

Spiritual Enlightenment or Truth?



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Preface

Describing how to get to spiritual enlightenment or to waking up can simply be done on one page. Even in just one sentence: continuously ask yourself questions until you find the truth. Eventually there will be a last question in that process. And after this last question you will wake up and you will be enlightened. It's that easy! But what are you actually looking for? Is it really spiritual enlightenment or do you mean the Truth? Is there any difference and what is meant by 'Truth'?

Is finding the Truth the same as spiritual awakening? This e-book will clarify all this. It's all about pitfalls and deceptions during your search for spiritual enlightenment and that most probably you are looking for the Truth. This e-book explains why getting to this spiritual enlightenment is an almost impossible quest and – if you find the courage for it - how you can achieve this and really can find the truth within a couple of years of hard work.

This book presents two routes: a hard and an easy one. I expect everyone will choose the easy one, but I can tell you that this goes with some conditions. The condition for the easy route is that you already should have a clear motivation to wake up: the will to acquire the truth. If it's clear what you want and also have an everlasting urge to get that done, you already made the biggest effort in the process. Every other reason to get to spiritual enlightenment will lead to a hard and tough route. Why it is so hard and difficult? It's your incorrect and misleading expectation of spiritual enlightenment and you definitely will need to change your motivation to get to the truth. And this is really a tough step to take in the awakening process. Are you sure you are in search of the truth, then you may skip the first chapters and go straight to 'How to awaken?'. The first chapters only will tell you how Buddhism lost track, why other motivations just don't work, why you are still not enlightened and why you will never find it if you skip these first chapters.

Introduction

Spiritual enlightenment does appeal to everyone's imagination. In the western world it has become a romanticized expression of original eastern spiritual movements. During past centuries enlightenment got a magical and mystical image supported and sold by religious, spiritual and new-age groups. It is presented as the ultimate goal in life, as self-realization, the discovery of the true-self. Buddhism is focused on insight of emptiness and the salvation from suffering, where in the western world self-realization is the more prominent goal.

Since the second half of the 20th century people are increasingly in search for themselves. The society puts more and more pressure on us to deliver and, in combination with programming by schools and government, created a need to get out of this mental cage. The introduction of eastern meditation techniques and martial arts could bring more balance. Something new was really welcome in the 50s and 60s of the last century and several movements of Buddhism have been introduced in the USA and Europe. The blend of eastern religion and philosophies, like Hinduism and Confucianism was an attractive way to fulfill the need for rest and stress reduction. It also was a nice opportunity to rebel against the establishment and diminishing Christianity by the introduction of deviating behavior and view of the world. Immigration of Indian and Korean gurus accelerated this process. Positive effects of the inspiring vibe from group mediation made Buddhism and the path for spiritual enlightenment increasingly popular. But were these spiritual followers actually in search for the correct meaning of spiritual enlightenment?

The fact that the eastern world presents more than one form of spiritual enlightenment already tells us something about the deviation in relation to the original doctrine. One could say that those changes and deviations are the result of improvements during all those centuries. Remarkably, all movements for spiritual enlightenment have the same end point: spiritual awakening and to acquire insight. So, if the end result is the same the way towards that point must be different. Apparently the path for spiritual enlightenment never was clear and people constantly were searching for it. One can imagine that the original Buddhas shared their experiences of the spiritual path but that every Buddha had his or her own story to tell. From this it can be concluded that there are different ways to get to that spiritual enlightenment and one should not focus on the description and details of the path followed. Or it may be possible that non-enlightened people added nonsense-BS to it. I expect that all of the above may have happened. It's not clear what has happened and in fact it is of no importance.

The relevant issue here for both the eastern and western world, is that it seems rather tough to get this spiritual enlightenment. One way or the other a great effort needs to be made – sometimes many lives in a row - and it requires an enormous amount of discipline and perseverance to go through the process. We all are familiar with the monks in a monastery in the Himalaya or huge groups meditating in the West. It takes them years. Apparently it is not that easy to take a course in Buddhism to fix it. Many books have been written on Buddhism and spiritual enlightenment in particular. And yet it seems that Buddhism is not able to present in a clear way by course or a book how to get an instant-enlightenment. So, what makes it so hard and difficult? And why are there so many movements and mediation

forms that all cannot succeed in presenting a clear and easy way to get spiritual enlightenment?

In below chapters you can read the reason why. I do not claim to have found the ultimate solution for this issue as this solution is known as long as spiritual enlightenment is in this world. I can easily give away this secret as everyone already knows what it is. It is the simple fact that people are not capable to have a different view of their world as they know it. We are programmed in such a way that we judge some aspects of life as essential. There is for example the need for love and attention. The inner resistance against a process that pulls away these aspects from your life blocks any attempt to imagine a reality without it. Can you imagine a reality in which love is sheer nonsense? That you live in a world where there is no need for personal attention at all? A world where these obvious aspects of life actually prohibit you to live in freedom? And even if you can imagine it, for God's sake why would you want to live in such a reality? A first lesson in spiritual enlightenment should pay attention to this and that's why I write it down for you. You will see that if you tear down the biggest obstruction – the resistance towards resolving inner programming – that spiritual enlightenment is not that far away as you might think.

That enlightenment is something completely different than what people make of it and that incorrect directions are followed, is why I want to share my experiences with you. After many years of searching in the spiritual world I noticed that I did not make any progress at all. After more than twenty years of meditation, searching, reading and attending expensive courses and trainings, someone told me I was merely a simple novice in spirituality. What!? My ego got hurt and immediately I rejected this person. But it triggered me as I had never heard such a BS in my life. And as always, I followed my programming and started to follow courses with this guru. He had something special and maybe his training could be my ultimate way towards spiritual enlightenment. This guru typically looked like a guru and acted like a guru. Not so obvious at the time, but it turned out he was teaching me spiritual nonsense. But during one of his trainings I met a guy who showed me the path to spiritual enlightenment in just a 10-minute talk. This makes clear that everyone you meet may function as an indicator of life, without them realizing it themselves. If you look carefully and listen to all those around you, you just may get that essential information to move forward. At this stage where I am today I really don't care where or who I am, but I'm thankful to myself and all those that pointed me in the right direction to get where I am now. Looking back in time I can only be amazed and wondered why others – that claimed to be highly spiritual or enlightened - could not show me in the right direction. Indeed, now I agree and see clearly I was a novice, even after more than twenty years of 'spiritual growth', but I still do not get it why I had to figure it all out myself and felt misled by all those gurus. I would have appreciated it if they had told me what I put here in writing. Another reason I share this with you is because it is total nonsense that you have to discover it all yourself. As if that is a prerequisite for spiritual enlightenment. Anyway, what I'm trying to say here: don't look and listen to other people, whatever they show or tell you, but only focus on yourself. Never look at people that are on different levels of life than where you are. Look and search inside yourself and use others only for helping you to find the right direction. Let me be your route indicator for now and then forget me.

On the following pages I'm going to tell you what 'Being Ready' means and how you can start and complete the awakening process. In other words, you are about to read why awakening is so damned difficult and which effective method there is to awake in a relatively short time.

The Gateless Gate

The gateless gate is a concept, or actually a paradox, originating from Zen Buddhism. It's synonymous to the remarkable experience of reaching spiritual enlightenment, or just being ready or awake in this world. The gateless gate means that initially the process for awakening seems to be a mission impossible, but after the awakening it turns out to be the easiest thing to realize. In other words, before the awakening there is definitely an impenetrable gate, but after spiritual enlightenment there is no gate at all and it turns out that there was no gate in the first place. Because spiritual enlightenment has a typical magical image - due to the corrupted imported Buddhism - it does not reflect its original meaning. Hence, I prefer the use of words like awakening or being ready. In these texts I use 'enlightenment', 'awakening' and 'being ready' randomly, but always mean the same. Spiritual enlightenment is not meant here as the Western approach of self-realization, but directly refers back to the original meaning of obtaining insight in the relation of form versus emptiness and establishing unity consciousness. This 'unity consciousness' also transformed into a modern hype and reflects all kinds of mystical features up to and including special divine consciousness. The original unity consciousness means only one thing: insight in the actual all-is-one principle, or even better: all-is-nothing. In its essence awakening means a permanent consciousness of that insight. And once awake you will never fall asleep again.

So, that step towards being ready – becoming enlightened – can be imagined as a huge massive and indestructible door you have to enter. See it like an entrance, a passage, a transition, but not as an easy step to make. It's like a door that only can be opened with an enormous power and everlasting effort. At least, that's what most people think it is and what you are told when you make your first steps into the spiritual world. However, the moment you are ready it turns out that there was no door after all and it was only an imagination in your mind. That gate is not more than an illusion of which you claim it is real. From that moment on it becomes clear that you believed all those stories from others in your life – your parents, teachers and church – so deeply, that you could not doubt at all that this is the one and only reality. Everybody talks about the one and same world, so it must be reality! From childhood onwards, one hardly doubts if this is the real truth. You still believe in this unbreakable gate just because of the fact you are reading this text. Once you stepped through this imaginary door and realize there is no door at all, you just have to smile as from that moment you exactly know what is meant by a gateless gate. The funny thing about this whole gateless gate-thing is that there will be no door to go back to where you came from. But take it for granted that it's really out of the question that you would want that.

Awakening is tough

Enlightenment or awakening

Through the ages spiritual enlightenment has become something magical which is supported and sold by spiritual movements. It would be an ultimate state of the Self, exclusively for the top-best spiritual people. Exactly what a selfish ego wants: achieving the greatest and to climb up to the highest spiritual league. 'I'm enlightened and you are not', 'I achieved this special status so you have to look up at me'. And remarkably these are not the most valid reasons to start with spiritual enlightenment. It actually are all those stories about the unification with God or becoming a kind of Jesus that nourishes the world and takes care of humanity. At least, that's what most people make out of it in the Western world if you would ask them what spiritual enlightenment is. Somewhat subtler one would tell you they see it as becoming a better human being, contribute to global spiritual development, karma revelation or finally to stop the endless turning wheel of reincarnation.

Most people step into the spiritual world – whatever that may be – to start working on themselves, increase self-confidence, overcome pain and fear, heal traumas, give attention to their loneliness or virtue, analyze and control emotions and thoughts, investigate the soul or create better karma. These are all great things to work on, but it will not contribute to the awakening by any means. It's my own experience that if I tell this to others they don't seem to understand or believe what I'm saying. Therefore, please read this paragraph over and over again until you get the essence of what I'm trying to say here: all ways and processes at which you try to become a better human being, do not contribute to spiritual enlightenment!

It's remarkable how many ways there are to define spiritual enlightenment. But most people just define it as something they make up themselves from the ultimate goal they want to achieve as a spiritual person. Strangely they use a mixture of odd words they have heard or read. In addition to that, people have a very peculiar view of what an enlightened person would look like. Often they are described as a kind of superman or at least someone with lots of charisma and respect: the guru. All those Buddha statues and images in living rooms make it hard to see something different than a person that goes through live in a lotus position all day long. By the way, that subtle smile is correct. Unfortunately, it's rare to find someone that actually knows what spiritual enlightenment is. And I can understand that as it is so damned difficult to explain. See it as you would explain the colour red to a blind person. Those few books out there that describe the real meaning of spiritual enlightenment, are inconceivable and describe a strange and unknown world of which no one can imagine it could exist. For that reason I do not describe what will be achieved and what you may experience once you have awakened, because it's of no use and is never the goal of awakening. I will try it anyway at the chapter 'Ready', but at the end of the day this is all nonsense until you have awakened. And it will still be nonsense afterwards as well...

Buddhism is considered as the main source when it comes to enlightenment. It has a long history and as already mentioned several movements have been derived from it. However, there are some similar topics where Buddhism describes all kinds of rules like the eightfold path and the four Noble Truths. I will show you that this actually misleads you from the real

path. I'm not saying that those rules are incorrect, but they focus on the improvement of human behavior, which – according to all believers of Buddhism - ultimately would result in enlightenment. I can tell you that following this path will take infinite time to get to enlightenment because you're heading for the exit instead of the entrance: you take the previously mentioned difficult route to spiritual enlightenment.

If so many Himalayan monks have followed the path to spiritual enlightenment, you would expect that there must have been thousands of them that 'got it' and they would have improved the process that would make it easier for us now. Unfortunately, that seems not the case. The spiritual state once described by a Buddha surely shall have been told from that enlightened state. Such a Buddha may have been quite relaxed and apparently lives an easy life. He doesn't bother about anything. Such a guy that seems easily flowing through this painful and stressful world, obviously is something everybody desires. The strangest thing that has happened in the past – and for sure still in the present – is that people always imitate the Buddha expecting that is the way to become enlightened too. Look how many people are meditating in lotus position. They think it's a condition for spiritual enlightenment. People that have known the most famous Buddha (Siddharta Gautama), surely may have listened to his stories and the lessons how to get that spiritual enlightenment. I expect – but I cannot recall I was there at the time – that they were not willing to let go their well-known pleasant parts of life. Because that was what would and will happen. Imitating the enlightened one is a good alternative: enjoy the pleasant parts and omit the painful. But in the end that doesn't work. Would you nail yourself to a cross every Sunday after church to be closer to God? At least, I do not recommend to do that. Imitating is of no use. Several generations after Gautama his verbal lessons surely will have become intoxicated by selfish ego topics of non-enlightened gurus and it got further diluted by Hinduism. From that moment on the original essence of Buddhism and lessons for spiritual enlightenment were lost forever. The different movements in Buddhism show that they experimented with it. Apparently they were not convinced that Gautama already told them the one and only right version of the path. What could have been the reason to doubt on Gautama's lessons? Did they think Gautama wasn't that smart and there must be another and simpler route? I can only guess, but I expect that non-enlightened gurus started to teach other non-enlightened students how to become enlightened. You can understand that doesn't work at all and 'the path to enlightenment' became something completely different. In spiritual movements you always hear them about the continuity of the purity of original wisdom and teachings. But who is telling us that the presented lessons are pure and genuine? Indeed, the ones that want to sell it to you today! 'Pure' sounds very attractive and represents a perfect marketing concept, which still makes it the most outstanding advertisement for spirituality.

Enlightenment seems to be an ultimate goal in live for many people not really understanding what it is. But hey, all the stories about it do promise a better life, a life without pain and fear. It's what everybody would like to get in his life: away from the pain and towards happiness. It's of no use to analyze where it went wrong with the enlightenment teachings. But the fact is that it has become something completely different from its origin and hence no one can get to it anymore via the spiritual movements. Compare it with you shopping for a bread but you go to your car mechanic instead. That sounds ridiculous, but is actually what happens in the present spiritual world.

I will repeat it more often, but awakening is all about finding out the truth in your life. If you have come to the end of that maze, you will be enlightened. Spiritual enlightenment has nothing to do with becoming a better or different person. It turns out that the motivation for getting that wonderful spiritual enlightenment is nothing more than just finding the truth. As a consequence, along the road to get there you will have to face enormous threats and mental dangers, that ultimately will make spiritual enlightenment the most difficult thing to get. The gateless gate has an unbreakable door that will only get stronger and thicker the more you want that spiritual enlightenment. However, if you change your motivation into finding the truth, you may notice that the door vanishes and eventually can disappear completely.

Fear

So, contemplate on the truth in relation to reality, that's what it's all about. You may think of stories and articles in the newspaper or even the fake news on the internet. But that's not the truth or reality I mean. Subsequently you chunk up to certain facts that are presented as reality. Like the history of mankind. A lot of it can be found in history books, but does that mean it's true and has happened as it was written? Now we know that much of the history has been written down by the party that has won the war. I want to bet that there would be something different in those books if the other party or religion would have won that war. So, is truth dependent on who writes it down? Or you may start to debate on the existence of the universe. Has it really been created by a divine Creator? Have we really made it to the moon or is the Earth flat? A flat Earth under a huge dome seems to be something for a Creator scenario, don't you think? But then what's outside this dome if all those stars and planets do not exist as we are supposed to believe. On the other hand, what did exist before the Big Bang and how will the Universe look like in 1000 billion years? What is actually true of all those scientific theories? Is a theory true if it has been confirmed by experiments created by the same humans? A person comes up with a theory, creates a test to confirm it and then calls this the truth? If you consider this carefully, it doesn't look right, does it? Who are we and where do we come from? What will be there tomorrow? Is our future unknown or has it a fixed destiny? These subjects are indeed part of the process you will encounter, but it's only the beginning. What I mean by awakening is lots of steps beyond this, like for example the question how you know that the Universe actually exists. Has it ever crossed your mind that the Universe – as an infinite space or as a flat Earth within a dome – may not exist at all? Could it be possible that you only *think* it is a reality? And what does it mean if something 'exists'? Is existence merely a thought within our fantasy or dreams? If in the beginning of time nothing existed, how is it then possible that something has been created out of nothing? If there was nothing, then all we see is just another form of... nothing? What is true? Does the Universe really exist or is it just a thought? How do you know which one of these options is true? Is it true because you see it and therefore it must be true? But what do you actually see? This is what I mean by contemplating on the aspects of truth and reality. These are familiar questions on which also the ancient philosophers struggled with. Of course, these are the major questions of life. They can be answered, but it requires a totally different view of the world, which is a no-go area for you as it leads to increased fear and mental destruction. This is where the philosophers tumbled over their theories but a Buddha easily opens the gate.

This magical and attractive awakening means that all these kinds of questions have been answered. Probably not the answer you expect, but there is an answer. This statement sparks your curiosity and you also want to know what the answers are. Probably I know something you don't know and that triggers the impulse at you to get the answers as well. This is why people want to have that enlightenment. They think if all their questions have been answered life will be much nicer with less fear and pain. It diminishes insecurity and may let them feel as relaxed as a Buddha. And this is actually what happens when enlightenment is being promoted. It sounds so magical and mysterious and those that have established it apparently seem to live a better life. And therefore you want it as well and preferably as fast as possible. But what is the actual reason you want this enlightenment? The answer is: FEAR!

Your ego is your fear

As long as you are not enlightened your life is controlled by greed and selfishness. This is the essence of mankind. Even if you are a respected and well thinking person, greed is your nature. That doesn't mean it's a negative characteristic or habit, but just something human nature needs to progress. You experience an everlasting unhappiness and dissatisfaction which drives you to change and to become someone else than you are today. This is what people call growth and development. And for this you need this greed and selfishness. It keeps you going and you experience a constant urge to find this new setting of life and you are tracking down a way to get to that new state. The urge to change is a fact. You may accept yourself as who you are, that could be a solution to stop that process of change. But unfortunately greed controls you, not vice versa. Even if you could accept yourself, could you really unconditionally accept the world as it is today?

Only by awakening you can get rid of that greed. That's why I can understand that Buddhism focusses so much on greed as a major drawback in life as without that greed you must be enlightened. Hence the approach in Buddhism to diminish the greed. The greed within you is often explained as your ego that is after something better than your current life. The ego can be imagined as a separate personality or character in you that causes all your troubles and hence should be silenced. Everyone wants to live in paradise because it is believed it will clear all your physical and emotional pain and fear. Everybody wants to live without fear. And indeed, in a way it will all be gone once you are enlightened, but I guarantee you it is not a paradise on Earth. I assume that's the biggest illusion and misunderstanding they present you in the spiritual communities. People do want that enlightenment because they expect it will lighten the burden of pain and reduces the fear. You probably would chase something else if it would lead to the same end result. People don't want to be enlightened because they seek the truth. No, they want it for something completely different: as a painkiller.

Fear is a wonderful aspect within you and of which you believe it really exists. Everyone has it and everybody is all day long focused on it, mostly unconsciously. In most cases fear is denied or else accepted. Fear is a concept of thought and nothing more than a basic instinct from these thoughts. Enlightenment seems to be the way to have it vanished. The best way would be to have insight in the fact that fear cannot exist. The moment you can see that it's gone. But hey, if that's so easy, why does everyone still experience fear?

That's perhaps the most important aspect of the enlightenment story: everything you experience within yourself, is merely coming from your thoughts and isn't true by definition. You just imagine an ego. Realizing this permanently and have this integrated in your daily life is what we call enlightenment. But believe me, no one wants to experience that nothing is true. It simply is denying life and you as a person. Adopting that concept would be real suicide. The concept of suicide, physically and mentally, is what everybody avoids and hence creates fear. Ending believe of the claim that something really exists, leads to an impossible route to decrease the fear within you. For this reason, everybody will stop the spiritual enlightenment process sooner or later.

Your ego wants change in this life and that means moving away from the pain and fear. Everyday should be party time! The ego just wants to find the easiest way to deny itself. The expectation and hope that one day you will be relieved from all the pain and fear already creates a great feeling. For now, your ego is happy. Unfortunately you get used to that temporary feeling and after some time you start over again searching for the next shot of tranquilizer. That's why people keep on searching to find the permanent solution for that fear all their lives long. That's exactly what they mean by the saying that people have the truth inside them. Everybody knows in their hearts that life isn't as they are told, but your ego creates all kind of ways to obscure that truth.

What are you afraid of?

You – your ego – wants to get rid of that fear. But the truth is that the ego exists by the grace of that fear. Your ego actually blocks every thought you have on the certainty that nothing is true in this world. You just don't want to realize that nothing is true and so you create a concept to deny it: the ego. From within yourself you know that nothing is true and also that you will never accept that concept, just because it's too scary. And your ego – your thoughts – is deeply scared that you will overcome your fear. The ego will never allow you to do that as it considers it as plain suicide. Your internal voices will make up all kinds of strategies to withhold you from that. And here you are, all day long focusing on that particular fear, albeit unconsciously. You are afraid of the truth! Your ego isn't interested at all in that truth. On the contrary. Your ego will act like it does accept it, but will never tear itself down just to please you. You are your ego only because you believe it exists. The moment you realize that you create that ego yourself and there is nothing to be killed or destroyed, you are about to take your first step towards spiritual enlightenment. But that realization is just a small part of the whole search for the awakening.

Now that fear exists within you – for now that's just your truth – you will have to find the origin of the illusion of fear. Being afraid of the truth is unspecific and maybe not clear at all for you what is meant by that. I present it quite explicit that fear is the basis for all emotions. You may not recognize it, but all your daily activities are linked with that everlasting fear. Since you were born your life is full of uncertainties and dangers. You were afraid not having something to eat or being left alone. But of course, these are natural fears which are linked to survival. In principle this is complete nonsense, but for now we accept it as a primary need and that it is just an instinctive response. What I mainly mean here are the derived fears from those basic instincts that settle in you while you grow up. You are afraid not being liked and being rejected. You want to belong to a group, to be close to other people. Remember school where groups were formed and you were hoping to be picked by the

'leader'. And if that didn't work you may have started your own groups by taking the lead. The same happens with family and later in life with your partner and children. You're focused on every word you say, in order to avoid that you may hurt some one's feelings. Avoiding conflicts and not saying what you would like to say. Constantly trying to make everyone happy and hoping every day will be full of celebrations. We only should be happy and healthy, that's why we are here, aren't we? Everybody is constantly paying attention to these fears. What happens if no one would like you anymore or won't accept your opinion? What happens if you are rejected and being left alone, forever? Can you accept that or will you become aggressive and violent and start attacking others and claiming your place in a group? Do you dress yourself to attract attention and get compliments, again to be liked? You go for the best job there is with a great salary and finally to get the acceptance from your parents. Did you do it all to get your parent's attention and approval? Possession gives the perception of power. Being in control of other people is merely because you strive for power, which emerges from your fear to be rejected. Fighting for freedom or the climate change is exactly the same. All wars emerge from these uncertainties and fears. Uncertainties on money, status, power, your appearance and attention are the leading factors in life. This plays an important role in relation to your spouse, friends, family, colleagues and even the strangers in the street. But most important, it lives within yourself.

What are you actually afraid of? To die? To suffer from pain? Being lonely? All these things together? Firstly you are afraid of losing something, losing your life, losing your freedom, losing anything that has any value to you. Your whole life you're spending time to value things. That's only because you think you need it for survival. You constantly collect things that may be traded in severe times of hunger and agony. You constantly surround yourself with nice people that like you, just because they may help you whenever needed. So, you compensate all day long just to get all these things and people with the expectation it will contribute to survival and ease the pain. You attach value to something which is just an illusion for protection and certainty. This illusion of certainty creates an illusion of hope. The saying goes that 'where there's life, there's hope' which is literally true. Hanging on to that glimmer of hope is illustrated by you taking all those pictures of only the nice and pleasant moments of life. Pictures from the terrible moments in life – if even taken - are watched rarely, just because they show us some of that truth. Think of all those moments you decide to take pictures and why everybody has to smile. Did you feel well at that moment? Was it a feeling you wanted to materialize and hang on to it for the rest of your life? Hope is just a lottery ticket that should hit the jackpot the moment you need it most. Praying is exactly the same, hoping God will be there for you when you need him most. All the 'likes' you get is nothing more than a virtual collection of hope. Getting a good feeling about things eases the pain and fear. That's what you want and spend your time on all day long. If hope, people or things vanish, you get the feeling that life is getting worse and your chances to pain or death increase. But what actually happens is that the one and only truth approaches. People therefore want more and more and are never satisfied, just to keep the truth away. Hence they build a buffer between illusion and truth and try to make it as wide as possible. It's like an addiction to painkillers. The ego takes care that you will get all those nice things and people around you. You still think it will guarantee safety but that doesn't fly. Ask yourself why all that stuff and people surrounds you. What would be your reply? What if all that stuff wasn't with you after today? Would you die? Most probably you will say that you can easily live without it. But here comes the addiction in: as long as you have access to the stuff that

feeds your addiction, you will believe it's not a problem and you deny your addiction to it. But what would happen if you start today to say goodbye to all that you cherish? Imagine a process that pulls away all that you think you need in life. A process that cuts out all hope and prosperity in life? Indeed, this is exactly what happens if you get on the path of spiritual enlightenment and therefore all will stop the process sooner or later. Permanently stopping to apply value to all things around you is the toughest thing to do if you act from fear. The difficulty lies with giving up your believe in everything you know or assume to know. Your life is simply based on accumulation of believe from the moment you were born. And that created your current life and reality. Because this was a long-lasting and intensive process of indoctrination and programming by people close to you, you are not capable any more to see the world in a different perspective. You persist to denial to even assume the possibility that there could be another reality. You are aware that others see the world differently than you, but still yours is the actual truth and reality? You are always right! But please realize that you have grown up with knowledge and emotions from other people. There's only little that originates from yourself. Perhaps just a little or most probably nothing at all has been created by you. Every word, every thought was learned from someone else. If the house of cards - based on your illusion of reality - comes down, you will lose all references to your life. Your life would be empty and only then you can start making your own creations. In other words, you're afraid of losing everything you have even if you realize that your and other's view of the world is nothing more than just an illusion. The reality of awakening is indeed that you will experience that loss and that life will never be the same again. In that sense you will lose everything. There are no guarantees and no safety nets anymore if you want to pass this gateless gate. All hope is lost. So, you see how enormous huge and unbreakable that door in the gate is. Everybody wants it eagerly, but no one wants to pay the price.

Are you the only one?

The next day you attend a (spiritual) course or training, ask some of the people why they are there. And why are you there? I know for sure that everybody attending wants to get something. Everybody is there for the fulfilment of their greed. Something is there available which represents value. It's something their ego seeks for to feed the illusion of reality. If they didn't need anything in the first place, then why would they be there after all? And if someone mentions the magic word 'enlightenment', ask them what they mean by that. Ask them why they want to be enlightened. Why do people want things they don't know? How many people do they know that are enlightened? And how are they so sure that those people are indeed enlightened? Don't accept a first and simple answer, but keep on pushing till the end. Why do they use strange and odd words like permanent non-dual consciousness, unity or divine consciousness? What the hell is that and why do they want it? Why does someone want to be in the vicinity of God, Buddha or Allah? What does it gain, what does it compensate? What value does it represent?

Fear is the motive to live your life as you live it today. And be sure that it is something else than only death you're afraid of. You just don't want to know that this world and your God don't exist, you don't want to realize you're all alone in this world, you don't want to experience that your parents and beloved ones are solely an illusion. The fear for that other reality is so huge your ego pushes all thoughts on this away and creates a false reality instead. A false reality in which you experience the same amount of fear, but as everyone experiences the same, we all act like it is our one and only reality. You're not the only one, as

everybody is like you, which comforts you. This why people want to have relationships or belong to groups, because they all constantly confirm the fake reality to each other. Doubting to this truth or reality will not be tolerated at all by those in your groups. Sceptics to the believers group need to be punished. So, the message from day zero will be never ever to doubt of what you are supposed to believe. The consequences for any doubt can be death. And if your fellow believers don't kill you, it will be for sure your God or someone else's God later on. No wonder why all people live their believe as they are thought to do so. Please note that I do not mean religious believers only. All people that have a deviating view of the world are judged as misbelievers. In today's free Western world, you may think as you wish. For example, that '9/11' was a false flag operation by the USA themselves, that wars are justified by rumors on weapons of mass destruction or the Earth is flat and not a sphere. But speaking out loud or publishing on these subjects is not tolerated at all! In some other countries homosexuality or drinking beer is enough reason to be hanged. Indeed, we live in a world full of fear and you are part of that. You feed this world of fear every day. And because of this fear we stick our heads deep in the sand and party all day long if we can. Denial helps us with that. And if that party is not here on Earth – as no one can imagine that after all the misery from the past millennia – one came up with the idea that there should be a non-verifiable afterlife or everlasting paradise with underaged angels or virgins. Really, fantasy is unlimited. Here are a few questions for you: is your believe – in whatever you believe – the one and only truth? And if so, how are you so sure? Because other people have told you so? Is it true just because it was told by your parents, school or church?

After all a next course?

After all these nice words, you still may believe that enlightenment is difficult but yet not impossible and for sure something you want to have. It is something you need and you are also prepared to spend a lot of money on it. Maybe you already spent a fortune on books and courses. You may have attended a course on 'the path to enlightenment' or something like it, and left the course full of excitement and an empty purse. Once at home you feel confident about what you have learned and already sense some of that enlightenment. Eventually you don't want to accept that you spent your money on nothing. The course trainer – guru – can even convince you that getting to that spiritual enlightenment can be achieved in this life. 'I made it, so you can as well'. It's still a long way and you need many courses to complete. So, you get back to follow more courses and – again - to spend more money. You recognize this? This is exactly what you experience at many spiritual or religious trainings and courses. They sell their product to your ego and use fear as a motivator. For sure, after many of these trainings you may become a better and likeable person, you start eating healthier and take more care of the environment. All fine, but it has nothing to do with spiritual enlightenment. It cost you a lot of money and a lot of time, but you keep circling around in the same illusion.

Waking up is something you do on your own. At a training or course you will not succeed because you cannot focus on what's ongoing within you. Group trainings are convenient for the guru, not for you. Your quest for truth and it's obstacles therein are always personal related and never the same for someone else. Hence the path to awakening is always different for everybody. In a group you pay too much attention to other's behavior and opinions and start copying it. And that's something you always have done and now you know it didn't help you at all. In addition, the process to spiritual enlightenment requires the

expression of your emotions. You should not hold back and let go all your emotions. You may follow a course on that, but there's no requirement to do that in a group as well. Acting weird in a group is still something you can do after that enlightenment.

Motivation

If fear is your motivation

You want to get rid of that everlasting fear. That fear is so huge that you dissociate from it and create an ego that represents that fear. It's like someone else's fear now. You recognize them as the familiar inner voices. One way or the other, you are constantly busy to reduce that fear and preferably to get rid of it. Then spiritual enlightenment sounds great and seems the ultimate solution. The motivation to start spiritual enlightenment as a way to attack the fear is the wrong turn and you will face lots of disappointments. Awakening indeed promises you that your thoughts will not trigger fear anymore. But unfortunately, it is a side effect and never the primary goal. For almost everyone the reason to start with spiritual enlightenment is to reduce fear. The goal for awakening is to find out the truth.

Fear reduction is a common motivation to start with spiritual enlightenment. It makes sense that people try everything that could help them with that fear and spiritual movements seem to present the solution for that. Within spiritual movements the focus lies on becoming a better person, having no judgement, be honest to yourself and the world and all these kinds of great characteristics. Peace on Earth is what is being promoted by the movements. Establishing a state in which you are a complete, balanced and spiritual human being, is often seen as a state of enlightenment. Therefore searchers for fear reduction embrace spirituality as their path and destination. Unfortunately, shopping for spirituality has nothing to do with spiritual enlightenment. Spiritual movements have adopted enlightenment as it suits them well in their vision. True enlightenment has nothing to do with today's spiritual and religious movements. Enlightenment does not result in improved and better spiritual people. On the contrary! But no one wants to believe that if you try that to explain. That's why it's better not to speak of 'enlightenment' as it is misinterpreted and misunderstood easily. Here we're talking about really waking up and to be ready forever.

Please accept my preliminary apologies, as awakening will result in nothing. Indeed, being ready means nothing else but nothing. During the awakening process you will find out that this world most probably does not exist and that all you see as truth turns out to be an illusion. Your present world will still be there, but you will never experience it the way you do now. You will live in a new reality, a new paradigm. Everything of any value or that you could judge on good or bad, is vanished forever. Everything has become useless and of no value, it has become an empty world. Why would you want that! The realization that you will lose everything and there is nothing left of any value, will only increase your fear. So, you see that it's almost impossible to get to that final stage of spiritual enlightenment. If your goal is to have those fears disappeared and you notice that everything will vanish from your life, that's not a pleasant prospect. On the contrary it will increase all your fears. Your ego will beg you to stop as soon as possible with that silly enlightenment process. You were told that fears would be gone! As soon as you notice where this process is heading to, you will stop. Getting rid of your basic fears as the motivator to start spiritual enlightenment will never work.

If you want to find the truth

Before you will miss the essence of the following: the most important part of the book is in the next sentences.

If your motivation is to find the truth, you will not focus on the present and ever-increasing fear. You will put all your effort on finding that truth and that will help you to stand up against the approaching fears. This requires courage, lots of courage, but your focus is on the truth, not fear. And as a result, you can imagine that not pursuing anything in life anymore and losing all you have, may be a quite pretty experience. You will lose your fear for having nothing, not belonging to any group or country and in fact being nothing at all. But be aware that this is not what you wanted in the first place, because that's finding the truth. Knowing that truth is not a wish for change but finally ending the spiritual quest and silence your ego.

Awakening, being ready or become enlightened is nothing more than finding the truth. That's the goal. All other motivations or stories about it are side effects as far as it has not been made up. After the awakening there is no magic or any supernatural skills. The side effects are pretty nice, but from where I am now I can tell you that it doesn't interest me at all any more. If there is no fear, you will not pay attention to it. If something has no value any more, you will leave it alone. From where I experience the world, I leave alone everything. That was not the goal, but it came with it along the side.

Finding the truth is not exclusively part of a spiritual quest. Spirituality is based on the fact that one looks inside themselves and to investigate internal processes and tear down any obstacles. But that approach is not exclusive for spiritual movements like (zen)buddhism. That's why non-spiritual people also can become enlightened. I even assume they can get that enlightenment much easier because they are not infected by the – unintentional and unconscious – misleading obstacles of the spiritual world. I could only make my first steps for spiritual enlightenment when I got rid of all that spiritual BS. It took me twenty years to my awakening only because spirituality had caged me in their illusions. I was always surprised that the spiritual teachers could not tell me how to awaken, but the spiritual programming was too strong to loosen myself from it. They mainly were after my money in return for a lot of BS and I fell for it. For them it was about techniques and spiritual visions from the East. That's one of the pitfalls as well that was very misleading: you really don't need that whole crap from the East. When I realized that I was awake within two years.

So, do you have an everlasting urge to find the truth and are also prepared to adapt to a different view of the world? Are you also open to an intense process and wondering what is true about your thoughts and feelings? And doesn't it matter what the price is you have to pay for it – and I don't mean a price in money as awakening doesn't cost you a penny or cent – then you will just accept all the possible drawbacks and go for that spiritual enlightenment. You'll have to do it all by yourself. Although it can be good to get some help. A boost from some one that has walked the path could be useful, but please constantly pay attention that you never know what that other person really is. And watch out for your runaway ego as it might mislead you to stop or take the wrong turn towards gurus and books. So, every other reason than to find the truth will be less or not successful. The essence of enlightenment is

actually to discover in what kind of silly illusion you live. Every other view or opinion on enlightenment is sales talk.

How to awaken?

Why knowing the truth?

Maybe you skipped the previous pages and went straight to this chapter only because you want to know how to get that enlightenment. Fair chance that you won't get it just because you indeed skipped those pages and missed the essence for the right motivation. This is exactly the reason why people never will succeed in spiritual enlightenment; everyone is impatient and wants that instant-spiritual enlightenment. Your fear has led you to this as always. The moment you have a clear and present motivation to get the truth and your reality in life, your good and can start right away. If not, I advise you to read all pages from the beginning.

But why would you start with spiritual enlightenment anyway? What's the use to find the truth and to have insight on your illusions? The answer is short and simple: it has no use at all! People just start with it because they just need to, that they have an irresistible impulse to make that step. As far as I know there is no other reason. It just hits you and you cannot resist it to make it to that end point, or starting point if you like.

The process is easy as you only have to start asking a lot of questions to yourself. But my most important question to you is: what is your motivation to find the truth? Do you really know what you are trying to find? Why do you want this? Of course you don't know that as it is unknown until you have found it. You want it because... well, just because. It's just because you have that feeling and deep inner experience that your whole life is a lie. Maybe you always had that inner drive but never really could put your finger on its origin. Then now you know what it is that in principle every human being wants to know the truth. Within you it was always dormant and waiting to be awakened. Of course, in the background your inner voices will keep on talking to you. But with the right motivation, you will hear them, but will not listen to them.

At its essence

The process described in this book is simple. You will force yourself constantly, all day long, to doubt about the world and especially your thoughts about reality. I guess that's what they called meditation in the past: close your eyes and focus. That focus could be on an object, a sensation or a mantra. Focusing can be used as a mental way for awakening. Indeed, meditation is a mental process. You pay attention to something that prohibits you from distraction from things on the outside, but mainly inner thoughts. That's most probably the biggest change in your life that you will experience. You're not just having your daily moment for meditation or yoga, but day after day for a very long period you will do this exercise. 24/7 you are in a permanent process asking yourself what is true and what isn't. You're only focusing on questions that are related to find the truth. You will not waste any time to insignificant things and thoughts. You are constantly aware what all those questions trigger within you and you keep on searching for that truth. If you are on the right track it will become obsessive and you cannot let go and you will become addicted to the process. So, look at the process as a permanent way of meditation.

At the core of this story, you will find truth by focusing to your inner being. Don't look to information coming from the outside. Everything you read here will not awaken you. What I can tell you is to find the right motivation and how to prepare for the steps to be taken and be persistent. Whatever happens, don't give up. You can apply the Zen-way and being busy all your life, or you can directly go to the core of this whole issue. The Zen-way is in my opinion nothing more than a trial-and-error process: sit down and just wait until you see the light. You then start pondering about all those complicated spiritual texts and expressions that would lead you to that light. The direct approach is actually not to look at information (books, trainings) from the outside, but only that what is within you. What I mean by information from the outside is all you hear, feel, read or see. Every external observation will intoxicate or dilute the process. During the observations inside yourself, you start asking questions on those experiences, sensations and thoughts. Asking questions about yourself is the only way. It will be a speedy process in the beginning. I expect that the drawback on this – as I didn't try the slow Zen-way – is that you will have to deal with all the accumulated inner shit you have to digest and discard in a short period of time. The pain and anger are not spread out over years and years, but you have to cope with it in more or less than two years. Resistance and pain will sluice down and needs to be processed immediately. But there may be a chance that you won't have years of pain. It could be that you are one of the few that gets that insight and will awaken by the first question you ask yourself. That's for sure the Zen-way: ask the right question and become enlightened. But as Zen-practice shows it will take you a lifetime to find that question.

Thoughts define your emotions

The Western spiritual and new-age movements typically focus on emotions and feelings. In those communities it is still a fact that thoughts (mental processes) are something different than emotions and feelings. They don't realize that one evolves from the other. This is why this spiri-world has a huge resistance on a mental approach for asking questions as a way to get spiritual enlightenment. From my own experience I know that focusing on emotions and feelings pulls you away from the origin of fear: your thoughts. Switch off your thoughts and you may feel better is the technique they sell you. Unfortunately, it's impossible to have no thoughts and so they came up with mystical techniques like vipassana or its modern version mindfulness. For sure, it's a great technique that teaches you to experience your feelings and thoughts by passive perception. I can understand that Gautama put vipassana into the world, as it focusses on your inside and switches off the outside world. Exactly what you need to get spiritual enlightenment. Of course, it's fun to practice vipassana, but it cannot take away your fear and pain. It does not integrate and you're fooling yourself by the idea that it contributes to your awakening. It's merely a technique, not a path to enlightenment. Awakening means to investigate your thoughts, not the emotions or feelings derived from them. Mainly the spiritual people are afraid for their thoughts and set their focus towards emotions and are convinced that they will find the truth in the emotional world. Unfortunately if you follow that route you will spend a life for nothing, unless it's your primary intension to feel a lot.

So, give it some thoughts where your emotions and feelings do come from. Every emotion emerges from a thought. Thoughts create fear-derived emotions. Anger, sadness, joy, jealousy, desire, disgust, love and whatever emotion you can think of originates from your thoughts. Indeed, even love comes from your thoughts. Check all these emotions for

yourself and recall the thoughts you had just before you experienced them. Thoughts create fear which leads to a cascade of emotions and feelings. You're not afraid of the emotions themselves, but the – mostly unconsciousness – preceding thoughts. That's exactly why the spiri-world is attracted to techniques to get you out of thoughts and they let you play safely with your emotions. Your emotions are nothing else but expressions of fear. And the link between those preceding thoughts and derived emotions is rarely clear. Psychology uses this concept for their cognitive behavioral treatments for increasing awareness. They admit that emotions are triggered by thoughts. In most cases you don't have a clue about your thoughts that trigger an emotion. But thoughts in the past – from your childhood onwards – have seeded fear into your system and unconsciously you started to behave in accordance with the situation that created fear. You may have learned to avoid situations or certain people or may have acted to change them. Thoughts that trigger fear create persisting emotions that make us sick and deteriorate our mind and body. I know all this because when you are without fear a lot of thoughts just disappear. Upon fading away my thoughts I don't have fear-derived emotions anymore. For me there is no reason at all to be angry to whatever I experience in life. And indeed, no reason at all to be in love as well. But as mentioned before, the elimination of fear is just a side effect, never the primary goal of spiritual enlightenment.

Therefore, I conclude that giving attention to emotions and feelings is an indirect and inefficient method to get rid of your fear, let alone a technique to get to spiritual enlightenment. Awakening needs to be directed to the source and that is where thoughts are created. Hence, spiritual awakening is a mental process. Awakening – finding truth – can only be executed from a mental process. That always has been the case, also for the Buddha's.

The awakening process

Awakening is not a path towards something, you are not building or creating something. On the contrary, you are moving away from all you believe and mainly demolish thoughts. And this destroying process is merely a result, not a path, not your goal. Ultimately the one and only thing you will do during the awakening process is asking yourself if what you believe is really true. Is every thought you have correct? Really, the only task you have is asking questions. Lots and lots of questions. During that process you will notice that it are typically the questions and not the answers that will burn down your believe. Asking the right question is difficult enough. Finding out that the previous question you asked yourself turns out to be nonsense, is the only way to get there. The only way! The speed of the process depends on your courage to ask the right question and to keep on going. Your body's condition is of importance as well. It should be capable of absorbing and transforming all the emotional punches. There's no need to be sportive but you need to rest and eat well. Keep on breathing! Good breathing exercises can be very helpful. Take care of yourself. And go out into the nature. Those rabbits and trees won't mind at all if you yell and shout at them.

Maybe you will think at this stage that such a breakdown process isn't that hard after all because you can imagine that you don't believe in anything anymore. But with that thought your first little step towards the destruction of believe is made. Try to let go your believe that you are actually a person, a human being. Try to imagine that you actually don't exist. That's probably not that easy, is it? Next step: how about your beloved ones? Are you able

to see your spouse and friends as just a superficially image in a non-existing world? That's for sure very abstract and more difficult to believe. And yet, this is what happens when you step onto that non-existing path to enlightenment. This so-called enlightenment stands right in front of you and the actual distance between you and enlightenment is exactly zero inches. The only thing to do is to delete all believe in everything you assume that it is true and the truth will appear before you. Not sooner! So, asking questions is the only way. Asking the right questions makes that the process takes time. Starting it by doubting on the existence of your parents is a way too big step. You need to start the process with small steps, because huge steps will make it too abstract, therefore unacceptable and unfeasible. You will quit too soon. You have to get used to all those great things in life that will disappear. You need to adapt to a new life with a new view of the world. Integrating that takes time.

Of course it will hurt in the sleeping-state to lose things you value. This whole release process is painful, even if your motivation is to find that truth. Hence why everyone sooner or later will stop. Even if you are in search for the truth it will be too severe and you will stop. It's just that you are stepping into a new unknown world with other rules. Most people quit early because fear and pain increase very fast. The alternative for the ego is to go back to your comfortable old life with less pain. In that old life you had all that fear and pain as well, but here in this process you have no idea where or when it will end. That uncertainty of not knowing where it will end makes the pain unbearable. At such a moment of doubt and pain only a strong and persistent motivation will keep you going. A way to do that is to put yellow notes everywhere in the house with texts like 'Don't give up', 'Always further', or best that will help 'Fuck it all!'. Write down something that helps you to motivate you in the process and will silence your ego (for now). If your inner quest for truth is strong enough you certainly will come back in the process and continue where you left. It looks like a severe rehab process, which in fact it is, as you will have to let go all nice things in life. This stop-and-go process will continue for a while. This is the integration process. And yet it may not be that bad as I describe it here. Fair chance it is, but not necessarily. If you keep on asking the right questions and are open to the alternatives in this illusion and can accept a new truth, it might be not that bad at all. If you do it well it will take you approximately two years. But guaranteed, your pain is gone by then.

So, asking questions is the only way that could work. Don't look to the outside, but only what's inside you. 'Inside' indeed could be by closing your eyes or sit in a lazy chair. It really doesn't matter where you are or what your body's posture is. Sitting in a chair or walking through the woods, it doesn't matter. I only advise you to do it in a place where you can be alone for a while. 'Outside' are the interfering and disturbing people that find you changing behavior quite threatening. Another condition is that you are rested and have a clear mind. Therefore, don't start after taking drugs or alcohol. After some tricky questions and going through a roller coaster of emotions, you may find it helpful to grab a stiff drink to steady your nerves. How you process it all, that's up to you, but asking questions is only to be done with a clear and open mind.

You wouldn't be the first one to ask truth-questions from a low mental or even depressive state. Because your world is collapsing, you may think you're mad or having delusions. In that case, keep trust as you may be on the right track, just because you experience living in

an illusion. Unconsciously you already stepped into the awakening process. That may not be your intention or goal, but at that moment the only acceptable alternative. Unconsciously you already may have asked a lot of questions on your existence and the crazy world around you. With getting out of depression by these kinds of thoughts, could be just a start to spiritual enlightenment. Here is what I mean that spiritual enlightenment is not related to spirituality at all. You are only trying to find out what is true in life.

How to ask the right questions?

How to start? What's the first question? In principle you can start with simple questions like: "Is it true that...?" Fill in whatever comes to your mind.

"Is it true that I'm hungry?"

"Is it true that the table is made out of wood?"

"Is it true that it is dark on the other side of the Earth because I see the sun shining?"

In most cases I expect the answer will be a solid "Yes" as this is all very obvious. But take a closer look to the questions. How sure am I that the answer is 'yes'? It's all about analyzing the question and not to focus on the answer. That's why the question is of importance, never the answer. So, what's the best way to find out if it is really dark on the other side of the world? Firstly, you have learned that the Earth is a sphere and that it spins around its virtual axis in 24 hours. That would be prove enough, wouldn't it? In addition, you can check out a live webcam on the other side or call someone that lives over there. That person may tell you that it is indeed dark at his place. But then ask yourself the question: how do I have definite prove that what I see or hear is true? How can you be sure that it is for 100% true? After some of these questions you will find out that it is most probable, but you can never be 100% sure. If you check the webcam, you actually look at your computer display. You are not actually on the other side. So, you may take a plane and fly to the other side of the Earth. If it is dark at that side, how can you be 100% sure it is daylight time at your home town? Please realize that your world is never wider than what you can see with your own eyes or hear with your ears. At this stage you are asking the right questions. Next step would be: how real is the webcam or person on the telephone telling me it is dark over there? Are the person I'm talking to and the computer display not just imaginations in my mind? At this point it is important you are open to a different view of the world. Are you able to investigate all you've learned and question the truth they have told you? I don't mean that you have to make a choice if the Earth is a sphere or flat, but that mere question on the existence of the Earth itself. It's not a matter of making choices but finding out that it is impossible even to make a choice. If you have not become a bit curious about what I just wrote, you better stop now and forget all about waking up.

What kind of intriguing questions do you have to ask yourself? How to continue after these first questions? A wonderful question that shakes the tree could be: Do I really exist? Of course there is an answer: 'I am so I exist'. Analyze the question. It contains words like 'I' and 'exist'. Who or what is this 'I' and what means 'exist'? When does something exist? Centuries ago these questions already were asked by philosophers. But they didn't get the right answer as they were not able to accept a different reality. However, if you keep asking questions the answer is there. Is 'existing' only true because I see matter as condensed energy. I'm build from that energy, so I exist? And what about thoughts? It appeared out of nothing and after the thought it was gone forever, I guess. So, when the thought was in my

mind, did it really exist? Or did it already exist and did it enter my brain from a different place or dimension? And if this thought did exist for a moment or doesn't exist at all, what about the person that had that thought? I think, feel and see, but what does that really mean?

Because it seems impossible to explain what 'existence' is, religions have been created. There should be some kind of explanation for this world? And so we came up with a kind of super wizard just somewhat better than we are. This wizard – we call him God – has created the universe. But where did this wizard come from? According to every religion he always existed. Always? If you believe in a God or a bunch of aliens that have engineered us, they all will have an interesting story for their origin. But they all will have their sneaky ways to distract you from the nasty questions on what existed before that origin. They have nice books about it but we are not allowed to question their content because they know it has no solid base. And maybe all of that is really true, I don't know that. The only difference between me and the religions or alien-theory is that I do not claim it is the one and only truth. Believers just accept all the religious stories but have never made any attempt to check it themselves. And if they want to question what they believe, they are told not to go that way or they will be exiled from the group. But I already told you why that is. So, as long as it all fits into the believe or religion, it's just the one and only truth. And that's the essence of my message: think for yourself and check by questioning if something is true, and claim it as reality only the moment you are 100% sure. Reject everything as being true as long as you are not able to have it confirmed. This last step is essential. Don't rest until you have discovered it is true.

The moment you have confirmed that matter may not exist at all and it is merely invisible energy, how do you know that YOU really exist? And some questions further in the process: if matter and you don't exist, how about the true love you feel for someone? Does love exist? What is love and what are those deepest feelings you have? Are they true if you don't exist? What about emotions? What happens if you would ask those questions in relation to your parents or children?

Don't let your ego get away with it! You are your ego and you fool yourself. Don't accept an answer that refers to feelings, emotions, intuition, your higher-self or soul. That kind of crap is always used by the spirituals. Don't fall for it and check it yourself. It is the religious circus that wants to catch you. How are they so sure? Ask yourself some questions on the existence of the soul and see where you will end up. These are all concepts they told you about, but they have never confirmed the existence of it themselves. These are only people that are afraid of the truth and feel safe in emotions. They reject every mental enlightenment process as for them fear is their teacher. The non-enlightened spiritual gurus with a huge ego want to show other non-enlightened ones what enlightenment is... Is it true just because they say so? How did you become a believer? Is it hope that keeps you going? Be honest with yourself! Start with these kinds of questions and do not stop until you know the truth.

To find out how your mind works to get to that truth, is done by a simple comparison. It's easy just to compare your experiences in daily life and those within your dreams. Recall an intense dream you had. How real was that dream? When you were dreaming, did you know

you were dreaming or that is was reality? Only the moment you woke up you realized it was just a dream. And following that conclusion, I can tell you that when you wake up from your today's life, you will not be so sure if you're asleep or living in a kind of reality. You just don't know if you are in a dream or in reality. Is your current life a reality? I don't know. How could I? Awakening means to wake up from a dream state. But please realize that you will just wake up in another dream of which you think it is reality.

Not yet convinced? Take some time to watch the movies Inception with Leonardo DiCaprio or The Matrix with Keanu Reeves. Then ask yourself the same questions about the actual reality? Is it the movie or is it your life? If you pinch yourself, it hurts, and therefore it is true? Indeed, you experience pain if you pinch yourself, but is it true or just a perception within an illusion? Those feelings of love or anger were so real in your dreams, weren't they? But it was just a dream. In the illusion you call today's life you are programmed to see and feel it as being true, but you will never be able to be 100% sure it's reality. Imagine yourself as a piece of software – like in The Matrix – in a giant computer. This movie shows that you can never be sure something is real or not. This is even more clear in the last scene of Inception. The creator of this story may be someone who is actually awake.

Spiritual people – and other people that are afraid of the truth – don't like to be open and honest about what you really will experience in their mystical dimensions. That's just because they want to sell it to you. They intentionally keep it vague and exiting so you will spend your money. These spiritual people exactly know how the ego works. That's not the case how I deal with spiritual enlightenment and here comes the spoiler of the day. With all questions you ask, the only answer – yes, the one and only answer – will be: I don't know! You can never be 100% sure that something is true or not. By definition nothing is true. Maybe the Universe and this Earth are created by a multi-cultural God and happens to be the only reality there is. Maybe not. You just cannot confirm it. Ever. After some years wandering around in this illusion I think the best fitting reality is that I make it up all myself. You can come up with many scenario's what might be the reality, but how do you find the right one? Ah, the theory of endless multi-dimensional universes where all realities are true? That's the same route you follow with religions and their origin of God. There is only one question that can be answered by a 'yes'. Does truth exist? Yes, it exists because I have experiences even if I'm a piece of software. But no one can tell you what that truth is. You can ask all kinds of questions *what* truth is, but your answer will never be 'yes'.

These are the questions that can keep you busy for some years. Asking the questions doesn't awake you and therefore it is no problem I give away that spoiler. Awakening can happen with that typical Zen-question, but I hardly doubt you will awake. Reading this text – or any book – about spiritual enlightenment doesn't help either. By telling you how the enlightenment process will start and proceed you – your ego - may think that my way is the only one. You may think you need to have the same thoughts and emotions. Please, take it from me that it is really the wrong path to follow as you will do exactly what everyone always did and does: copying the Buddha or guru. The fact I told you that no questions can actually be answered doesn't withhold you from spiritual enlightenment. The most important aspect in the whole process is – I just repeat it again – to experience within yourself that you never can answer any question. That's what this is all about. Reading it and believing it is of no use. Remember I told you I'm merely a traffic sign showing you the way

and forget about me afterwards. Your questions are different from mine. Your questions and conclusions on reality will have to be processed within you. And the only way is to ask questions from your own daily life. Infinite questions, endlessly from early morning till night time, always asking questions to find that truth.

To know or to believe?

The critical point in the process is that asking questions can bring you to a high level in the awakening process, but you never get to the final step to enlightenment. What would happen if you ask all those questions and conclude the world and you don't exist? Do you believe it is a possibility or are you deeply convinced about it? That you really know it instead of believing it? Our ego has a fantastic fantasy and can let us believe that reality is not true, that you don't exist and dying is no problem at all. The next questions in the exercise: what will happen if I let go all my beliefs? What happens if all my beloved ones and all my savings will be gone? Can I give up all that without any hesitation? How important is it for me to be among people, to love others and others love me? If the world would end today, would that be an issue for me? What if my beloved ones and children will die. Is that a problem, would it affect me in any way? Could I easily kill a baby seal? Do I have the guts to throw away my garbage without separating the plastics from the organic waste? If you experience any difficulty with these questions, you should realize you need to move on quickly in the process. Cross-check your motivation, because you may have taken the turn to the difficult route led by your ego. Fair chance you believe you are awake, but you are not. The moment these questions don't affect you at all and you believe you don't need people around you and the world may explode any time, reset your thoughts and continue right away with the next question. Answering questions still isn't awakening, but just a next step to the next question. You are standing in front of that gateless gate, and it may become translucent, but it's still there. Just ask the next question and move on!

It's important not to think you're already there. Funny detail of the process is that you will realize it clearly when you are ready and awake. It's that clear you cannot miss it. During my process I thought I was ready several times. My ego was super smart, just like yours. But I just continued, no matter how hard it was. Until I saw unimaginable things within myself and it felt like I was entering a new world. This lasted for a few hours and I've written down strange words. And that was it. I'm not going to explain all my experiences as everyone will experience it differently. Watch out for copying! It's all about *your* experience, not mine. I only tell you that you will know when you're ready. That's the moment you have asked your last question.

Write it down

Asking questions is the most important part of the process. The disadvantage of this mental process is the continuous stream of thoughts. You just cannot get that straight in your mind. There is a fair chance you keep going around in circles as your thoughts lack structure. It's the same as with a complex equation you have to resolve by heart. For this you also may take a piece of paper to make the calculation. You do the same for asking questions. If you write them down it's easier to see the structure and keep control of the process. It will help you to speed up the process and to avoid repetition. Reading back what you've written is of no use except when you lost your motivation. I only used my writings to see how I progressed and what a BS I put on paper. Texts from years ago or just last week made me

clear how many questions I destroyed, nothing more. As already mentioned: look inside, not outside.

Along the process

I cannot tell you how your process will commence and evolve. Topics I processed at the end could be your first ones. The beginning probably will be the same: you constantly get stuck with your last question. It are those typical questions like 'who am I?', 'what is love?', 'does death exist?' and 'does the universe really exist?' you struggle with. But I promise you it will be the questions further on the process that really bother you. Indeed, it will be complex beyond your imagination. At the same time, you will most probably see how questions will be more grouped and cover entire areas of life. They will merge and you will see how smaller topics will vanish and only the relevant parts will become clear. Parts of the truth are showing themselves at this stage. This is how the all-in-one process may be described. During these difficult times, your smart ego will delude you and will hide the most delicate fears. Because this will be the most unreal part where you need to have the guts to continue. Please realize that NO topic or subject can be skipped. You have to take it for granted that ALL aspects of life will be different once awake. If you expect you will still love your partner or children the same way you do now, then you better never start this spiritual enlightenment. Have no expectations at all as they all will turn out to be different. Indeed, everyone with children will delay as long as possible asking questions related to them. These are the topics that will demand the ultimate price to pay. I already wish you all the best with that. It's just impossible to be partly awake and avoid certain aspects of it. You have to digest everything. If you think that some parts don't need attention because they cannot be destroyed, then these are actually the topics you need to start asking questions about. This is the best way to do it. It's of no use as well to tell you my first and last questions and how I discovered that all I was told is complete BS. Your background is so much different that you will not make it to spiritual enlightenment if you would follow my order of questions. You really have to do it yourself. And again: look inside, not outside.

That awakening is a tough thing to do is clearly seen from the very low number of people that are really awake. The difficulty is that people hold on to their familiar view of the world and are not prepared to give it up. The selfish ego is the movie star as I described at the paragraph on motivations. And most of all that withholds people from spiritual enlightenment are the expectations they have, especially when fear reduction is their motivator. They expect that it will result in positive experiences and improvement of life. That they will go from less to more, from bad to better. They see it as a growing process, the development of life and spirituality. And the knock-out will come during the process when they find out it is none of all this. You will have the feeling to lose everything and everybody. That hurts the most intense so you will sooner than later stop and return to your old life. Along the process you'll have to go through huge barriers and fear created by your ego. But keep focused on your motivation to find the truth, even the truth about the illusion of the ego. Therefore, also keep on asking questions about your inner voices. Are they true? And if they are true or false, the fact is you create them yourself. Or maybe not... Anyway, further in the process when you realized you don't exist, please also let go your believe that inner voices do exist. All you think is merely a thought and not true... And a last advice that may help you to make it through the process: live your life as if it's the last day of your life. Ask yourself what is really important today. You'll notice that some

'important' matters will disappear and a theme like 'find the truth' becomes the major activity of the day. Your ego is only delaying the process, to gain time and to distract you away from the truth. Don't waste any time and focus on the important things. Once awake there plenty of time to have silly thoughts on stupid unimportant things.

Realize it is not a coincidence that you are reading these pages, but please focus on the actual motivation you do this. If you really want to awaken, are prepared to give up all you believe in and not to throw it in easily, you might be successful in the end. Perhaps you even walk through this damned process much easier than you expect. Do not have any expectations despite the dramatic outcome I describe. Every expectation delays the process. Let go and step from the cliff. Just one question: why would you want to do that?

And if you finally made it to ask the last question, I can guarantee you that it will not have cost you anything and also you will not have gained anything. Whatever your process will be, the result will ultimately be that you will have unlearned and let go. It's nothing more than a different 'mindset', but a very weird one.

Ready

You can see the process as awakening and at the end point you are awake. Being awake or ready is nothing more than having the permanent insight that all you feel and see is just an illusion or at least there is the possibility that it is all an illusion. This insight is so present that it will be with you permanently. Indeed, even in your dreams, what wondered me the most. Being ready or awake is what some people call permanent unity consciousness or permanent nondual consciousness. But I still find these definitions too abstract and not resonating with the actual experiences. It does not mean anything to you until you experience it yourself. These are just words to explain sleeping people an unknown world. For me it means that truth exists and all I experience originates from my own creative mind and is not a fixed reality. Even writing these words and pretending I talk to a reader is merely something I create myself. I assume it does not really happen, or at least I cannot prove it with any certainty.

If it is so hard to explain what awakening is, I better tell you what you may experience. That's never the goal, but it makes clear how the all-in-one expresses itself. That permanent insight of all-is-one will vanish the contradictions in life, there is no good or bad, no more or less, you don't need anything, you're not striving for something, money and fame are of no importance, you don't bother about anything or someone else and at the same time it's no problem if you have lots of money or everything seems to go easily in life and you can still enjoy a cigar or a glass of expensive wine. In summary, everything is nonsense, you don't experience any fear and you go through life in an easy flow. There are no more questions. You have answers to all questions and live a life without fear. There is no gate anymore.

Spiritual enlightenment is often presented as omniscience, unity or divine consciousness. As mentioned earlier those kinds of words triggers the ego: to know everything! Because if you know everything, you have – the perception of - total control and to know more than anyone else. Unfortunately that's not the correct meaning of omniscience. You want to know the real meaning? As also mentioned in the previous spoiler, the contrary is true: you are living in a permanent not-knowing. Having all answers to all questions is actually nothing more than: I really don't know! To know everything has nothing to do with knowledge or data. Knowledge actually is in the way and is one of the major obstacles to get that spiritual enlightenment. Being ready is knowing the truth and that everything else is an illusion. That's all. That's being ready.

From the enlightened or awakened state, it is impossible to give a good description of what you actually experience. For me, my dear reader, you are nothing more than a thought of an illusion that I experience. Maybe you can imagine that I experience that while writing these words, but this is how I imagine everything, including all people and even my parents and friends. That may be somewhat more difficult for you to imagine. I create you in my mind just as I create everything I know. Maybe you can understand it and have some kind of imagination with it, but for you it's just a superficial thought, where for me it's something I experience all day long. If you don't know something and do not have any reference to it, how can you ever understand the nature of it? Tell a blind person what fire is. You can tell him how you make it, let him feel the heat and that you can burn your fingers on it. But how

vividly you tell it, he will never experience the full character of fire with all its flames and colors. So, the blind person accepts what he can experience and is happy with the heat and will even enjoy burning his fingers on it. Here the comparison is correct with all those spiritual people that want to have that spiritual enlightenment: they go extreme levels of experiences and even are convinced that suffering is part of such a process. Go burn your fingers and it will bring you somewhat closer to spiritual enlightenment! Indeed, you have to go through a lot of pain, but by now you know it's only your ego that will get hurt.

Being ready is indeed that the gate – as a gate or gateless – is not there anymore and you can only smile by the thought of your old life. It's a very clear turning point and you will know it when you're there. But then it really starts! See it like a new life, as far as you are still interested to do something with it. Like you are taught in Buddhism, your life actually will start from the moment of enlightenment. You will never fall asleep again, that's for sure, but getting used to your new life means you start to integrate all those new insights. See it like being reborn, also then you have to learn everything again. In that sense I can understand that enlightenment is compared to being reborn. The biggest advantage now, however, is that you only have one teacher in your new life. That teacher is you and you teach yourself not to bother anymore on things happening on the outside and you're not sensitive anymore to indoctrination, manipulation and programming.

That state of awakening makes clear what always has been hidden. For me it was waking up in complete emptiness. Nothing was of any value and all connections with other people were gone. The connection with myself was gone. That's sounds scary and it truly is until you wake up. That's the paradox. You are still in this world, but you are no part of it any longer and feel completely different from where you came from. If you haven't realized by then that you are completely alone in this illusion, for sure you will experience it at that moment of enlightenment. You also will realize that acting in whatever sense, is of no use because of the all-in-one experience. The funny part of it is that it isn't scary anymore. Because you know this is all just an illusion and that there is no 'me and you', you don't have nor cannot lose anything. This is the true detachment. Dying is no problem anymore and death is always very close. Realize that that always has been the case. That's valid for you now as well, only you don't realize it and I do, that's the difference between you and me.

And by the way, you still will have physical pain and emotions. Everything that was there is still there. Most probably you will still run away when a tiger wants to catch you and you have not yet any need to be eaten. You can still laugh about a good joke. What actually changes, is that you aren't led by fear anymore. Your ego with all its nice and horrifying voices has been silenced. As such you can conclude that your ego has been destroyed. However, I would describe it that I don't experience the illusion of an ego anymore. The ego has actually never existed. I do experience physical pain, but I am not afraid of it. If I die from it, that's ok, if I have to live with it, that's ok, if it will be gone tomorrow, that's ok. I accept every outcome of the future. I still have physical needs, can feel hungry and can enjoy nice food and the company of nice people. I still have a hang-over when I drunk too much beer. My hay fever is still present in springtime. The difference is that I will not react or respond from fear or greed. I will not go after things because I think I need them. I will not miss anything if I don't have it. I am not going to hope that people or situations will chance because otherwise nasty things may happen. I don't know the meaning of taboo anymore. I

let it happen and all that happens is fine with me. You may call it lack of concern, but I call it truth. That's the difference with my previous life.

Another difference is that you alienate completely from your previous world. Indeed, you feel like an alien in the same world you have lived in for years. Your environment has become a strange and odd stage play. You live in it and in the beginning you have the tendency to adapt to it and to play your act as you did before. At least, that's what I did in the beginning. I didn't like to adapt, but I didn't know what else to do. The reason of that is that upon awakening you really have no clue what happens and how to live in that new world. Everything is so surreal. After some time, you will notice that adaptation is not helping you as it goes against your new flow of life. You're not of this world anymore. It makes no sense to act. You literally stepped out of your previous life. Of course, your environment will act strangely as you do not respond anymore as they expect. And please don't tell them that you are ready or enlightened. They will not understand it at all what you mean and will laugh about it. How is it possible that a simple soul like you can reach that very special spiritual enlightenment? They will at least expect that you have the presence of a good and well-respected person, some one that embraces the natural environment and is a fanatic vegetarian. They expect that enlightened people don't drink beer, don't smoke, are decently married, will not cheat, care about nature, are altruistic and are meditating or do their complex yoga exercises all day long. OMG... One advice in case you may get this far, because that is the mistake I made myself: don't tell anyone. What is left from your ego has no need to achieve anything. Esteem is of no importance, so you will not spend time getting it. But sometimes – when there are still people around you – you may want to explain to them how your view of the world has changed. You want to understand it yourself in what kind of strange world you have popped up and so you may start telling them how you see and feel your world. Please try, but I expect you will stop very quick telling them what has been left of you and how you see them now. Telling your lover that he or she is now just an illusion, will make not improve your relation. But hey, relations and connections were one of the major themes during your awakening process and hence you know exactly what the true meaning of relationship is. That question has been answered by then.

Epilogue

As I wrote at the Preface: 'Describing how to get to spiritual enlightenment or to waking up can simply be done on one page. Even in just one sentence: continuously ask yourself questions until you find the truth. Eventually there will be a last question in that process. And after this last question you will wake up and you will be enlightened. It's that easy.' If I write it down like this, I know exactly what I mean by those words because I have asked that last question. But until you ask your last question you keep on guessing and searching for it. I have tried to give it some more words to help you to go through the process somewhat easier, you have learned that your motivation is essential and you have to watch out for your clever ego. I hope you can bring some structure into the process and can avoid sitting on high Himalayan mountains or attending expensive courses. The Himalaya and courses will not lead to awakening. Asking yourself all kinds of questions, having the guts to persist on questioning everything will. Do you have the feeling that all you've read is vague and you cannot really put your finger on the essence of my words? Replace in this book all positions where I wrote 'you' by 'I' and read it all over again. See what will happen to you then.

What I have written is nothing new and you may read it somewhere else easily. Everyone that has gone through the process of truth and did it by asking questions within yourself will eventually write it down the same way. I only did it in my own words. It's just like explaining how to drive a car. That has no exclusivity or copyright as well, does it? If ten people would tell you how to drive a car you will end up with ten different tutorials, but in their essence, they will be the same. You will find common words like driving lessons, driver's license, car, driver, traffic, speed, traffic light, fine, driving left or right. In the end it is only about going from A to B using a machine, nothing more than that.

It would have been easy to fill hundreds of pages with text. But that would only contain lots of repetition or expressing the essence of spiritual enlightenment in different ways. However, that's what your ego expects from an e-book like this. Your ego needs compensation and progress and that it can value these texts. Your ego finds it hard to accept that everything you need to know to get that spiritual enlightenment is written in these pages. The moment you start your process by writing down all your questions and what it triggers inside you, will result in hundreds or even thousands of pages. During my process it were indeed hundreds of them. Now it is up to you to write your own book full of questions.

There's nothing to add to these pages except that you just have to get started. If you do it well you will be ready in a few years. And after that last question you will smile when looking back on your gateless process and maybe can summarize it in one sentence or even one word.