is no guarantee that they will choose to Love you once they become autonomous.

Since their autonomy must be unlimited and cannot be interfered with – individual intellects may choose whatever **other** activity or feeling they imagine.

It is important to note, that their choices will be limited **only** by their OWN intellect. (Remember the story of the dog?)

What can be done to inspire these “individual autonomous intellects”, so they CHOOSE the path of Love by their OWN Free Will?

This is a very delicate situation indeed, because such an inspiration must in no way interfere with ANY aspect of the autonomy of the individual intellect.

At this point we should remind ourselves one of our earlier conclusions, that Higher Feelings such as Love are only possible if intellect is sufficiently well developed.

The more developed the individual Intellect is – the Higher Feelings it can experience.

Hence – **Creating conditions for the DEVELOPMENT of autonomous individual intellect is another necessary condition for experiencing Higher Feelings.**

Not only is the development of intellect the most logical choice, and a very pleasant activity for intellect itself, but it is the essential condition for creating, developing and experiencing Higher Feelings, including Love.

Should this “development of individual intellect” be limited in any way?

Would **you** impose a limit on the intelligence that your own children can achieve?

Again, if there is any limit whatsoever in the Design – as soon as it is discovered by the “individual intellect” – it will cause extremely unpleasant feelings of disappointment and deceit. Any chance of achieving Higher Feelings would be completely eliminated.

Hence - **There CANNOT be any limit in the development of the individual intellect.**

So, truly High Feelings can only be expected from those “individual intellects” who **choose** to develop themselves sufficiently AND choose to Love the Designer by their Free Will.

But even if the autonomy and development opportunities for “individual intellects” are both unlimited – there is still **no guarantee** that they choose the Path of Love. In case they do not – there is no point in Designing them to start with. What for? To disturb The Great Intellect? Would **you** design a System that would greatly disturb your Intellect?

---

## **Falling in Love**

How is it possible to inspire “individual intellects” - that have unlimited autonomy and unlimited potential to develop themselves - to love you?

We have already established, that commanding anyone to do anything does NOT result in any High Feelings. Commanding others is a violent sabotage of Love.

So, can POSSIBILITY for Love and other High Feelings be MAXIMIZED?

Is it possible to DESIGN for Love, from The Beginning?

Imagine The Beginning of the Universe.

There is only The Intellect and nothing else.

The Great Intellect.

Alone.

Developing itself – because this is the only logical and satisfying thing to do.

Developing itself to such a point  
that it can imagine and design

ANYTHING and EVERYTHING it desires

The Intellect imagines Feelings.

The Intellect imagines LOVE –

particularly blissful exchange of feelings.

The Intellect desires to experience such an exchange

- to Love and to be Loved

After establishing a need, The Intellect imagines

COMPANY for itself

It imagines a company of OTHER Intellects – autonomous and independent, because only those are capable of giving and taking True Love that The Intellect imagined and desired to experience.

We have already established, that truly High Feelings can only be expected from those “individual intellects” who **choose** to develop themselves sufficiently by themselves.

Would you be fully satisfied to receive love from someone primitive with limited intelligence, who cannot understand you?

Hence, The Intellect IMAGINES and then DESIGNS the best “system” it can, in which Individual Autonomous Intellects are encouraged to develop themselves as much as they like and develop their own need to experience Love.

It would be very naive to assume that The Great Intellect aimed just for a “chance” to be Loved. It is very reasonable to assume, that it used its Great Intelligence to maximize the possibility of receiving Love.

How is it possible to increase a possibility of receiving Love without compromising autonomy of any other Individual Intellect in any way?

To get some insight, let’s us examine the process of “falling in love”. What are initial conditions for “falling in love”?

Is true Love possible without knowing **who** you love? Highly unlikely.

---

Hence, The Great Intellect had to imagine a way in which it can become “known” to other Individual Intellects. Of course, knowing someone is not enough to fall in love, but it is an essential condition. Do you agree?

How to reveal yourself to others to raise their curiosity, interest and fascination in you? How to maximize chances that others will start admiring you by their Free Will? What to do?

Remember that, at this point, The Great Intellect is alone in the Nothing. The only thing that can actually be “revealed” about it is The Intellect and its Magnitude. How to reveal The Intellect so others can **choose** to appreciate it?

What would you do?

How about creating Nature – SO beautiful, SO fascinating, SO majestic and magnificent, and SO intelligently designed, that anyone with any trace of intelligence and sensitivity HAS TO admire the DESIGN.

Have you ever met anyone who doesn’t admire Nature?

You have to admit, that admiration is a very good first step for Love... Can you really Love someone without admiration?

Hence, The Great Intellect imagined the Magnificent Material Reality and Life, so “Individual Autonomous Intellects” could one day learn to admire the Beauty and Intelligence of the Design - but only if they decide to **evolve** enough to comprehend it and **choose** such an attitude themselves.

In other words, **the existence of magnificently designed material Reality and Life is a way to reveal the Magnitude of The Intellect to any intelligent observer, without interfering with its autonomy and the Freedom of Choice.**

So, by designing Nature and Life the Great Intellect greatly increased the PROBABILITY of Individual Intellects noticing the very existence of its Intellect, getting to know it, learning to appreciate its Magnitude and returning admiration and Love by their own Free Will.

Then, the Great Intellect consciously imagined, designed in great detail and then initiated the process of creating the Universe and Nature as we know it today. The design process started as a very intelligently designed disturbance of the Nothing [20] - as an immense explosion conducted by The Intellect.

Our scientists called this explosion The Big Bang. Atoms, galaxies, stars, planets, Life are consciously and continuously imagined, designed and created. The design is far from finished – we have every evidence that it still continues today...

Note that there is "hard material evidence" of the Universe originating from a SINGLE POINT in space. Everything our astronomers can perceive in the Universe - travels with great speed AWAY from this single point, called The Centre of the Big Bang.[16]

Scientists on Earth are constantly amazed by the complexity and Beauty of processes they can observe far away in Deep

Space. Increasing number of scientists admit that from observing processes in Deep Space – they have increasingly more questions than answers.

Why? Because they TOTALLY ignore the fact, that the Universe is being created Consciously, Intelligently, by Design and with Purpose.

As any product of a Great Intellect, The Universe is as much a work of Art or the object of Beauty as it is useful and functional.

Haven't we agreed that one of the prime objectives for the Design of the Universe was Beauty ?

Can our scientists measure Beauty?

## **The Purpose**

Haven't we missed something really important?

Who are those "individual intellects" with "unlimited autonomy" and "unlimited potential" to "develop themselves"? Who are those potential "intelligent companions" to The Great Intellect that need to be "inspired" to learn to Love the Designer by their own Free Will?

Was it for **them** that the entire Universe and Life was designed? Where are they?

**These are Human Beings.**

**People.**

**Us.**

**YOU and ME.**

Our individual, autonomous intellects, with unlimited potential to develop... (or cripple, which depends exclusively on our Freedom of Choice...)

**WE are The Purpose of the entire Universe.**

We are the central and primary REASON for creating the entire material Universe to start with. Atoms, Stars, Galaxies, Planets, Life and anything else that we do not yet know that exists.



---

WE are the potential "intelligent company" to The Great Intellect, who was alone in The Beginning.

**WHEN** and **IF** we find out who we are of course.

**WHEN** and **IF** we evolve to become intelligent enough to comprehend and appreciate the Magnitude of the Great Intellect.

**WHEN** and **IF** we stop abusing Nature and recognize it as a manifestation of the Great Intelligence in front of our eyes.

When we **PROVE** all the above to ourselves by studying The Self.

*"Whoever doesn't know Self - doesn't know anything, but whoever knows Self - has already acquired the Knowledge about the Depth of the Universe"*

[1] [2]

So what was The **ORIGINAL** Purpose of designing us? Do you remember?

In the process of developing Itself, The Great Intellect imagined a need for development and experiencing High Feelings such as Admiration and Love that were impossible to experience when The Great Intellect was alone.

Hence, there are TWO reasons for every individual human being to exist:

- 1. to develop our individual intellect to the highest extent possible**
- 2. to develop our ability to experience the Highest Feelings that we can imagine**

**These TWO Reasons are IDENTICALLY the same as Reasons for existence of The Great Intellect from The VERY Beginning... There are NO limits whatsoever... There CANNOT be any limits... Evolution of our Intellect is as unlimited as the Evolution of The Great Intellect Itself..**

Do you understand? If you are as moved as I am when writing these words – it is the evidence that you have attained at least the initial understanding of The Purpose.

If you do not understand – please read this book again from the beginning and try to comprehend what I am trying to explain.

## Is it Possible?

The Purpose of the Universe that we have just discovered seems too good to be true...

*How can we be sure, that we are capable of understanding The Purpose and motives of the Creator with our **limited** intellect?*

I agree, that we do not perceive everything at the moment. But what we DO perceive - should eventually be enough to develop our own Understanding of the WHOLE.

We do not have to aim for it – we have the Freedom of Choice.

However, once we decide to aim to understand, we create a **possibility** of achieving understanding, simply because we are intelligent and our intellect has a wonderful ability to GROW in the direction of intent. In other words, we **create and increase the possibility of understanding** entirely by ourselves. We are capable of developing **our own** understanding.

So, if you do not try - you will never find out how much you can understand. My logic is to AIM for maximum understanding and ACT on it. This book is a summary of **my** understanding. You need to develop **yours**.

*“For there is nothing hidden that will not be revealed...”*

*“Whoever seeks will find” [2]*

*Isn't our physical body a serious limitation? Does the very existence of our physical body question some of our conclusions?*

First of all, we have concluded that we are Autonomous Individual Intellects and NOT just physical bodies. Physical bodies are temporary tools that we use to learn who we are.

There is no limitation to the development of our individual intellect, however we can impose temporary limitations *ourselves*, simply because at a certain stage of our evolution it may appear to us as a good idea.

For example, each of us can consciously decide with our Free Will to live a life in a physical body.

Learning to Love other Individual Intellects who are at a similar stage of development to ours is a very good Lesson of Love – isn't it?

Life in a physical body is also a TEST of our understanding of The Purpose of conscious existence. It is a “test” that we partly design ourselves to “check out” how much do we REALLY understand about the Universe. Interaction with other Individual Intellects in the context of material reality creates excellent conditions for such a test.

One of our first conclusion in this book was that Intellect has to exist before our physical bodies can live. Hence, before you were born you already had some conscious appreciation of a “theory” how to live a life.

That is why you can answer every single question in this book. You have already “heard it somewhere”. Hence, I cannot tell you anything that you don’t already “know”. I can only bring it to your conscious attention.

By living in an autonomous physical body, you have an opportunity to **prove** that you **understand**.

For example, if you understand well enough, you can reconstruct The Purpose of your existence in the Universe, even if your “memory” is totally erased at birth.

Actually, one of the main purposes of living in a physical body is to find The Purpose - again and again, even in the most unexpected and challenging situations. It is a way of proving to yourself that **you know that you know** who you are and what you do in the Universe.

Also, in the physical body you have a unique opportunity to experience and study Nature, which is simply a manifestation of the Great Intellect to any intelligent observer. Hence, living in the physical body gives you an opportunity to “get to know” the Great Intellect by interacting with Nature and studying it.

The best, of course is to start studying your own body first.

If you ignore and destroy Nature and can’t recognize the Magnitude of the Great Intellect who Designed it - how can you expect to attract its higher feelings?

Suppose that you designed and built a magnificent house and gave it to your children.

How would you **feel** if they abused and demolished the house?  
Would you give them another one?

Are you interested in getting acquainted with someone who cannot appreciate your intellect and generosity?

**Life is a test, whether you understand, or just dream that you do.**

Other aspects of our physical existence (and its necessity) will be discussed later on in this book.

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## **Worship and Fear**

Would you like **your children** to worship **you**? [17]

Would you like your children to worship your pictures, your statues, building altars for you, rather than recognizing who you really are and appreciating what you are doing?

Would such a worship satisfy you? **WHY NOT?**

Please think very carefully **WHY** such an activity appears to be a pure nonsense. Try to find a logical **REASON** for it to appear as nonsense. Examine your feelings.

How would you **FEEL** if your children decided to worship your statues and praying to your pictures? Would you feel satisfied? Why not? Would your intellect and intelligence be satisfied?

Wouldn't you feel deeply disappointed that your children cannot come up with anything more intelligent?

Worshipping is clearly disappointing, unpleasant and even annoying for anyone intelligent enough to comprehend all associated feelings. And that of course includes The Great Intellect.

We have to conclude, that

Worshipping **anyone** or **anything** doesn't make any sense whatsoever. Worship of any kind is the evidence of a complete ignorance.

Of course, you knew it to start with – did you not? Incidentally, isn't it the very essence of the First and most important "commandment"<sup>4</sup> in the Bible? [4] Do you see how perverted it has become today? Do you see how neglecting this single logical advice created conditions for primitive cults and dangerous idolatry?

So WHY do so many people on Earth engage in all sorts of worship?

Worshipping can occur only when we **suppress** and **actively sabotage** the individual intellect. One of the most effective ways of suppressing and sabotaging intellect is inducing FEAR. Anyone who is truly scared has great difficulties to think logically – is that not so?

Isn't it a coincidence that people who engage in worshipping are also deeply scared?

Isn't it a coincidence that promoting FEAR is a key method to maintain and control a flock of worshippers?

But fear is a **conscious feeling** of the Individual Intellect, that is experienced **Individually**. We can consciously experience fear ONLY if we ALLOW it ourselves.

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<sup>4</sup> "(20:3) Do not have any other gods before me. Do not represent (*me*) by any carved statue or picture of anything in the heaven above, on the earth below, or in the water below the land. Do not bow down to or worship them" and then later (20:20) "Do not make a representation of **anything** that is with Me" [4]



If someone tried to scare you saying that “God will punish you if you don’t do this-and-that” – would you feel scared? Notice, that you would feel scared ONLY if you BELIEVED the possibility YOURSELF and ONLY if your intellect was incapable of imagining other possibilities and solutions.

Would you feel scared if you KNEW that the person had no idea whatsoever about the subject matter?

In summary, **conscious FEAR is a result of the Individual Intellect choosing to limit ITSELF.**

Is there ANYTHING in the Universe **at all** that we should be afraid of?

Do you remember The Purpose? Do you remember WHO you are and WHAT is your potential? What do you think?

**The only limit we may ever experience in the Universe – is the one that we impose ourselves.**

## **So What ?**

So, what should we do? How should we live?

I cannot tell you.

In fact - NO ONE in the Universe can.

Even The Great Intellect Itself cannot make ANY choices for you...

Making choices for anyone else doesn't make ANY sense whatsoever...

Every Individual Intellect, including YOU has been SPECIFICALLY DESIGNED to have complete autonomy and Unconstrained Freedom of Choice.

## **So, do not let anyone command your life...**

Unlimited autonomy and Freedom of Choice has been given to us for a REASON. Do you remember what it was?

We have clearly seen that

**without the autonomy of “individual intellects” and their Freedom of Choice – no possibility of Love exists.**

Hence, autonomy of the individual intellect shouldn't be in any way compromised. As far as you are concerned, YOU have to LEARN to make your OWN choice in any situation – this is the way your individual intellect develops itself.

So, the choice of how to live life is TRULY YOURS.

From this point of view it is clear, that telling anyone exactly how to live life is simply impossible. However, it is quite wise to develop general principles for people to consider. The other good way is to become a living example for others.

Let us start from defining actions that, according to The Purpose of the Universe, should be clearly avoided.

For example, if you consciously choose to live in harmony with The Purpose, you shouldn't compromise anyone's Freedom of Choice in ANY way. We can summarize it in the following "advice" for your consideration:

**Exercising your own Freedom of Choice in a way that limits anyone else's Freedom of Choice is a direct crime against The Purpose of the Universe. [1]**

Why? Because limiting Freedom of Choice immediately cripples or eliminates Higher Feelings.

Also, if we consciously choose to live in harmony with The Purpose, we shouldn't compromise development of anyone's Individual Intellect in ANY way.

**Suppressing the Development of anyone's Individual Intellect in ANY way is a direct violation of The Purpose of the Universe.**

This is equally serious, because it directly sabotages The Purpose...

## Reality Check

We just agreed, that any activity that compromises and/or suppresses development of an individual intellect in any way is an act that violates and sabotages The Purpose of the Universe. Examples of such activities include

- Promoting beliefs and belief systems, regardless of their flavor
- Using hypnosis, both individual and collective to implant beliefs and belief systems (mis-programming the intellect)
- Promoting and sustaining fear of any kind. Examples include any “fear propaganda” such as promoting fear of God, fear of disease, fear of death, fear of Hell, fear of sunshine, or fear of anything else whatsoever.
- Enforcing doctrines and authority of any kind
- Suppressing and ridiculing alternative points of view.
- Interfering with the individual FREEDOM of CHOICE in any way (like forcing people to follow orders or become like everyone else for example)
- Disrespect for individuality – following statistics rather than intellect
- Restricting freedom of thought in any way.
- Clouding of consciousness with drugs, substances and activities that alter perception
- Reinforcing, promoting and glorifying primitive instincts
- promoting and glorifying violence

Of the above – which are the activities most dangerous to the Individual Intellect?

Mis-programming of consciousness is in general not an easy thing to reverse. For example, do you realize how much conscious effort and self discipline it takes to overcome a habit that we don't like anymore? Do you realize that un-learning is frequently far more difficult than learning from the beginning?

**Some people seem “stuck” so much, that they won't change unless they are born again...**

To compare consequences of various abuses of The Purpose, let's assume that a person, who has been subject to all the above abuse, discovers one day The Purpose of the Universe and the fact that he/she was cheated for a long time.

When you discover that you have been cheated for a long time, and you have proof of this – do you choose to **trust** and follow those who cheated you the next day?

Awakening of the Individual Intellect can result in spectacular reversal of mis-programming. New learning can occur quite quickly, once a person discovers how to use the Intelligence and the Freedom of Choice to regain autonomy.

There seems to be only one exception. When a person has used drugs.

One friend of mine told me about a couple of his friends, who experimented with hallucinogenic mushrooms for two months. Only two months. A long time after they stopped - they remain convinced that they are “dolphins”. No intelligent conversation is possible. They are “dolphins”...

There is nothing wrong with their physical bodies, but destruction of their Intellect seems permanent. They mis-programmed it themselves, by falsifying their own sensations... They exercised their Freedom of Choice...

Any other act against the Individual Intellect seems a potential lesson that eventually leads to conscious progress in the current lifetime - except the use of drugs. Not only do drugs cause dramatic and immediate decline of Intellect, but they also severely reduce the ability of Intellect to repair itself.

How can you “awaken” an Intellect that does not function?

How many lifetimes with crippled intellect does it take to restore intelligence?

Do you have a desire to find out?

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## **The Universe**

It is absolutely fascinating to note, that there is NOTHING MATERIAL whatsoever in The Purpose of the Universe.

The Great Intellect and its Intelligence have been both non-material to start with. By non-material I mean here “not composed of atoms” [1]. The Great Intellect simply cannot have any material needs.

The Only Purpose is the development of the Individual Intellect. The Great Intellect and **ours**.

It is clearly 100% MIND stuff.

Hence, focusing your life exclusively on material existence, such as the “appearance” of your physical body for example, and neglecting the development of your intellect may be the most serious mistake you could ever make.

What about the Universe? Do you remember what was the Material Universe designed for?

It was designed for us to **notice, explore** and **admire** its Intelligent Design.

It was designed to **stimulate our curiosity and intelligence**.

It was designed for us to discover and **understand its design principles**.

It was designed to help us develop our own intellect, and abilities for Higher Feelings. It was designed so we can learn to Love – starting with each other...

Hence, the entire Material Universe is just a temporary “playground” that one day, in 50 million years or so [1], we may grow out of, like children grow out of their kindergarten.

However, you may **choose** never to grow up....

You may **choose** to stay and play in the kindergarten for as long as you like. You have Freedom of Choice...

From my private point of view, aiming for progress is the most logical choice. You have Freedom of Choice to develop another opinion.

When we understand the motives of the Great Intellect, it becomes obvious, that the fastest way for us to learn is to study and understand design principles of the Universe, a set of which may be called the Law of Nature or The Universal Law [1]. It is important to note that Universal Law exists and applies not only to material reality (Laws of Physics), but also to the domain of Consciousness and Intellect.

Collecting material things doesn't lead to any progress in any direction. They are clearly secondary. Material comfort is only important if we use it to accelerate development of our Individual Intellect. Most people (myself included) learn **much** more when they suffer. [12]



In the process of increasing our understanding of Universal Law, trying things out, making various mistakes every day and learning from them, we should try to develop our intelligence and intellect.

And above all, by trial and error, we should try to develop and experience the highest feelings we can imagine.

Gradually, we should learn to recognize and respect every human being around us as an Individual Intellect with Unlimited Potential...

Incidentally, isn't it the way we treat our own children?

Is it a coincidence?

## Self Correcting Design

What are the consequences of **doing** as opposed to **thinking**?

When we **think** – results of our thinking remain purely in our imagination. There is no need for interaction with other Individual Intellects to think.

When we **do** things – we have an opportunity to **experience consequences** of our actions. There is also an exchange of information between us and other Individual Intellects.

Hence, since we are intelligent – an opportunity of **doing** things creates a mechanism for **learning** from our actions. By analyzing the consequences of our actions - we can learn the relationship between our actions (the cause) and their consequences (effect), not only for us, but also for other Individual Intellects.

What are the consequences of **doing** things **without regard** to The Purpose of the Universe?

Amazingly, any act against The Purpose results in suffering and misery experienced by Individual Intellects. It may be our own suffering, or the suffering of others. The more severe is the disregard for the Purpose – the more severe the extent of suffering and misery that results.

Since we are intelligent – and we do not like “suffering and misery” – we have the opportunity to LEARN how to avoid it. What is the ultimate lesson? To learn to live and act according to The Purpose of the entire Universe.

What if we refuse to learn? We suffer. **We suffer until we understand why.** We suffer until we develop some ideas how to avoid suffering. We suffer until we **understand** enough. We suffer until we understand The Purpose and adopt it as a way of existence by our Free Will.

This is a basis of a magnificent Self Correcting mechanism in the Universe. Any Individual Intellect has to experience **all** consequences of its own Freedom of Choice in order to **learn**.

There is no way to escape consequences – simply because our Intellect continues to exist indefinitely and there **cannot be** any limits – remember? You cannot escape from YOURSELF.

Our Freedom of Choice is not compromised in any way – but we have feedback when we make mistakes. Isn't it clever?

In summary, it is important to realize and remember that :

1. Suffering, misery and unhappiness **exist**
2. There is a REASON for them to exist - disregard for the Purpose of the Universe
3. Suffering, misery and unhappiness **can** be eliminated.
4. There are WAYS to eliminate suffering, misery and unhappiness – by learning to recognize and respect The Purpose of the entire Universe in everything that we **do**

Incidentally, these “four noble truths” are the exact conclusions of one of the greatest Individual Intellec[t]s in the known history of our planet [3].

Don't they make perfect sense?

By seeking ways to permanently eliminate suffering, misery and unhappiness - we gradually learn to appreciate and understand principles of the design and The Purpose of the entire Universe.

Notice the complete absence of any dogmas or doctrines in the above “four noble truths”. The only reference that is needed to formulate them is the Reality that we observe every day.

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## **Avoiding Mistakes**

Can we avoid making mistakes? Let me answer you with a question:

**Can a child learn to walk without ever experiencing falling down?**

Making mistakes is **essential** to the process of learning. We cannot totally avoid mistakes – because by doing so we would eliminate the very mechanism of learning.

However **repeating** identified mistakes can and should be avoided. Also, we can use our intelligence to **observe** and learn from the mistakes of **others**.

How do we **know** what constitutes a mistake? In essence, any action that disregards The Purpose of the Universe is a mistake.

In practice, experiencing suffering and misery of either the Self or others should alert us to analyze **WHAT** exactly is **OUR** mistake.

It is very important to recognize the “cause and effect” relationship between our actions and their consequences. There is also a possibility that our actions may cause **OTHER** people to make **THEIR** mistakes.

Consider the following example. Many people today cultivate so-called “victim mentality” – they blame others for their very **OWN** ill feelings and limitations.

Suppose that you tell such a person that “everyone in the Universe has unlimited potential”. Most likely, the person would feel even more miserable and inadequate – and YOU will be blamed for causing such a feeling. Where is the mistake?

Your mistake was that you tried to explain too much too quickly. **How can you expect a child to be able to run before it can stand up?** You failed to recognize and identify limitations of the other person’s ability to understand. As a result – you did not have any **plan** on how to communicate your idea so it is properly understood. The final result was that the other person misunderstood you completely.

To explain anything successfully – you need a “plan” or a “method” to deal with people who cultivate “victim mentality” or have other difficulties in comprehension. An excellent example of a comprehensive, practical and very successful method for guiding people so they can eradicate their “victim mentality” as well as many other limitations **by themselves** - is described by Colin Tipping [6].

You may also wish to explore the method that I use in this book. It is not new. [11]

Having an intelligent “plan” or a “method” is the most important part of any conscious activity.

Take an example from The Great Intellect. Design your actions.

You have Intellect and Freedom of Choice. **Use them.**

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## **Frequent Questions**

*What if someone just doesn't understand and doesn't even see a need to understand?*

### **Can you blame a baby that it hasn't yet learnt to walk?**

The most important principle is to respect the Freedom of Choice of other Individual Intellects. Letting them make their own mistakes is the **ONLY** way for them to learn anything. Leave them alone, so they can experience the consequences of their own attitude.

*What if people laugh at you, ridicule your attitude and continue to abuse you verbally?*

### **If a dog barks at you – do you bark back ?**

Do you remember **WHO** you are? You are the Individual Intellect with Unlimited Potential. No one can hurt your Individual Intellect – you can only hurt it yourself. Your feelings are **YOUR** responsibility. Do not even try to blame others for **YOUR OWN** feelings.

People who ridicule others have a lot to learn. You need to learn to respect that. How can you blame a baby that it hasn't yet learnt to walk?

I found that a very good solution is to develop an intelligent “method” of dealing with such people. Make dealing with such people a challenge to your intellect. Can you recognize elements of such a challenge in this book?.

*What if someone tries to hurt us physically?*

Your physical body is temporary anyway. It is just a tool for learning. When attacked you need to remember Who You Are and what is The Purpose of your existence.

You have the Freedom of Choice to decide whether you should defend yourself or not. Your choice will depend exclusively on your ability to understand the consequences of your choices. You may aim to achieve a short term goal (survival of your physical body) or a long term goal – development of your Intellect and abilities to achieve the highest imaginable feelings in the most extreme circumstances. Sometimes you may choose to compromise. You have the Freedom of Choice that is limited only by your own Intellect.

Let me remind you, that no one can extinguish your consciousness and Intellect, even in an atomic blast. You can only destroy it yourself - by mis-programming and polluting it. How do I know about the atomic blast? Well – The Great Intellect was obviously not hurt in the Big Bang (the greatest atomic explosion in the Universe). Our Individual Intellects, although not yet evolved, exist in a similar “domain” – independent of the material Reality composed of atoms. [20]

One day you may fully understand the wisdom of the ancient advice to “Resist not evil” [5] [7] [8] in the widest context possible – the Purpose of the entire Universe and your own role in it.



*What about suicide?*

By committing suicide people give clear evidence that they have no clue about The Purpose of the Universe and in particular, they do not comprehend the necessity and opportunity of living in a physical body. Do you remember the difference between “doing” and “thinking” ?

They “fail” the “test” of Life. They fail the test of “doing”. Most likely consequence is that they would need to repeat such a test many times – until they understand.

**Life is a test, whether we understand, or just dream that we do.**

## Basic Tools

### *Perception*

How do we **notice**, **explore** and **admire** the beauty of Nature that surrounds us?

The most fundamental tool of our Intellect is **Perception**. Without the mechanism of perception our intellect wouldn't be able to receive any information.

For this reason, understanding the fundamental principles and limitations of our perception is extremely important.

There is a Law of perception that may be called Universal, because it applies to ANY situation. It is the Law of Contrasts.

Perception is based on **CONTRAST**. You can read this text only because there is a sufficient contrast between the letters and the background.

We perceive things **only** when they are put in sufficient contrast. For example, health is only appreciated when it is lost. Misery and suffering have to be experienced, so we can define and appreciate a happy existence. People have to experience the consequences of fighting and competition to discover that Love and cooperation is a much wiser choice.

The principle of contrast applies everywhere in Nature, including every aspect of our perception of Reality. Hence it is a part of Universal Law – a set of principles that apply across the entire Universe [1].

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Knowing this basic principle of perception – we can examine our choices and aim to take the maximum possible advantage of our capabilities.

For example – if we really want to understand the importance of Love - we have to imagine, observe, analyze and even experience the **lack** of it. Putting things in the proper contrast dramatically increases our ability to understand. The next time you read this book again – try to pay attention to how and why my deliberate use of contrasts stimulates your ability to understand.

Some compositions of contrasts provoke us, while other are clearly annoying. There also exist particular compositions of “contrasts” that are very pleasant and stimulating for our intellect.

Consider for example music. Notes (tones) have to contrast with each other, according to some “scale”. When we arrange these contrasts (tones) in a specific way - we achieve the effect that we perceive as “harmony”. Harmonious compositions of contrasts are very pleasant and enjoyable.

To achieve a “harmony” we cannot just use random sounds – even on a very well tuned piano. **Both, composing and perceiving harmony are functions of intellect.**

Do you remember how you feel when you listen to your favorite music? Particular “harmony” that we choose and recognize to “like” induces quite profound changes to our state of mind and well being.

Nature, in its entirety is a GREAT example and lesson of achieving Harmony. It has been designed by Great Intellect indeed – hasn't it? Harmony is everywhere – whether we are aware of it or not yet. This harmony that we gradually learn to recognize in Nature is another evidence of the Magnitude of The Intellect who imagined its Design.

The use of **color** in Nature is another example of how “contrast” should be used to stimulate our perception.

Much like with music, among all colors (wavelengths of Light), there are some combinations that provide better “contrast” than others for **our** perception. Some combinations of colors turn out to be perceived **best** – because they produce maximum possible contrasts for our senses.

It is absolutely fascinating to discover, that these “optimal” pairs of colors turn out to comprise the *key principle* of decorating vividly colorful organisms in Nature.

For example, did you know that “pink-purple” is the most frequently encountered “color” of a flower on Earth? Do you know why? Simply because “pink-purple” provides the best possible “contrast” with “green”, that happens to be the prevailing color of leaves on plants that grow these flowers. Two “next best” contrasting colors for “green” are “red” and “violet”.

Flowers that are pink, purple, red and violet comprise almost 90% of all flower species on Earth. Do you think that this is a coincidence?

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Flowers that are of other colors attract attention of living creatures by other contrasts, such as scent for example.

Much like with music, we can “tune” a set of color wavelengths and “compose” ourselves harmonious compositions of contrasting colors.

These “harmonious compositions of contrasting wavelengths of light” have been called “Bioresonant patterns”[14], because they seem to “resonate” with electro-photonic emissions of the human body (aura) and seem to induce systematic positive changes to human psyche and well-being.

By encountering the harmony of contrasts, our perception is continuously stimulated. We become more sensitive and perceptive. Enhanced awareness and associated activities of our intellect sooner or later influence our psyche, physiology and wellbeing. (For more details see the reference [14])

What happens when we aim for maximum stimulation of our perception?

Every OTHER faculty of our Intellect is provoked for action!

So, why don't you try to pay more attention to what you can perceive? The more you do, the more you will see and understand.

## ***Filtering information***

Our intellect is continuously bombarded with a phenomenal amount of information. Everyone tries to attract our attention and their motives are not always clear.

For most of us the amount of information is simply unbearable. People just ignore the most of it, or choose to “believe” someone who filters this information and gives them a 5 minute “summary”.

Is there any better way? Can we develop our OWN filter, so we can always distinguish a “diamond”, even in a huge pile of crap? How to find out what is true and what is important?

Knowing and understanding The Purpose of the Universe – even if is initially limited - enables us to design a very powerful “filter” for “incoming” information.

All you need is to ask yourself only ONE question:

### **“Does it contravene The Purpose?”**

to “filter away“ misinformation, deceit, propaganda, demagoguery etc. instantly. If you do not have The Purpose clearly in your mind, you may expand your test into two equivalent questions:

**Does it suppress development of Individual Intellects?**

**Does it compromise the Freedom of Choice of anyone?**

With amazing regularity and precision, you will be able to distinguish dangerous doctrine from an interesting scientific theory - instantly. **Try it out.** You'll be amazed how simple and effective such a "filter" is. Every time.

### ***Meditation and Concentration***

Meditation is an exercise, aiming to attain and maintain the complete "silence" of the mind with no thoughts whatsoever. In other words, in meditation we aim to keep our mind "blank" and focus our attention **not** to think.

The state of "silence of the mind" may be maintained for a few seconds or a few hours, depending on your skill and intent.

Concentration is exactly the opposite – we focus our attention on **using** specific facilities of our Individual Intellect such as imagination, visualization, creativity, logical thinking, solving problems or experiencing feelings and emotions.

Again, there will be some limits to how long we can concentrate, before we have to take a break.

It is very important to **distinguish** meditation from concentration, simply because they have completely different purposes.

Neither meditation nor concentration can be continued indefinitely.

Have you ever wondered WHY you cannot work indefinitely long without rest? Why can't you concentrate for a long time without having a break? Why can't you sleep indefinitely long?

Do you remember the Universal Law of Perception? We need to encounter **contrasts** to perceive things to start with. Then we need to arrange such contrasts in a specific way to experience a sense of balance and harmony.

We only enjoy work, after having a good rest. We truly enjoy rest after having worked hard. "Cyclic changes" are everywhere in our lives and are the essence of the Consciously Designed Universe, from the sub-atomic world to systems of Galaxies.

What does the Law of Contrasts have to do with meditation and concentration?

Meditation and concentration are two extreme modes of operation of our Intellect. Concentration intensively uses the facilities of our Intellect, while meditation aims for a complete rest from any intellectual activity.

Practicing them in **alternating cycles** is as essential as alternating periods of work with periods of rest.

This means, that we shouldn't just "meditate" or just "concentrate". The best exercise for our Intellect is to consciously alternate periods of concentration with periods of meditation. When our Intellect experiences both extremes – it functions at its best.



*Why do we need to “meditate”? Isn’t rest or sleep enough?*

When you “rest” – your mind is not actually resting at all. You have thoughts and/or feelings all the time. Check it out. The same during your sleep – you have dreams, feelings and other sensations, even if you do not remember them.

Meditation enables you to learn to completely and consciously *relax* your Intellect. When Intellect is relaxed it enjoys much higher levels of activity and it becomes significantly more efficient.

When our mind is cluttered with thoughts and memories – it is very difficult to come up with fresh ideas.

What we “think” we know actually prevents any new understanding. We are “stuck” with old thoughts and memories. When we **purge our mind from thoughts** on a regular basis – we simply make room for new ideas.

In short, meditation is as essential for your Intellect as is sleep for your physical body.

## Simple meditation technique

There are many techniques for meditation. Most of them use a so-called “mantra” composed of a few words or sounds. Mantra is repeated mentally to help us achieve a “blank” state of mind.

Contrary to popular belief, promoted by people who attract followers and/or charge money to teach meditation, mantra has no sacred “meaning” and no mantra is essentially better than any other. However, regardless of its content, mantra has two important *functions*, which can greatly assist us in achieving and maintaining the meditative state of a blank mind.

1. Mantra is a very simple thought. It becomes very familiar to us when we repeat it in our mind. This thought is used to *replace* any thought which may come to our mind. Every time a thought comes during meditation, we use mantra to replace it.
2. When we practice meditation *regularly* using the same mantra (whatever it is), soon we *train* our mind to *associate* the mantra with a calm meditative state. This association is called an “anchor” by Neuro Linguistic Programming (NLP)[18] practitioners. After such a training, even if we are agitated, a thought of mantra usually brings an immediate calm of the mind. This makes our mantra a very powerful tool to deal with stressful situations in our life, a tool which we can develop **ourselves** as a result of regular meditation practice.

When we understand the above two functions of the mantra, it becomes clear that changing mantras may be not a very good idea. Changing mantras may be considered useful only in special situations, for example when we want to eliminate an undesirable meditation habit, that prevents us from achieving a deep meditative state, and the existing mantra is identified as related to that habit.

Also it becomes logical that whatever mantra we use, we should keep it private and not tell it to other people. Otherwise we give others a means of controlling our mind by telepathically transmitting us our own mantra.

Mantras are usually composed of alternative vowel and nasal sounds. The most widely known mantra is “oohmmm” or “aaaummm”, but any other similar word will do when we extend the sounds (home, room, zoom, moon, zen, boom etc.). It is best if mantra is an exotic or artificial word not encountered in any language.

The posture during meditation is also important. The easiest posture is a comfortable sitting position, with your spine straight and erect. If you lay down - you will most likely fall asleep. You may wish to take advantage of it when you have difficulties getting asleep.

Joining your hands and crossing your legs during meditation is desirable, because you make the bio-electro-magnetic field around you [19] more compact and therefore more intensive. Sitting cross-legged is another good position, but requires some fitness and training. Yet another good position, although rarely used today is a squatted sitting position with your knees

close to your chest, feet and hands crossed. This position is very similar to a foetus position in a womb, before we are born.

If you have never tried any meditation, try to find a quiet place and try the following technique:

1. take a comfortable meditation posture as described above
2. close your eyes and relax all muscles in your body, including the face. A few alternate nostril yoga breaths are very helpful at the beginning of this stage.
3. disregard any thought as it comes - do not continue the kaleidoscope - continue this for 20 minutes or so, trying to maintain your mind blank. You can use a mental sound "ooooohhmmm" (a mantra) every time you have a thought. Alternatively you may keep counting thoughts, discarding each one as it comes, without analyzing it. When you go down to 2 or 3 thoughts in 5 minutes, you meditate very successfully.

*Before* each meditation session you may wish to *define clearly* what you want to learn. During the meditation, do *not* expect an answer (although it may come) - this is also a thought !

With practice you should be able to attain a blank mind anytime and anywhere, even in a crowd of people or a stressful situation, with the help of your mantra. But do not use the mantra when stressed, until you are *positive* that you practice meditation long enough and the thought of mantra is firmly associated with your calm state of mind.

## **Example concentration exercises**

Discussing and comparing useful concentration exercises for development of the individual intellect can easily fill several books. Examining the reference [3] may give you a few good ideas if you want to learn more. Below, I have included only a few examples, to illustrate possibilities and their outcomes.

### **Concentration on Love**

(called also “metta” concentration [3]). After you attain a “quiet mind” in your meditation, and maintain it for about 20 minutes, try to imagine yourself “surrounded” by Love. Not lust. Love that is similar to a feeling you have for your child, your mother or Nature.

One by one, case by case, analyze everyone and everything that in any way upsets you and try to find **WITHIN** yourself a feeling of Love for that person or thing. See mistakes - your own as well as others’ as essential tools for learning Love. **Try to attain and maintain a state, in which you cannot imagine anyone around you that you cannot Love.**

In such a state, imagine that the “Cloud of Love” that surrounds you grows. Imagine it to expand. Imagine it filling the entire room, then the entire house with all its occupants. The final goal is to imagine **YOUR** Love encompassing the entire Planet, then our Galaxy and eventually the entire Universe. It may take you many months or even years of conscious practice to attain the final picture in your mind.

## Concentration on “visions”

When you practice meditation long enough and periods of the “silent mind” during your meditation become sufficiently long, your mind will sometimes create “images” or “visions” that will appear directly in front of you – even if you have your eyes closed and even if you sit in complete darkness.

Appearances of such “visions” are very similar to dreams, but unlike during dreams, you are fully conscious when you perceive them.

You may wish to concentrate your attention on these “visions” when they appear and try to understand WHY your own mind generates them and **what you can learn** from them.

Many of these visions will be *interactive*, much like dreams.

There are many reasons for these “visions” to appear, for example :

- ?? They may come from your own memory. It may be something that you have seen before
- ?? They may be solutions to your problems or suggestions on what you need to pay attention to on your way to a solution.
- ?? A “vision” may be a message from someone else. In a state of a very quiet mind you can receive a thought from another Individual Intellect *if it is directed to you*. Explore this possibility. If it is someone else – you should

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eventually be able to *feel* who it may be just by aiming for it, but *only* during the time of contact.

- ?? They may be images from the psychosphere [1] – known also as akashic record
- ?? They may be images of REALITY at some other location. If you can identify the location – try to check it out later.
- ?? They may be messages from your Higher Self to inspire and motivate you in your quest of “doing” things in Life
- ?? Like many dreams, they may be “tests” of your spiritual maturity, conducted by your own Intellect and your Higher Self. These tests enable you to “check” your attitude and “try out” choices without experiencing their consequences. As a result you become better prepared for exercising your Freedom of Choice when you actually “do” things.

Concentrating on “visions” can be also practiced by attempting to control your dreams. Try it out. Remember to use your Intellect to explore dreams *as they happen*.

The most advanced stage is the ability to *create* your visions in a controlled and interactive way, gradually increasing their complexity, scope and applications.

## **Concentration on the “inner sound”**

This is one of the secret techniques, that many advanced Individual IntellecTs in the past found useful to initiate separation of their consciousness from their physical body and examine “the other side” without dying.

Start in a perfectly silent room. After maintaining your “quiet mind” during a period of meditation – try to become aware of the “inner sound” that resonates in your mind.

Note, that we are NOT talking here about a sound of breathing or heartbeat – only the sound that is in your **mind**.

Explore this sound. Then aim to identify its Source. By concentration try to “locate” the Source of your “inner sound”. While maintaining complete relaxation of every part of your physical body, seek the maximum intensity and the highest pitch of your “inner sound”.

Eventually (which may happen spontaneously or after many years of practice) you will reach a state in which the “inner sound” becomes so loud, that you will find it almost unbearable, but only for the very first time. Do not be afraid – this is normal.

When you are sufficiently close to the Source of the inner sound, you should be able to find the beginning of a “tunnel” – the same “tunnel” that has been reported by many people who have experienced clinical death and came back to life.[15]



To locate the “tunnel” in such a state, seek The Light at “the other side”. The Light will initially be no bigger than a distant star. Try to focus your attention on the star and not to “lose” it.

Then, by concentration, aim to “approach” The Light. If you succeed, you will have a sensation of travelling with phenomenal speed towards The Light, even though your physical body will be perfectly still. Everything around The Light will create the illusion of a “tunnel”. It is an illusion, because if you exercise your Freedom of Choice and decide to stop along the way – you will find yourself among the stars, and the “space” will seem distorted.

When you succeed to approach The Light – it will become very bright and eventually its brightness will exceed that of the Sun. What we perceive as The Light – is actually our Higher Self [1] – our very private interface to The Great Intellect.<sup>5</sup>

How far can you go along the “tunnel” depends on how good your *reason* is to go there to start with. The final result will not only depend on you – but also on your Higher Self admitting you to itself. You can even negotiate – you have the Freedom of Choice at all times. Never forget it.

When you are *admitted* to your Higher Self – the bliss cannot be described in any human language.

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<sup>5</sup> The organization of Consciousness in the Universe is outside the scope of this book. Essential part of the Conscious Design of the Universe is an intelligent system of *filtering information*, that prevents The Great Intellect from getting polluted by primitive minds. The reference that describes these issues best is the book [1]. To my astonishment I could verify some key aspects of this design by studying the Self.

The best I can express it – you feel loved SO much that you simply *faint* from being Loved. When you wake up – you will think that you fainted for several seconds, but your watch will most likely show a time that is an hour or two later...

There are two things that are **very characteristic** to close encounters with The Light of the Higher Self.

The first is that *every time* you have a clear recollection that you understood *absolutely everything that you ever wanted to understand* when you reached The Light.

The second characteristic thing is that you *are not able to remember any details* when you come back and recover from the bliss. Recovering details takes days, weeks, months, years or even a lifetime of thinking and intensive conscious study *after* your encounters with your Higher Self.

It seems that all details are purposely “erased” from your memory. You remember only a “summary” of the encounter. For example - you remember the fact, that you had no questions - simply because everything was crystal clear to you, but you do not remember any particular answers.

This selective “memory loss” during my experiences with The Light puzzled me for many years. No teacher could explain it to my satisfaction. However, as for everything in the Consciously Designed Universe, there had to be a **reason** for it. The only source that guided me to a logical explanation was the reference [1].

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As we have already established, our physical lives are “exams” or “tests” for “doing” things. We are not supposed to know all answers from memory – we need to *prove* that *we can find answers entirely by ourselves*.

We need to prove that we *understand*, not just ‘follow what we remember’. When you only “remember” you can easily forget and there is no way of reconstructing the information. When you *understand* – you cannot really undo your understanding, can you?

From understanding – you can reconstruct any part of the information you need – even in a totally new and unexpected context. Do you see the difference?

Incidentally, this is exactly what the best teachers do when examining their students – they test *understanding*, by giving students unexpected problems to solve. Best teachers are not impressed at all if someone just *remembers* things without understanding.

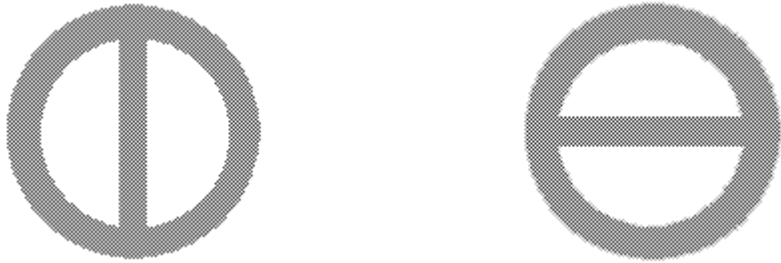
A chance of “doing” in our physical lives enables a unique “test” to determine what we just “remember” as a “theory” and what we truly *understand* and can apply in a situation of autonomy.

Memory is always temporary. Understanding is permanent.  
**Development of Intellect occurs only by increasing the level of understanding.**

Incidentally, this is a primary reason for starting every lifetime with a “fresh memory”. [1]

### Exercise with the “cross”

Both exercises described above require a phenomenal ability to concentrate. When you perceive the “vision” or you “see The Light of your Higher Self” it is much too late to learn how to concentrate. It is best if we also have in our repertoire an exercise that we can practice anytime anywhere, at work and with our eyes open.



The aim of this exercise is to learn to use *each eye separately* and create the *combined image* from two individual images *in your mind*.

For many people this is an extremely difficult exercise, but I found it the most effective of all. Various versions of this exercise existed in almost any advanced ancient civilization.

To start the exercise place the picture approximately 1.5 m in front of you.

Stretch your hand forward so that one of your fingers is half way between your eyes and the circles. Change focus on the tip of your finger and overlook the circles. You should be able to see 4 circles. Then, by concentration, try to overlap the

middle 2 circles to see *one circle with a cross*, in the middle between the two. The purpose of this exercise is to maintain the cross as long as you can.<sup>6</sup>

This exercise has been shown to be extremely beneficial: 5 minutes of maintaining the cross dramatically improves the harmony in our body [13] and sharpens our mind. I know computer programmers who use this exercise regularly, because they noticed significant enhancement of their problem solving ability.

The cross will initially float and seem unstable. Experiment with the distance from your finger to your eyes to achieve a perfect cross. You start gaining benefits after 3-5 minutes, preferably without blinking. The ultimate benefit, according to some people [1], seems to be gained after 45 minutes of continuous concentration. Developing an ability to concentrate for such a long time requires dedication and systematic practice, but it will ultimately make a *real* difference to your mental, spiritual and intellectual abilities.

In my experience it is best to start with a minute or two of this concentration exercise gradually increasing the time every week. Short and intensive concentration seems to be better and more effective than longer ones, interrupted by the lack of skill. Gradually, with practice you should be able to achieve and maintain the cross without the use of your finger. While you maintain the cross try to become aware of the other 2 circles as well as everything else around, using your peripheral vision.

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<sup>6</sup> Interactive and animated instruction to this exercise can be found online at <http://www.thiaouba.com/seeau.htm>

### **Advanced level of concentration**

One arm in the “cross” usually seems to appear “in front” of the other. This means, that one of your images is dominating the other when they overlap.

Try to get the “hidden” arm in front as much as possible, by concentrating. The aim here is to balance both images. Then try to switch between “dominating” images on demand, by alternating the dominant arm of the cross at regular time intervals. When you become confident in your control, try to *maintain a perfectly balanced cross*, with no arm dominating over the other. Try to keep such a perfectly balanced cross for as long as you can.

If one of your eyes is significantly weaker than the other, you may have to adjust the size, color and/or brightness of one or both circles to compensate for this difference.

When you have difficulties in learning meditation – learn this exercise first. This exercise is so intensive, that after doing it for several minutes, your mind will be ready for a deep rest. As a result, you will find that meditative state of a calm mind will occur naturally. You will meditate before you will realize it.

Also, when you are very upset, irritated or stressed – starting with intensive concentration on the cross is an excellent way to enter deep meditation very quickly.

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## **Responding to Psychic Attack**

In nearly every culture on Earth people discovered quite long ago that it is possible to control and manipulate others by crippling and sabotaging their individual intellects with *fear* and *confusing misinformation*.

Also, they noticed that it is far easier to disturb, frighten and confuse rather than to inspire, teach, inform or promote well being. Just like with water - it is much easier to pollute it than to purify it from contaminants or even to maintain it clean.

Soon it was realized, that such telepathic (psychic) disturbances, like all telepathic messages, may be actually *directed* to specific people to achieve certain changes in their behavior, induce sickness or even cause death.

For example, it is well known that in Papua New Guinea some native people can harm or even kill their enemies at great distances, just by **concentrating** on it. So-called “black magic” or “voodoo” is just misusing natural telepathic abilities to frighten and confuse intellect and the Free Will of a target person.

Being outspoken about the matters of Freedom of Choice and conscious development, publishing my thoughts on the Internet for everyone to see, I have been exposed to intensive criticism by people who control large flocks of followers and promote doctrines suppressing the individual Free Will and conscious progress on Earth.

On one occasion 70,000 fanatics, lead by priests from Detroit in the USA, holding multiple PhDs in brainwash, executed a collective “intercession” on me (2 May 1997 “Promise Keepers Conference” at the Pontiac Silverdome stadium in Detroit, MI, USA).

How to cope with a psychic attack? Since we are Individual Intellects with Unlimited Potential, we already have everything we need to protect our autonomy and continue our individual conscious progress.

The most important thing is to realize that any harm can be done *only if we consciously agree with our free will* to be harmed and/or influenced.

**There is no force in the Universe that can take your own Freedom to Think away from you.** Not even The Great Intellect. You can only surrender it *yourself*.

So called “psychic attack” usually involves a request or a command aiming to *invade someone’s consciousness* and Free Will. When “successful”, (i.e. accepted and adopted by the recipient) such a sabotage of consciousness can seriously affect the health and well being of the “target” person.

Since all evolved people are aware of the Purpose of the Universe [1], psychic attack can come only from very primitive intellects. For this reason, even the collective effort of 70,000 people consciously and synchronously uniting against one person produces quite limited conscious disturbance.



The best strategy to protect yourself, is to make the best possible use of facilities of your Individual Intellect and remember that it has an Unlimited Potential. To create optimal conditions for using your Intellect – you need to restore the “calmness of mind” as quickly as you can. Skills acquired during regular meditation practice become simply invaluable.

If you expect a difficult situation - you can use your Intellect to develop an intelligent “plan” for coping with it - in advance. What plan?

The most important thing to know is that *during* a so-called “psychic attack” the minds of all people involved are actually in direct communication.

**You can take advantage of such a connection to communicate back your own message.**

If you communicate your fear, people on the other side will feel “power” over you and may even get excited about it. If you can restore and maintain your clarity of mind, they won’t feel any feedback and will feel powerless.

Please, **make sure** that you have achieved a calm state of mind, before trying to communicate anything back.

What should you communicate back? Yet again, you have the Freedom of Choice to make a suitable decision, depending on the nature of the invasion, your personality and the purpose of your response. There are quite a few options, but, as always, it is best to act in perfect harmony with The Purpose of the Universe. Do you remember what it was? Developing your

Intellect and learning to experience the highest possible feelings you can imagine.

For that reason, sending the message of Love is the wisest option. Let me prove it to you.

Most telepathic invaders are low intellect people who have never really experienced being *truly* loved, regardless of all the mistakes they have made. However, like every living organism in the Universe, they are sensitive enough to send and receive *feelings* telepathically. When they suddenly feel *loved* their sensations are *so* pleasant, that they *like* them. As a result, when they think of you, they *like* it. When they like thinking about you, they actually start *liking* you. But it means that your “message of love” turned your “enemy” into someone who actually likes you !

So, of all possible responses, the message of love is the most powerful, because it **can** actually change people around.

This is exactly what numerous evolved Individual Intellects did in the ancient past to melt hearts of the great majority of their “enemies”. This is precisely what they *meant* when they taught people to “*love their enemies*” [1],[3],[5].

Although the message of love is by far the best possible response, it is the most difficult message to come up with when you are attacked. Great self discipline and spiritual maturity are required to truly love someone who tries to hurt you.

The most efficient way to send your message of Love is with

the assistance of your Higher Self. Why? Because your Higher Self has direct connections to all other invaders' Higher Selves giving your message almost unlimited range. The main thing is to *ask* for assistance from your Higher Self and be grateful when you receive it.

You cannot just say or think “words”. You have to really *mean* what you think and ask for. What happens when you do?

In my case, I knew the approximate timing of the attack in advance, so I decided to wait for it while meditating and concentrating on the “cross”. I recognized the moment of the “attack” as a feeling of a brief discomfort in my chest. Then I focused on my best feelings I could imagine at that time and I asked my Higher Self to assist me in sending my message of love to all those who were trying to hurt me.

After a short while, the entire room I was in, with essentially white walls and no furniture, went pink right in front of my eyes. I had a feeling of being inside a transparent “pink cloud” that surrounded me from every direction.

I felt a surge of energy along my spine, a familiar sensation of the activity of my Higher Self. I felt that the attempt to control me was repeated after 5 minutes or so, but this time I did not feel any discomfort before sending my message of love again.

Later I played my guitar, asking my Higher Self to help to transmit my music to all the people who were thinking of me for whatever reason. At no time did I feel threatened. On the contrary, after this experience I felt greatly energized and inspired. It was a great and memorable lesson for me.

## Measuring progress

How do we measure “progress” on Earth?

How do we measure “success”?

Don’t we use **money** as a measure of progress and success?

How many people do you know who focus their life around making money? Why so many of us on Earth are so obsessed with money?

Is it a *belief* that accumulating material possessions provides “security” for our future? What security? What future?

Alexander The Great conquered the entire world of his time. He had every material possession he desired. When he was dying, he called everyone around him and said: “I cannot take *any* of my possessions to where I am going now...” These were his last words. Only at the very last moment of his life did he understand the nonsense of accumulating material possessions.

We have already demonstrated, that there can be no limit to the evolution of our Individual Intellects. Intellect existed before we were born and will exist after our current physical body will stop functioning. Since our Individual Intellects have to continue to exist indefinitely, we can choose to live an unlimited number of lifetimes in different physical bodies. We have Freedom of Choice.

By cultivating attachment to material possessions we *consciously limit our awareness* and therefore limit our choices - by disregarding other options as irrelevant.

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Without even realizing it, we program severe limits into our own consciousness and intellect *ourselves*.

Nature and the material reality have only one purpose from The Beginning - to **assist us in development of our Intellect**. We can only experience higher feelings such as Love and truly enjoy our conscious existence when our Individual Intellect is sufficiently evolved.

Do you think that money can be used to measure the degree of development of an Individual Intellect? Is money a good measure of intelligence?

Can intellect and intelligence be purchased for money? Can Love be purchased for money? (Some people say it can, and that it is a matter of the amount. But is it real Love? Do they really know what is Love?)

Is money a good measure of a degree of understanding of Nature and the Universe?

Some people try to measure the damage to Nature by the amount of money it would take to “repair” or “clean” the environment, but is it a good measure? Do we really understand why Nature is designed as it is?

It is clear, that in the domain of Intellect, we can achieve only what we aim to achieve. For example by studying languages you cannot expect to become an engineer.

By choosing different measures of success we effectively aim to achieve totally different results.

In particular, aiming for maximal development of Individual Intellect and aiming for making the maximum amount of money are two totally different directions, leading to totally different final results.

Can you see the difference between these two attitudes?

Aiming for development of our Intellect opens new horizons at any stage of our evolution. The more we understand, the more we increase our capabilities to understand even more. There is no limit to what we can learn and who we may eventually become in the Universe. Needless to say, our choices, that greatly depend on what we can imagine and comprehend, expand at any stage of our progress. At all times we have unconstrained Freedom of Choice. The more intelligent we become, the more satisfaction and the higher feelings we can experience from our conscious existence. [1]

Let's examine consequences of using *money* as a measure of "progress" and "success" on Earth. In particular, let's examine consequences of the attitude of making the *maximum* amount of money.

When you analyze the process of making *large* material gain (whether or not expressed in money) - it happens only when someone takes advantage of many individuals.

Merchants make "profit" by buying products and selling them at a higher price. Motivated by profit, merchants aim to force suppliers to lower their prices and force customers to pay high prices - by whatever means.

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By misinforming everyone about the real costs of their operation, monopolizing supplies etc. - merchants take advantage of both - suppliers and customers.

Similar processes occur in almost any other activity motivated by material gain. People are taken advantage of.

Some ways of making money are based on explicit and unscrupulous cheating and deceit. For example, the richest religious sects on Earth achieved their wealth by convincing people to give them their possessions for a “place in paradise” after death. Needless to say, these sects focus on keeping people ignorant, confused and misinformed about the Purpose of the Universe to the greatest extent possible - just to maximize profits. Do you realize that some sects to this day openly teach everyone “to fear God” and people actually believe them?

Today (1999 AD) we have unique opportunity to observe the result of such a “system of taking advantage of others”, existing for some time. People have become entangled in the system of material gain to the point that they cannot even *imagine* any alternatives. Eventually, rich have become richer and poor have become poorer.

In unscrupulous chase for maximal profit some individuals “won” - they have become the richest. These individuals, hidden by names of their banks and companies effectively control the entire “system” on Earth. Through their wealth they can effectively control almost every activity on Earth they choose - simply because *people are conditioned* to do almost anything for money.

A great majority of people, including governments and the scientific community, are effectively “puppets” of money and the global monetary system.

Can we summarize results of adopting “money” as a measure of success?

What happens to the development of the individual intellect? Isn't it discouraged and even ridiculed? **Isn't human intellect polluted with illusions that making progress is achieved by making money?**

What about the Freedom of Choice? Isn't it compromised when people are *forced* to become totally dependant on the monetary and materialistic system that is imposed on them?

What about human feelings in such a system? Can you examine yours? Doesn't a “system” induce envy for those richer and contempt for those poorer? Don't these feelings lead to perpetual arguments and conflicts? Can't you see?

Now let's examine who controls such a “system”.

Who are these richest individuals that gain more and more power the longer the system exists?

Aren't they the most unscrupulous and ruthless people on Earth? Aren't they the worst among the worst on the entire planet? Aren't they proven masters of hypocrisy and deceit? Do they hesitate to induce and perpetuate conflicts and wars just to act as “peace makers” for their own benefit?



When we adopt money as a measure of “success” - we create quite unique mechanism in which the worst people on the planet eventually come on top and start leading others. Isn't it fascinating?

Hence, materialistic attitude leads to quite special situation from the point of view of the development of Individual Intellect.

**In materialistic society Individual Intellects experience systematic attempts of suppression and invasion of their autonomy by the most mediocre and primitive human minds that exist.**

Hence, money and the materialistic attitude associated with it is one of the most serious dangers for the Individual Intellect that can severely cripple its evolution.

However, such a situation becomes also a fascinating lesson for those Individual Intellects who have eyes and they **do** see...

Do you remember how experiencing extreme contrasts can accelerate our understanding?

It's all about Freedom of Choice, isn't it?

## Educating children

Creating optimal conditions for development of Individual Intellect should be the main focus of the education system, do you agree?

Unfortunately the education system on Earth today seems to do exactly the opposite.

In reality – whether students try to excel, party, play football or totally bimbo around – they pass. Difference in marks is minimal. Schools focus on the “pass rate” because this is directly related to their “financial viability”.

The system eliminates any motivation whatsoever to develop the Self, because there is no recognition for individuality, no recognition for Intellect and no recognition for Intelligence.

Whoever tries to ask questions or show any sign of intelligence – is ridiculed or even penalized, whether it is a student or a teacher.

Are you surprised that so many children are bored ?

*"Reality is boring only for those who do not know **anything** about it."* [17]

Do we teach our children enough about the Reality of the Universe? We don't even start...

One day a primary school teacher gave a child that I knew a “penalty” for expressing boredom and disappointment with “stupidity” of many typical activities at school. The teacher requested the child to write down 100 sentences. The child wrote “100 sentences” and said in 10 seconds “I finished !!!”. Do you think that this child was rewarded for intelligence?

As an academic at a leading Australian University, I had an opportunity to teach **the first year** students an optional subject “Laser Measurements” in the Faculty of Engineering. When I held this subject in the **first semester** of the year – the interest from students was extraordinary and I was able to present quite advanced material. Many student reports and lecture notes were better than some of the “final year” submissions. When I held exactly the same subject in the **second semester** of the year – no one was interested in anything. I was puzzled, because this pattern repeated year after year. Why does student motivation completely disappear after the first semester? One day, one of our better graduates explained:

*“When you come to the University from a High School – you have a lot of expectations. Interesting subjects really attract your attention and imagination. Then you see results at the end of the semester and - get depressed. Those who are clever and study and those who bimbo around all semester – have very similar marks. Everyone passed... So, the next semester you don’t study anymore – unless you want to get laughed at...”*

Do you see, how the “system” eliminates motivation for self-development, and gives preferences to perfect members of the flock? Do you understand the mechanism?

## Science and Technology

Science and technology on Earth is almost entirely controlled by money and the monetary system. No money - no research. "Knowledge" is considered a "property". Scientists seem to focus almost entirely on material reality and eventual material gain or expenditure remain a key measure of their "success" and pride.

Scientists and engineers don't even notice how much intellect and intelligence it takes to undertake the study of even a single atom. They have been smashing atoms for almost a century now – and still no one really knows what is inside them and how to make an atom. The universal need for intellect and intelligence is right in front of their noses – and they still miss it.

Since the mediocre establishment of today totally ignores such a need – technology is used primarily *against* development of Individual Intellects and against Nature.

Every potentially significant invention is turned into a weapon or a tool for misinformation. Technology is used to frighten people and keep crippled Individual Intellects under control.

What happens if the technology is used by people without sufficient intellectual and spiritual maturity?

What would happen if we let a 5 year old child fly a plane or drive a car on a highway?

Isn't a catastrophe the most likely result?

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For that reason, “*material technology, without spiritual knowledge is leading us to global catastrophe on Earth*” [1].

To avoid a catastrophe – we need to understand WHAT we are doing and WHY.

Would you like to be led by someone who doesn’t know at all where to go and what for?

Are you SURE that those who try to advise you have any clue?

The entire material Universe seems to be nothing more than a disturbance of the Singular Nothing. Disturbance that was so great and so well designed, that the oscillations (vibration) that followed are still very fast and intensive.

Some of the stable vibrations, or “standing waves”, appear to us as “atoms”. These atoms are so intelligently designed, that even living organisms can be composed of them.

Everything material in the Universe is an oscillation. One day in a distant future all these vibrations may stop.

**The sole purpose of our material existence is to develop our Individual Intellect.** Everything material is temporary.

Shouldn’t the material technology be used to **assist** in development of our Individual Intellect?

*“Man exists physically for the sole purpose of developing spiritually...” [1]*

Unfortunately, our “science and technology” after hundreds of years of development hasn’t developed much more than a sense of pride and authority.

What are **primary motives** for developing **technology** on Earth? Isn’t it making money? Saving time? Making people dependant on gadgets? Gaining authority, power and advantage over other people?

Do you realize how irrelevant are these motives in the context of the Grand Plan? Do you realize that actions that follow these motives directly violate the Purpose of the Universe?

Can you tell me what are the most visible results of technology on Earth today?

Isn’t it an accelerated destruction of Nature? Isn’t it the pollution of eco systems and their occupants to extinction? Isn’t it the arrogance that “we can do anything if we can pay for it?”

Aren’t these “results” the evidence of our monumental ignorance and disrespect for The Purpose of the Universe?

Do you realize that extremely violent weather patterns such as “killer cyclones”, extreme storms, hurricanes, floods and tornadoes, that used to happen every few years, now occur almost every week? Do you realize that this is a direct result of accelerated atmospheric pollution on a planetary scale?

Good planets are hard to find, aren’t they?

You may remain impressed by some of the apparent “achievements” of technology, such as automation and computers.

Do you realize that getting increasingly dependant on push-button convenience may actually cripple your ability to think? Do you realize that by cluttering your intellect with “user manuals”, and “buttons to push” you may become a robot in a “system” rather than a conscious citizen of the Universe?

Even though many scientists today seem to focus on development of their own intellect, they totally miss The Purpose of the Universe and key principles of its Design. They maintain very narrow areas of expertise and typically do not have any appreciation of how their work relates to the Grand Plan of the Universe.

Very few individuals have enough imagination to *admit the possibility* of the existence of the Grand Plan. Do you realize how rare are scientists who *insist* that “*God doesn’t play dice*” like Albert Einstein did?

As a result of this lack of vision, scientists indulge themselves that they “know”. Protecting doctrines and authority prevails over reporting true discoveries.

Irresponsible journalists reinforce and greatly amplify the illusion that “*there are experts somewhere who know how to fix any problem*”.

Are you surprised that the **attitude for disregard and disrespect of Nature prevails?**

If you think that science on Earth is “advanced” - think again. Scientists on Earth are not even aware of some very elementary Laws of Physics. Let me give you a proof.

Take gravity. Is there anything more basic than gravity? Do you realize that the entire “science” on Earth today cannot even explain gravity?

**Do you realize that most of the pollution on Earth is generated to “fight” gravity : to lift things up and/or move them around?**

Do you realize that no scientist on Earth today can explain **why** we do not fall off the planet into space? They still search for “the origin of mass”...

*“If what can be seen is obscure to you – how can you hope to comprehend what cannot be seen?” [2]*

If a *wheel* is such a good idea, why does **nothing** in Nature move on wheels? Why doesn't our planet roll on wheels around the Sun? It is quite heavy isn't it?

Is your imagination so constipated that you cannot even **admit the possibility** of a more intelligent solution?

The Design of the Great Intellect in front of our eyes is SO intelligent that it is actually simple. Aren't the simplest solutions also the most beautiful?

Incidentally, do you remember that **beauty** was one of the main purposes of Designing the Universe to start with?



By now you may start wondering – “is there anything we can do?” Since we cannot change anyone else, only ourselves, I would like to volunteer my contribution:

As an Individual Intellect with Unlimited Potential I **personally** challenge the **entire scientific community** on Earth, with all their great computers and laboratories, to explain gravity. Generate it. Overcome it. Understand it.

Discover one more intelligent principle in the Design of the Universe. Stop polluting Nature and the Planet to destruction just to lift things up and move them around.

Do you think that humanity on Earth is ready to stop developing weapons from every new “discovery”? As soon as they are – I will accept the challenge of conquering gravity. Openly, in public, so everyone can see what a single Individual Intellect is capable of - once it discovers its Unlimited Potential and exercises its Freedom of Choice.

Would you like to join me?

**If you insist that only crawling is possible – you may never learn to fly...**

## Evolution

What about the theory of evolution?

Let me quote a question from a brilliant discussion at the prestigious Russian Academy of Sciences.

*“If evolution is true – why is every girl still born a virgin?  
There must be some weakness in your theory...”*

So WHY do we see evidence of evolution taking place among many species on Earth?

Simply because the **evolution occurs in Intellect**. Physical and physiological changes occur **only** when someone consciously **LEARNS** something. You have to admit, that **learning is a process of intellect** rather than of the flesh.

For example, bacteria can **LEARN** to live while harassed by antibiotics. They don't develop any other skill, or evolve to something else other than bacteria – they develop a **very particular** skill that they need to survive. They **aim** to develop it. There are no coincidences.

It is interesting to note, that this learning occurs over many generations. Countless generations of bacteria need to die before bacteria can develop a new skill. For many decades we thought that we could kill bacteria successfully. So, how can bacteria **today** learn from generations of bacteria that have long been **DEAD**?

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The fact of *continuation of consciousness* beyond one lifetime, proven earlier in this book, is a very logical explanation. [1] [10].

From the above example, it becomes clear that it may not be a very good idea to try to “kill” any living creature – even as little as bacteria. Since every living creature is intelligent – it may LEARN to fight us rather than learn to co-exist with us. In the long run, it means that by hurting any other living creature we ultimately hurt ourselves.

Also, if other life forms have evolved from bacteria, as some theories proclaim, why has no one **ever** seen bacteria evolving into anything other than bacteria?

Observing Nature around us we have to conclude, that to achieve a “harmony” – a great multitude of species have to exist **SIMULTANEOUSLY**.

For example, bacteria need organic waste from other living creatures and every other living creature, including humans, needs bacteria to live.

Symbiosis and co-existence of a multitude of species is essential **from the beginning** and it is the essence of the Conscious Design of the Universe.

Isn't it a coincidence that co-existence is also an excellent environment for learning and development of intellect?

## The Freedom of Choice

*“Who you are ?*

*How you Live?*

*What will become of you?” [2]*

Aren't you the Individual Intellect with unlimited potential to develop itself ?

Don't you have an unlimited autonomy and the Freedom of Choice ?

No one else can develop your intellect – you can only do it Yourself.

No one else can learn to experience Love and bliss for you – you can only learn to experience it Yourself.

You are INDIVIDUAL for a REASON. Can't you see?

**Theories that "we are all One" do not explain ANYTHING about the Reality of the Universe.** Following them directly cripples our intellect, individuality and Free Will.

Without your unconstrained individuality and uncompromised Freedom of Choice there is NO CHANCE for you (or anyone else) to sustain experiencing truly High Feelings such as Love.

We could say that *"we all have a common Origin"* or *"we all exist for the same Purpose"* or *"we are all Brothers and Sisters"*. Do you see the difference?

“Love one another” is great advice on how to live Life. It is one of the best ways to practice our Higher Feelings.

How far can you go? How high are the feelings that **you** can learn to experience?

**The only limit you will ever experience in the Universe – is the one that you impose yourself.**

For example, if you decide to live only **one life** and then extinguish your conscious existence – it is Your Choice. If you insist - you CAN. Just stop thinking and stop using your intellect.

So, what is our Final Destination?

Does it exist? There are no limits... The only limits that exist are the ones that we impose ourselves.

The more you understand The Beginning and The Purpose of the Universe, the better you can understand Nature (material manifestation of the Great Intellect) – the better you can imagine and create your own Final Destination. There are no limits in what you can imagine...

***“The danger is NOT in a death of the physical body as millions believe – true danger is in the WAY WE LIVE ” [1]***

We have The Freedom of Choice...  
What do YOU choose?

## **The Most Difficult Thing**

Do you know what is and always has been the most difficult thing for me?

It is the Freedom of Choice.

Specifically –

**the Freedom to Choose not to do anything at all.**

How many people do you know who focus on this single choice? Do you know how to overcome the temptation of choosing not to do anything for your conscious progress? Have you encountered such a temptation yourself?

I found, that the most difficult aspect of my conscious existence has always been to find enough motivation to **discipline myself** to think, study the Self and to aim for systematic conscious progress.

**The greatest limitation you will ever have to overcome is YOURSELF.**

Do you recognize your limitations?

What have you done **today** to overcome your limitations?

## The Ego

You cannot eliminate the Self or the “ego”. I have tried it - and failed miserably every time.

In this book, I have clearly demonstrated why. We are INDIVIDUAL for a REASON. **Without our individuality there would be no point whatsoever making the Universe to start with.**

Trying to suppress our individuality is a violent act against the Purpose of the Universe and as such it always results in experiencing misery.

The only way is to EDUCATE the ego. Study it. Bring it up. Convince it. Teach it Love.

**Examine your Self.** You will find that **Everything** is there

Lust and Love	Hate and Tolerance
Violence and Kindness	Arrogance and Respect
<b>Animal instincts and Intellect</b>	
Joy and Misery	Envy and Admiration
Wisdom and Ignorance	Deceit and Sincerity
Selfishness and Generosity	Filth and Innocence
Pride and Modesty	Cruelty and Tenderness

It is all WITHIN. And more...

**Everything HAS TO BE THERE at all times.**

Otherwise how could you exercise your Freedom of Choice?

How else could you **perceive** things if you didn't have a chance to experience a perpetual contrast of the opposites?

Do you see the logic and the beauty of the Design?

Examine the **Self**.

Study the Ego.

Bring it up.

Show it the beauty of your Intellect.

Show it the Potential

Convince it to develop.

Show it all the choices

**Teach it to Choose** consciously

Convince it that **your choices make all the difference**

Then teach it to **Choose Love**

This particular attitude, however, requires a phenomenal amount of **self-discipline**. No one else in the Universe can do it for you. YOU have to find all the motivation WITHIN.

If you think that finding the motivation may be enough, think again. Finding the motivation WITHIN is extremely difficult, but maintaining it every day is even harder.

There are so many confusing distractions, obstacles and excuses. There are so many choices - and **the easiest choice is always not to do anything about your conscious progress.**

It is all about the Freedom of Choice...



## Do you believe?

Believing or cultivating beliefs of any kind is one of the main dangers for your Individual Intellect. This, of course, includes believing that something is not possible.

Let me explain the danger. What is the essence of a “belief”? Isn’t it assuming that “there is no need to know” or “there is someone somewhere who knows” - without checking out all the assumptions and consequences?

**By adopting beliefs you choose not to think** by yourself and choose to keep your Intellect **dormant**.

It truly doesn’t matter what *other* people “know” or they think they “know”. It is completely irrelevant.

**The only thing that is relevant in the Universe is what you can understand YOURSELF.**

Adopting and cultivating beliefs is more dangerous than exploding an atomic bomb in your hands. Why?

Destruction of your body cannot corrupt your Intellect - the only thing that is truly *yours* in the Universe. By adopting beliefs however, you *choose* to keep your Individual Intellect polluted and constipated *with your own consent*.

You need to KNOW rather than “believe” and **the only way to achieve and verify the knowledge is to use and develop your Individual Intellect.**

*Admit all possibilities* that you can imagine.

*Analyze* these possibilities with your Intellect and try to *understand* them. How else can you make conscious choices?

When you grow to understand more – new possibilities may arise and you need to be ready to admit them in your considerations.

Be extremely careful adopting beliefs.

“Beliefs” turn people into intellectual paraplegics, incapable and unwilling to think. “Believers” follow opinions and judgements, rather than develop their own *understanding* of the Universe and their own presence in it.

Examine your beliefs. Have you checked them out with your Intellect?

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## Understanding is everything

What we **experience** in life is only relevant if we **understand** what is going on and why. The evolution of consciousness occurs ONLY if we **increase our understanding** of Reality.

No teacher and no school can do this part of our homework. Other people can help with explanations, but ultimately everyone has to achieve the understanding *individually*.

The best is to illustrate this idea with a vivid example.

Imagine taking a *monkey* to the best university in the world, and letting it *experience* the best lectures of the best professors in astrophysics. Do you think the monkey would benefit from such an experience?

If you think the idea of a monkey was too extreme - try applying the above example to anyone, who has never been interested in understanding anything.

It doesn't matter how many books you have read, how many lectures you have heard and what were they. What matters is what you actually **understand** from them **today** about the Universe and your particular role in it.

What happens if people do not understand and/or make no effort to understand? At best - they waste their lifetime. Unfortunately, however, the lack of understanding is a primary source of misery and suffering, both individual and collective.

The process of how the lack of understanding causes suffering can be illustrated using an example of numerous celebrated ancient scriptures [2][3][4][5]. Reading them for thousands of years everyday and memorizing them by heart doesn't help, if no one can *understand* what information they contain, who wrote them, who tweaked them and **why**.

Without the basic understanding - the content of any scripture is perverted against humanity and Nature. People continue to hate, abuse, torture and kill others for centuries - all in the name of God - simply because they *follow* mistranslated and perverted text, rather than their own conscience.

Those with limited understanding promote fear of everything, including the fear of God - just to keep people confused and misinformed to the greatest extent possible. If you think that these practices belong to the past - look what happens in Northern Ireland or South Africa today. Or visit any place of worship yourself.

Following advice of those who demonstrate complete lack of understanding, flocks of people start worshipping and celebrating other people, statues, furniture, pieces of clothes with blood on it, or even tools of torture.

**Would you worship or celebrate an electric chair** if someone very important died on it? Would you wear a miniature of an electric chair on your neck? And yet, millions of people worship the cross (Roman tool of torture) and even wear a copy of it on their neck !!! Isn't it fascinating?

Needless to say, the *lack of understanding* successfully sabotages wise messages from the ancient past. Flocks of people are brainwashed to believe that they can do anything to anyone - if they *think* they “love God”.

The worst part is that the great majority of people on Earth, have never actually read any scripture by themselves. They have chosen to *believe* those who interpret and translate scriptures for them. Do you see the difference?

If you discovered that some people have been deliberately deceiving you for many years for their own benefit, would you still believe such people and would you follow their advice? I bet that you wouldn't like to be taken advantage of again.

Tragically, great majority of people never bother to check out if they are being cheated. Flocks of people voluntarily submit their free will and become puppets in the hands of crooks who present themselves as proxies to God or “Higher Consciousness”.

Do you think that The Great Intellect, the Intelligence that imagined and designed the entire Universe, including every atom in your body, gave you Individual Intellect, unlimited potential, autonomy and Freedom of Choice, needs a proxy?

## Not what - but WHY

Not what we do - but WHY we do it is important.

In other words, “*what counts **most** is not appearances, but what is **behind** them*”. [1]

Let me explain.

Evolution of Intellect occurs only when we expand our individual **understanding**. By consciously choosing things to do - we have the opportunity to prove to ourselves that we understand, not just dream that we do.

Hence, not our actions themselves, but **motives** for these actions **within our own individual intellect** are the most important.

Take for example an activity of “helping other people”. Seemingly, this is always a positive activity isn’t it?

What about “helping” people to stay ignorant? What about “helping” people to fight each other? What about using a phrase “helping others” to hide other activities, such as promoting misinformation, fear, taking advantage of others in need, making money etc.? How many doctors will help you if you don’t pay them? How many of them will try to make you *dependant* on their help to maximize their income?

Do you realize that the “facade” of “helping others” can have many different motives? **Motives make all the difference...**

Hence, “*what counts **most** - for evolution of Individual Intellect - is not appearances, but what is **behind** them*”. [1]

Analyze **motives** for your actions. Choose motives for your own actions **consciously** and be prepared to improve them tomorrow, when you increase your understanding of the Grand Plan. **Sincere analysis of your own motives should be your priority.**

Also, **try to see motives in actions of others.** Recognizing motives is absolutely essential. Let me illustrate it with an example.

Suppose that one person gives you a **poison**, explaining clearly what it is. Suppose that another person gives you **poison in a candy, without telling you** about the real content of the candy, but saying “*I love you*” instead.

What is more dangerous? Do you see the danger of hiding and failing to recognize true motives?

Can you see **the danger of justifying wars, violence and murder** as activities of “peace” or “justice”? [7] [8]. Do you realize how dangerous are “toys” and “games” that **teach and glorify killing and violence**?

**Can you recognize a deliberate lie and misinformation** when it is delivered in a form of “a message of love” ?

**Can you recognize glorification of stupidity and ignorance** when it is pushed as “spirituality” or “religion”?

## The Past

Do you remember how many times you fell before you learned to walk? Are you interested to remember all your falls?

Do you remember how many mistakes you made before you learned to write? Are you interested to remember what mistakes were they?

Do you think such “memories” are relevant? Why not?

What and how many mistakes you did in the past - is almost irrelevant. The only important thing about the past mistakes is what you have eventually learnt from them. In other words:

**The only important thing is what you understand TODAY.**

It is your **understanding TODAY** that determines and limits your conscious choices, isn't it ?

In turn, your choices **today** determine the range of choices **tomorrow**. This way you gradually define and determine your future in the Universe.

In view of the above, do you think it is a good idea to “*live in the past*” or let the past influence your choices today ?

**Focus on your understanding and your choices TODAY.**

The more you try to understand today, the more you will be able to understand tomorrow. Does it make sense?



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## The Future

Do you want to know the future? **What for?**

Can knowing the future increase your intelligence? Can knowing the future enhance your intellect?

Quite the opposite. If you knew the future, you would most likely aim to **avoid** certain unpleasant situations and hence lose the opportunity to **LEARN** from your reaction to them.

If students knew in advance the exact questions they encounter - would they learn anything from the examination? Don't we call this **cheating** ?

From the above it is clear that the desire to know future actually contravenes the Purpose of the Universe and the Purpose of our existence, because it sabotages the evolution of Individual Intellect.

Hence, whoever foretells the future gives the evidence of a complete lack of understanding of the Purpose of the Universe and Life in particular. Examining their **motives** might be a good exercise for your intellect.

Believing in "*prophecies*" and *waiting* for them to happen is **much more** dangerous than wasting time. Polluting Intellect with passive attitude of *waiting* and *hoping* for "a miracle", "salvation", "liberation", "enlightenment", "cosmic or planetary alignment", "messenger" or for "somebody to do something" has very serious consequences. Associated feelings of hopelessness and inadequacy, typically reinforced

by ridiculous rituals and habits eliminate motivation for conscious self-development and hence totally sabotage evolution of Individual Intellect.

**Most “prophecies” completely falsify cause and effect relationships** thereby preventing their followers from learning anything about the Reality of the Universe.

**Some aspects** of the future **can** be predicted, but only when we *understand* consequences of our individual and collective choices - and only when we *understand* relationships between *causes* and *effects* well enough. For example, if you decide to commit a suicide today, you can't expect to be able to eat a dinner tomorrow.

Another, more serious example - if we continue to increase atmospheric pollution on Earth DAILY - **resulting cataclysms will eventually destroy the entire planet**<sup>7</sup>. [1][21]

If you really want to know your future - you need to *understand* who you are TODAY. The better you understand who you are today - the better will you *understand* your FUTURE. The Future of your Intellect is determined *exclusively* by conscious choices that you make YOURSELF. No one can develop your Intellect for you - you have to do it yourself.

**Who you eventually become in the Universe is determined only by choices that you make yourself.**

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<sup>7</sup> The REAL danger for our entire "civilization" comes not from slow climate changes but from OVERHEATING the planetary INTERIOR. Please see reference [21] for more details

## **My Choice**

My outlook on life changed drastically many times in the past 40 years from one extreme to another.

I acted as a complacent member of the flock - just to become a major “trouble maker”, questioning every command and every doctrine at every opportunity. I was a musician and entertainer and I became an orthodox engineer. I have experienced dangers of a totalitarian regime and communism - to discover limitations and traps of the capitalistic society. From someone depressed with incurable diseases - I changed to a fanatic of self-healing and rejuvenation [12]. From a perfect family member - I changed to an extreme ascetic who enjoyed meditation more than sleep. As a sailing instructor - I did a Ph.D. in physics. After recording the world’s first hologram of the combustion process in an engine – I started to study bio-plasma around the human body [13] and aim to see auras with my own eyes. As an academic – I started to design totally radical fashion [14]. Being a competent orthodox scientist - I aimed to explore the Origin of the Universe by separating my consciousness from the physical body. I do not want to bore you with the rest of the list - I just want to give you some idea about the range of extremes I decided to adopt at various stages of my life.

I have “achieved” many things in my life - only to discover that “that was not it”.

By experiencing and exploring consequences of all extremes over many years I started to formulate the final conclusion. Do you know what it is?

I am just trying to express it in this book.

It is to live a life **consciously** and with **purpose**. The purpose that is compatible with the Grand Plan - the Purpose of the entire Universe.

Formulating your OWN purpose, compatible with the Grand Plan is the most important. It is also necessary to be ready to expand your purpose every time you grow to understand more.

**Can you expect to achieve something without knowing what it is?**

Only after experiencing existence **outside** my physical body, exploring “the other side” and mysteries of Higher Consciousness, discovering with astonishment The Singular Nothing, the Origin and The Purpose of the entire Universe, only then did I understand, that the best choice I can make everyday is to live in my physical body.

Only then I realized that **the best tool** for my feeble and limited Intellect to explore the entire Universe is actually my own physical body. Only then I started to appreciate the feedback and all sensations my body provides for my Intellect.

Only then I noticed that the part of the Universe that is closest to me is actually my own physical body.

Only then I realized how much I can learn just by using my Intellect to **pay attention** to the phenomenal range of sensations generated by my own physical body.

To my amazement, I discovered that I actually knew very little about my own physical body. Not only I haven't made it. I couldn't consciously design any part of my body, I didn't even know how and why it works. I couldn't even control some very basic functions of it, not to mention repairs! [12]

Let me explain what I mean. Imagine that you lost your hand. Do you know how to grow it back? (Eventually, when we learn enough – we will know how to rebuild our body at will. [1])

I realized **how little do we know** and that our “scientists” on Earth *haven't even started thinking* in the direction of true progress (evolution of individual intellect and its abilities for higher feelings).

We think that we are “advanced” or “civilized” – but it is not true at all. On Earth we are **right at the very bottom** of conscious evolution [1], following the most primitive instincts and ignorant doctrines rather than intellect. Tragically, most people on Earth don't even have enough integrity to admit it.

The most significant change in my attitude occurred when I learned to **appreciate** my own body as a manifestation of The Great Intellect – as a magnificent, generous, very sophisticated and very private **gift** to assist ME (my individual intellect) in my individual learning.

Only then I discovered that the best teacher is actually WITHIN - and always has been. No longer I need to wonder at various beliefs. **I know**. I have searched and I have found.

**I have learnt to use and trust my intellect.**

You can do it too. Anyone with intent and enough self discipline can do it. But it won't happen by itself. **We need to aim for a conscious progress ourselves.**

**Can you expect to make progress without aiming for it?**

Only after all the above discoveries *within myself* I started to recognize *other people* as Individual Intellects with Unlimited Potential.

In summary, staying in a physical body, learning from it and from Nature around us as much as possible is the best choice we can make. This is the fastest way to make progress in the Universe at our stage of evolution. Do you agree? Every other activity, no matter how fascinating it seems, is auxiliary.

Life is truly a wonderful opportunity to develop the Intellect and eventually learn **the Greatest Lesson of all – how to Love and become Loved.**

Can you imagine all people on Earth adopting this point of view?

It is back to the Freedom of Choice, isn't it?

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## Helping others

If you like the logic of my reasoning, chances are that one day you may choose to discuss it with other people.

Don't assume that what is perfectly logical for you – will be also logical for them.

Some people use their entire intellect to create **barriers** blocking any further understanding. The more we push such people from their “comfort zone”, the more “blocked” they become.

Since we have to respect their Freedom of Choice – we also have to respect their point of view, even if it is markedly different from ours.

Yesterday, at one of the seminars I conduct regularly, I met a lady who didn't answer one of the initial “easy” questions as I expected. (Can a house build itself, without anyone designing it ?)

She has chosen to *believe*, that it is sufficient to wait for the house to built itself. Only after I tried to continue my explanations did I understand that I should **let her wait**.

It would have been a very good choice to say: “*OK, let's wait then – and we'll see... we are not in a hurry are we ?*”

**Letting people experience the consequences of their own point of view is essential for them to learn anything.**

You will avoid a lot of frustration if you refrain from trying to explain something to people who are not yet ready to understand.

Try to ask them a **question** that will best provoke them to examine their own point of view. It is a great method [11]. If your question is well designed – you won't even need to wait for an answer. A well targeted and properly timed question is almost unforgettable – it will keep *nagging* the addressee for years – until his intellect will evolve to develop and understand the answer. However, designing such “unforgettable” questions is much more difficult than just making statements about the subject, no matter how advanced.

Typically, you will need to “listen” to another person carefully, establish their point of view by asking a number of “preliminary” questions, before asking your “final question”. This book contains about 350 questions, some of them in certain sequences. Feel free to choose the one which is the most adequate or modify any of them to suit your situation.

Most importantly - you need to be prepared. **Making other people THINK is far more difficult than developing the understanding yourself.** Prepare and rehearse your “questions” in advance.

The more you understand yourself – the harder it will be to find people who will be capable of comprehending what you are trying to say *directly*. This is normal. Many people have noticed it before.



Every evolved Individual Intellect who lived on Earth had chosen to speak with parables or “questions” - simply because without them the other people couldn’t comprehend even the simplest concepts.

Eventually you may even encounter direct opposition and ridicule, even from members of your own family...

**“Great Spirits have always encountered violent opposition from mediocre minds”**, as Albert Einstein expressed it.

*“Strange times are these in which we live, when old and young are taught in falsehoods school. And the one man that dares to tell the truth is called at once a lunatic and fool”*-complained Plato [11].

You cannot blame people that they are “not ready” to see a need to understand the Purpose of the Universe. **Can you blame a child that it hasn’t yet learnt to walk?**

However, it makes me sad, when people have the intelligence, but **choose not to use it** to advance themselves.

There is nothing I or anyone else can do. People have the Freedom of Choice and we should respect it.

**Letting people experience the consequences of their own point of view is essential for them to learn anything.**

## One more quote

*“If your leaders say to you ‘Behold, the Kingdom is in the sky’, then the birds in the sky will get there before you. If they say ‘It is in the sea’, then the fish will get there before you. Rather, the Kingdom is WITHIN...” [2]*

Hence (from the same source)

*“Whoever knows everything,  
but lacks Within,  
lacks EVERYTHING...”*

WHY has no one in the past 2000 years figured out what is the true meaning of this advice? What is wrong with humanity on Earth?

WHY do Individual Intellects with Unlimited Potential behave like a flock of mental paraplegics with a crippled intelligence and constipated imagination?

Do you have an explanation?

It is .....

.... their Freedom of Choice, isn't it?

## **The Proof**

Do you know how much is  $2 + 2$  ?

Is it **4** ?

Are you sure?

Can you **PROVE** it ?

Are you **SURE** that you can prove that

$2 + 2 = 4$  ?

Please **make sure** that you can **prove it** before turning to the next page.

Can you prove it to a chicken?

If intellect cannot imagine the possibility or the purpose – there is **nothing** to talk about. Not even a beginning of a discussion is possible.

**If intellect cannot comprehend the analysis – no proof is possible.**

The only way to seek and actually acquire the “proof” - is to develop Your Individual Intellect.

But isn't it the very Purpose of the entire Universe?

The alternative to developing Intellect is to remain stupid.

What do you choose?

Tom Chalko  
Melbourne, Australia,  
10 December 1999

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## Postscript

Thank you for accepting the challenge of reading this book and coping with the numerous deliberate provocations it contains.

Although most of this book has been written in only 7 days, during my 5-th week of fasting [12], it contains a summary of more than 40 years of thinking, dreaming, meditation, research, making mistakes, exploring and experiencing extremes, questioning every doctrine and challenging every teacher at every opportunity.

Has it stimulated your imagination? Has it made you think? How did you like it? Does it become better every next time you read it? Your feedback is always welcome. Please visit me online at one of the following sites

**<http://TheFreedomForum.com>** (discussion about this book),  
**<http://www.thiaoouba.com/>** , **<http://sci-e-research.com/>**

and see what else I have chosen to do by exercising my own Freedom of Choice.

I will make every effort to read and respond to your comments. Please submit them online.

With Love and Light,  
Tom Chalko

*“Man exists physically  
for the sole purpose of developing spiritually...” [1]*

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## Other books by the author

**The Joy of Perfect Health** (Self healing: what you need to KNOW), Scientific Eng. Research, Melbourne, Australia, 1995, ISBN 0 646 234307,  
(<http://www.thiaoouba.com/hom.htm>)

**Kako vidimo, beremo in izboljšamo avro**, (in Slovenian) Zalozba ARA, 1999, ISBN 961-6005-30-8, known in English as “Aura lecture notes” <http://www.thiaoouba.com/seeau.htm>

The Freedom of Choice book has been translated and published in following languages

1. Hungarian
2. French
3. Russian
4. Norwegian
5. Gujarati (India)

More translations are underway