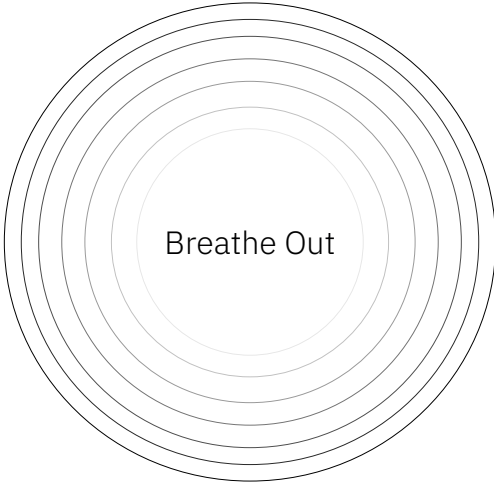


You are enough.

You are exploring.





Breathe Out

# Mission

My mission is to facilitate aligned sentience throughout humanity – beginning within myself and radiating outward from there.

I believe that fundamentally, three things can be helpful:

- 1 • Education
- 2 • Culture
- 3 • Infrastructure

The first guides the mind.

The second supports the heart

The third streamlines our actions.

My goal with this Practical Love series is to contribute to the first.



# Questions

Practical Love — Book 1: God

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This book is offered for educational purposes only, and readers are encouraged to apply discernment and personal responsibility in how its ideas are interpreted.

Use it to inspire new thoughts, **questions** and conversations.

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# Single Player

After your first read-through,  
if you want to continue your exploration of these ideas further,  
there is bonus material for you on our website:

→ **an audio experience of this book**

with not-told-elsewhere stories in my own voice,

→ **a companion video series**

co-created with my own life companion,

→ **printable worksheets**

that ask you direct & powerful questions based on the ideas in this book.

Available at:

*[ExplorersAcademy.io/Foundation/God](https://ExplorersAcademy.io/Foundation/God)*



# Co-Op

To deepen your understanding of these ideas,  
go over them with a **friend**.

I've often been surprised how another person's way  
of relating to the same thing has  
enriched my own *lived* understanding of that thing.

I'd advise that you don't do this with just any person.  
Pick a friend whose mind you deeply respect,  
and whose heart you truly appreciate.

Because, you'll be on quite the journey together.  
As these ideas are not just ideas that will be pondered.

They will have real world implications for you both.  
Beautiful ones. I highly recommend it.

I think rich friendships  
are a very big part of what this life is a about.

So, consider passing this book on to them,  
or gifting them a copy,  
or simply sharing with them where they can get their own

—which, is also at:

*ExplorersAcademy.io/Foundation/God*



# Practical Love

Book 11: A.I.

Book 10: Government

Book 9: Economy

Book 8: Science

Book 7: Culture

Book 6: Education

Book 5: Parenting

Book 4: Medicine

Book 3: Relationships

Book 2: Self-Governance

**Book 1: God**

# About God

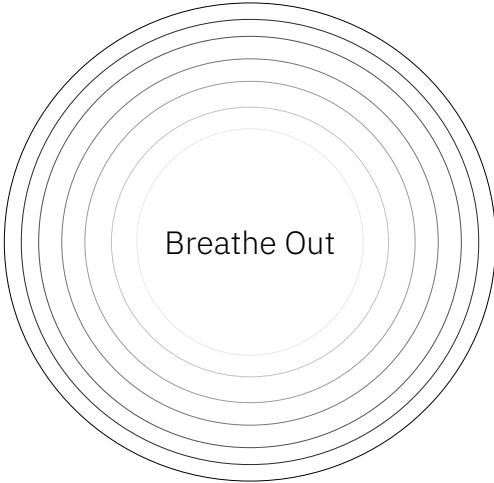
God is a small word  
that carries a big meaning.

Did you know,  
there has never been a culture,  
in all of human history that was without a Creation story?

When something is that consistent across our entire species,  
then, it's safe to say that it is not a matter of preference,  
to have a God idea,  
but rather,  
it is a **human need**.

In this book,  
we will explore what this human need is,  
why it matters and how to meet it well.





Breathe Out

# Where we are in our journey

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## Section I: Our Relationship

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## You & I

Before we go any further,  
especially given how sensitive the subject of God can be,  
I'd like to immediately acknowledge that  
I do not wish to tell you, or anyone else, what to think.

I know I personally don't necessarily like it when  
other people tell me what to think,  
so I do my best to not do that to others either.

That said, what I do wish to do here is share with you  
what I think, and I presume, since you're reading these words,  
then, you're likely interested in hearing out my thoughts!

For that, by the way, **thank you so much**. It's an honor and  
privilege to get to explore this subject with you and share some  
perspectives and points of view with you on this matter.

It's one I am personally passionate about and  
have found to be of great importance in my life.

It's my hope that you takeaway from this book things that  
resonate for you and leave you at least a little lighter and  
more empowered than before you encountered them.

Hopefully along the way, you feel like you're spending some time  
with a good friend of yours, and at times,  
find yourself smiling and perhaps, even laughing too.

While God is a serious matter, I believe if we do it right,  
it'll be a seriously lighthearted matter as well.

With that, let's begin our journey, into what is perhaps the  
mystery that contains and gives birth to all other mysteries.

# Humility & arrogance

In my experience,  
the more someone claims to understand God in its entirety,  
the more clueless they actually are about God's true nature.

Inversely, the more aware someone is, of how little they  
know about existence, God and perhaps,  
even their own selves,  
the more fundamentally in-touch they are with  
the actual reality of things.

I believe the reason for this is that God, existence  
and even one's own Self (when carefully examined)  
are actually all **infinite things**.

This is a non-insignificant detail. And it's not a cop-out either.  
I think it's a literal, non-circumventible truth.

When we attempt to circumvent this truth, about either God,  
existence or even our own selves, we end up lying and,  
in the larger scheme of things, making fools of ourselves.

So, if this is true (which I think it is),  
should we just give up on attempting to understand  
the infinite and assume it's forever a complete mystery?

Maybe! :D But also, maybe not. Maybe we can attempt to  
understand the elements that we can understand,  
even if we recognize that we are likely guaranteed  
to not be able to understand it all.

I think that's a fair goal to have, and it can make for a worthy  
cause. At the very least, it's a path I personally have believed  
in enough to be willing to pursue for quite some years, and  
this book here is the summation of my own learnings on the  
matter. I sincerely hope it adds to your own learnings  
in a meaningful and complimentary way.

## My own beliefs

Given that this entire text is a reflection of my own personal beliefs, it's fair to begin this exploration with a transparent declaration of my own religious beliefs, especially the ones that I believe are likely to be the points of greatest contention or disagreement with the religious beliefs of many others.

And to be clear, my beliefs do not require anyone else to believe them in order for them to be useful for me, so please know that as far as I am concerned, if you find that your beliefs are beneficial for you to have, I personally want you to continue to have them.

If anything, my most core belief is that it's beneficial to judge our beliefs based on whether they are beneficial for us or not.

And '*benefit*' can be a subjective thing, I've noticed. As in, one belief that's beneficial for one person, in one time and place, can be non-beneficial for another person, in another time and place.

This can also apply to our own individual selves. One belief in one stage of our life can be one that uplifts us and supports us, but then, in the next stage of our life, if we insist on holding onto that belief, it can weigh us down and be non-beneficial for us.

That's why, I've found continuous, honest exploration and reflection to be beneficial. Because the things that are beneficial, we can see their benefit demonstrated; and things that are not beneficial, can only get by, when we do not investigate them.

I think of it as a kind of personal, internal accountability

:)

# Either no prophets or all prophets

This is perhaps my most contentious belief.  
I believe that either no one was a prophet, or everyone is.

I'll explain.

To me, the idea of someone having been born different is not necessarily helpful. I mean, if someone was born different, and they did truly great things, that's wonderful and I can be grateful for it, but it doesn't necessarily help me, because frankly, I wasn't born different.

I'm human, and I believe all members of humanity, were indeed also human.

This may seem, to some belief systems, as if I may be reducing the worth or value of certain individuals from history; however, in my view, it's actually quite the opposite.

To me, it is far more impressive, and practically far more valuable, to recognize that someone started out just like everyone else, and then, via their own effort and choices, transformed themselves to become someone who was aligned with God-like qualities.

This point of view, while it removes them off of a certain type of pedestal, also allows me to respect them for the work they must have done internally, to become who they did; and furthermore, it **raises everyone** else, in my mind, in terms of what is possible for us all, in terms of the versions of ourselves we can, very well become —or, miss out on becoming.

## I'm okay with being wrong

I think because the subject of religion and God are such fundamentally mysterious ones, and because they're also so important, people can often be so afraid of getting things wrong.

Different people deal with this fear in different ways.

Some people react to this fear by choosing to do as they are told and obey what the seeming-higher powers or authority figures in this field claim to be right.

Others react to this fear by rejecting that there is any validity or significance to this entire direction and depth of thought altogether.

Both are, in my view, different ways of actually avoiding to deal with the matter at hand.

The middle way I have found for myself is to accept the responsibility that comes with thinking for myself —which means, accepting the risk of possibly being wrong, as well.

Because who knows, maybe blind obedience is the right path. Or there is no right path to begin with, and therefore, my time spent exploring is in fact, all for nothing.

For better or for worse, I am okay with either of those possibilities, if that is the price to pay to get to **think for myself**.

## To hell, with me

In many religions, “*getting it wrong*” is associated with quite the high cost: ie. Hell.

Whether that’s eternal damnation in Dante’s inferno,  
or it’s endless cycles of death and rebirth  
in a world of meaningless illusion,  
either way, hell (or the alternative to heaven)  
is presented as quite the “avoid at all cost” type of deal.

What I have found, experientially however,  
is that the path forward is through hell.

The fear of hell leads to the desire to look away from hell.  
And what we don’t look at, we don’t understand.

**And what we don’t understand,  
we don’t have power over.**

For now, I just want to acknowledge that in order to be able  
to think alongside with me, you must have the courage  
required to be willing to at least risk experiencing hell  
—whatever that might be for you.

Because if you’re not willing to risk getting things  
fundamentally wrong, you’re going to attempt to limit  
everything you receive from me to your current foundation  
—which, given the fact that I’m speaking to matters  
pertaining to the foundation, it’ll simply mean that either you  
won’t hear me where it matters; or worse, your system will  
deliberately mishear me so you can reinforce what you  
already think has to be true.

## You don't need to align with me

I promise this is the last time I'm going to say this in this book,  
but I want to make sure I'm abundantly clear about this.

You do not need to believe what I believe,  
in order to be able to hear me out.

What you can do,  
is hear me in parallel to hearing yourself.

What I often aim for,  
is to understand someone,  
independently of whether or not I agree with them.

I find that to be an excellent way to explore  
vastly different domains,  
and often conflicting points of view,  
without losing my own self along the way.

This way, I can take what works for me,  
and adds to me in ways I prefer,  
and leave the rest exactly where it is,  
without needing to fight it or change it.

If that way of relating to me works for you,  
by all means, use it.

I will do my best to present to you the best of my gems,  
that I quite literally have had to go through hell  
in order to be able to *forge* for myself.

# I cannot give you anything

That's sort of how language works.  
You can't give anyone anything using it.

But what you can do is direct people's attention to what they  
already have (or not have) with it.

That's why the power of language is directly proportional to  
the power of what people have (or are aware they have).

And I personally believe that you have a lot,  
and I'm going to do everything in my power  
to use language to bring your attention to it,  
and do so, in a way that aligns  
what you have with itself.

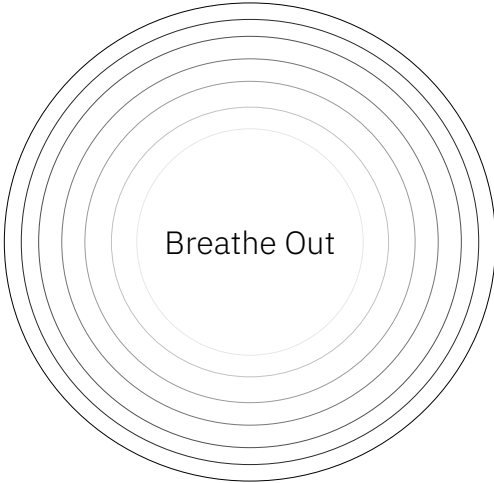
That alignment is key.

*When all of the relevant data-points within you  
are activated and aligned,  
synergy is created.*

Through that synergy,  
power emerges.

Awareness of God,  
emerges the same way.





Breathe Out

# Where we are in our journey

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# Form follows function

*“Form follows function”* is a design principle.

The idea is that when we are designing things, we can make them look almost any which way.

But not all appearances end up as what’s best for what we want the thing we’re designing to actually do.

What a thing does for us is its function. At the very least, that’s its function as it pertains to us.

**So, what is the function of God?**

I know a lot of times, people argue and disagree about whether God is real or not, but, before we even get there, can we first get clear on what the function actually is?

Because when I have, with myself, I’ve seen that no belief has actually been necessary.

I’ll expand on that idea right now, because it is a counter-intuitive one, and it packs more to it than meets the eye.

# No belief necessary

“*No belief necessary*” can be interpreted in two ways.

The first is: *you do not need belief.*

The second is: *you need no-belief.*

These two may seem like they’re the same thing,  
but they are different,  
so I’ll attempt to pull them apart from one another.

If beliefs were water in a cup...

“*not needing belief*”

would be not needing water in your cup.

But it implies that if you have some,  
that’s alright.

“*needing no belief*”

would be needing to have no water in your cup.

This implies that if your cup has water in it,  
that this may be problematic.

I mean my sentence in both ways,  
simultaneously.

**No belief is necessary.**

# Belief & knowledge

Do you believe that you exist right now?  
Or, do you know it?

Do you believe that you are reading these words right now?  
Or... do you know it?

The function of beliefs is to act  
as the map you need to get to knowledge.

As in: *“Hey, if you turn left here,  
and walk for 5 minutes,  
you’ll find the restaurant you are looking for”.*

If someone were to say that to you,  
and you believed them,  
then you could simply turn left there,  
walk for 5 minutes,  
and see for yourself if the restaurant you’re looking for  
is there or not.

Either way, you’d have used up that belief,  
and **transformed it into knowledge.**

If you did not use the belief,  
then you’d forever have it,  
because you could neither confirm it,  
nor deny it.

# Limitation of belief

The point of a belief is to *limit your perception* in a certain direction.

This is a feature, not a bug.

We call this limitation of perception: focus.

When a belief is accurate, you benefit by being focused in alignment with what works and what is beneficial for you and your values.

When a belief is inaccurate, you actually get focused away from what works and what is beneficial for you and your values.

Hence why the nature of the game is **seeking accuracy in our beliefs.**

# Nefarious beliefs

Some beliefs are downright nefarious. They not only cause harm to the person who has them, but actually, also turn that person into an agent who does harm to others, while believing that they are in fact, doing good.

Here are some things to look out for, when it comes to these beliefs:

- » They are non-testable.
- » They are not to be questioned.
- » Questioning them is associated with great fear.
- » They claim to be good, rather than letting their goodness speak for itself.
- » They require obedience, rather than simply being an offering of possible wisdom.
- » They require the believer to require obedience of others, rather than simply to become an available resource for them.

These types of beliefs, while they may even be “*well-intentioned*” end up actually leading people away from what they themselves value in their own hearts.

It can therefore be wise to be open to discovering such beliefs within our own selves, as well as in those we care for.

# God & religion

In my experience, God is a discovery,  
and religion is an invention.

Just like how we discovered electricity,  
but then invented lightbulbs to be able to work with it.

God and religion have a similar dynamic.

And in the same way,  
while electricity is universal,  
some light bulbs are more energy-efficient  
in how they work with electricity to produce light for us  
than some others.

This energy-efficiency,  
in the context of religious beliefs comes down to  
accurately understanding:

- 1) what we're actually working with  
(ie. God)
- 2) what we're aiming to produce with it  
(ie. Function of God).

Once we're clear with these,  
then it's just a matter of experimentation  
and careful observation of the results they produce.

Then, by the end of it, you'll have made your own  
*custom-to-you set of religious beliefs*  
that have actually demonstrated their utility for you,  
in practice.

## God before religion

Just as electricity existed long before  
there were any humans who had created any technologies  
that would allow us to work with it and benefit from it,

God has existed long before  
there were any humans who had created any religions  
that would allow us to work with it and benefit from it.

Of course, you could say that our very brains  
and bodies run on electrical signals  
and if it weren't for electricity—  
or more precisely, electromagnetism,  
this physical universe would not hold itself together,  
so, in that sense,  
we've been benefiting from electricity  
long before we had even become aware of its existence.

The exact same is true  
to an infinitely greater extent  
with the actual reality of God.

# Proto-religions

*Over a hundred thousand years ago,  
long before organized religion,  
early humans had spiritual thought.*

In fact,  
they had a fundamentally different  
experience of the world.

“*Animism*”, it’s called.  
It’s the worldview that everything is alive.

For early humans, this was not an idea to believe in.  
This was their lived experience.

Their **state of consciousness** was not so mediated  
by abstractions and thoughts.

They were not disassociated  
from their present moment,  
in any capacity.

This was not theology for them.  
This was reality.

For them, the rivers, the trees, the rocks, the plants,  
the air itself, the cloud, the rain, the stars, and of course,  
the sun and moon—

these were beings that were alive.

## Be present or die

In our pre-civilization era,  
we had less protection from the environment itself,  
the way that we do now.

Whether it was predators, hunger, thirst  
or simply the cold,  
you could not go for too long without being finely attuned  
to what is going on around you,  
in the Here and Now.

Being out-of-touch with reality  
was not something we could exactly afford.

To a much greater and more immediate extent  
than it is for us today,  
it was:

→ **be present or die.**

In a sense, this was, and still is,  
*the operating system of our mind*  
that naturally comes with the nervous system  
of a human body.

It comes with a great aliveness;  
and we still have it.

You can see it most presently in newborn children.  
You see how present and sensitive they are.

We still have that — all of us — at our core,  
it is just, to various extents, suppressed.

# The advent of language

We've developed much since then,  
technologically and psychologically.

*People often forget that one of our first inventions  
was language itself.*

It's one that we simply take for granted today  
and think of it as something that has always been there;  
but in reality, it hasn't.

It is something we developed.

Via language, we could communicate with greater precision  
and complexity with one another—  
and with our own selves.

Language shaped how we interact with one another,  
and how we think.

Using it, we could begin to label and refer to things,  
rather than needing to be experiencing them directly.

This ability to abstract  
allowed us to be able to greatly expand our purview  
of what we can take into consideration at any given time.

**This means that we could see opportunities and threats  
that exist around the corner of this Here & Now,  
and are actually in the world of some other There & Then.**

This is an important development for how simple spirituality  
developed into more organized forms of religion.

## The gifts of meta-presence

The more our capacity to see  
beyond the Here & Now developed,  
the more our ability to map out patterns grew.

This paved the path for agriculture,  
where for the first time,  
we no longer had to chase food,  
but instead, we could simply grow it.

This lay the literal groundwork for civilization,  
both physically and psychologically.

Our view of everything as alive  
and as spirit-containing  
became increasingly focused on matters  
that related to the growing of food.

Seasons, rain, drought, floods, locusts, and storms.

This became *the birthplace of ancient gods*,  
as the spirits we saw in the patterns  
that influenced our lands.

# Emergence of monotheism

As far as our spiritual understanding  
of our world was concerned,  
we lived in a world governed by a multiplicity of Gods,  
each independent of one another,  
which we believed required us to do unique trades  
of prayer, ritual and offerings to gain their good favor.

As our capacity to recognize patterns grew,  
some began to notice a meta-pattern:

→ there is **One pattern** that all patterns emerge from.

That there is “*One God*” that all gods  
are branches of or subservient to.

This would be like recognizing  
that all of the colours of the rainbow  
actually do come from one light being refracted in a prism  
so that we can see it expressed  
as different frequencies of itself.

This was a massive level-up in our understanding  
of what this world is and how to work with it.

# Benefit of monotheism

When all gods were consolidated into one,  
that allowed for, and in fact, required  
*a unification of values as well.*

This meant that no longer were you looking  
to please one god in one context  
via one set of rituals, actions and beliefs, and then,  
be attempting to please another god  
in different ways in a different context.

These values were greatly consequential.

They were the backbone of  
**culture, law**  
and what was considered  
**moral and ethical.**

The transition towards a monotheistic worldview  
began to shift our values  
from ones that were situational  
to ones that were universal.

This meant that conflicting  
beliefs and practices needed to be resolved  
in some way, shape or form.

## Enter dissociation

When we had many gods,  
it was okay if they required conflicting  
values and practices from us,  
because we could simply believe that these gods were  
themselves at conflict with one another.

When we had one God,  
this possibility was no longer there,  
because this God was a unified being  
and it was not a self-conflicted one.

If there were conflicts between what that God needed  
and what you needed in that context,  
then that conflict now lived within you,  
instead of in between “*the gods*”.

**This internalized the pressure for conflict-resolution.**

This pressure, while it occasionally did lead few individuals  
towards radical development;  
for most, it mostly led them to disassociating from  
the parts of themselves that did not meet  
the seeming top-down requirements of God.

Those who chose not to concede  
via self-disassociation were often at risk of being  
either cast out from society or,  
well, murdered by society.

## Conformation bias

While many benefits followed the establishment of order under a monotheistic approach, the forceful mandate of its acceptance came with some drawbacks.

One specific one was that the more conformity was required, the more individual sharpness and clarity was lost.

This a recurring theme in history.

That is why great strides forward in thought exclusively came from individuals or small groups.

Specifically, it came from people who valued their pursuit of Truth more than they valued the safety that comes from fitting in.

Said a different way, these were individuals who were willing to see, feel and think beyond their *conformation bias*.

These individuals were often considered heretics by some, and mystics by others.

But they were very much the individuals, who, often after their death, became the path-pavers for clearer understanding, that then others would attempt to implement at larger scales.

## Rogue duotheism

Officially,  
many of the most widely adopted religions of humanity  
are currently monotheistic.

However, in practice,  
they are often **unconsciously duotheistic**.

As in, there is the God almighty,  
to which, people attribute all that is Good to,  
and then, to attribute all that is Not-Good to some source,  
people have ordained a secondary, unofficial deity.

If God represents the light,  
this second deity represents the darkness.

If you ask people about this explicitly, they'll deny it.  
But if you observe their beliefs on your own, you'll see it.

Different cultures refer to this second source by many  
names:

the Devil, Lucifer, Satan and Shaytan.

Those who understood clearly,  
recognized that the shadow  
is not an opposing force to the light,  
but rather, it is simply its absence.

But this loss of clarity was very much  
the price of the forced conformity.

And it led to the *externalization of blame*  
for the darkness in our world and lives.

This created confusion in what our responsibility is  
in our pursuit of Truth, and in our attempts to align ourselves  
with that which is Divine.

## Illusion of good vs. evil

Dividing the world into an arbitrary good & evil can be helpful as a means of reducing complexity and making things simple enough so as to facilitate decision-making.

Ie. *“do good, avoid doing evil”*.

Where that does work, it’s great.  
However, it does not work universally.

In fact,  
some of the greatest acts of evil  
that humanity has ever done onto itself  
have been in the name of goodness.

The simple reason for this is that goodness,  
and its absence— evil— are contextual.

As in,  
**an action that is good in one context,  
can very much be evil in the next.**

If this feels confusing and gives you pause,  
then you are interpreting this accurately.

## Non-dual goodness

In a true monotheism, God has no opposites.

To use light as a metaphor for God,  
it's the perspective that light is the only thing  
that actually exists— and that darkness is not its opposite,  
darkness is simply where light is not.

Seen through that lens, the idea of fighting darkness  
becomes a misguided endeavor.

Because the only real option that remains then  
is to ask ourselves the key question:

*“How do we allow in more light,  
especially in parts of our lives that experience darkness?”*

In a sense, if all evil is  
misalignment with God,  
then we don't need to necessarily worry about it.

All we need to focus on is  
**how do we align ourselves with what is Divine,**  
and light & goodness will follow.

Light will go where there was previously only darkness.  
Goodness will *grow* where there was previously only evil.

# Function of God

All of this exploration brings us back to that initial question:  
*“so what is the function of God?”*

In our minds,  
what role does our understanding of God play?

Well, this reality  
—as we experience it one present moment at a time,  
comes with zero pre-built-in meaning.

Meaning that, any moment,  
can technically mean anything.

It is our minds that give our moments meaning.

And it is through the meanings we give to our moments,  
that we decide what to actually do in them.

**And this God idea,**  
the idea that represents what this world is,  
whatever version of it you may be using at this time  
**acts as the foundation for your meaning-making mechanism.**

*What is this world?  
Where did we come from?  
Why are we here?  
What do we do while we are here?  
What happens after?*

Everyone has these questions answered, in some way.

And how they’re answered for you is what determines,  
in a sense,  
**the guiding rules of your game,  
the focusing frame of your attention,  
and the creative constraints of your life.**

# Your functioning God

Now, before we close off this section,  
I must acknowledge one thing:

→ just because someone says something is their God,  
that doesn't make it so.

People's foundations have nothing to do with what they say,  
and everything to do with what they do.

That's why I personally don't pay too much attention  
to the label someone likes to have:

“Christian, Buddhist, Jewish, Muslim, Hindu,  
Atheist, Agnostic, etc. etc. etc.”

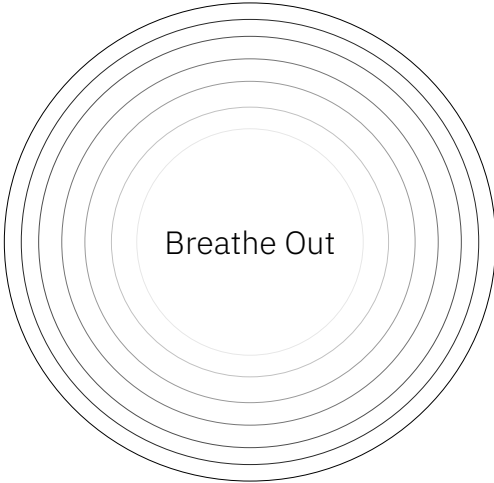
None of these labels necessarily say anything about what a  
person's actual functioning God is—  
at best, all these labels reflect what a person  
believes is true about themselves,  
and at worst, the labels reflect what that person  
wants others to believe is true about them.

Either way,  
if you want to discover the truth of what your God is,  
just observe the behaviors you most consistently repeat.

Those reveal your priorities.  
And your priorities are the only thing that actually reflect  
what functions as your God,  
at this time.

It matters less what you name it,  
and matters more what it actually does for you,  
and through you.





Breathe Out

# Where we are in our journey

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## Section III: Experiencing God

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# How can you experience God?

There are many ways to answer this question, depending on how we define the terms.

For those that understand God as “*All That Is*”, every experience is an experience of God.

Therefore, in order to speak with greater precision, I will define terms and set parameters for the different ways we can speak about our experiences of God.

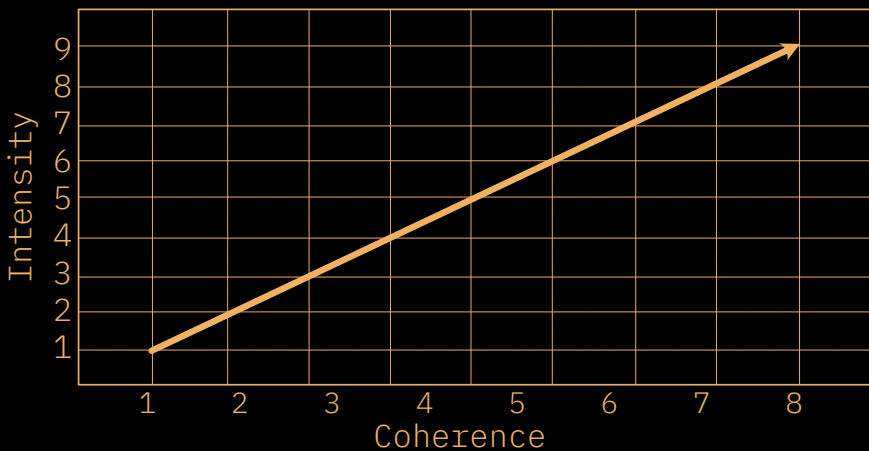
Specifically,  
when assessing experiences of the divine,  
I am interested in two metrics:

1 • Intensity

2 • Coherence

In that way,  
I subjectively assess the purity of the experience.

Experiences that more purely represent the divine weigh more in how I form my understanding of it.



# Coherent intensity

**Intensity** is a measure of how present you are,  
in an embodied way.

**Coherence** is a measure of how well you make use  
of all things present.



It is exponentially easier to aim for either  
high intensity or high coherence  
in exclusion to one another.

Intensity without coherence is madness.  
Coherence without intensity is inconsequential.

And, in my opinion,  
neither are representations of divinity,  
until both are present, simultaneously.



**Coherent intensity is divinity embodied.**

# Intensity

Intensity is highly “*non-theoretical*”.

Think: animal.

At least, the presence, sensitivity and alertness  
that animals tend to have.

We humans are naturally that way too,  
when we are not disassociated.

The more your entire system is associated  
and connected with the present moment,  
the more intensely you feel things.

Your entire system includes your heart, your brain,  
your nervous system, and your mind.

You don't need to ‘*develop*’ this intensity.

When we're born, as babies,  
we're experiencing life with maximum intensity.

**It's your baseline nature.**

**You need to allow for more of it to be present.**

But of course,  
not all ways of allowing our nature to be present  
are beneficial to everything else we value and care for.

This is where coherence enters the picture.

When intensity is allowed for in a coherent way,  
powerful love flows,  
transforming moments, minds, situations and lives.

# Coherence

Coherence,  
or *how in harmony things are with themselves*,  
can be measured in concentric circles;  
starting from inside of a person,  
and rippling outward to include our entire shared world.

**At our core,  
coherence is a measure of how much  
our mind is in harmony with our own heart.**

The path often taken for achieving heart-mind harmony  
is via disassociating from depths of our heart,  
and compartmentalizing various branches of our mind.

This creates the illusion of coherence,  
since at any given time,  
our inner experience can appear stable.

However, when approached that way,  
we are operating as  
an inauthentic and fractured being  
that does not even know itself  
as one whole.

Thereby, unresolved inner conflicts abound,  
and shallowness of experience becomes the norm.

Throughout this process,  
intensity or realness is sacrificed,  
in exchange for the illusion of control  
over ourselves, our realities and our lives.

## In-Control

During one of the most intense experiences of my life  
I learned that my need for control runs very deep.

I saw that I was willing to be  
without love, without health, and without money  
as long as I got to remain in-control.

It was during this experience when I saw that  
it's not even control that I'm after—  
I saw that I was seeking control  
because of what I thought it would make possible for me  
which was simply: *survival*.

Then, it made complete sense.  
I wasn't crazy for seeking survival over love, health or money.  
Survival is foundational to all of those.

And staying in control was the only path I saw,  
the only path I knew that could allow for survival.

Letting go, surrendering, allowing  
—these felt like sure paths to annihilation.

It felt as if the thing  
I was surrendering to was God.

And what I was allowing for,  
was for me to express my Truth that  
I thought God wouldn't want to hear.

After I did however,  
I saw that actual God is different than how many humans are,  
and in fact,  
it is different than how some humans have portrayed it to be.

## In-Connection

When I've been in-connection with others,  
I've observed that around what they're able to  
be conscious of  
is the simple reality that their need for control  
is also their best attempt at keeping themselves alive  
—at least, emotionally, it feels that way for them.

The need for the sense of safety supersedes  
the need to be in harmony with one's own self,  
and of course, the need to be in true, in-depth harmony  
with others.

In other words,  
*coherence is sacrificed for safety.*

Which, if it were real safety,  
that would be the coherent move to make.

It's only problematic because there can be (and often is)  
**a difference between the sense of safety and actual safety.**

I.e. things that actually endanger the survival  
of what you care for most can actually  
bring about a very real sense of safety  
in your subjective experience.

That's when the steps you take towards making things better  
are actually the very steps that make things worse.

And of course,  
the steps that feel like they're making things worse  
can actually be the very steps that make things better.

This is why careful exploration, experimentation, reflection  
and frankly, consciousness are necessary in order to have a  
healthy connection with yourself, others, and... well... God.

## Recommended bias

A bias I have, that I recommend others have too is that I weigh my own first hand experiences as more relevant to my understanding than someone else's second-hand report.

The reason for this is that when it comes to my own experiences, I only need to trust my own self.

But when it comes to the experiences of others, I not only need to trust my own self in how I interpret what they're sharing with me, but I must also trust them in being honest with me as well as in being competent enough to have interpreted their own experience accurately before sharing it with me.

From my teenage years, this has been my primary reason for not blindly trusting any religious faith or doctrine.

Because doing so, asks of me to trust not just "God", but also trust every single human in between me and the humans who had the first-hand experiences that those doctrines are based upon.

# Discerning truth

*Leading a truthful life is a challenging endeavor.*

And more often than not,  
it is far easier to climb social hierarchies  
and power structures by bending the truth,  
misrepresenting the truth,  
withholding the truth,  
or simply fabricating the truth.

This is a relevant observation to take into consideration  
when looking at the fact that ALL religious doctrines  
of our past have made their way through history to us now  
by passing through the filters of very powerful humans  
—humans who had immense editorial power.

For all I know,  
what has been passed on to our generation  
is what some foolish ruler at some point  
allowed to be passed on  
—and all other records or testimonies that conflicted with it  
were either burnt (if they were written)  
or they were murdered (if they were embodied).

I have imagined, if there is a real God,  
and it is an intelligent one,  
then it would know that this is possible,  
and therefore,  
**it would not require me to have blind faith in humans**  
in order for me to be able to live in alignment with it.

# First-hand experiences

I recommended bias and skepticism  
in the previous pages,  
because coming up,  
I will share one of my own  
first-hand experiences of God with you  
and prior to doing that,  
I wanted to share with you  
how I think of these experiences.

Firstly, I don't necessarily even blindly trust  
my own experiences (😁).

There are many ways in which I can misinterpret  
what an experience means,  
and therefore,  
*I am cautious in what meanings I derive  
from even my own first hand experiences.*

Therefore, if anything,  
I think you should trust my experiences  
even less than I trust them (🙅).

And secondly,  
I personally give more weight  
to my own first-hand experiences  
in how I form my understanding of God  
than I do to all reports that are passed on to me  
via any and all religious texts.

Because of that,  
I recommend that you also seek to have  
your own first-hand experiences  
so that you don't need to rely  
on anyone else's account either.

## Wait, but how?

Am I claiming that it is possible to deliberately seek to have experiences of God and just like that, have them?

Yes. Precisely.

You might be thinking, wait but how?

**The answer is via experiences that facilitate intensity & coherence.**

This is why in many traditions, it has been observed that the following pathways have utility:

- *Fasting for long durations*
- *Time spent alone, in nature, for long durations*
- *Intensive breathing techniques*
- *Recursive prayer & meditation*

These pathways, among others, when adhered to carefully and skillfully, all purify a person's subjective experience of their own consciousness.

Numbness and sedation reduce, alertness, presence and intensity increase.

When done conscientiously, a person's habitual ways of thought reduce, deliberation and hopefully coherence increase.

These are great and important paths. The experiences I will be sharing next are a result of a combination of these paths, others and one particular one, called: *psychedelics*.

# What are psychedelics?

Psychedelics  
are a category of substances that when ingested,  
have a very particular category of effects  
on our brains, bodies and minds.

Literally, the word psychedelic itself was coined  
using the Greek root words:

*'psyche'*, meaning mind or soul,  
deloun (from *delos*), meaning to reveal or make manifest.

This is because these substances,  
when used well,  
facilitate the manifestation  
of one's own mind & soul.

They are fantastic self-exploration  
tools & technologies.

So much so  
that some refer to this same category of substances as  
entheogens.

This name is put together using the root words:

*'entheo'*, meaning God within,  
*'gen'*, meaning to generate.

Referencing to these substances' capacity to  
generate experiences within a person's consciousness  
that can be interpreted as divine.

## How I was introduced

Frankly, when I was growing up,  
I did not even know these things existed.

I remember one time, in high school,  
some kid in class said he was taking them,  
and he told me he felt like his brain was bleeding.  
That did not encourage me to want to try them (🤢).  
Besides, they were illegal.

And at the time,  
I sincerely believed that if something is illegal,  
it must be because people smarter than me researched it  
and found out that it is not good for people  
and for that reason, made it illegal,  
to keep us focused on what is good for us.

So I had no reason to want to learn about them  
until a good friend of mine asked me  
to research them for her.

I pleaded her to not explore them,  
because I was convinced that they must be bad.

But she insisted that I research them for her anyways,  
since she knew I was decent with researching things.

*So, out of wanting to keep her safe,*  
I told her I would, and I honoured my word  
by actually digging into whatever I could find  
at the time on the internet.

At the time, there was FAR less information  
and research on psychedelics than there is now.

But even then, to my own surprise,  
I found that if you follow a couple precautions,  
they can actually be safe.

## My first experience

Years after having researched them,  
in being in a place in my life where I was  
genuinely open to new experiences and learning,  
I was visiting my older brother,  
whom had discovered,  
via his own parallel path in life  
one particular psychedelic,  
which was *psilocybin mushrooms*,  
otherwise known as magic mushrooms.

He took some while I was with him  
and we went for a walk.  
Other than being a bit more giggly,  
he seemed quite like his normal self.

Then, he wanted to up his dose,  
so we went home and then,  
he asked if I'd like to try them too.

I thought about it and  
**I simply had no reason not to;**  
and that was reason enough for me to  
welcome in a new experience.

Then we went for a walk again.  
And this was a life changing walk for me.

## There are layers at play

At first,  
I didn't feel any different.

At some point,  
on our way to the park  
something caught my attention.

On someone's house,  
there was one of those vine plants growing;  
which was normal  
—but what was unusual was that now,  
I could see each individual vine of that plant  
as a completely separate layer.

I could see them as they were overlapping tightly.  
I could see the parts of them that were extending  
and hooking themselves into the bricks of the house.

*I didn't use to see...  
like this before.*

Before,  
this sight would have just looked like a flat surface,  
if I would have even noticed it at all.

Now,  
I was seeing that there are layers at play.

Interesting, I thought to myself.

Then, we kept on walking  
and my vision returned to normal once more,  
until we arrived at the park.

## Inside a living painting

We sat on a small hill,  
looking over a grass field with trees in the distance.

My field of vision had transformed entirely.

It wasn't just that the colours were more vivid,  
it was that **the entire world was breathing with me.**

As odd as it may sound,  
*it was the first time in my life when things felt 3D.*

Everything was interactive.

When I would look at the clouds,  
it was as if they would come closer to me,  
almost as if they were directly in front of my eyes.

I could see them in ultra-high detail.

Sounds of children laughing and playing in the distance  
would echo in my experience as if that was the soundtrack  
of this fairy tale.

I felt as if I was inside of a living painting,  
that was inexplicably beautiful  
AND it was one that I could move inside of it too.

So I became curious what would happen  
if I would go for a run.

## I heard a lion behind me

I asked my brother if I could go for a run  
on the field in front of us,  
and he was more than okay with it.

I was barefoot on the grass  
and the way that my feet and the land would connect  
—it was as if they were made for one another.

It felt exhilarating to simply run through this painting.

And then,  
I heard what sounded like a lion running behind me.

It felt oddly natural to hear that,  
but still slightly concerning.

I turned around and I saw a man running.  
He was clearly training for some athletic event.

*“Good run”,* I said to him.

He seemed to have an excellent breathing technique  
and a powerful way of moving through the world.

I slowed down as he passed me and I was taking it all in,  
in absolute awe of what this world is  
and how magical the present moment can be  
and then, that’s when it happened:

a vision flashed within me.

# The Big Cell

It was as if I was seeing through the eyes  
or point of view  
of a far larger thing than me.

I know this because this point of view contained  
my entire world,  
including me.

But “I” as the human was merely a part  
within this far larger whole.

It felt as if this being was one “cell”.  
Just one really Big cell  
—one so big that it contained the entire universe.

And yet somehow,  
it cared for me.

And I saw that from its perspective,  
it cared for me because I was a part of it.

So, for it,  
caring for me was a part of its self-care.

*And it seemed like that as an automatic part  
of just how it operates.*

It cares for every part of itself.

## It's not empty space

In this vision

I noticed that empty space was not empty at all.

And I don't mean that there were air particles there.

I mean that there was this invisible fluid matrix  
that was the “*body*” of this Big Cell.

And every single point of this space,  
this Big Cell was aware of  
and through that mechanism,  
it knew all things.

I saw that this was a necessary feature  
for its ability to carry out its  
universal and ever-continuous “*self-care*” process.

It would utilize this infinite awareness  
to synchronize the timing of  
what flows where/when with perfect precision.

And that's when the idea of trust  
made sense.

I could trust this thing.

Its capabilities far exceeded my own  
and its incentives were deeply aligned with mine.

## The game was on

If this was not God,  
then I don't know what else God could be (🙄);  
although at the time, I did not even think of it in those terms.

It was a deeply humbling experience.

I learned that there is SO MUCH more  
that I do not yet know  
that I did not even know that I did not know.

But now,  
it was on my radar.

I had a path.

I had tasted knowledge.  
I had tasted life.

And my goodness, did life taste good.

And not just good,  
but rich beyond my wildest dreams and imaginations.

I became curious as to how I could experience life  
more like the way I did during that psilocybin-facilitated  
state of consciousness.

This deepened my quest for understanding:

*what this state of consciousness is,  
why it was not my default way of experiencing life  
and how I could bridge the gap between the two  
so as to integrate the beauty, presence and wisdom  
of this more expansive and holistic world and self view.*

The game was on —and still is.

## One decade later

As of this writing,  
nearly 15 years have passed since that  
Big Cell experience.

Since then,  
I've learned that discovery of the divine  
is an exponentially easier task  
than its continuous and holistic integration.

Because its presence, involvement and influence  
extends to every moment of my life,  
through every branch of my mind  
and the deepest depths of my heart.

It has required a **complete devotional commitment**  
to self and world exploration  
and transformation.

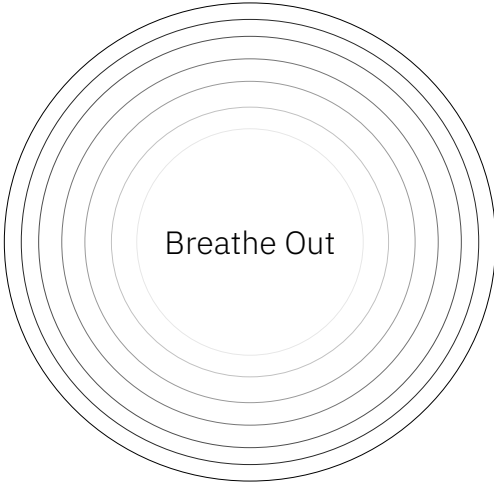
So much so that the experience of separateness  
between "*self*" and "*world*"  
has dissolved within my consciousness.

It has a deeply magical quality to it  
and at the same time,  
there is a depth of responsibility  
that comes with it as well.

It's as if the illusion (and comfort) of powerlessness  
has been striped away.

I want to share with you what I've learned about  
this God being that we are.





Breathe Out

# Where we are in our journey

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## Section IV: The God Equation

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## God is a context

God is a way of seeing,  
a way of being  
a way of relating.

God is not a thing,  
although, God is everything.

*God is a non-thing,  
but not all non-things are God.*

I'm not attempting to speak in Zen koans right now.  
This is as literal as I can be.

God is real.  
It's just that what it is,  
is a context.

That said,  
it is the context that is the source of all creation,  
power, energy, beauty, love and life.

So, it's a context that's worth paying attention to  
and understanding clearly.

Because it is the very source of your existence  
in this moment in space and time.

And in fact,  
once you still your experience of your individual identity  
and clear those waters,  
you'll see that this context  
is the source of you.

It is the realest you there is.

# Not every context is God

This specific life experience we're having as humans  
is a very particular one.

I know different mythologies, religious & spiritual  
beliefs explain what this life and world is in different ways.

I have come to my own understanding.

I don't believe this life is a school nor a test.  
*I believe it is most fundamentally a game.*

One of an infinite variety that we (as God) are playing.

And in this game,  
there are particularly interesting constraints and features.

One of which is that we have available to us  
contexts that are not in alignment with us!

What many do not understand is that  
**we literally are the parts of God  
that have access to this possibility.**

More core depths of God  
do not have this option.

Ie. we are the parts of God that can even  
see darkness,  
be dark  
and relate darkly.

The rest of God, in a sense, does not have that capacity.  
We are the parts of God that do.

But just because we have the option  
to align with those contexts,  
that does not mean that's what we are.

# Triangulation issue

What's needed is a kind of GPS  
—or a *God Positioning System*.

Something that helps you identify how God is  
right now, for you.

Because in EVERY moment,  
there is a spectrum of ways of being.

Some of those ways are more Godlike,  
and some of those ways are less Godlike.

What this GPS should do is help you triangulate,  
using multiple dimensions  
what is more God-like  
for you,  
in your present moment context  
at this time.

# Broken tech

It is very easy to lose your way when:

- 1 — you don't have a GPS
- 2 — you have a broken GPS
- 3 — you don't know how to read your GPS

This is, in a sense,  
the God-aligned function of religion.

I say “*God-aligned*” function because  
religion has certainly served God-misaligned functions too.

That's when the very system  
that should be guiding your way  
becomes the very one that misleads you.

That would be bad,  
wouldn't it?

Well, there's been a lot of that going around  
for quite some time now.

But, we as individuals can all do our parts  
to align our own individual contexts  
with **what we discern as divine**  
to the best of our abilities,  
at every given moment.

It is my intent to help clarify  
how a functioning GPS should operate  
and how you can utilize it practically  
to facilitate you living in alignment  
with the realest you  
you can perceive.

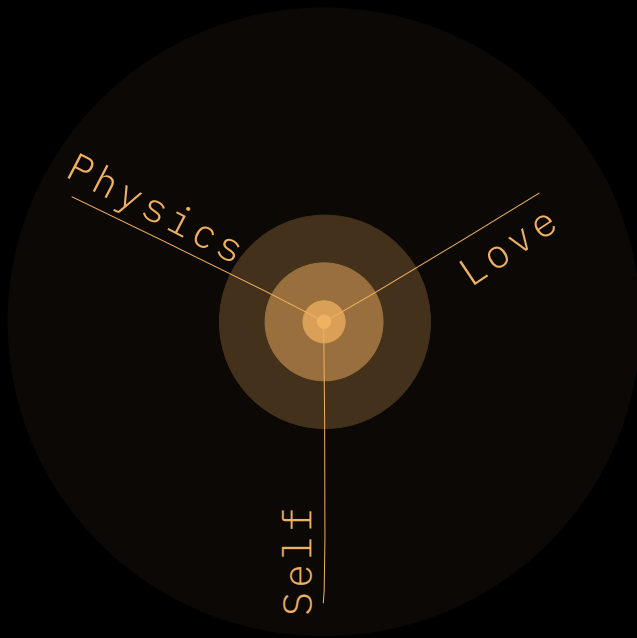
# Physics x Love x Self

That's the equation.  
That's THE equation.

I'll explain.  
Because these are three distinct dimensions.

Where they intersect is God.

*Where they intersect most is most God.  
Where they intersect least is least God.*



## Function of each dimension

**Physics** *is the mechanics of how things work.*  
Not how we think things work,  
but how things actually work.

To align with God requires an alignment with physics.

To disregard physics is to disrespect God.  
As far as God's concerned, it's not an issue.  
But it will create issues as far as our experience goes.

**Love** *sees value unconditionally.*  
This means seeing value in people as well as moments.  
Love requires no conditions in order to see the highest value.  
In a sense, the truest love is God seeing Itself.

When we love, we are seeing as God does.  
The love dimension orients our capacity to use physics  
in divine ways.

**Self** *is the marriage-point of Physics & Love.*  
It is through our Self that we practice God.

Through our Self,  
we align with the mechanics of reality  
and do so in ways that are oriented with love.

That is how we see beauty.  
And create beauty.

From one moment to the next.

# Coherence measure

In the previous section, I stated:

*“coherent intensity is divinity embodied”*

but I never gave a way to discern what coherency is.

That is the function of our GPS equation.

The more you align with:

- physics

(mechanics of existence)

- love

(orientation of valuing the present)

- self

(your unique vantage point)

... the greater your coherence.

## Intense voltage

To use electricity as our metaphor,  
coherence becomes the quality of our circuit  
and intensity becomes the quantity of our voltage.

They both matter, and serve different roles.

The use of our { *physics x love x self* } framework  
helps with checking the quality of our circuit  
as we're *giving ourselves permission* to funnel  
higher quantities of voltage (or aliveness)  
through ourselves.

This matters significantly.

High aliveness without God-alignment does harm  
both to ones own self and to the larger world.

**High aliveness with God-alignment however  
creates beauty and magic as a way of life.**

High voltage passing through a high quality circuit  
leads to the creation of  
light, warmth, movement and  
information-processing  
in ways that  
secure insecurities  
and bring extraordinary moments  
out of ordinary ones.

# Physics

The things most aligned with the mechanics of existence,  
we often do not even notice.

They are so consistent  
that we can so consistently take them for granted.

Our own personal alignment with physics  
is not one of those things.

We have the possibility to be misaligned  
with how things function.

We can be that way with how we use our bodies,  
as well as how we use our minds.

When we misuse our bodies,  
we accrue physical disease.

When we misuse our minds,  
we accrue psychological disease.

Of course,  
physics extends far beyond our personal selves, as well.

**When we work with it in the material world,  
things work.**

When we are off in our perception of physics,  
physics does not change itself to match our perception,  
it simply allows for consequences to reveal the discrepancy.

This is why active humility in the application of physics  
can save you quite a bit of trouble,  
and when it really matters,  
*active humility can and does actually save lives.*

# Delusion

The opposite of physics is not magic,  
but delusion.

Either something is real, or it isn't.

What we call magic, where it is real,  
is simply physics  
that is currently beyond our understanding.

**The greatest source of suffering in human history  
has not been evil in the traditional sense,  
but rather delusion.**

Ie. incorrect understanding of the mechanics of things.

It has led to people dying of poor farming practices,  
poor governance structures,  
and poor ways of dealing with ourselves and others  
—leading to destructive conflicts and devastating wars.

Delusion starts small, then compounds.  
Thankfully, so does the correct understanding  
of the physics of things.

God works through physics.

If it ever seems otherwise,  
it's not because God works outside of physics;  
it's because our understanding of physics  
is not yet accurate.

*The more precisely we work with physics,  
the more consistently, reliably and energy-efficiently  
we can conduct what can be experienced as  
miracles.*

# Love

As much as alignment with physics  
can facilitate functionality;  
it does not necessarily direct itself in loving ways.

Ie. with physics,  
you can produce weapons,  
just as well as you can produce tools.

With physics,  
you can manipulate,  
just as well as you can lead.

Love — the quality of appreciating how things are,  
as they are now, in this literal present moment  
is what orients the use of physics in a beneficial way.

*Divinity does both.  
Works with physics, in a loving way.*

Not one or the other.  
Both.

That is why it is both powerful  
and benevolent.

# Negation

The opposite of love is not hatred.  
In fact, hatred actually requires an undercurrent of love,  
in order to work.

**The opposite of love is negation.**

*“Not this”*  
*“Not now”*  
*“Not here”*  
*“Not you”*  
*“Not me”*

It's as if you have an ever flowing stream of loving  
consciousness pulsating from the core of your existence  
and it's up to you to direct where that goes now,  
and the opposite of love is to simply,  
repeatedly believe that the present moment  
in its current form is not  
where your appreciative awareness belongs.

Being negative, can be handy, as a survival tool.

Ie. *“I don't have time to stop and smell the roses right now  
I'm attempting to run away from a tiger!”*

But that's not problematic,  
when it's a true acute tiger.

When our system gets stuck in that mode,  
and we have more of a chronic tiger perception,  
then we're perpetually in a non-loving state.

That's when we become desensitized  
to this axis of God.



# Self

Your Self is the birthplace of power.  
It is the axis of God that has the ability to choose.

That is one reason your Self matters.

But another is that it is only through your Self  
that you know anything to begin with.

Anything you know of the physics of things,  
you know through your Self.

Anything you know of love of the present,  
you know through your Self.

Therefore, the only God you can ever know,  
you know through your Self.

And most importantly,  
*the only God you can ever practice,  
you can practice through your Self.*

Nothing else actually matters;  
at least not as it pertains to you.

So, please honour your Self,  
and your unique vantage point.

Doing so is honoring the specific branch of God  
that you are.

( thank you 🙏 )

# Hypotheticals

The opposite of self is not other.

In a sense,  
others are extensions and reflections of ourselves.

When we honour ourselves,  
we honour others too.

The opposite of Self is hypotheticals.

Specifically,  
hypothetical beliefs that lead you to think  
either too little or too highly of yourself.

If you think you do not matter,  
you are wrong.

If you think you are the only thing that matters,  
then you are also wrong.

The reality is that  
for better or for worse,  
**you do matter;**  
to the extent that you do  
in the ways that you do.

*No more. No less.*

It's important to own that.  
And own that as enough.

# Alignment challenge

Given the context I've outlined thus far,  
to me, aligning with God means:

- 1 • *aligning with the physics / truth of things*
- 2 • *doing so with an orientation that authentically appreciates things as they are now in this present moment*
- 3 • *from your own unique vantage point, honoring the depths of your self, seeming-imperfections and all.*



That's what's required to align with God  
for one individual moment.

And that's to whatever extent  
you actually manage to do so on all three axes.

Attempting to sustain that alignment  
through the natural ups and downs of life  
as you're immersed in the reality of being human  
amongst fellow humans  
—now that's quite the challenge.

I salute whomever takes that on!

# Grace

In my experience,  
it can be insanely challenging  
to attempt to be sustainably aligned.

Understanding this and accepting this  
can allow for real, authentic and earned grace.

I think grace is really important.

*When grace isn't there,  
it's not that people suddenly stop making mistakes;  
what happens is that people gradually stop  
owning up to them.*

What starts out as turning a blind eye  
eventually becomes a culture of the blind leading the blind.

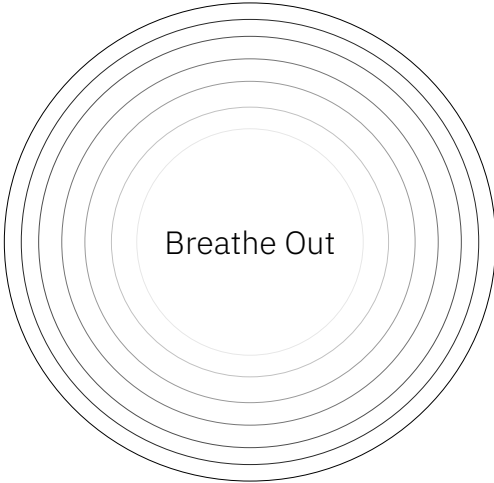
The solution is to **SEE** what is an error  
and own it as such,  
**WHILE** having genuine grace for it.

And even that  
—having grace  
at the right time, right place,  
to the right extent, in the right way  
—even that takes effort to develop.

So, after you've taken on the challenge  
of sincerely attempting to live in alignment with the divine,  
then practice having grace for yourself  
when you become aware that you're misaligned,  
including when you become aware that you're misaligned  
in your attempts to give yourself grace.

That is how you develop divine grace.  
Trust me, you'll need it.





Breathe Out

# Where we are in our journey

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## Section V: God's Path

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## Seat of mystery

Being centered in your experience  
is being on the edge of the seat of mystery.

This moment is an unknown.  
The future is an unknown.

For that matter,  
the past is an unknown too.

This world is an unknown.

The possibilities this world holds for you  
are sets of unknowns.

And, fundamentally, you yourself are an unknown;  
including to your own self.

You may know some things, sure,  
but you don't know everything.

And you can't know how much you don't know.  
And that is SO exciting!

*It is the foundation of excitement.*

You get to be Here, Now  
amidst this unknown process of  
discovery, unfolding and  
creation!

# Genesis

I know it can feel logical to believe that  
the moment of Genesis  
—the moment when all of Creation began  
was sometime in the past.

However, from more intensive and coherent states,  
it can feel more real that in actuality,  
**Genesis is happening Now.**

And I don't even mean these times.  
I mean literally right now.  
This present moment, Now.

Now is when everything that you know is being created.  
It wasn't created some time back then.  
Back then, creation was something else.

But the creation that is now  
is in the process of creation Now.

You are a part of it.

*As far as your experience of creation goes,  
you are the center of it.*

And whether you are yet conscious of it or not,  
you are also the container of it.

## Spirals

The journey of alignment  
is a spiral-shaped one.

*If you do it well,  
you'll find yourself circling back  
to the same themes  
over and over again,  
except each time,  
with a bit more clarity, ease  
and grace.*

**That's when you know  
you are spiraling up.**

Don't worry  
if on the path of clarity,  
you encounter confusion.

When you encounter things  
that you do not understand yet,  
be excited instead.

Excited for learning.  
Excited for exploring.  
Excited for trying things out.

And excited for making memories  
along the way.

# Hell

Hell is a real place,  
but the one I know is not reserved for after this life;  
it's experienceable in the Here & Now.



What I've seen is that Heaven is what reality becomes  
when we are God-aligned.

**And when Heaven's not developed yet,  
Hell is what you've got.**

Of course, there can be in-between's too.

But the facets of ourselves that have been  
misaligned in a meaningful way  
for a meaningful amount of time;  
those parts of us can experience  
a very pure kind of Hell.

The depth of suffering can be profound,  
and in a sense, existential.

In those times,  
what is needed is not to fear  
but to be curious instead.

*"What does this Hell need?"*

Commit to exploring it.  
Commit to transforming it.

Let physics, love and yourself be your guides.

Then, your Hell becomes the very land  
upon which your Heaven *grows*.

# Heaven

Heaven is not a place,  
but a people.

That's a half truth,  
but the poetry of it was too good to not say.

:)

The truth of that statement is that heaven is certainly a people.  
People are the great, mystical and magical multipliers  
of beauty and wonder.

The part of it that is not true  
is saying that heaven is not a place,  
because places can be so beautiful too.

We can make everything,  
and every non-thing  
be an expression and reflection  
of beauty for us, in our experience.

That's heaven.

*It's an intensely coherent vibe,  
experienceable in the here and now,  
by you's and I's.*

# God's Path

Thank you  
for having been on this journey  
with me  
and with yourself.

In a sense,  
this book has been a path.

**But your life is definitely  
God's Path.**

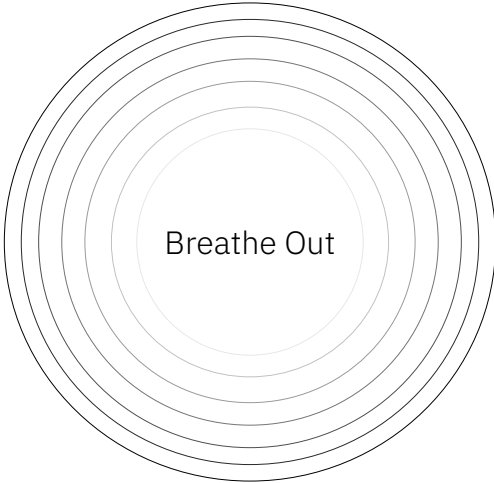
At the very least,  
the branch of God that is you.

To what extent you live it  
in alignment with the core of who  
and what you are  
—well, that is a different story.

*That story you write  
with the life you live.*







Breathe Out

You are enough.

You are exploring.