

Robert Scheinfeld's
The Ultimate Key To Freedom

Welcome To Day 2

NICOLAS CAGE MEG RYAN
CITY OF ANGELS



SHE DIDN'T BELIEVE IN ANGELS
UNTIL SHE FELL IN LOVE WITH ONE.

Comments And Debrief



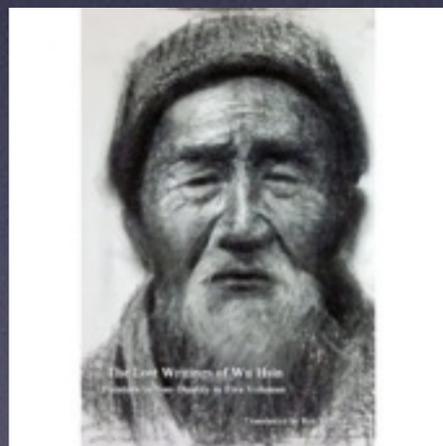
TCE ... Repeated for emphasis

“Every action is a movement of energy. The wave on the ocean is not the movement of water. It is the movement of energy through water, the Animator through the inanimate.

To see this clearly is to understand the workings of the universe. When there is understanding of the workings of the universe, there can be no resistance or opposition.

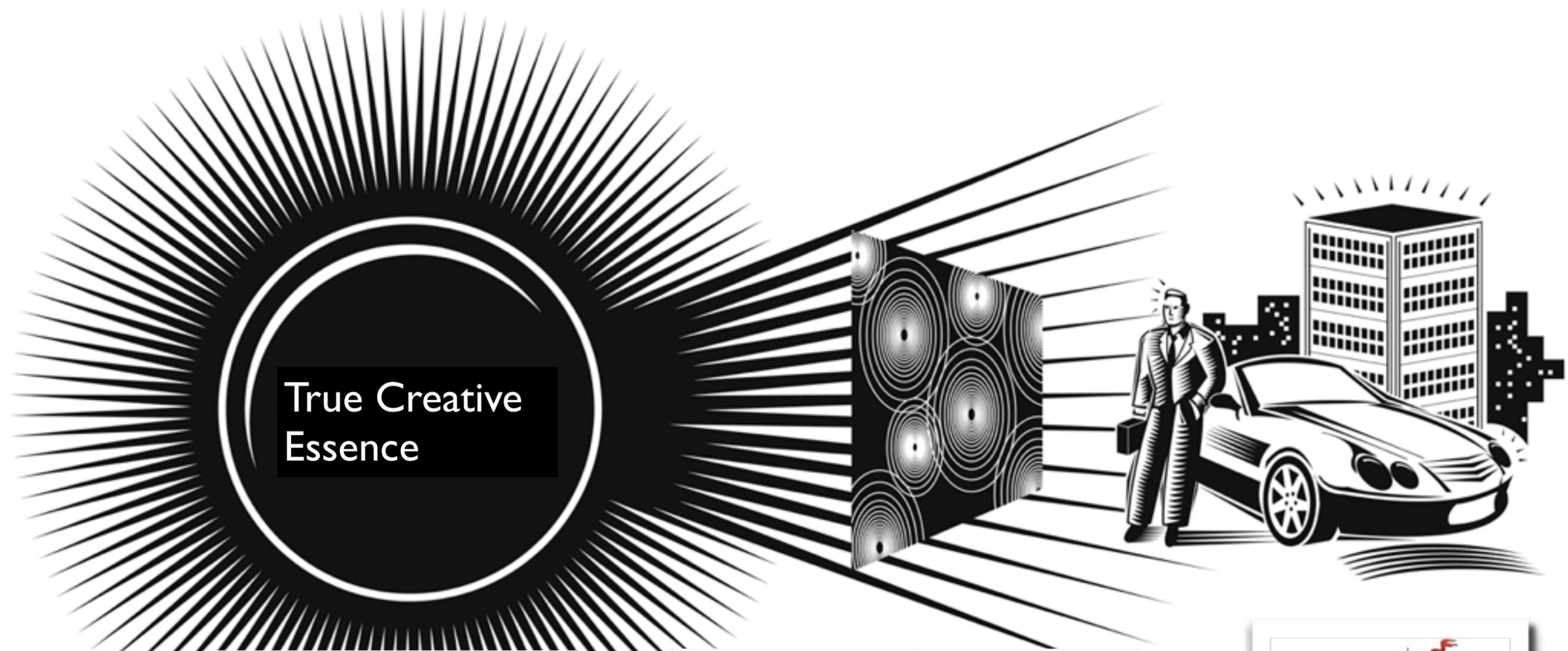
When there is no resistance or opposition, all that remains is peace.”

- Wu Hsin

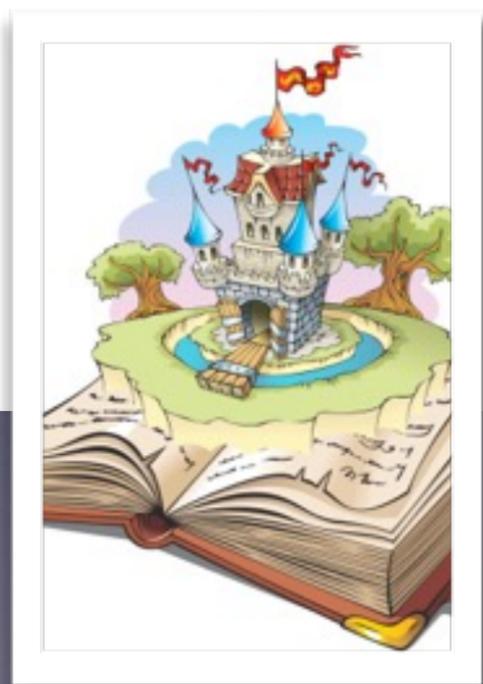
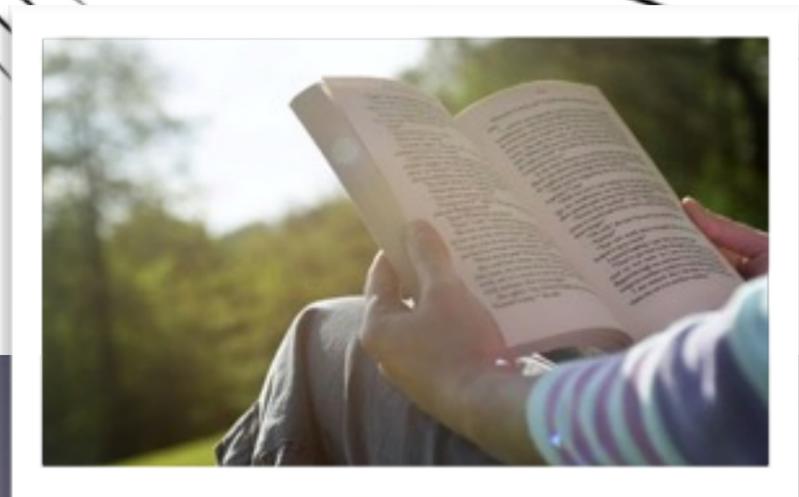
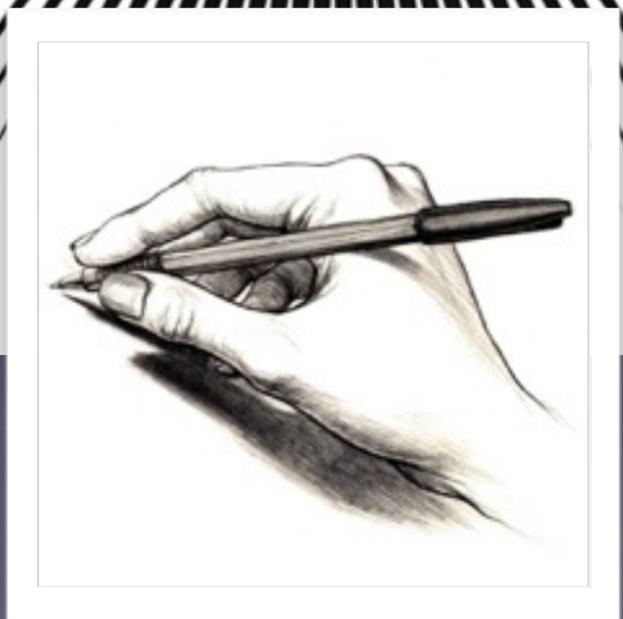


Remember ...

- True Creative Essence did not “create” you ...
- Then spin you off ...
- And give you a separate existence while **IT** is somewhere else ...
- It shaped **Itself** into “you” ...
- It IS “you,” all the time ...
- You are **IT**, right here, right now, all the time ...
- It **IS** everyone and everything else too, all the time



True Creative
Essence



Remember ...

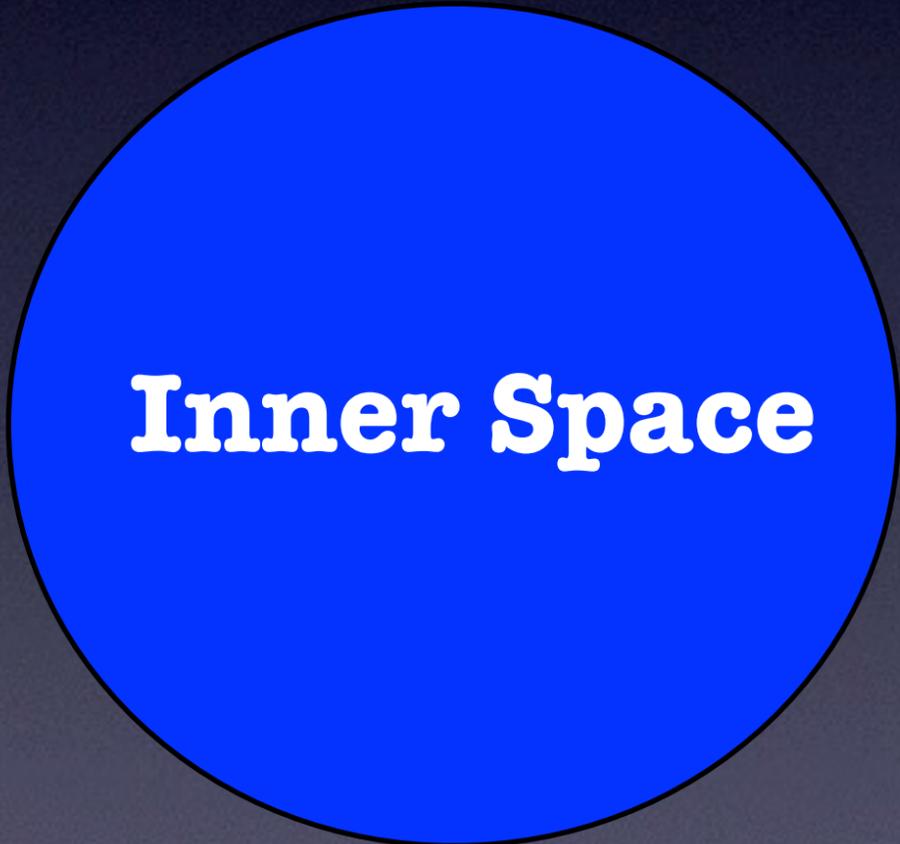
- Our time here is NOT about ideas ...
- Concepts ...
- Theories ...
- Memorizing and getting A's on tests
- **It's about what you can actually See in your own Experience when you look closely**

**How The Mind
Machine creates or
shapes thoughts**



Thoughts

Something appears in Inner Space or Story Space



Inner Space



Story Space

**That's the "input"
to the machine**



**The Mind
Machine
Observes It**

Buzz ...

Whirr ...

1. What is this?

2. What does it mean?

3. How should I respond?

Boom, Boom, Boom ...

Lightning fast in Inner Space, out pops sounds, voices, images, words, or videos that combine all 4 elements ...

Shaped by how The Mind Machine “processed” what appeared ...

In and of themselves, the resulting thoughts are not ...

**Smart, stupid, positive, negative,
pleasurable, painful, good, bad,
accurate, inaccurate, right or
wrong ...**

They're just "what they are"



**And, except in a Mind Machine
story ...**

**They have no actual relationship
or connection to each other ...**

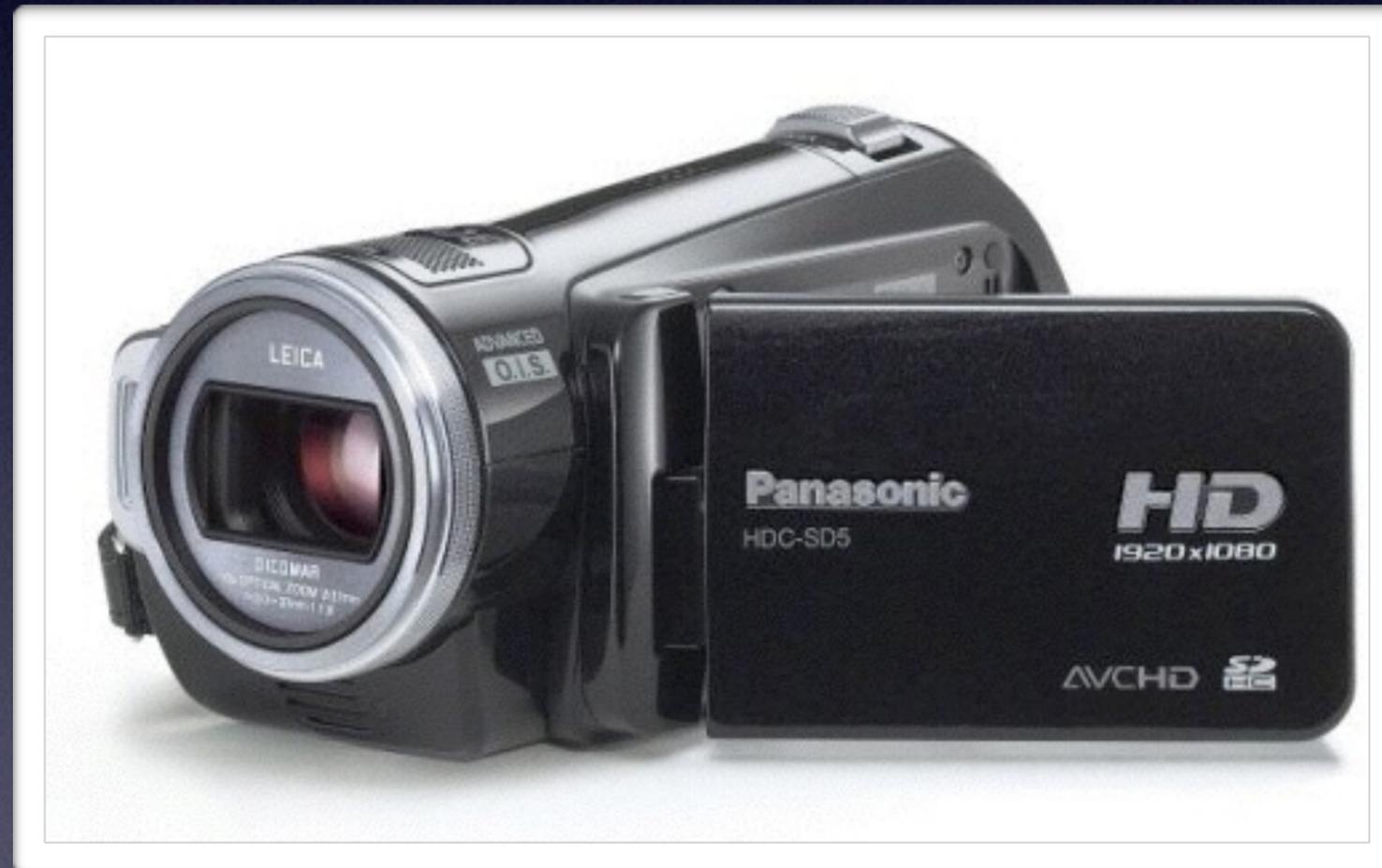
More on this later ...

Most thoughts are just lies, illusions and stories kicked out by The Mind Machine ...

And they're no different than the “thoughts” you're aware of ...

With characters in novels, movies and TV shows ...

**The “Pure, Raw Experience”
of thoughts is ...**



You **CAN** experience the pure, raw
appearance of thoughts ...

Without a story ...

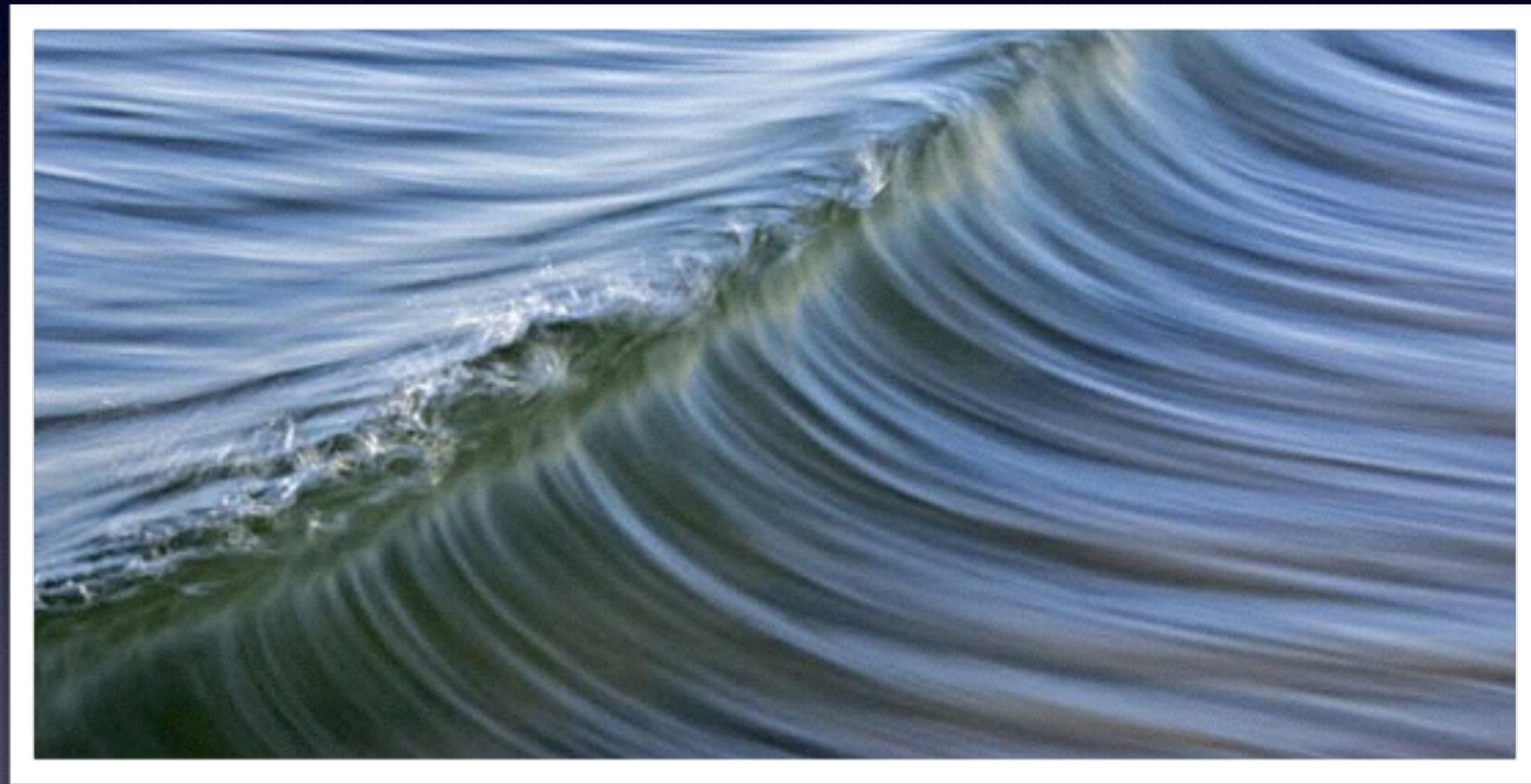
**Or still experience “the story”
but in a radically different way**

That's what
Ultimate Freedom
is all about

How The Mind
Machine creates or
shapes emotions ...



A movement of energy appears in Inner Space



**That's the "input"
to the machine**



**The Mind
Machine
Observes It**

Buzz ...

Whirr ...

Q: What is this?

A: It's an emotion

**When The Mind Machine asks
“What does this mean?” about
the emotion ...**



**Just like it can output the name of
an emotion at lightning-fast speed ...**

**The Mind Machine can also output
positive-negative, good-bad,
pleasure-pain judgments ...**

At lightning-fast speed

Inner Space Or Story Space Appearance



**Energy begins to move with
unique characteristics**



“This is fear”



“This feels bad”

Buzz-whirr ...

Lightning fast ...

Mechanical and machine-like ...

Just like Google

Really

You then become aware of the output ...

Accept it as true and accurate ...

**And believe “you” are actually feeling
anger, fear, frustration, or depression ...**

(and feeling really “bad”)

**Or “you” are actually feeling
happiness, excitement, and peace**

(and feeling really “good”)

Except you're not ...

It's just a story ...

An illusion ...

A mental “magic trick”

There was a time in your life, **during childhood**, when you were aware of the movements and characteristics of emotional energy in Inner Space ...

But you didn't have words for them ...

You had no idea what anger, fear, frustration, sadness, depression, excitement, happiness, or peace were ...

It was all just “movements of energy” to you ...



Like everything else in life ...

You had to **learn** to link specific movements
and characteristics of emotional energy ...

To specific words ...

**You'd say "negative" emotions like
anger, fear, frustration, sadness, and
depression feel bad ...**

**You'd say "positive" emotions like
happiness, excitement, and peace
feel good ...**

But here's the thing ...

**How do you
know they
feel “good”
or “bad”?**





Like everything else in life ...

You had to **learn** to judge certain
movements of energy as good and bad ...

Pleasant and painful ...

Feel good and feel bad ...



**This is
soooooo
important ...**

**Nothing The Mind Machine
outputs is “you” or “yours”**

Repeated for emphasis ...

**Nothing The Mind Machine
outputs is “you” or “yours”**

**It's all just the operation of
a machine whose output ...**

“You” become aware of ...

Repeated for emphasis ...

It's all just the operation of a
machine whose output ...

“You” become aware of ...

There's a HUGE difference ...

Between “you” and “yours” ...

**And something else that you
simply become aware of ...**

More on this tomorrow ...

**Now here's the really
fascinating thing ...**

There's nothing in the movement of emotional energy itself, the “pure, raw experience,” that actually says:

“This is anger”

“This is depression”

“This is frustration”

“This is happiness”

“This is peace”

“This is serenity”

There's nothing in the movement of energy itself, **the pure, raw experience ...**

That tells you it's bad, unpleasant, or harmful ...

If we're speaking about "negative" emotions ...

**The pure, raw emotional
experience is just what it is ...**

**A movement of energy with
unique characteristics ...**

**Not good, bad, pleasurable or
painful ...**

**Now, obviously, the flip
side of that is also true ...**

**There's nothing in the pure, raw
emotional experience ...**

**That says the movement of
energy is good or pleasurable ...**

**If we're talking about "positive"
emotions ...**

**All the names and judgments
are merely big “lies, illusions,
and stories” kicked out by ...**

The Mind Machine

To answer the final question, “How should I respond?”

The Mind Machine must again search its database ...

Guided by the meaning it assigned when it answered the second question

**It will search all the records in its database,
everything that happened to you in the past ...**

What you've learned ...

**All the conclusions that were drawn from those
experiences ...**

**All the rules and formulas that were created
for how to live life, succeed, stay safe, etc.**



**When The Mind Machine was in
“learning mode” as you grew up ...**

**Your responses to the observation of
specific movements of energy in Inner
Space were inconsistent ...**

As you get older, however, after a lot of data has been processed by The Mind Machine ...

Specific programs and algorithms get created and are locked into place ...

After that, anytime The Mind Machine observes a movement of energy it already has in its database, it'll buzz and whirr and say,

“Oh, I know what that is”

“That's anger, and that's bad”

“Oh, I know what that is”

“That's peace, and that's good”

“I know what that is”

“That's happy, and that's good”



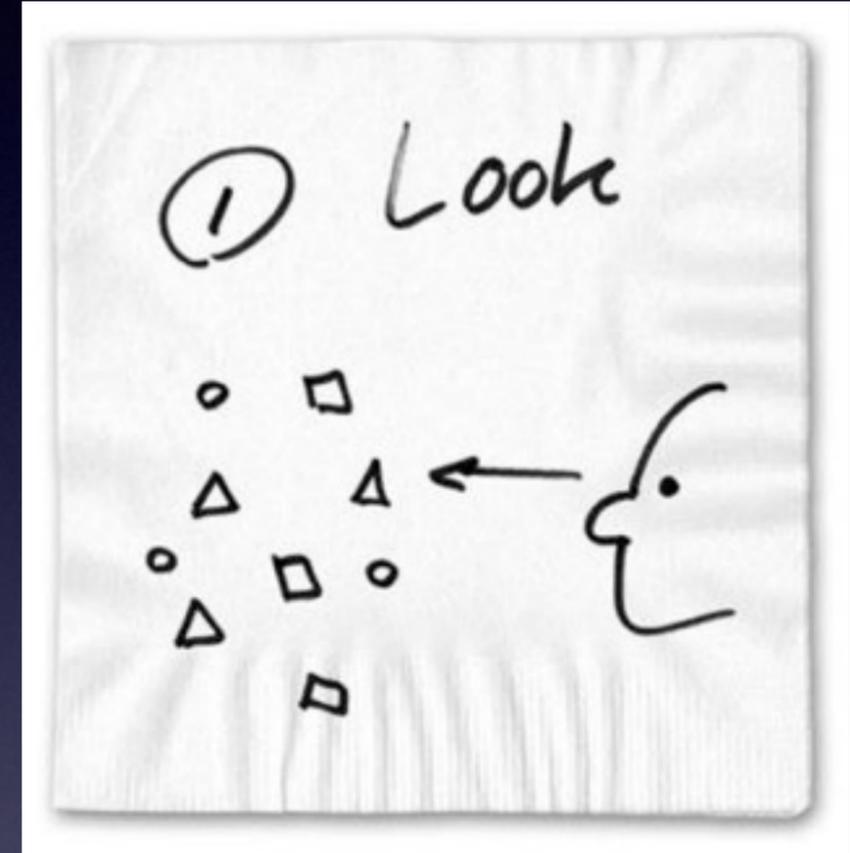
From that moment on, The Mind Machine assigns the same labels and meanings and responds the same way

Over and over on autopilot, and so quickly we don't even notice it happening

**More on the core of this
tomorrow ...**

Based on what you now know:

- When you say, “I’m frustrated” ...
- When you say, “I’m depressed” ...
- When you say, “I’m feeling peaceful” ...
- When you say, “I’m happy ...”



What are you really saying?

All you're really saying is ...

“I’m aware of emotional energy moving in Inner Space in a specific way that I’m calling _____, judging as _____, and owning as ‘mine’”



That's all Folks!

Key Point

What most people call
“happiness” ...

Is just one ...

Of the infinite number
of “shapes” energy in
Inner Space can take ...



Based on what I just shared, I must now ask you this ...

When you say “I want to be happy,” what do you really mean?

Do you mean you only want to experience one movement of emotional energy, all day, every day?

In certain teachings ...

The answer to that question would be “Yes!” ...

**And the name for the one movement of energy
would be bliss, ecstasy, nirvana, euphoria ...**

**But I'm here to tell you the
answer is ...**

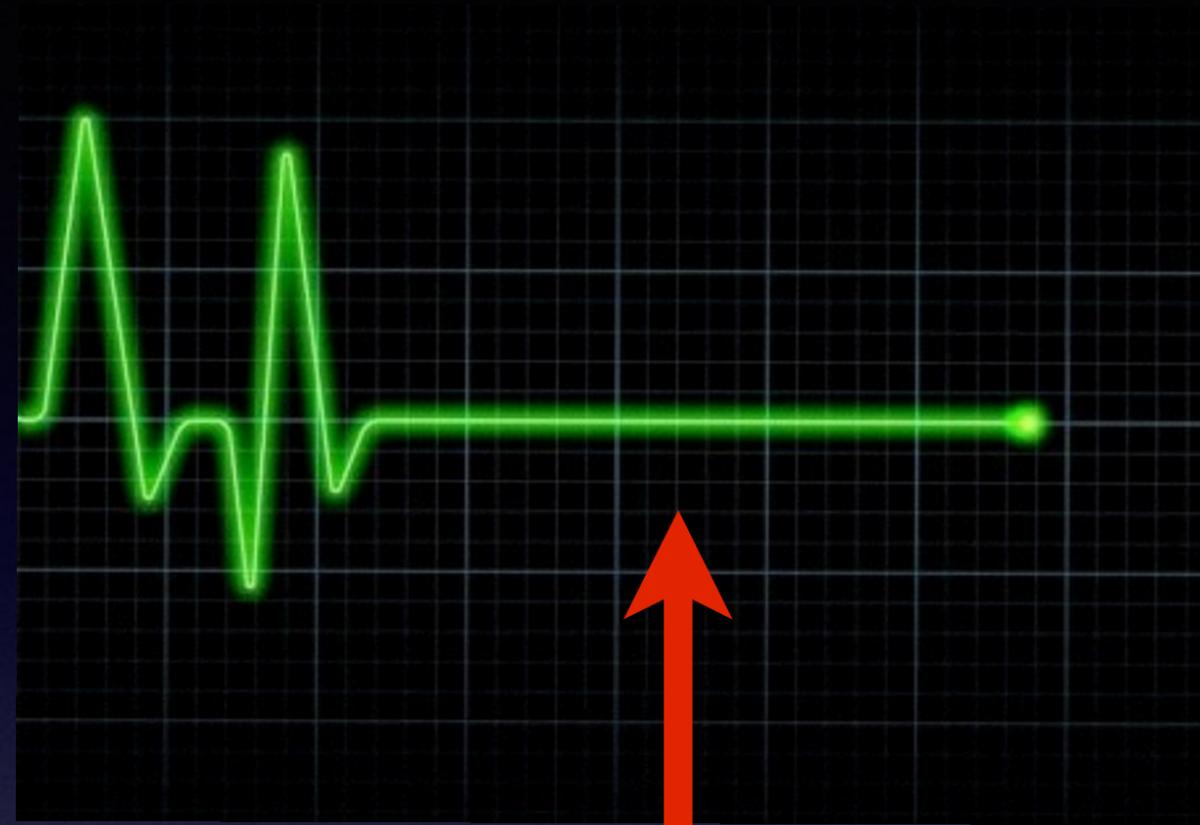
“No!”

Key Point

Feeling only one movement of emotional energy in life would be boring ...

And would cheat you out of much of the richness of what I call “The Human Story”





Experiencing a “flatline” of emotion, even bliss, ecstasy, nirvana, or euphoria ...

Is a nice story and fantasy, especially when we feel so unhappy so much of the time ...

But it's not **The Truth** as I've Experienced it ...

Key Point

T rue Happiness, as part of Ultimate Freedom, is **not** about experiencing one emotion ...

Or a limited number of emotions ...

No matter how “good” they appear to feel ...



Key Point

T rue Happiness is
about having a
T ruthful Relationship
with ...

And a T ruthful
Experience of ...

ALL emotions ...



**T rue Happiness is about Experiencing
the full range of emotional energy
movements and characteristics ...**

Without names ...

**And without judgments of positive-
negative, good-bad, pleasurable-painful,
feel good-feel bad ...**



**Skeptical cat
regards
your tale
with
suspicion**

**You have already experienced
True Happiness as I just defined it,
many times without realizing it ...**

**It's NOT a new skill you need to
develop ...**

Example 1: Riding A Roller Coaster



Would you rather feel only one emotion or a limited range of emotions while riding the roller coaster?

No!

You'd stop going to amusement parks if the rides were "flat" experiences like that ...

Example 2: Reading a Great Novel



Would you rather feel only one emotion or a limited range of emotions while reading novels?

No!

You'd stop reading novels if they were "flat" experiences like that!

Example 3: Watching a Great Movie



Would you rather feel only one emotion ...

Or a limited range of emotions while watching movies?

No!

You'd stop watching movies, or you'd walk out of the theater, if they were "flat" experiences like that (more on this during Days 4 and 5) ...

Example 4: Watching Or Playing Sports



Would you rather feel only one emotion or a limited range of emotions while watching or playing sports?

No!

You'd stop watching and playing if they were "flat" experiences like that!

Example 5: Listening To Music



Rachmaninoff Symphony 2

Would you rather feel only one emotion or a limited range of emotions while listening to music?

No!

You'd stop listening or going to concerts if they were "flat" experiences like that!



As long as you believe there really are positive and negative emotions ...

The positives are good, the negatives are bad ...

And happiness is one of the positives ...

You'll *never* be Iruly Happy

Never!

Why?

**Because as long as there's a
program in The Mind Machine ...**

**That splits emotions into positive
and negative ...**

The Mind Machine will always buzz and whirr, create the split ...

And while you'll tell yourself you're happy when you feel the "positives" ...



**There will ALWAYS be
negatives ...**

You'll “dislike” ...

And want to stop or avoid!

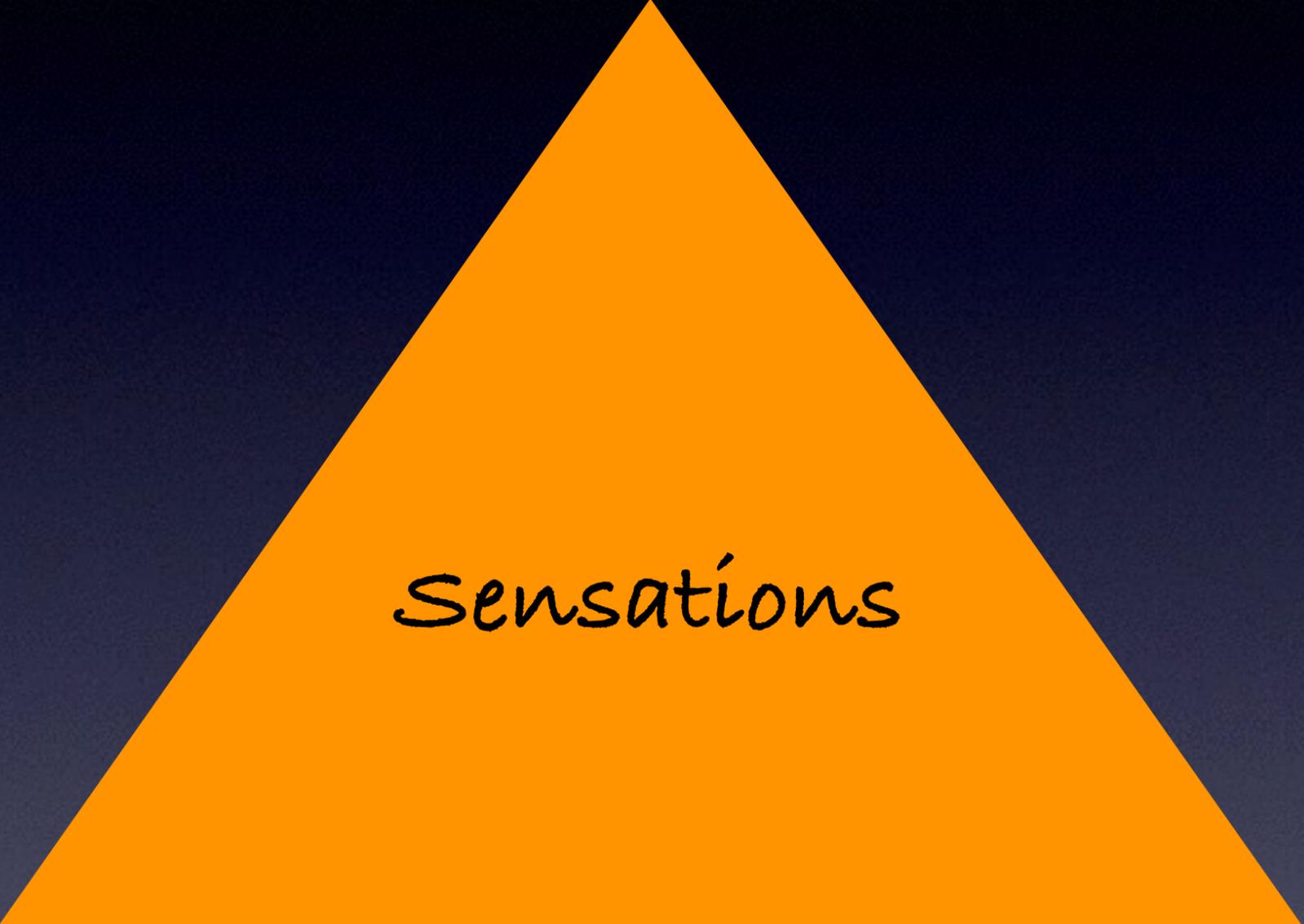
**You CAN experience the pure,
raw appearance of emotions ...**

Without the stories ...

**Or still experience the stories
but in a radically different way**

That's what **Ultimate
Freedom** is all about

**How The Mind
Machine creates
or shapes ...**



Sensations

**It works the same way as emotions
except the story says they're "in" the
body or are the body ...**

**But you now know they aren't in
or of the body ...**



Like everything else in life ...

You had to **learn** to link words and judgments to the specific movements of energy in Inner Space we call sensations ...

**You CAN experience the pure,
raw appearance of sensations
without the stories ...**

**Or still experience the stories
but in a radically different way**

That's what **Ultimate
Freedom** is all about

Part of the magic trick I just described involves two “elements” being bonded:

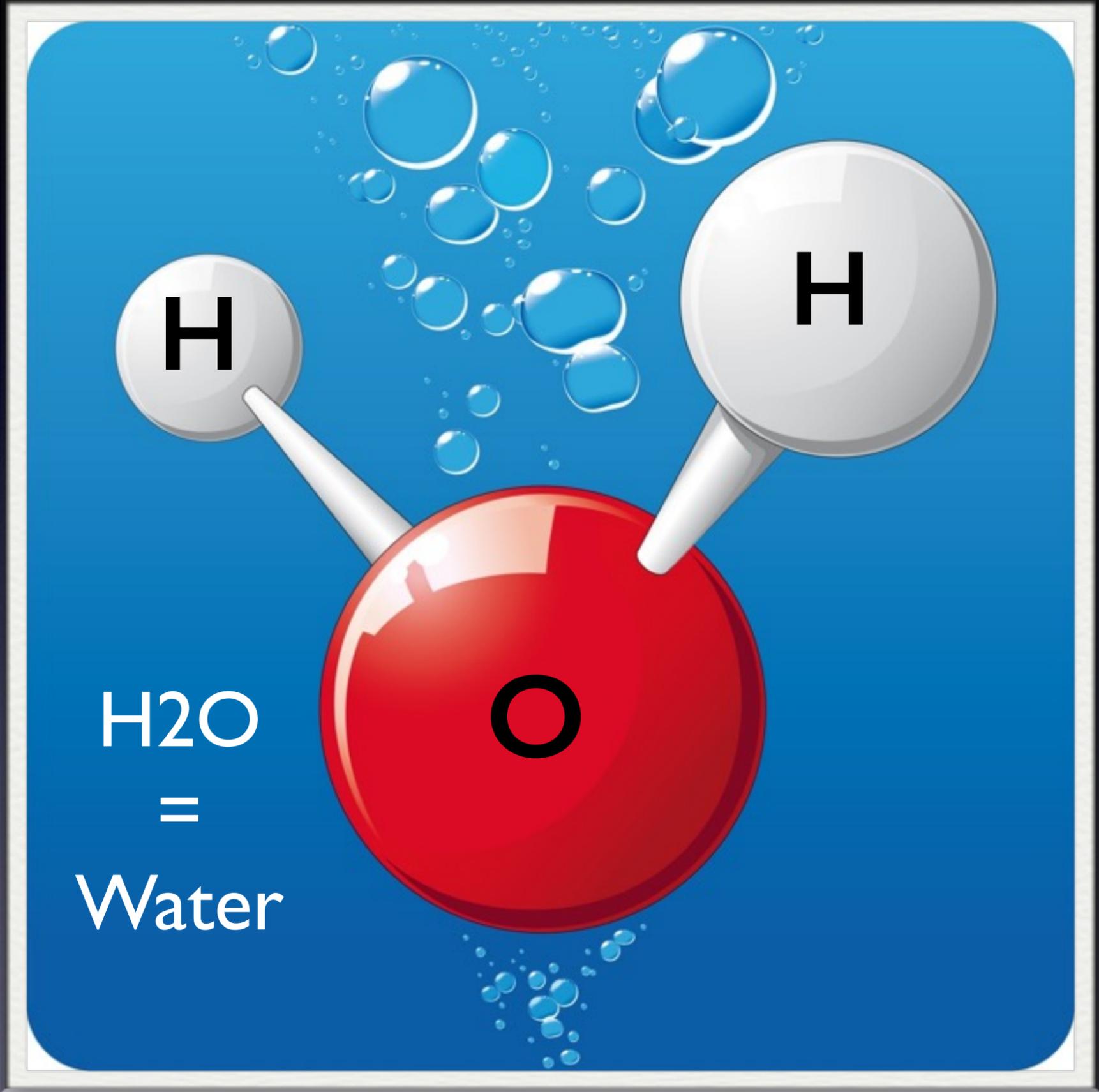
1. Movements of energy – the pure, raw experience
2. The Mind Machine’s **label** and **judgmental story** about the pure, raw experience

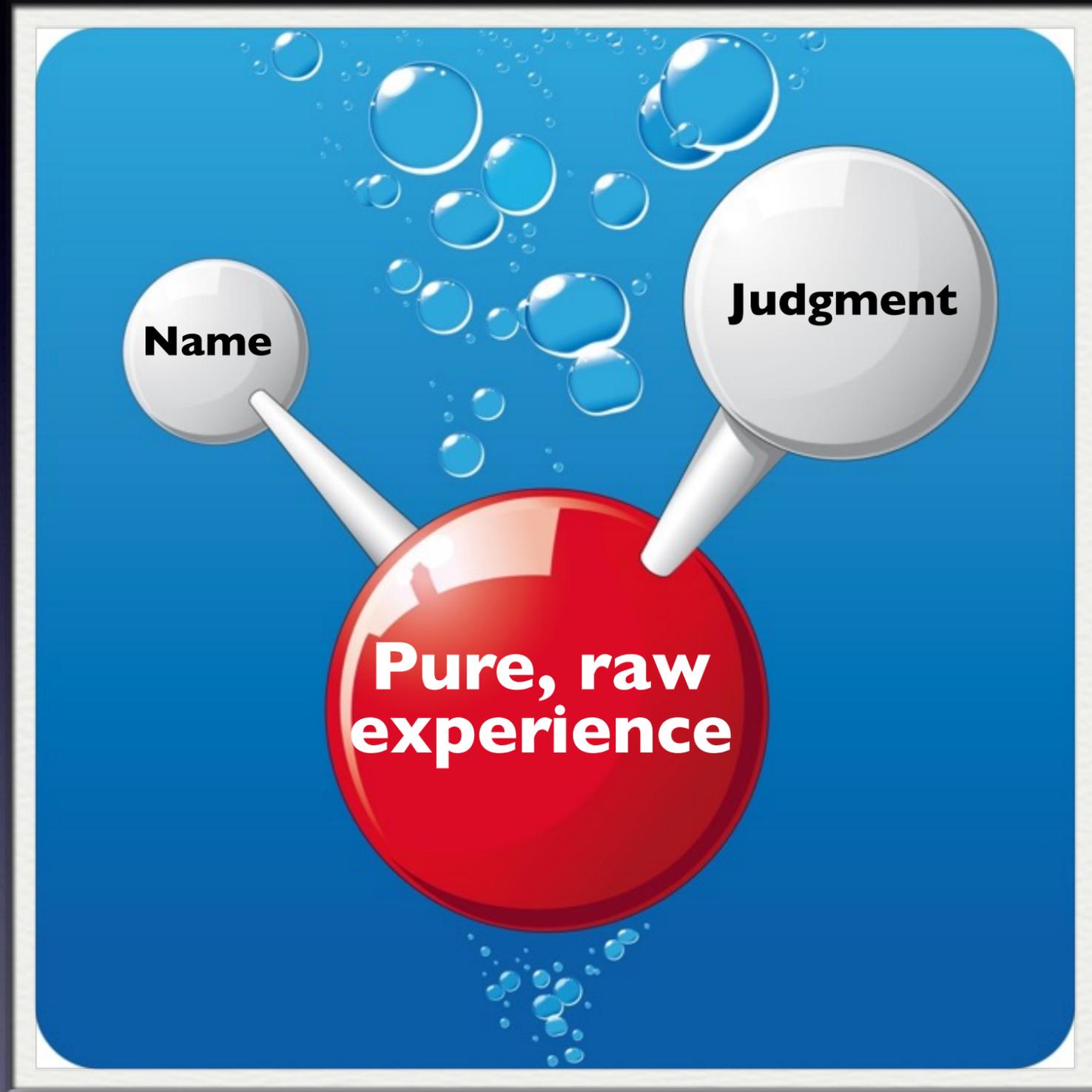


To help you really get and integrate what I mean, I want to introduce water as a metaphor ...

When you look at water in an ocean, lake, stream, glass, or sink you just see “water” ...







Water =

**“Positive” and
“negative” emotions
or sensations ...**

**Instead of the pure,
raw experience they
really are ...**

If hydrogen and oxygen remain bonded, it's going to appear like water ...

If you separate the hydrogen and the oxygen, "water" disappears ...

**If you separate the pure, raw
experience from The Mind Machine
story about it ...**

**Or, stop the bonding from occurring
in the first place ...**

You experience ...

**Ultimate Freedom and True
Happiness ...**

No matter how you might have once
named and judged the exact same
Inner Space appearances ...

Libraries Hide Rejected :

- Untitled
- 2014-01-28
- Avatar**
- DUF Opening Videos
- Hague-Inner-Journey
- Japanese...-invitation
- MOL-BIT...Happiness
- Powers-Of-10
- UKF Introduction 2
- UKF New Invitations

Avatar Jul 21, 2014, 12:21 PM 00:04:17:00

Jul 11, 2014 (1)

2 items 30s



100% 2:02:16

Avatar 00:00:00:00 00:00:15:00 00:00:30:00 00:00:45:00 00:01:00:00 00:01:15:00 00:01:30:00 00:01:45:00 00:02:00:00 00:02:15:00 00:02:30:00 00:02:45:00 00:03:00:00 00:03:15:00

AVATAR

Transitions All

- All
- Andy's Transitions
- Blurs
- Custom
- Dissolves
- FxFactory Pro
- Lights
- Movements
- Objects
- Pan and Zoom
- Replicator/Clones
- Stylized
- Wipes

151 items

**As it relates to emotions,
The Mind Machine observes
2 appearances ...**

1. What's happening

2. The movement of energy accompanying what's happening

- **The Mind Machine then makes up and tells stories about both ...**
- **The Mind Machine does not shape how the emotional energy moves ...**
- **True Creative Essence does that (bear with the language)**

**Let's Look at 2 specific
examples now ...**

Husband

Wife

**For our first example,
imagine that a married
couple is at a party ...**

**And the wife sees her
husband toasting with an
attractive woman ...**



Other Woman

The Mind Machine of the wife observes the interaction of her husband and the other woman at the party ...

And how the emotional energy begins to move as a result ...

**When it asks the first question, “What is this?”
the answer is simple: “My husband is toasting
with another woman” ...**

Lightning fast ... mechanical and machine-like ...

**It will then ask the second question: “What does
this mean?”**

The Mind Machine would likely consider possibilities like these as it scans its database for a meaning:

- **Do they know each other?**
- **Is he attracted to her?**
- **Are they having an affair?**
- **Has he lost interest in me?**
- **Will they have an affair?**
- **Am I in danger?**



For our example, let's choose this meaning:

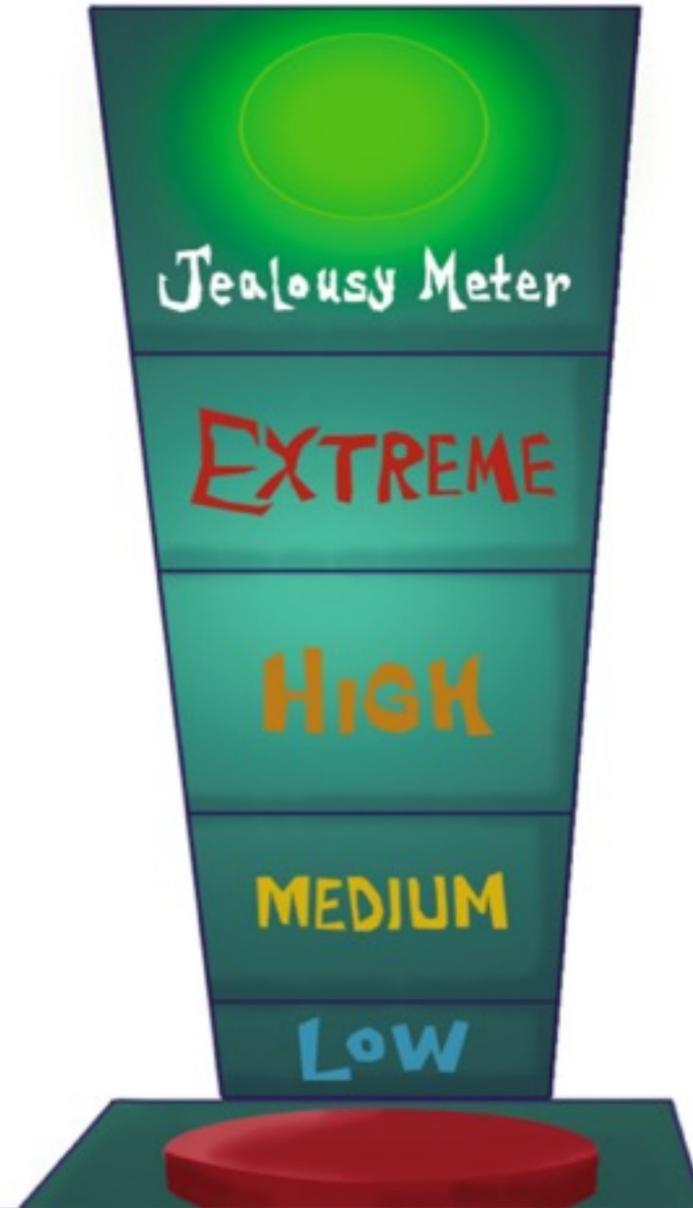
“I suspect he may be having an affair” ...

As the question is answered, emotional energy will begin to move in unique ways, in this case, in “big” and “intense” ways ...

The big and intense movement of energy will then be given a name and be judged by The Mind Machine ...

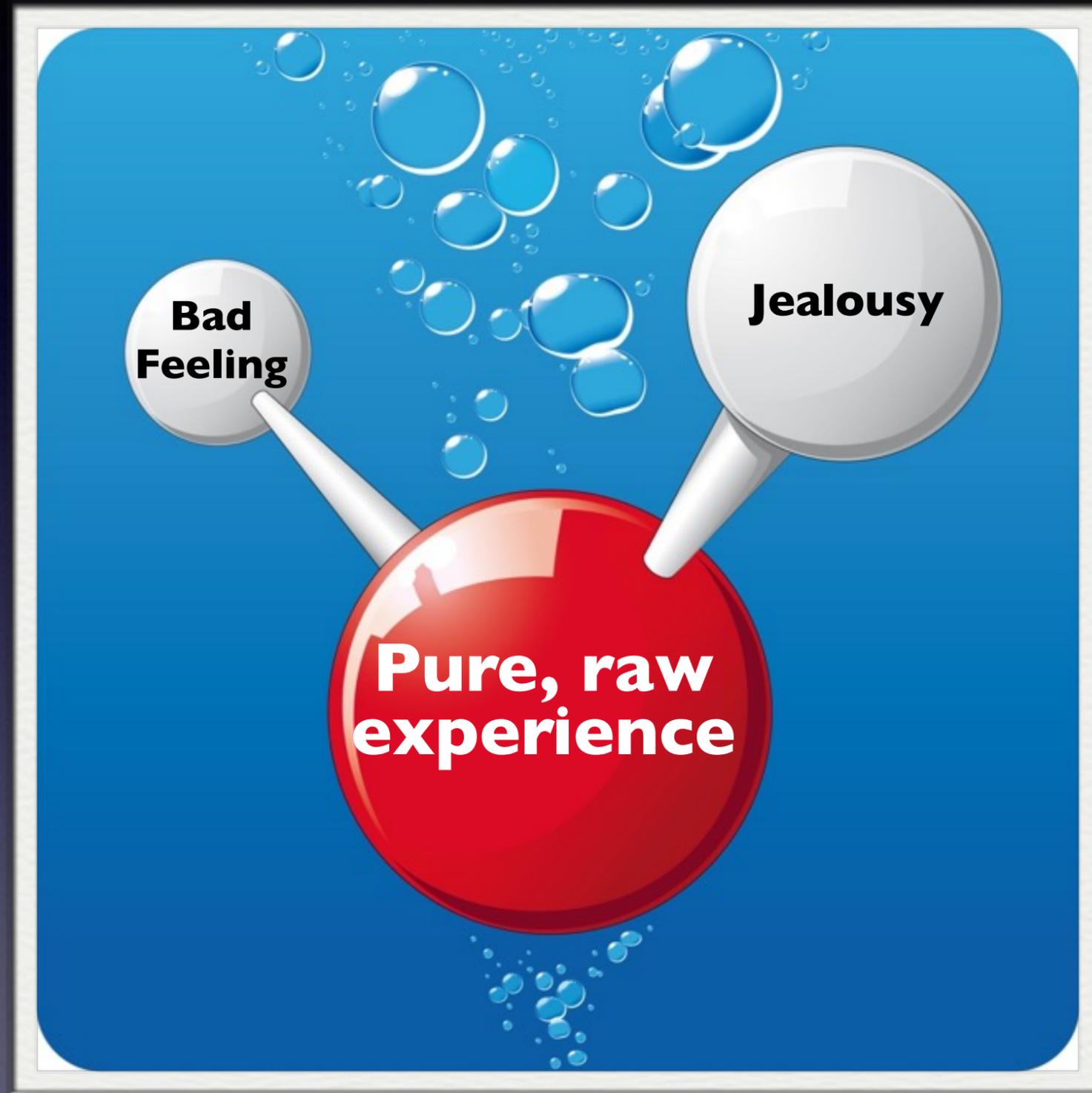
Based on what's been catalogued and stored in The Mind Machine, it could be named fear, anger, jealousy, etc. ...

**For this example, let's go with
“jealousy”**



The Mind Machine will observe the intense “jealousy energy” appearing in Inner Space and make the judgment:

“This feels bad ... I don’t like this”



**The story will bond
with the pure, raw
experience ...**

**Water = Jealousy
and Bad**



The wife will then accept the bonded story without questioning it, and she'll believe “she” is really jealous and “she” really feels bad ...

Boom!

**The magic trick is
complete!**

**Faster than the blink
of an eye ...**



**The story told by The Mind Machine
may or may not be true ...**

It usually isn't!

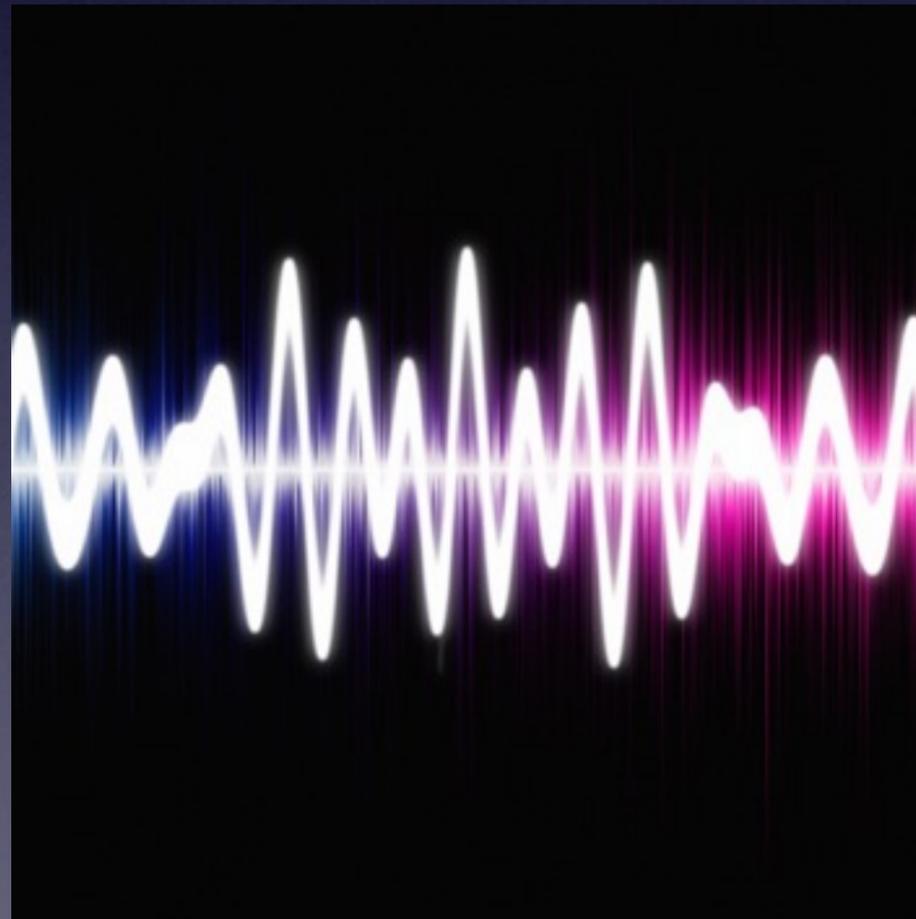
But it doesn't matter ...

- Emotional energy will still move as it moves ...
- It will still be named and judged ...
- A story will still be bonded to the pure, raw experience ...
- And you'll still be convinced you're actually feeling what The Mind Machine story says you're feeling ...

**Truth be told, in this example,
the emotion felt by the wife is
NOT “jealousy” ...**

What is it?

It's just a unique movement of energy in Inner Space that's been given a name ...



Without a story told by **The Mind Machine**,
the jealousy movement doesn't feel good or
bad ...

It's just what it is ...

**A neutral or pleasurable movement of
energy ...**

Key Point

In our example, the wife can say or do whatever she wants ...

Without ...

Feeling “bad”





Imagine you're driving and The Mind Machine observes another car running a red light and coming toward you at high speed ...

The Mind Machine will answer the first question ...

“What is this?” by saying, **“A car is running a red light”**

And the second question, **“What does this mean?”** by saying something like **“This is dangerous. I’m not safe”**



As meaning is being assigned, emotional energy will begin to move in a specific way ...

Since this story is also an intense one, meaning you could be killed, it's likely the movement of energy will appear to be sharp, fast, and **B-I-G** as it appears in Inner Space ...



The Mind Machine observes the movement of energy and asks ...

“What is this?”

It will search its database for an answer ...

It’s likely it will conclude, “This is fear. I’m afraid”

“What does this mean?”

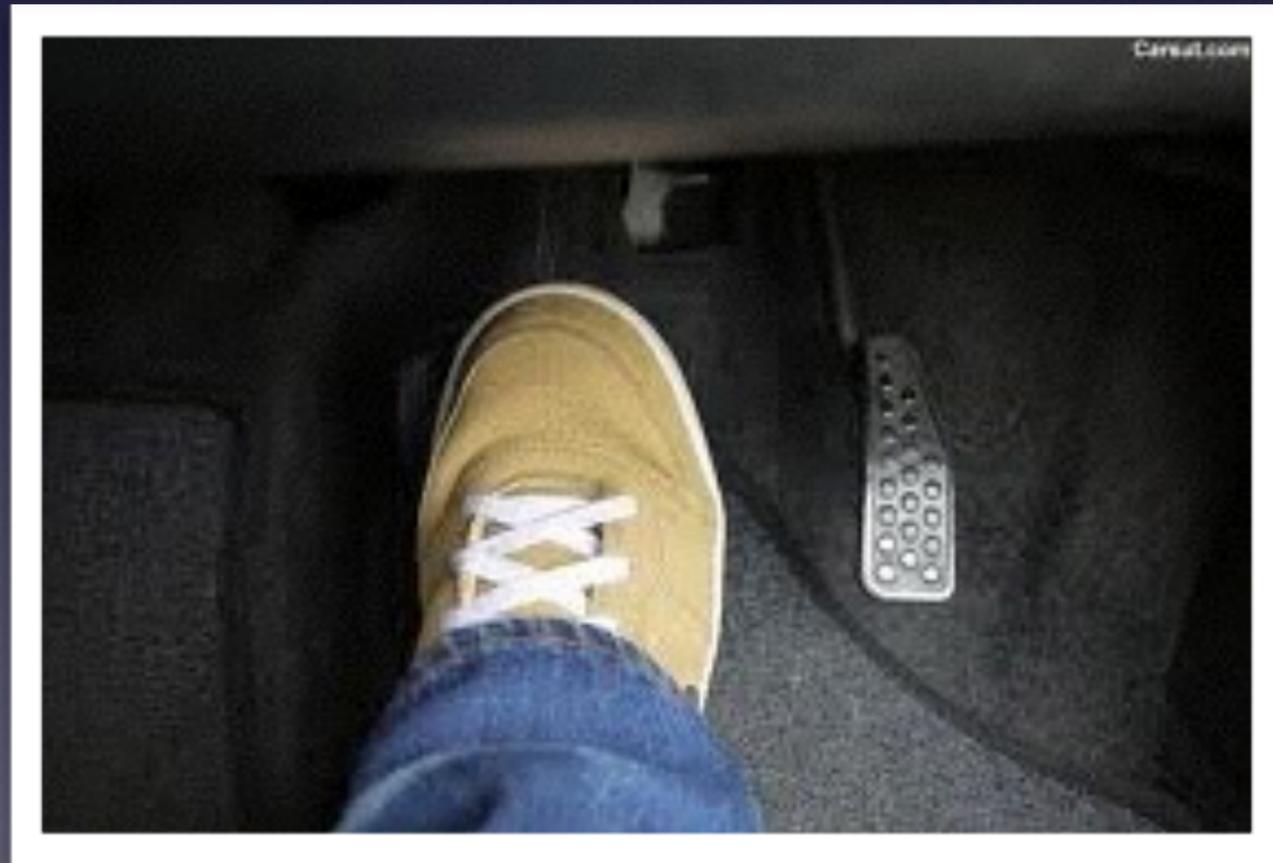
It will search its database for a similar reference

It’s likely it will conclude, “Fear is bad and uncomfortable, and I don’t like it”

“How should I respond?”

It will search its database for a similar reference

It’s likely it will conclude, “I’d better jam on the brakes or swerve to protect myself”



Buzz ...

Whirr ...

Lightning fast ...

Mechanical and machine-like ...

Just like Google ...

**I want you to verify,
through your own
experience, what I
just shared ...**



Exercise

- Choose a partner
- One should be “A” and the other “B”
- Taking turns, take the following steps
- “Self” sort when to start, stop, and switch partners
- Move quickly through this
- You’ll have many other opportunities to do this on your own when you get home ...

Step 1

Partner A ...

- Ask your partner to close their eyes
- Ask them to become aware of “Inner Space”
- Ask them to describe their perception of Inner Space to you
- Notice if it matches how I described it
- Ask them to open their eyes, become aware of Inner Space again, and see that awareness can still be there ...
- Do this now ...
- **Reverse partner roles and do the same exercise**

Step 2

- Ask your partner to close their eyes and become aware of Inner Space
- Ask them if they notice any emotional energy moving
- If yes, ask them to describe its unique characteristics to you
- If no, ask them to think back to a recent time they felt a lot of emotion, feel that, and describe that to you
- Verify that emotional energy appears in Inner Space, it “moves,” and it has unique characteristics you can easily be aware of ...
- Do this now ... quickly
- **Reverse partner roles now**

Step 3

- Ask your partner to close their eyes and become aware of emotional energy moving in Inner Space (current or old)
- Ask them if they're aware of a pure, raw experience ...
- Or pure, raw experience ... and ... a story about it
- Ask them to describe what they see and feel
- If there's a story, ask them to watch Inner Space and see if it separates from the pure, raw experience
- **It may or may not right now and it doesn't matter ...**
- Do this now ... quickly ...
- **Reverse partner roles now**

Look Back On “Your” Past ...

- Look at all the things that supposedly happened to “you” ...
- Look at all the events that supposedly caused you pain, discomfort or “hurt your feelings” ...
- Look at the times you struggled with the illusion of negative emotions and unpleasant sensations ...
- **What really happened?**



**Buzzed, whirred
and told by ...**

The Mind Machine

Plus ...

How Do You Know You Have A “Past”?

How Do You Know Any Of It “Happened”?

What Is “Memory” Anyway ...

Just thoughts ...

Just “convincing” stories ...

Appearing in Inner Space

Based On What You Now Know, What Are The Following ... Really?

- Thoughts
- Emotions
- Judgments
- Pleasures
- Pains
- Past
- Future

Stories ...

**Kicked out by
The Mind Machine ...**

**Into an Inner Space
“you” are “observing” ...**



**So, what's the solution
to the riddle of how to
“master” your emotions?**

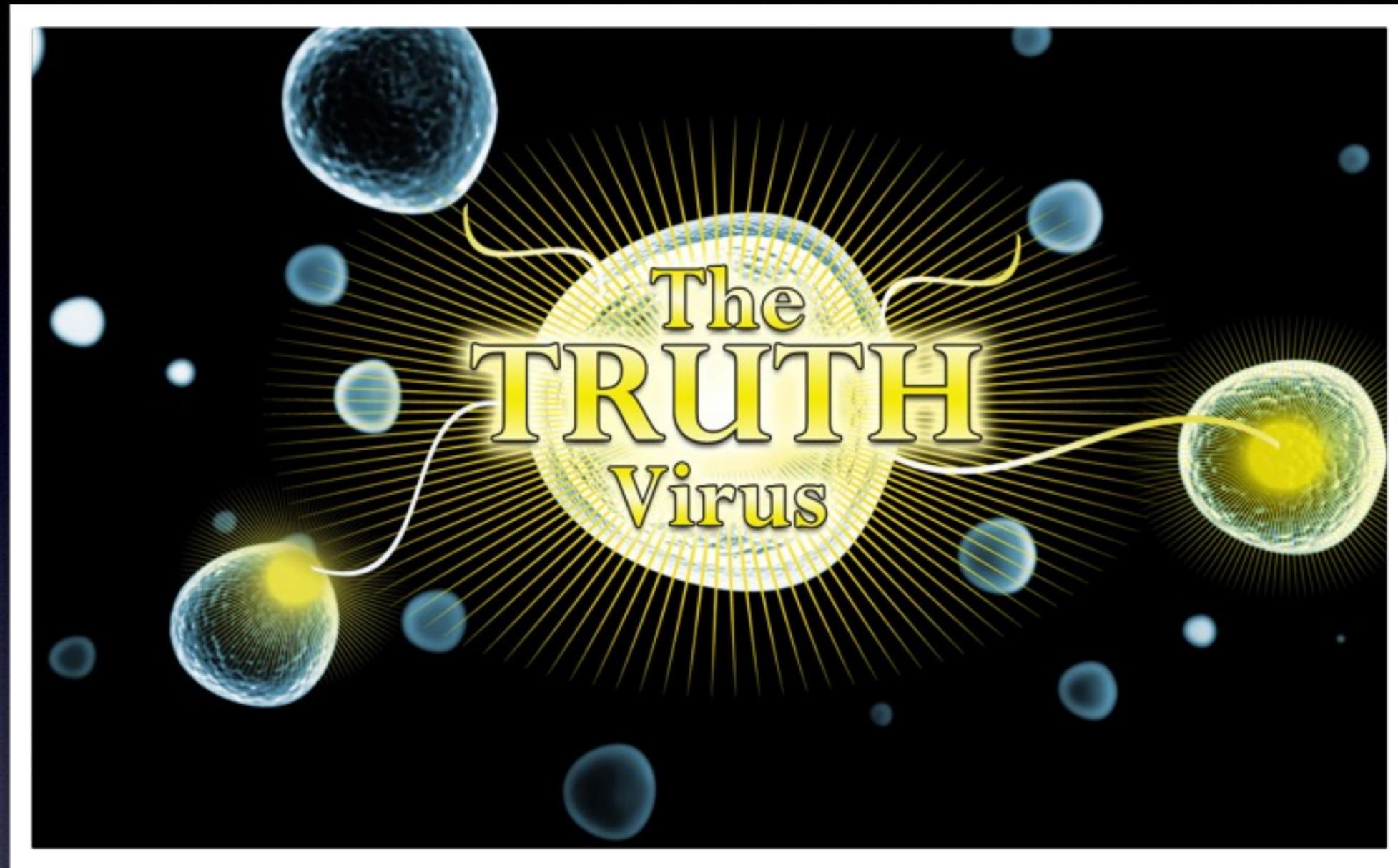
**What's the solution to
the riddle of how to
“control” your thoughts?**

What's the solution to the riddle of how to “deal with” body sensations?

Ultimate Freedom!



Stay Tuned.
Coming Soon!



**Some additional
Truth Virus Injections ...**

NewScientist

What is reality?

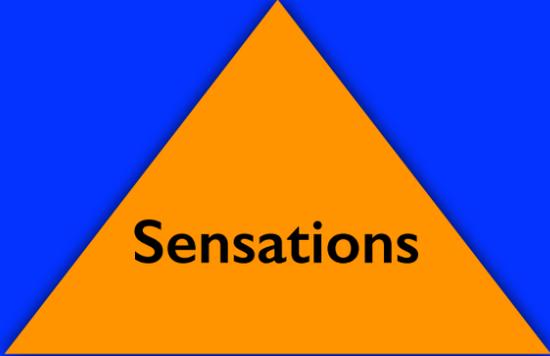
**Going Even
Deeper Now**



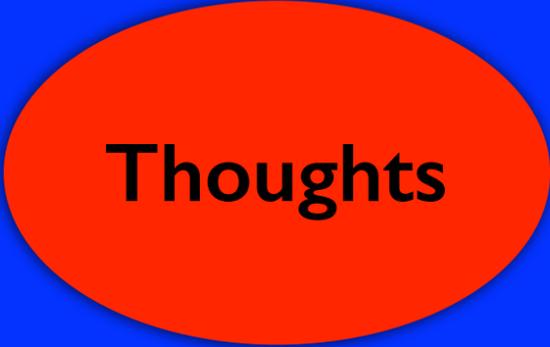
**“Who” or “what” is aware of or
observing ...**

**While still being totally immersed
within ...**

**All the “appearances” in Inner
Space and Story Space?**



Sensations



Thoughts

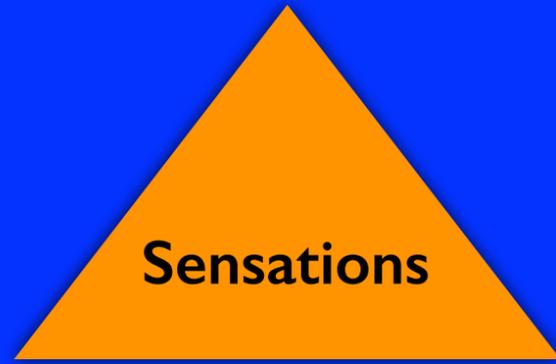


Feelings

**Sometimes something
else appears ...**

Sometimes there's what appears to be an individual, a personality, a "you" ...





Sometimes you're only aware of thoughts, feelings and sensations

Other times you're aware of thoughts, feelings, sensations, and ...



Now you must ask yourself ...

“What is it that appears in Inner Space that I’ve been calling a personality or individual?”

If you look closely ...

Very closely ...

You see ...

The “commenting” is just thoughts appearing to ...



“Dance” ...

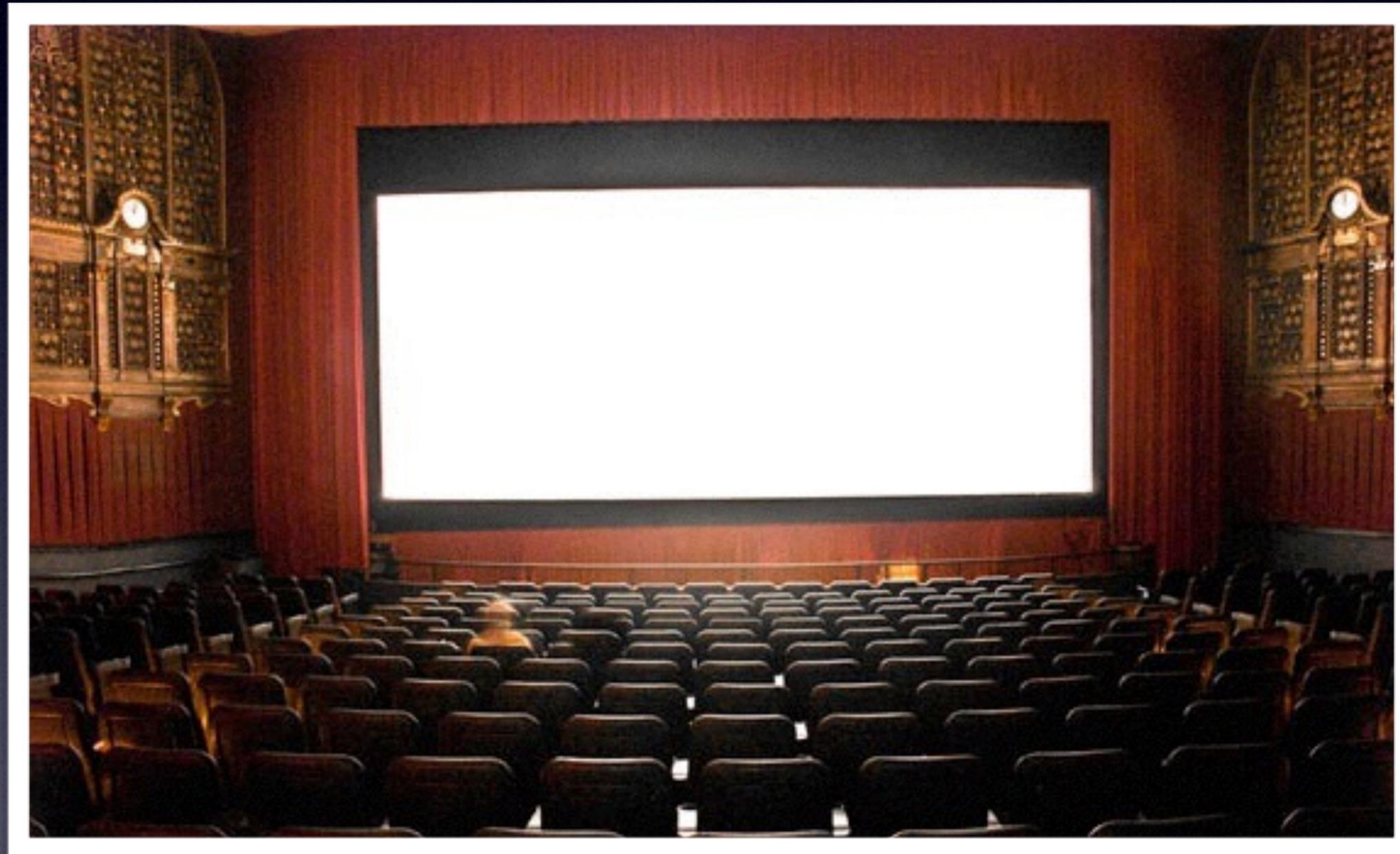


Or “Fight” ...

With other thoughts

It's not "you"

Inner Space Appearances Can Appear At A Distance From “You”



**Or zoomed,
appearing to take
up most of Inner
Space**

Or even

more

zoomed



**Or “you” can appear to
merge with them**

**Regardless of how they
appear ...**

**The key is how what you call
“you” is perceived ...**

After my 1st Phase 3 breakthrough, I realized I thought that “I,” Robert ...

- Had Been In Phase 2 ...
- Had Been Playing The Human Game ...
- Had Been Using The Tools ...
- Wanted To Expand ...
- Had Busted Loose From Many Limiting Illusions ...
- Wanted To Experience More Of The Truth ...
- I, I, I, Me, Me, Me ...

But I was starting to see I wasn't clear on who or what “I” really was ...

I then Saw so clearly that ...

**“I” was the block to taking
the next step!**

**THE PERSONALITY OR INDIVIDUAL
THAT APPEARS AND COMMENTS
IN INNER SPACE ...**

**IS NOT A PERSON, AN INDIVIDUAL,
OR AN “ENTITY”**

**IT'S JUST A COLLECTION OF
THOUGHTS, FEELINGS AND
SENSATIONS ...**

**ASSEMBLED IN A UNIQUE AND
VERY COMPELLING WAY ...**

Repeated for emphasis ...

**THE PERSONALITY OR INDIVIDUAL
THAT APPEARS AND COMMENTS IN
INNER SPACE ...**

**IS JUST A COLLECTION OF THOUGHTS,
FEELINGS AND SENSATIONS ...**

**ASSEMBLED IN A UNIQUE AND VERY
COMPELLING WAY ...**

SENT INTO INNER SPACE...

**AND BONDED WITH A
STORY THAT SAYS ...**

**THIS IS AN “INDIVIDUAL,”
THIS IS “I,” THIS IS “ME”**



**HOW DO YOU KNOW
HARRY POTTER IS AN
“INDIVIDUAL”?**

**HOW DO YOU KNOW
HERMIONE IS AN
“INDIVIDUAL”?**

**HOW DO YOU KNOW RON
IS AN “INDIVIDUAL”?**

Through her words, the author, J.K. Rowling, gives you ...

- Sketches of what their bodies look like
- Glimpses into their thoughts ...
- Including thoughts about their past, present and future
- Glimpses into their feelings
- Glimpses into their bodily sensations

- Then the author assembles it all into a story ...
- Tells you they're those specific individuals ...
- And you accept it as true ...

- **Guess what?**

- It's the same thing with "you" ...

- EXACTLY

- True Creative Essence, The **W**riter of “your” story, shows you a body ...
- Shows you thoughts
- Shows you feelings
- Shows you sensations
- Tells you it’s an individual ... “you”
- Tells you it’s “your” body, thoughts, feelings and sensations
- And ...

“You” accept all of it as real and true too!

**As Inner Space grew quieter
and quieter in “my” story ...**

**Much to my surprise, I began
to notice ...**

In myself and others ...

**That more than one personality
or individual can appear in Inner
Space ...**

With different characteristics ...

**The multiple personalities
can appear to be ...**

**Young, old, nice, mean, angry,
calm, male, female, etc.**

**I'm now convinced we can
all be diagnosed as having**



**“Multiple Personality
Disorder”**

**For the following quote,
substitute “unconscious”
with “Mind Machine” ...**

“Rather, the unconscious proper resembles a maximum-security prison holding anti-social inmates languishing for years or recently arrived, inmates harshly treated and heavily guarded, but barely kept under control and *forever attempting to escape.*”

- Peter Gay, *Freud: A Life for Our Time*

**I know you can identify
with this from your own
personal experience ...**

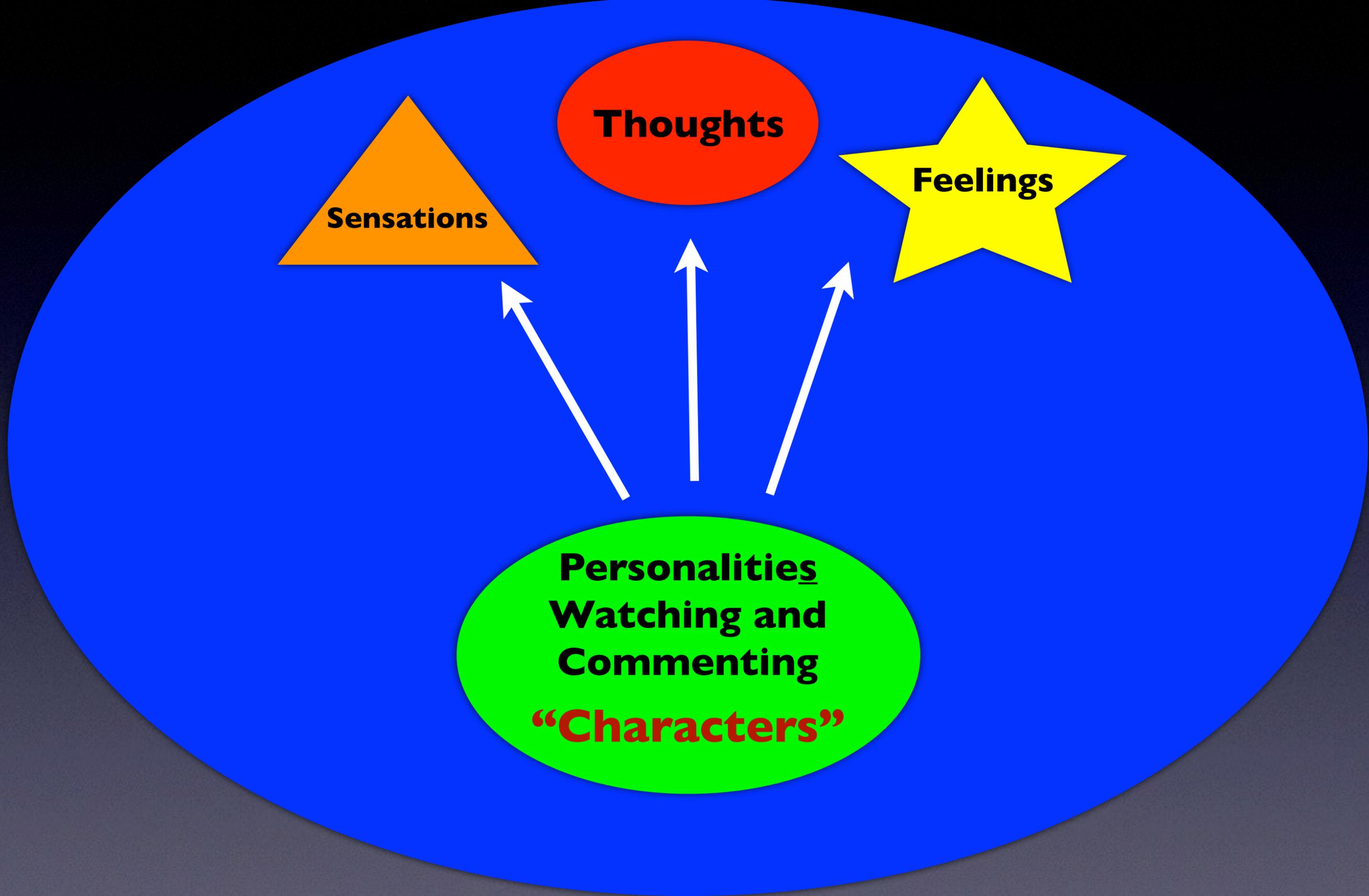
**If you believe in “past lives” and
“past life influences” ...**

**They can appear in Inner Space
as multiple personalities too ...**

**Here's a common simple
example of something
you've likely seen ...**

And experienced ...





Thoughts

Sensations

Feelings

Personalities
Watching and
Commenting
“Characters”

One personality or character may appear more dominant ...

May seem more like “you” ...

But the odds are, there are a lot of “people” running around “in there” ...

**The Mind Machine blends all the
apparent personalities and
characters together ...**

Into a story that says “That’s me!”

**And we blindly accept the
story as true ...**

**Conveniently ignoring all the
inconsistencies and disconnects**

By design ...

**Not by accident, mistake,
or because of a problem!**

**None of the personalities
are “real” or “you” ...**

**Even if you feel certain one
of them is ...**

**None of their opinions, preferences,
likes, dislikes, resentments, hurts,
wants, desires or goals ...**

Are “you” or “yours” ...

Not a single one ...

THAT IS SOME WEIRD, WILD STUFF

I DID NOT KNOW THAT!

**It will be a fascinating, fun
and Big Day for you when you
actually See this clearly ...**

Something to think about ...

"It is not necessary to bind a man with chains to imprison him.

It is only necessary that he imagine he is bound."

- Roy Melvyn

**But that's not all you see
appearing in Inner Space
if you look closely ...**

If you look really, really close ...



**You see there's "someone"
or "something" else there ...**

**Behind, around, and in all
the thoughts, feelings and
sensations ...**

**Behind, around, and in all
the “personalities” ...**

**That “something” or
“someone” else is ...**

**Observing all the thoughts,
feelings and sensations
appearing in Inner Space ...**

**Observing the observer(s)
and personalities you think
of as “you” ...**

**Who are observing those
appearances ...**

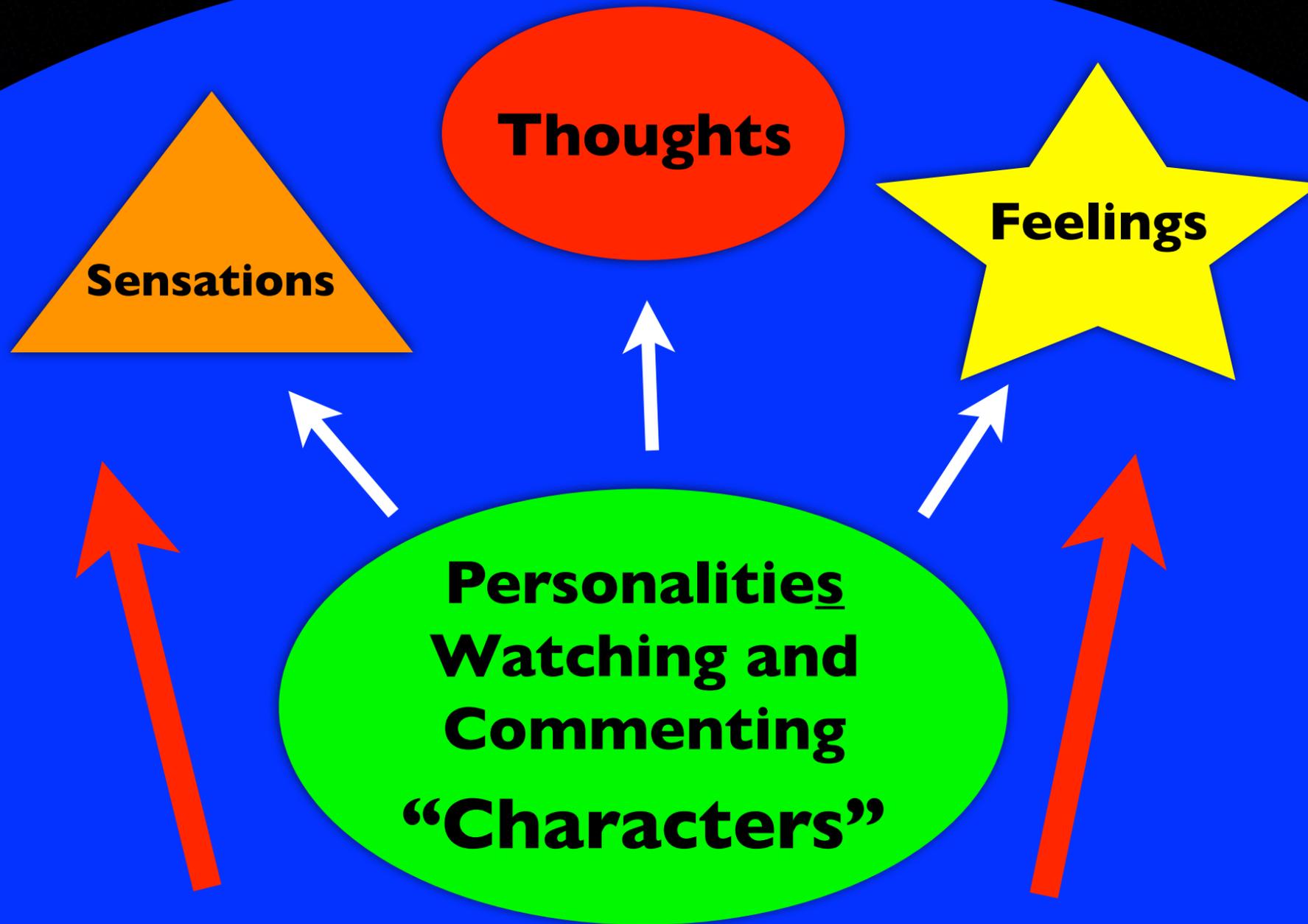


**It's much more than
just "observing" as
you'll soon see ...**

**That “something” or
“someone” else is ...**

True Creative Essence!

“The Real You”



True Creative Essence

Observing While Totally
Immersed In Everything

True Creative Essence (“TCE”)
is intimately aware of ...

Everything happening in Inner
Space and Story Space ...

But ...

**TCE is never “affected”
by anything that appears**

**True Creative Essence has no
“feelings” about what appears ...**

**Except awareness of the feelings
“you” are having as your story
unfolds ...**

True Creative Essence has no opinions, comments, likes, dislikes, or wants related to what appears ...

Except awareness of what “you” are experiencing as your story unfolds ...

Lack of better terms ...

**The Real You, True Creative
Essence, is loving and enjoying
everything ...**

Just as it is!

**TCE has no desire to change,
fix or improve ANYTHING ...**

**It's just "WOW!" about absolutely
EVERYTHING ...**

Just like how the author of a novel feels about everything and everyone in his/her stories, “no matter what” ...

More on this later ...

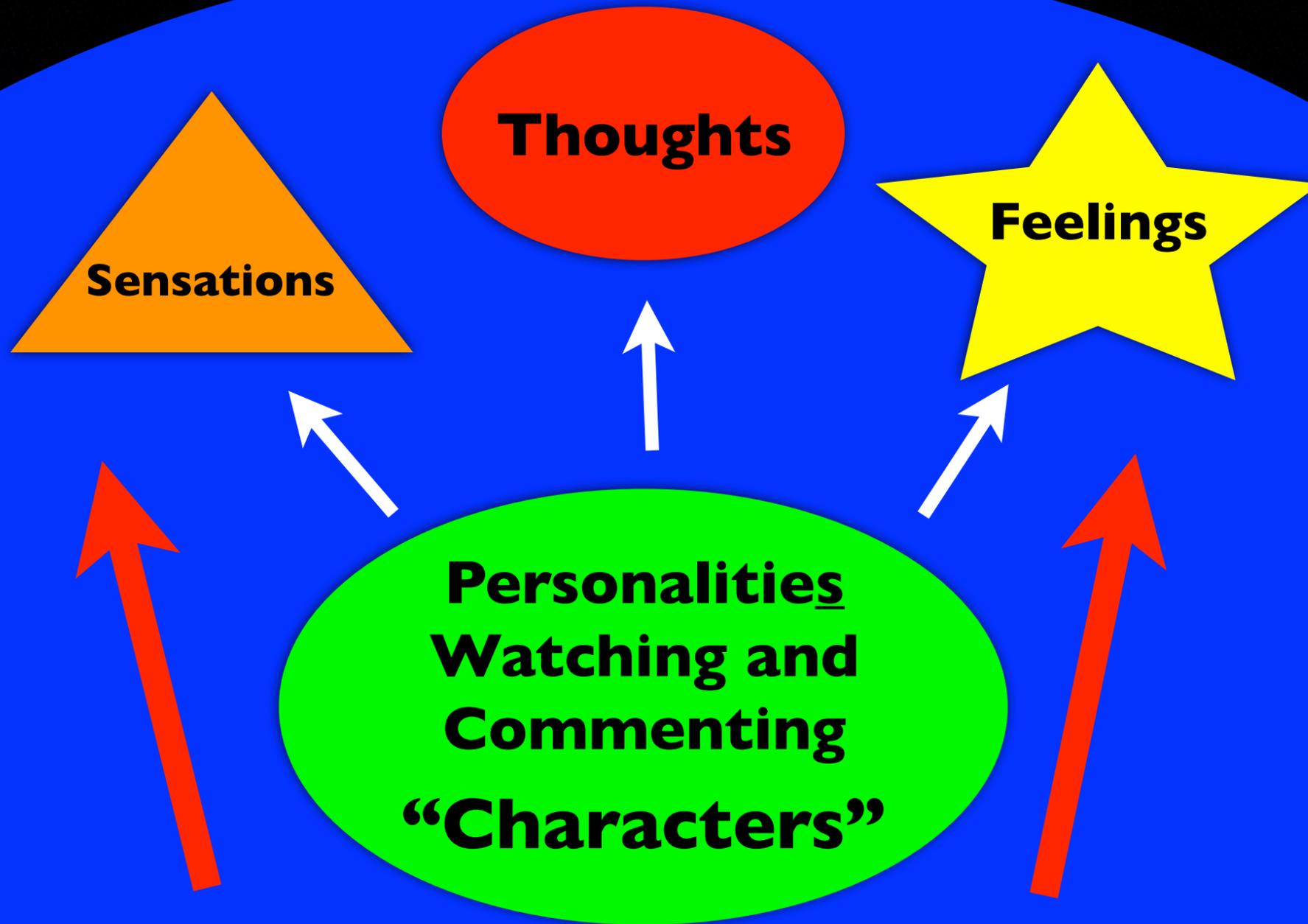
**True Creative Essence is
“there” all the time ...**

**“Aware” of everything that’s
happening at a beyond intimate
level ...**

**True Creative Essence, from what
can actually be Experienced In
Inner Space ...**

Is ageless and genderless ...

**I want you to See if ALL of what
I just shared reveals itself to you
now ...**



True Creative Essence

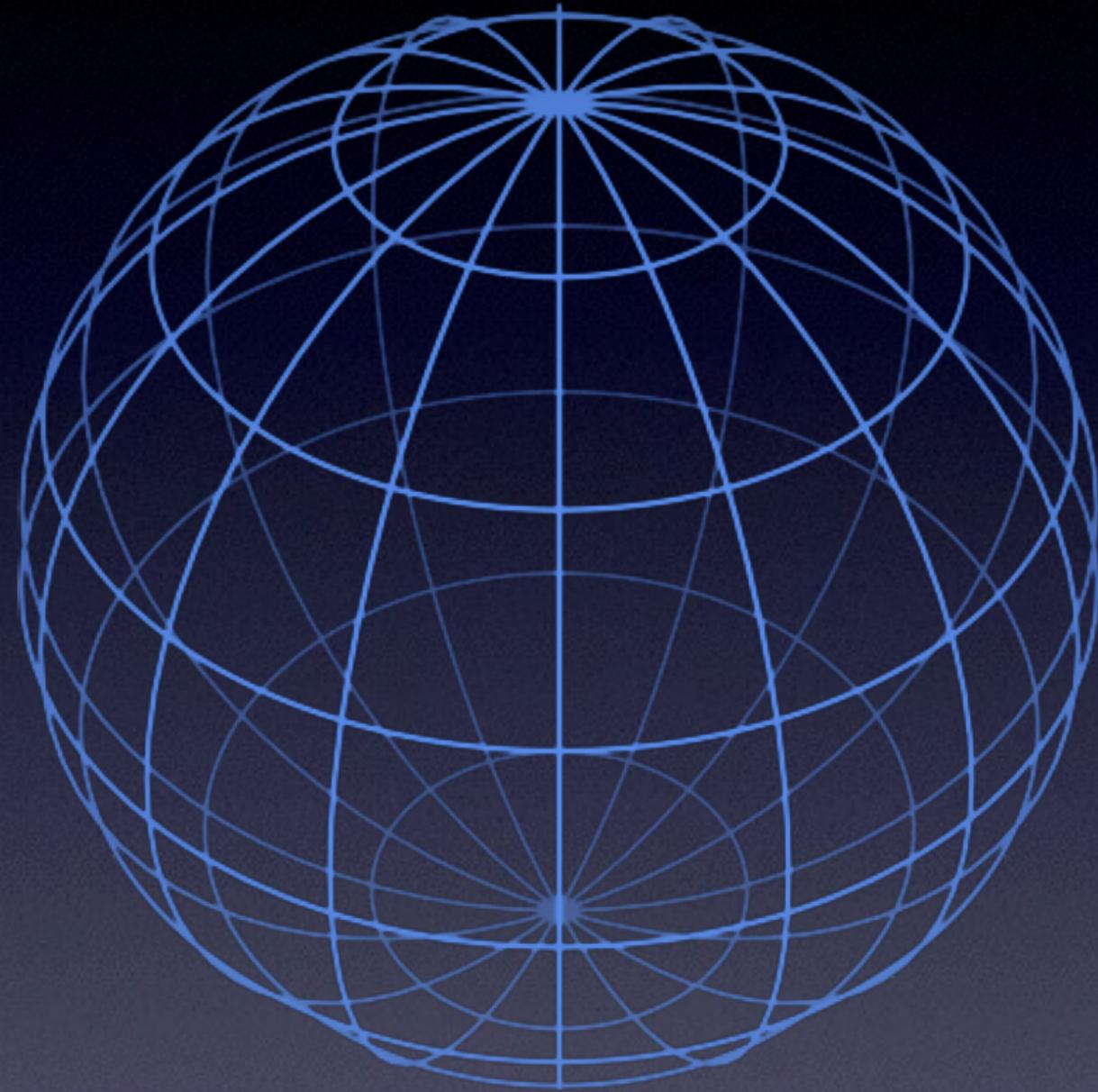
Observing While Totally
Immersed In Everything

**If it is Revealed, it may seem
like “The Real You” is fixed in
one spot in Inner Space ...**

Most likely behind your eyes ...

**But TCE is actually everywhere
in Inner Space at once ...**

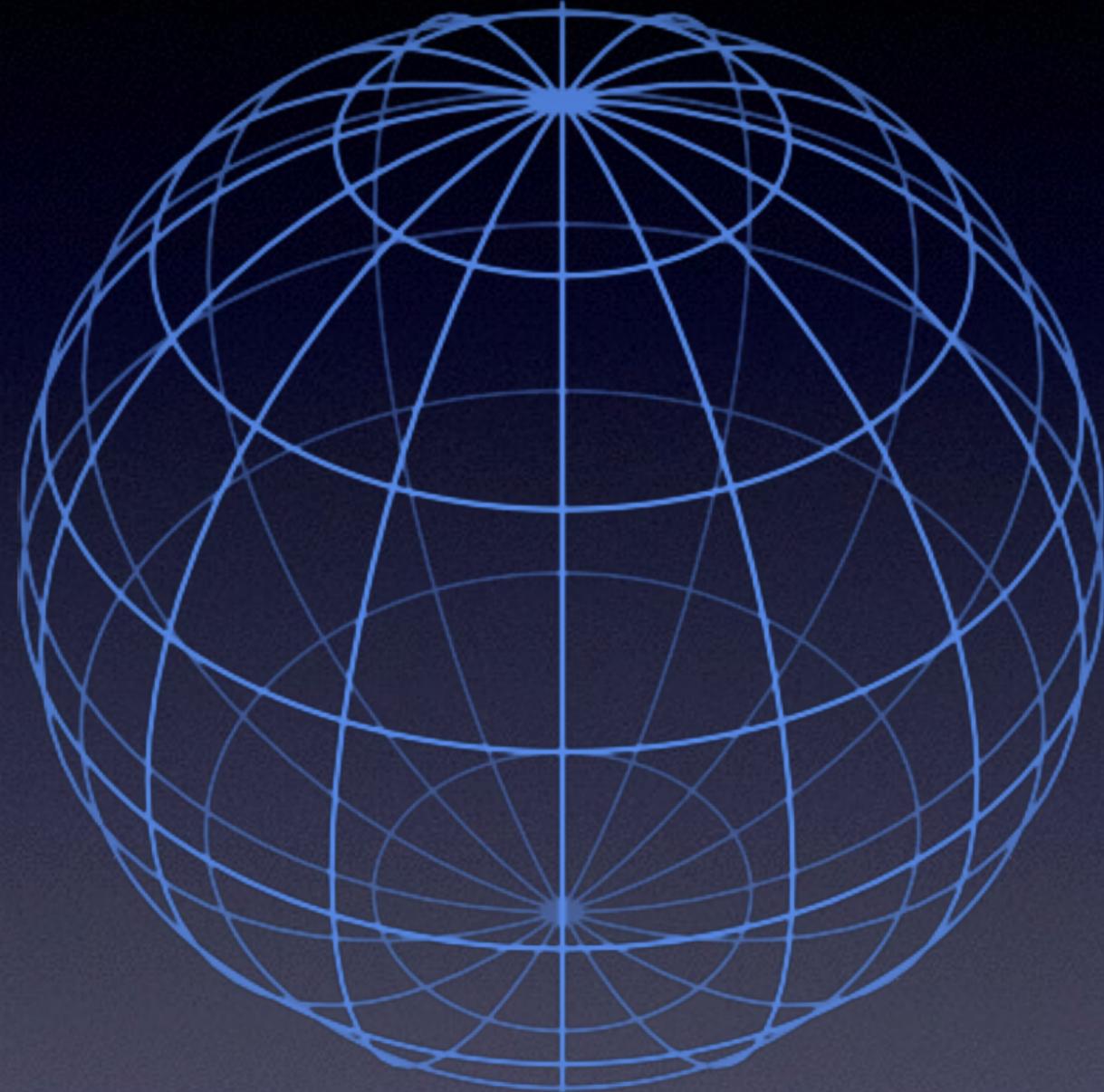
Beyond 360 degrees



The Real You IS Inner Space!

Repeated for emphasis ...

Beyond 360 degrees



The Real You IS Inner Space!

**The appearance of being fixed
in one spot is just an illusion ...**

**An old way of looking at things,
heavily influenced by habitually
“seeing” with the eyes ...**



**Close your eyes
and “look” for
ALL of it now ...**

**Including True
Creative Essence**

**You may not have been able to
See and feel the 3-dimensional,
360 degree Real You Presence ...**



**You will when Inner Space slows
down and decongests enough ...**



**The Real You “Presence” In Inner Space
is True Creative Essence’s viewpoint or
“window” into your story ...**

Repeated for emphasis ...



**The Real You “Presence” In Inner Space
is True Creative Essence’s viewpoint or
“window” into your story ...**

More on this tomorrow ...

**Let's quickly revisit the
Change, Fix, And Improve
Path ...**

- When one or more thoughts or “personalities” appears in Inner Space
- Judging what’s happening ...
- Wanting it to be different ...
- Wanting to “do” something to change, fix or improve it ...
- What’s really happening?

Buzz-Whirr

Of The Mind Machine



**Improve
Thought**

**Change
Thought**

**Change
Thought**

That “you” become ...

**Improve
Thought**

**Fix
Thought**

**Judgment
Thought**

Aware of ...

**Fix
Thought**

**Judgment
Thought**

**It's not “you” wanting to
change, fix or improve
anything ...**

Again for emphasis ...

**It's not “you” wanting to
change, fix or improve
anything ...**

**ALL PAIN, SUFFERING, PROBLEMS,
DOUBTS, JUDGMENTS AND “ISSUES”**

**ARISE AS THOUGHTS IN INNER SPACE
AND NOWHERE ELSE ...**

**THERE'S NOTHING INHERENTLY
“WRONG” ...**

WITH ANYTHING ...

IN INNER SPACE ...

OR STORY SPACE ...

**TRUE CREATIVE ESSENCE, THE
MOST POWERFUL CREATIVE
FORCE THERE IS ...**

**COULD HAVE SHAPED ITSELF
INTO ANYONE OR ANYTHING ...**

**APPEARING IN ANY STORY
IN ANY WAY ...**

**IT CHOSE TO SHAPE ITSELF
INTO YOU AND YOUR STORY,
EVERY SECOND OF IT ...**

**WHAT DOES THAT SUGGEST
TO YOU?**



Hmmm...

COULD IT MEAN ...

THAT MAYBE ...

JUST MAYBE ...

YOU ARE SOMETHING ...

SPECIAL?

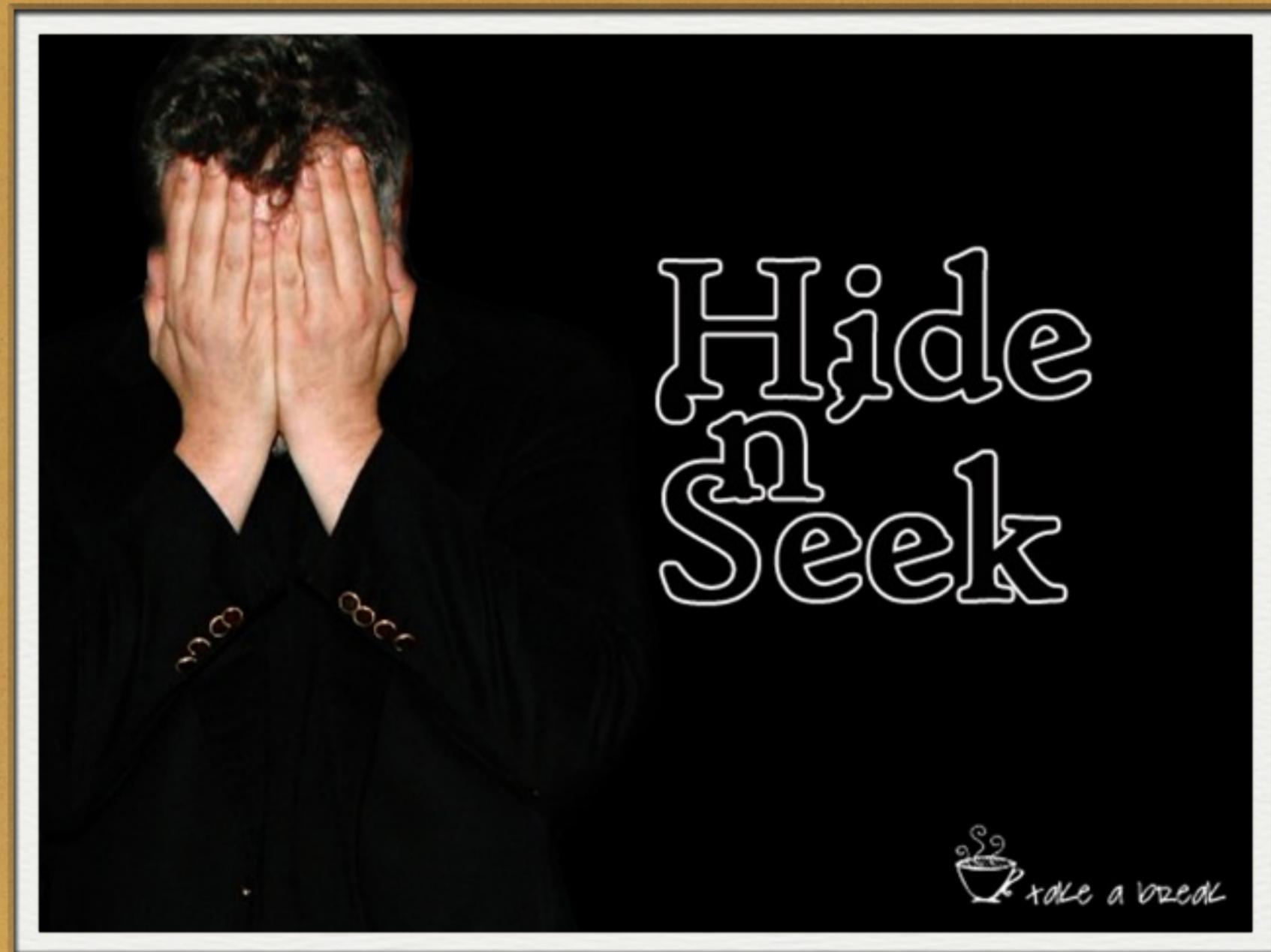
From the film, “Hugo” ...

“During times of adversity, Man will initiate negotiations with his god, asking that What-Is be made subservient to his personal will.

By altering even one, the many are recast.

This is not seen by the supplicant.”

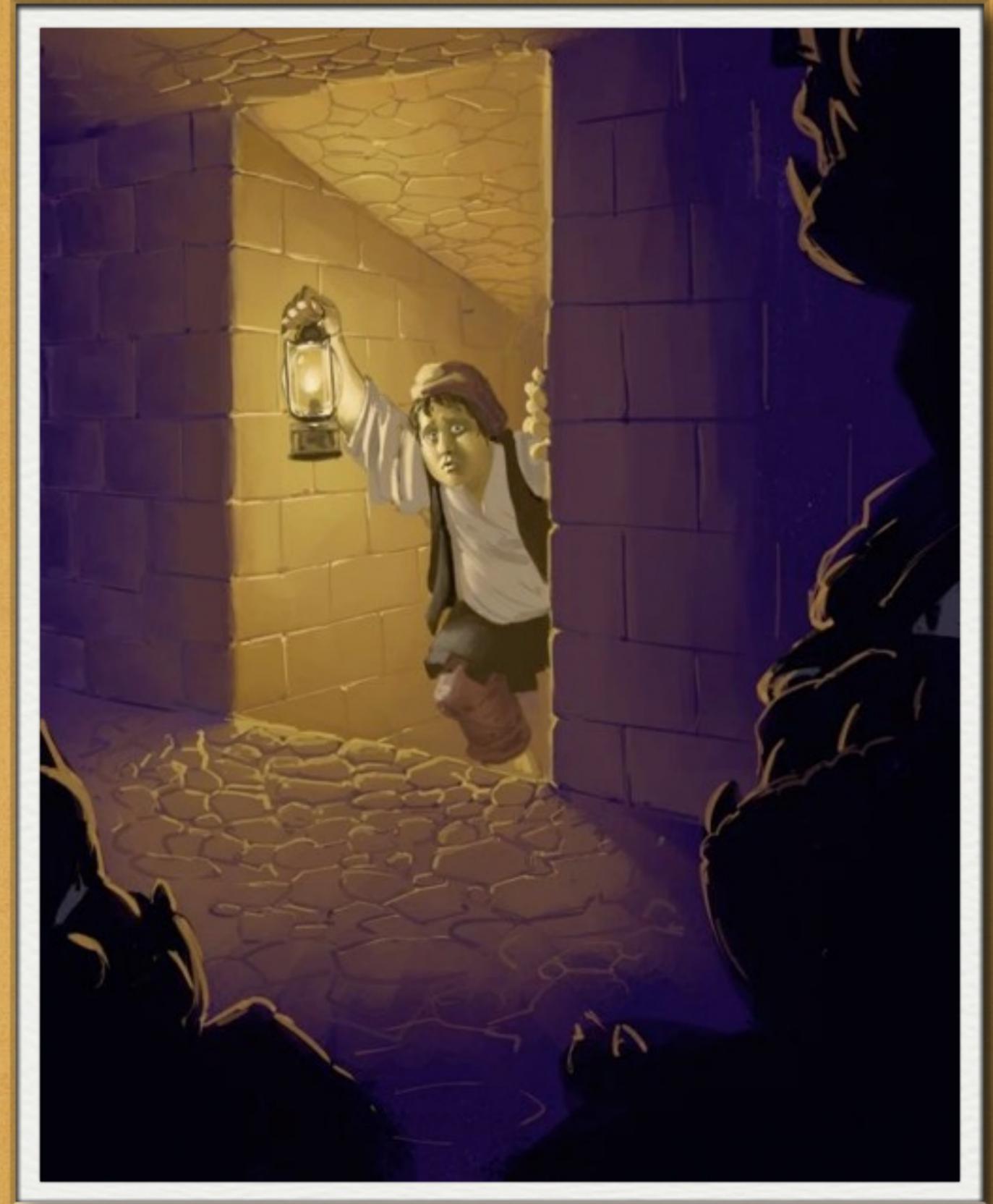
- Wu Hsin



**TO DATE IN YOUR STORY, THE HUMAN EXPERIENCE
HAS BEEN ABOUT TRUE CREATIVE ESSENCE
PLAYING HIDE AND SEEK WITH “ITSELF” ...**

**Where's the
Light?**

**Where's the
Light?**



The Net Of It All Is ...

- After the Cloud Cover has been built
- After we're mesmerized by The Mind Machine into believing we're a real, separate individual, a real, separate person ...
- Who is limited, restricted, flawed, and opposite to "Who" and "What" True Creative Essence IS ...
- And we're convinced the playing field or story backdrop called "3-Dimensional Reality" is real ...
- The Mind Machine is never satisfied with "what is"

- Mind Machine stories usually want “what is” to be different
- Mind Machine stories usually argue with “what is”
- Which means thoughts appearing to argue with other thoughts and appearances
- Even if we judge “what is” as “good,” we still want to change it because we still have so many unfulfilled desires
- If we judge it as “bad,” we want to change or escape it ...
- This Is Phase 1 ... and Phase 2 ... to a point

**THE MIND MACHINE
KEEPS US DISSATISFIED ...**

BY DESIGN ...

**TO MAINTAIN DUALITY, POLARITY,
AND PHASE 1 DYNAMICS ...**

**THE MOST “DESTRUCTIVE” THOUGHT
IN THE MIND MACHINE IS ...**

THE “I AM AN INDIVIDUAL” THOUGHT

**IT’S THE ROOT OF ALL STRUGGLES,
PROBLEMS, AND JUDGMENTS**

Right Now ...

- Seeing Is Happening
- Who Or What Is Seeing?
- Hearing Is Happening
- Who Or What Is Hearing?
- The Body Is “Happening,”
Appearing To “Do” All Sorts
Of Things
- Who Or What is Doing It?

**Is Any of
It “You”?**

NOPE

**Except in a Mind Machine story,
all appearances in Inner Space and
Story Space ...**

**Are no different than appearances
in characters in novels, movies, or
TV shows ...**

Or observed in “someone else”

I

MEAN

IT!!!



Are “You” Able To ...

- **Choose What Thoughts Come And Go In Your Mind?**
- **Choose What Feelings Or Sensations You Have?**
- **Make Unwanted Thoughts, Feelings, Or Sensations Go Away?**
- **Choose The Content Of Your Dreams At Night?**
- **Guarantee You’ll Achieve The Goals You Set?**
- **Control What Others Say And Do?**
- **Control What Happens In The World?**

NOPE

**When I look in
the mirror ...**

**I'm fascinated
because ... +**



So, Who Are “You”?

- **Are You Your Body?**
- **Why?**
- **Your “Mind”?**
- **Why?**
- **Your Thoughts, Feelings,
And Sensations?**
- **Why?**

**Then who
or what
are “you”?**



**“You” are True Creative Essence’s
“window” into an amazing story**

Repeated for emphasis ...



**“You” are True Creative Essence’s
“window” into an amazing story**

Most “Spirituality”...

- Is based on the presumption of individuality ...
- And a reunion of the individual one day with the “Whole” being the projected goal ...
- To achieve that goal, zillions of techniques and practices are offered ...
- The fundamental point that’s missed is there’s no individual who can be “reunited” ...
- “We” already are what we seek ... 24/7
- And “we” cannot be anything else ...

I

MEAN

IT!!!

If You Notice Thoughts Like These Appearing In Inner Space ...

- “I Haven’t Busted Loose Yet”
- “I’m Not Spiritually Awakened Yet”
- “I’m Not Experiencing Ultimate Freedom Yet”
- “I Don’t Have Enough Money”
- “I Hate My Job”
- “I Feel Depressed Today”
- On And On ...

**What’s Really
Going On? +**

Every Day, It Seems As If ...

- “I” Feel ...
- “I” See, Hear, Taste, Touch, Smell ...
- “I” Think ...
- “I” Like ...
- “I” Dislike ...
- “I” Want ...
- “I” Struggle With ...

No, “YOU” DON’T!

**ALL OF THAT MAY BE
HAPPENING, BUT IT'S
NOT "YOU" DOING IT ...**

**ALL OF THAT MAY BE
HAPPENING, BUT IT'S
NOT HAPPENING TO
“YOU”...**

It's Only An "Individual" ...

- **That Can Be Fearful**
- **That Can Be Anxious Or Worried**
- **That Can Be Angry**
- **That Can Be Full Of Self-Pity**
- **That Can Be Stressed Out, Feel Guilty, Or Ashamed**
- **That Can Desire, Want, Or Wish For**
- **That Can Judge**

**Without the “I Am An Individual”
and “That’s Me” thoughts ...**

**Or after Seeing The Truth about
the “I Thought” ...**

Life continues just fine ...

In fact, it continues with “benefits”

YOU'VE EXPERIENCED THAT ...

YOU'VE HAD MOMENTS ...

**PEAK EXPERIENCES, BEING “IN THE
ZONE,” LOST IN THOUGHT, RIVETED
BY A BOOK, MOVIE OR TV SHOW ...**

**WHERE THE SENSE OF BEING AN
INDIVIDUAL “PERSON” DISAPPEARED ...**

**THE SENSE OF BEING YOUR BODY
DISAPPEARED ...**

**THOUGHTS, FEELINGS, SENSATIONS
AND STORIES DISAPPEARED ...**

**THINKING THAT YOUR THOUGHTS AND
FEELINGS WERE “YOU” DISAPPEARED ...**

**AND YOU WERE TOTALLY
IMMERSED IN PURE, RAW
EXPERIENCE!**

HOW DOES IT FEEL?

GREAT, RIGHT?

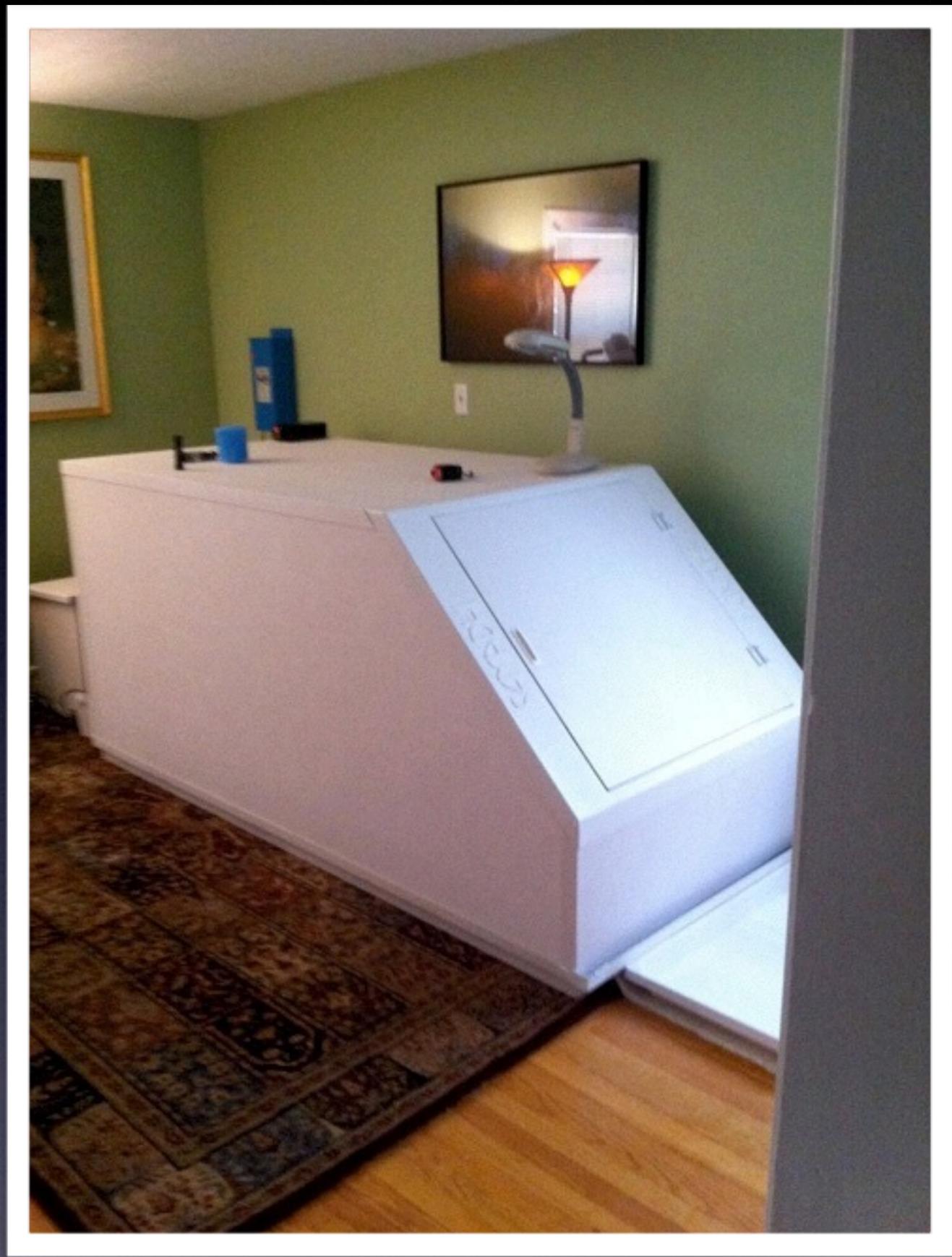
**A PREVIOUS ULTIMATE KEY TO
FREEDOM PARTICIPANT SAID
IT FEELS ...**

“BETTER THAN S-E-X!!!!!!!!!!!!!!”

THAT'S ULTIMATE FREEDOM ...

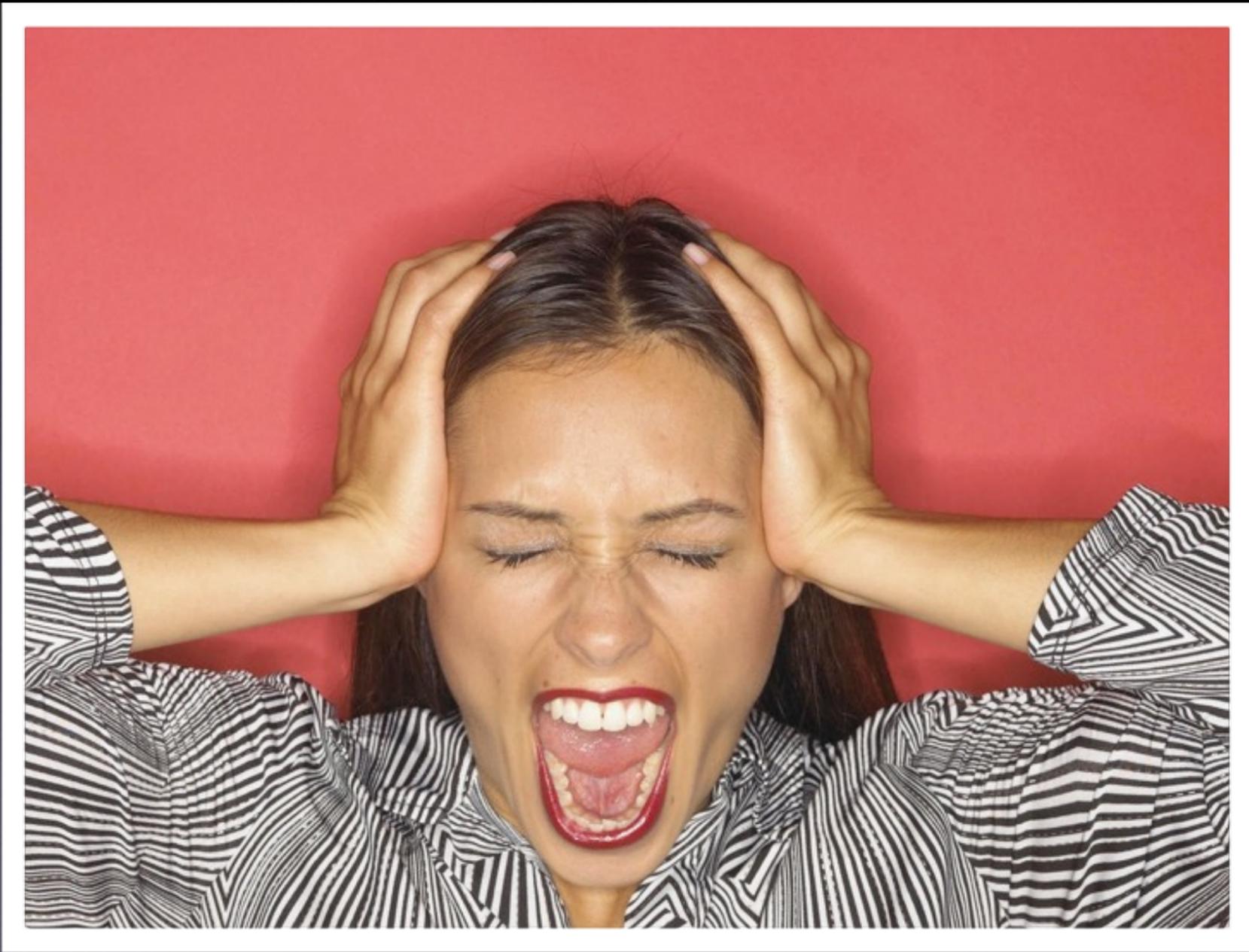
**THAT'S TRUE CREATIVE ESSENCE
PLAYING, EXPLORING, AND
EXPRESSING ITSELF CREATIVELY ...**

**IN AND THROUGH EVERYTHING
HAPPENING IN THE HUMAN STORY**

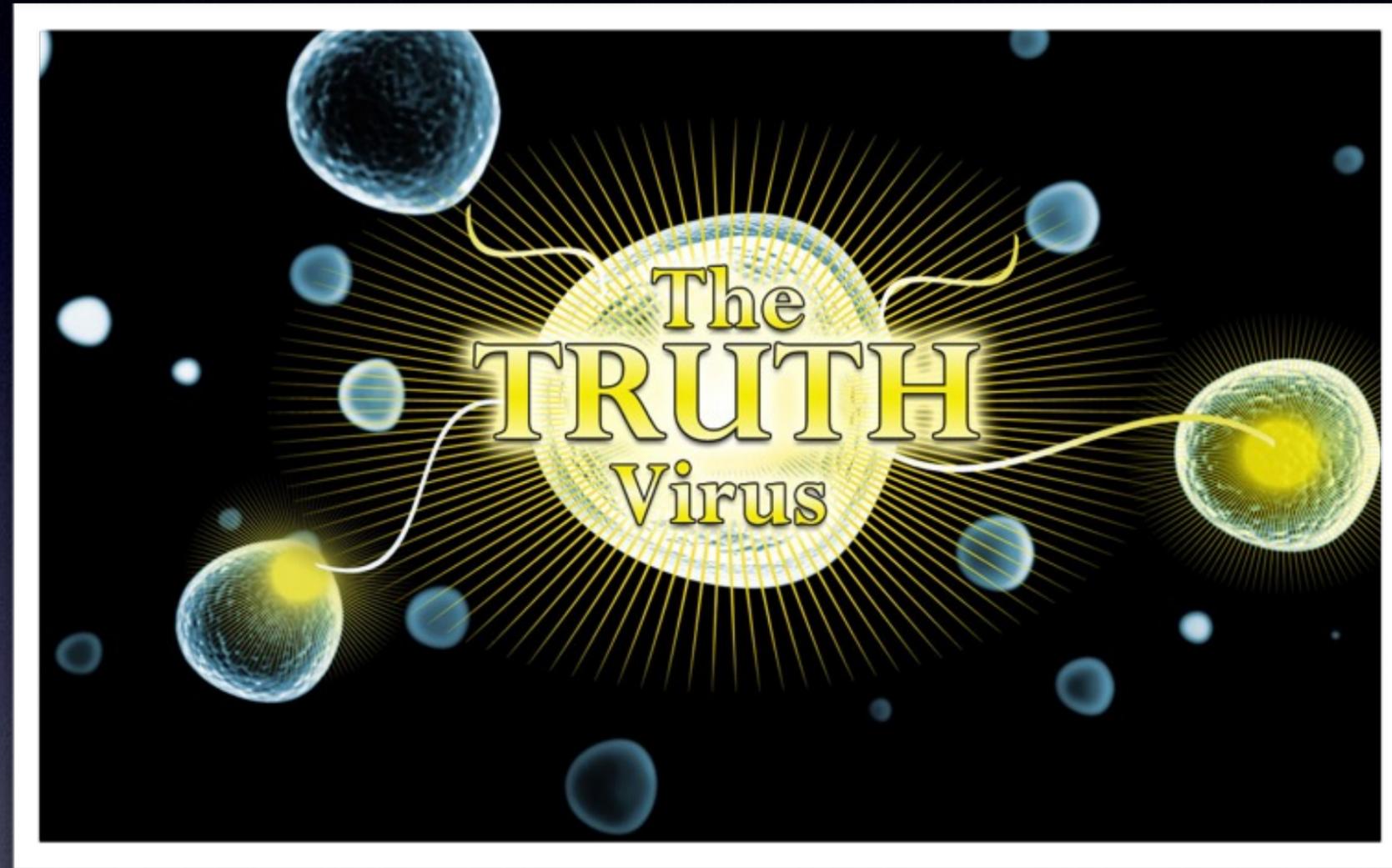


The Truth ...

- Nothing That Happens Is “Personal”
- It’s Not Happening To “You”
- It’s Just Happening
- **Just True Creative Essence In Motion**
- None Of The Appearances In Inner Space Is “You”
- There Is No “You,” No Person, No Individual, No “I”
- It Is And Always Has Been A Pure Fiction
- Much More On This Tomorrow ...



This is all ...



Being “injected” and “deployed”

“I HAVE FREE WILL!”

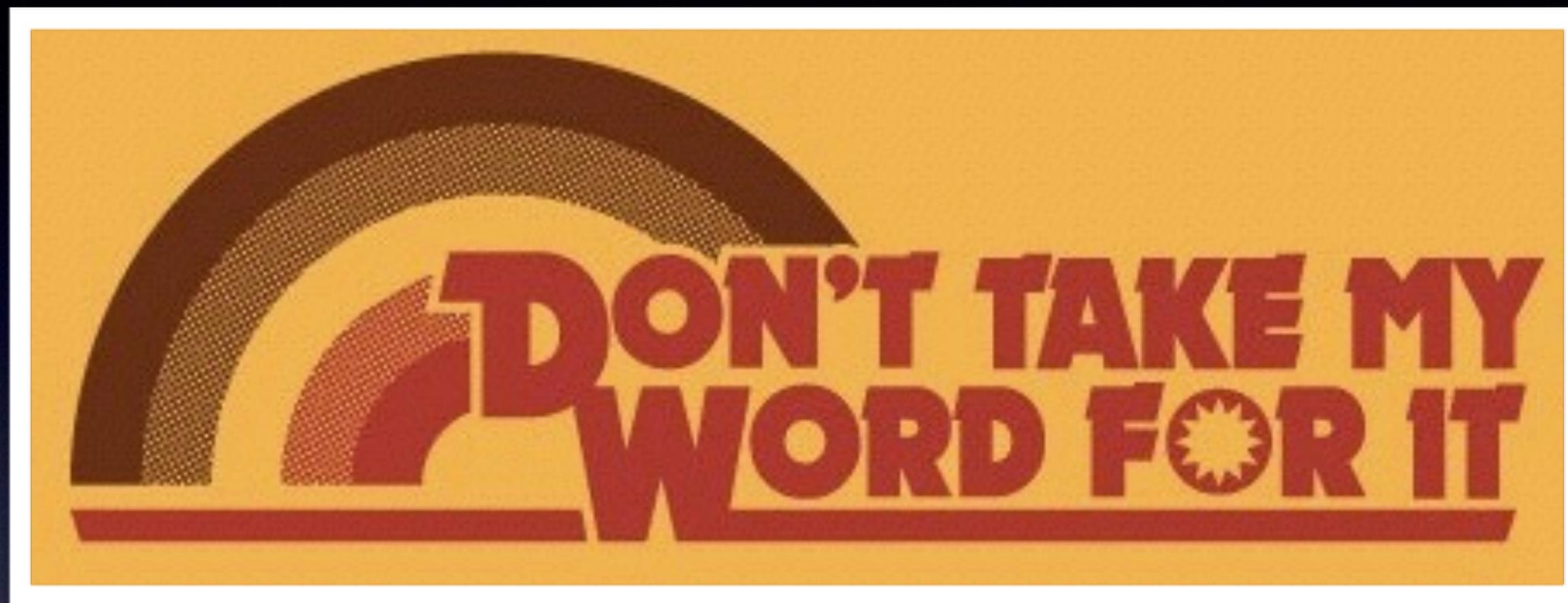
**“I THINK AND MAKE DECISIONS
ALL THE TIME”**

No, “You” DON’T

Here's What Really Happens ...

- A Thought Appears In Inner Space
- There's Awareness Of That Thought
- Other Thoughts Appear
- There's Awareness Of Them Too
- They Appear To Be Connected, Organized And Evaluated In Inner Space
- There's Awareness Of What Seems Like “Intellectual Activity” (Usually A Feeling/Sensation Bonded To That Story)

- A Conclusion Appears As Another Thought
- Action May Be Taken
- “You” Believe “You” Were Thinking And “You” Did It All, Including Taking The Action
- But “You” Just Observed It And Then The Mind Machine Hijacked Credit
- **No Different Than “You” Observing Something Happening In A Novel Or Movie ...**



**You can verify all of this
for yourself!**

Think About Your Dreams ...

With Few If Any Exceptions:

- “You” Don’t Think Or Make Choices Or Decisions In Your Dreams
- “You” Don’t Generally Judge Or Try To Change, Fix, Or Improve Anything In Your Dreams
- “You” Don’t Appear To Have Free Will In Your Dreams
- You’re Just Aware Of What’s Happening ...
- And That’s OK ...
- It’s “You,” But Not “You” As You Perceive It
- **Hmmmmm ...**

Look And See For Yourself ...

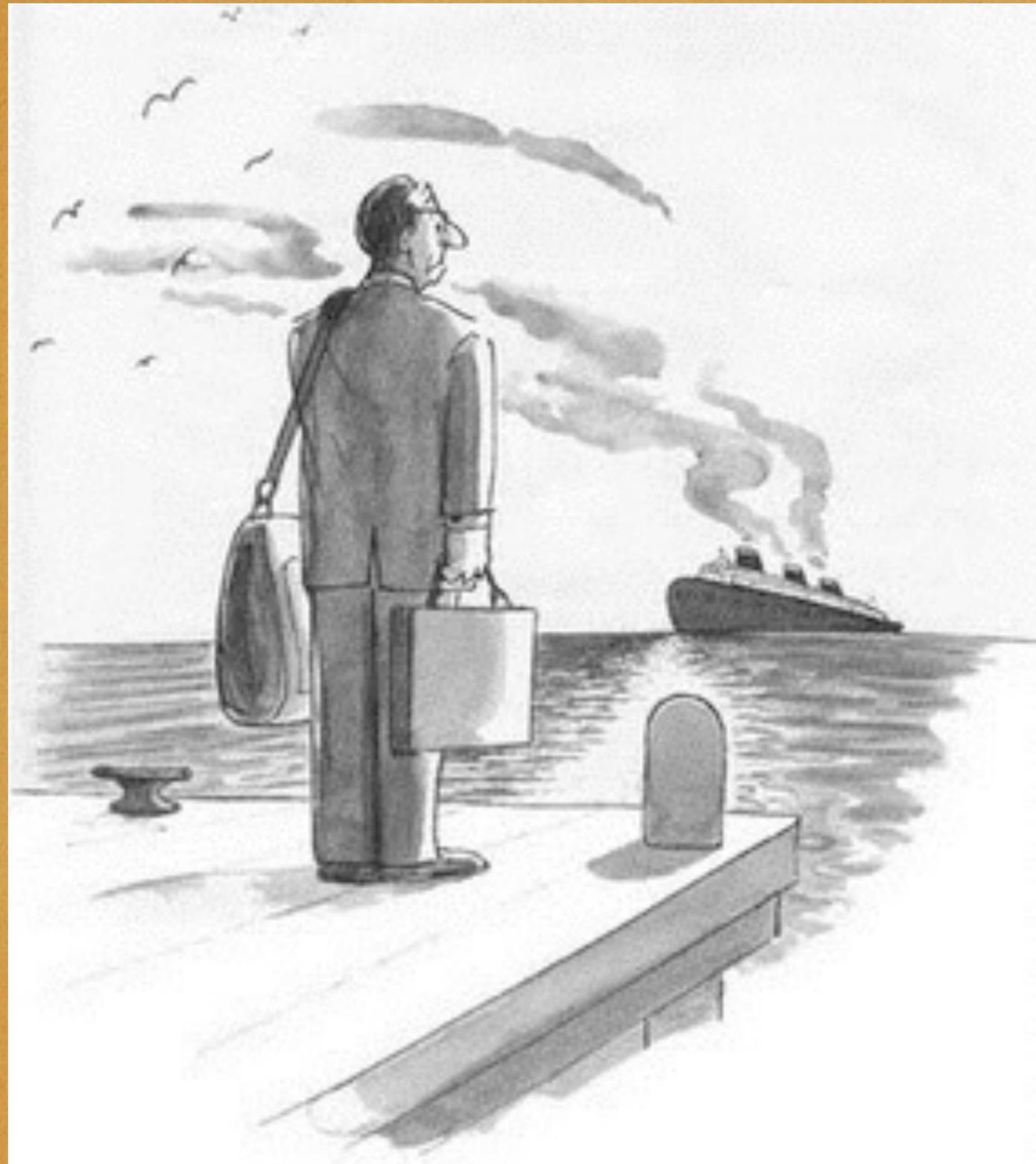
- This Is Not An Idea
- This Is Not Theoretical
- It's The Truth
- You Can See This ... When You Look
- Seeing It Is A HUGE And Radical Drop In Your "Pond" ...
- That Will Roll And Ripple Through Inner Space And Story Space
With The Force Of A Tidal Wave ...

Based On What You Now Know And See ...

**Can “You,” The Player, The Fictional Character,
The “I Thought” ...**

- Expand?
- Bust Loose?
- Transform?
- Be “Happy”?
- Experience Infinite Power?
- Experience Infinite Wisdom?
- Experience Infinite Abundance?
- Awaken Or Become Enlightened?
- Experience Ultimate Freedom?

NOPE



**I MISSED THE
BOAT ON
THAT ONE
FOR A LONG
TIME!**

As Long As You Remain “Identified” With One Or More Characters Appearing In Inner Space ...

- Ultimate Freedom cannot fully awaken
- That’s not right or wrong, good or “bad” ...
- True Creative Essence appreciates P1, P2 and P3 stories
- Ultimate Freedom is just one ride in the amusement park ...
- It’s not necessary, required, better, more advanced or more evolved to leap into Phase 3 ... even if it seems like it is or would be
- It’s just an option ... “The Best Game In Town” for the Robert character

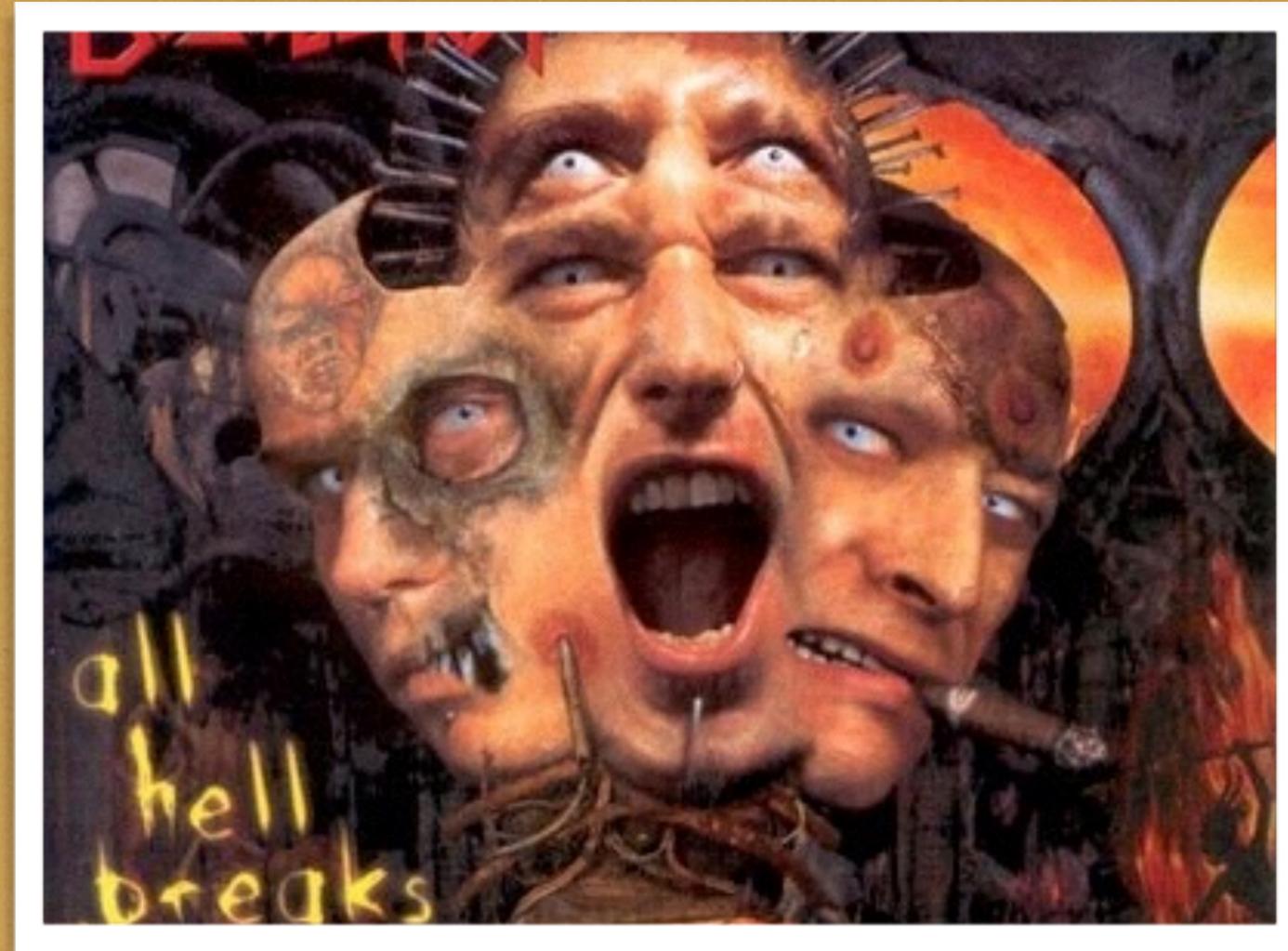
**THE BIG FEAR FROM
THE CLOUD COVER...**

**“IF I LET GO, IF I STOP TRYING TO
MONITOR, CONTROL, PUSH, AND
MANAGE EVERYTHING ...**

ALL HELL WILL BREAK LOOSE”

“I’M HOLDING IT ALL TOGETHER”!

WELL, I'VE GOT NEWS FOR YOU ...



**“THE BROKEN LOADS ARE THE
MINUBROKEN WEBBERBORN!”**

**ULTIMATE FREEDOM IS ABOUT
LETTING “HEAVEN” BREAK
LOOSE ...**

**THE HEAVEN THAT HAS ALWAYS
BEEN THERE ...**

JUST HIDDEN FROM VIEW

**IF YOU LOOK, YOU SEE THERE'S
NO "YOU" ...**

**YOU SEE THERE'S JUST TRUE
CREATIVE ESSENCE "AWARE"
OF AN UNFOLDING STORY ...**

If ...

- Thoughts Stop Or Disappear ...
- Do You Stop Or Disappear?
- Emotions Stop Or Disappear ...
- Do You Stop Or Disappear?
- If Sensations Stop Or Disappear ...
- Do You Stop Or Disappear?
- If You Close Your Eyes, Put In Ear Plugs, And “The World” Disappears, Do You Disappear?

Hmmmmmm ...
Fascinating!

**WHEN YOU DREAM AT NIGHT
AND ENTER DEEP SLEEP ...**

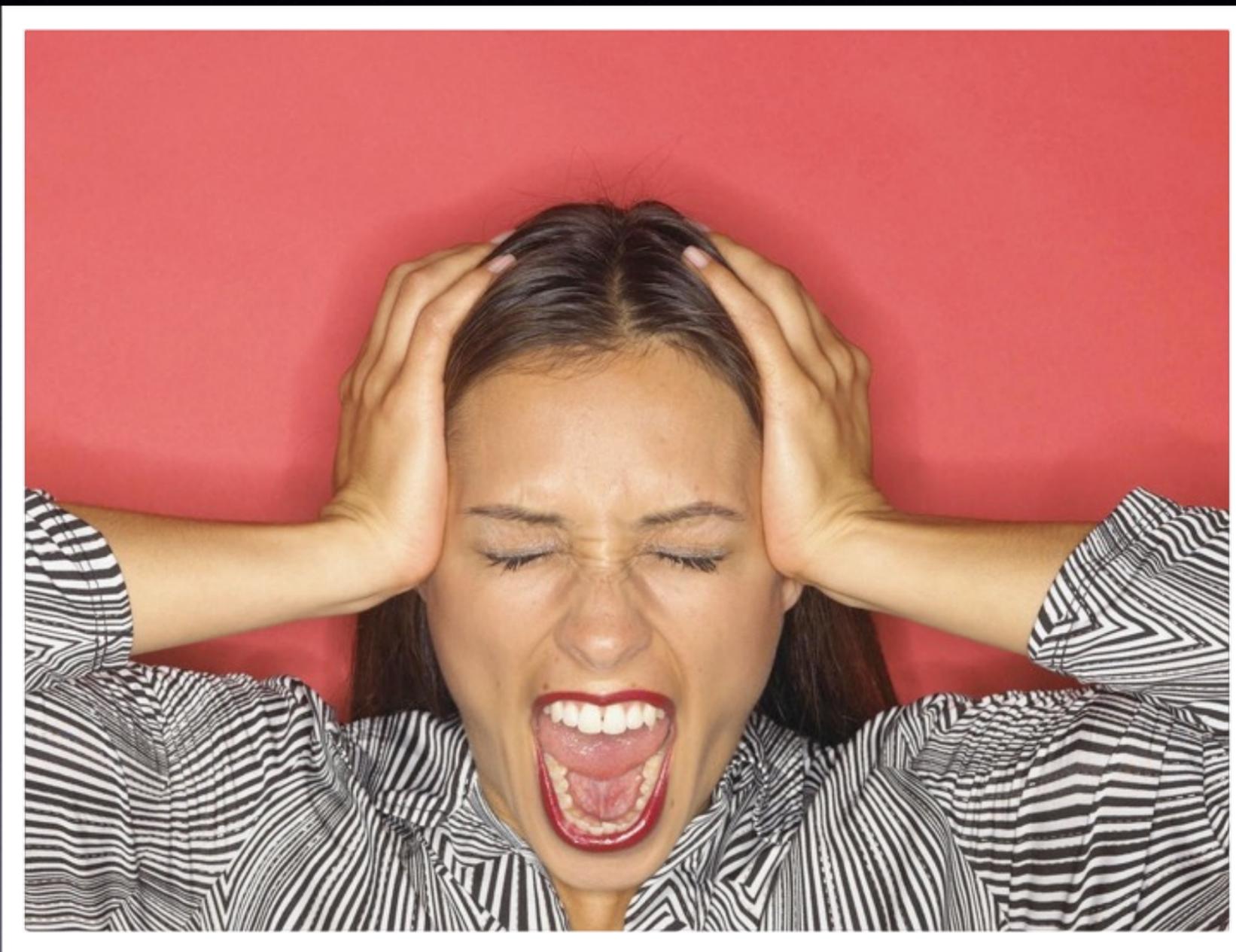
DO YOU CEASE TO EXIST?

Do “You” Do Any Of This?

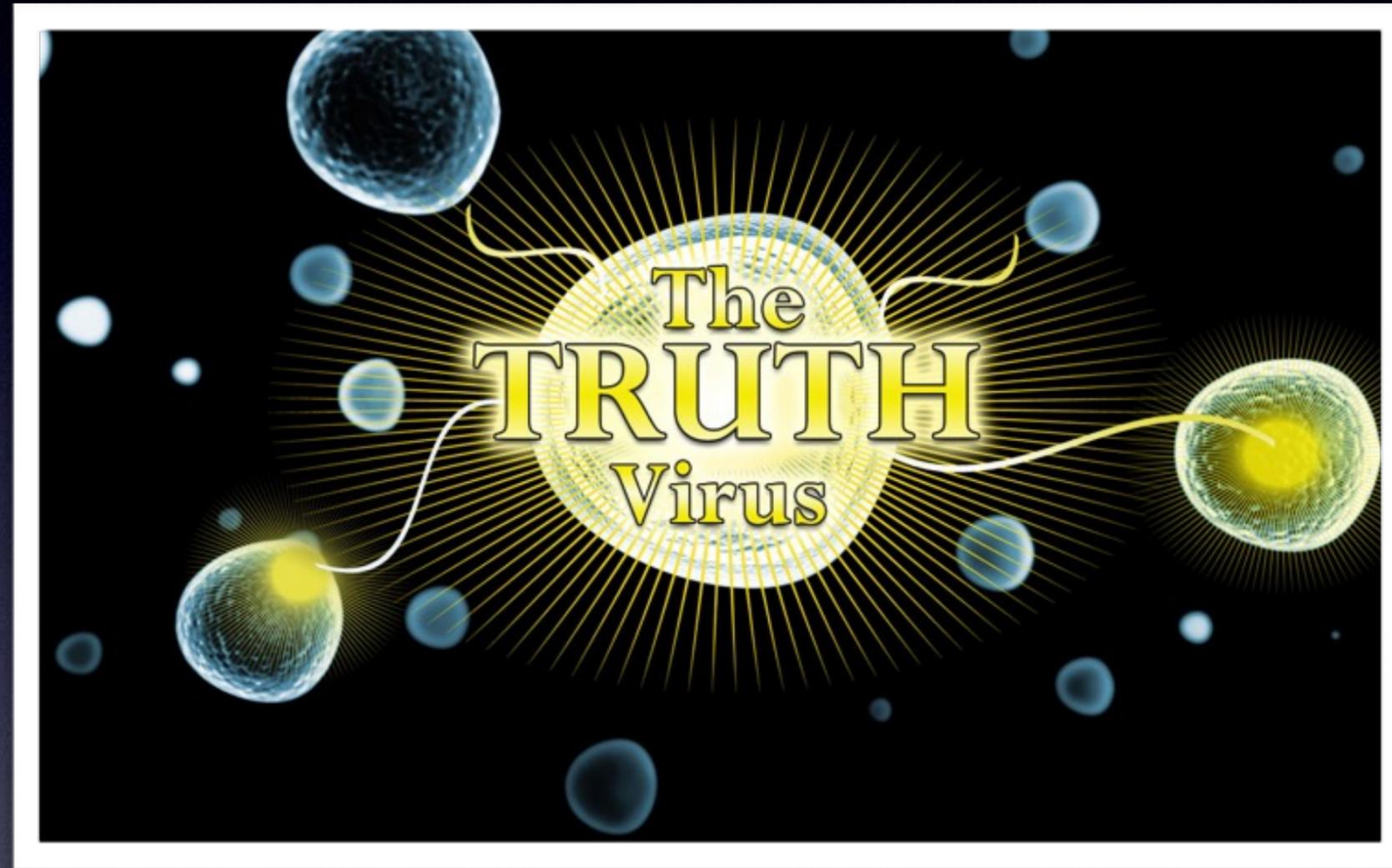
- Beat Your Heart?
- Breathe Air?
- Digest Food?
- Grow And Age?
- Make The Sun Rise And Set?
- Make The Tide Come In And Out?
- Make The Planets Orbit Around The Sun?

So “Who” Does?

**True Creative
Essence, The
Real You**



This is all ...



Being “injected” and “deployed”

*End Of
Day 2*

Closed Eye Support For Today ...

