

A close-up, high-contrast photograph of a person's face, focusing on the right eye and eyebrow. The skin is fair with some freckles. The eye is brown and looking slightly to the right. The lighting is dramatic, with deep shadows on the right side of the face. Overlaid on the lower right portion of the face is the text "DO YOU SEE WHAT I SEE?" in a white, serif font.

DO
YOU
SEE
WHAT
I SEE?

Edwin Carl Smith

DO YOU SEE WHAT I SEE?

THE EMERGING CREATOR PARADIGM
OUR NEXT STEP IN HUMAN EVOLUTION

EDWIN CARL SMITH

Revised, Expanded, Updated
With New Preface & Introduction By The Author

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Publishing History

First Quest Book edition, 1977
published by the
Theosophical Publishing House, Wheaton, Illinois
Printed in the United States of America

First reprint, 2005
Courtesy of SNG Tong Hai
Printed in Singapore

Second (electronic) edition, 2009
published by Edwin Carl Smith & Aloysius Tan

Original Library of Congress
Cataloging in Publication Data:
Jae Jah Noh

Do you see what I see.
1. Spiritual life. 2. Mysticism. I. Title
BL624.J33 291.42 77-5255
ISBN 0-8356-0499-3

CONTENTS

Introduction	4
Preface to Second Edition	13
Preface to First Edition	17
1. THE EXPERIENCES	
Enlightenment	19
Realization	24
Death of a Soldier	26
2. THE TRUTH	
Ecos Emerging	32
Creating Shadows.....	41
Adapting To Ecos.....	43
Paradigm Shift	45
Paradigm Lost.....	47
Evolution By Effort	51
Evolution By Ecos	55
Readiness	61
3. THE WAY	
Creators As Mystics.....	68
The Problem of Spirituality	69
Commitment	71
Abandon	75
Freedom	73
Power.....	74
Methods of Evolution	75
4. THE LIFE	
Original Meditation	78
Experiences	85
Perfection	90
Creating Communion	95
Faith	102
Guidance	113
5. THE CREATORS	
A World in Ecos.....	121

• *Introduction*

We live in a world that is much bigger, and different, than the world we typically experience. We live in a *magical* world (an energetic field). It is filled with battles of power, angels and demons, prophets and sages, lands of beauty and anguish. It all happens within us and between us, below the threshold of personal and collective awareness. We are powerful beings in a world we do not know.

We have given names to these worlds: *heaven* and *hell*, among others; lands of *good magic* and *bad magic*. At first it sounds too fantastical to be true, but it is true. I have been to these worlds and returned. But that is just a starting point. That is not what this book is about. This book is about the collision of these two worlds. What happens when these two worlds, long separated, literally, openly, and consciously collide? What happens when a world of long suppressed *magic* (personal and collective unconscious activity) emerges inside a world rooted in fear and anger, and devoted to keeping *magic* at bay through repression, oppression, logic, or control, among other strategies. What happens when you can no longer keep a genie in a bottle?

That is just what has happened. The boundary between these two worlds has collapsed. Their merging can be a great opportunity for abundance and health on a planetary scale, or it can be something darker, more sinister. This book is about how this happened, what it means, and how you can respond so that goodness and health prevail.

The *reality* you experience is part of a much larger Reality that extends beyond what you experience. By altering habits

of attention you can alter awareness and so gain access to this larger, *hidden* (suppressed), Reality. That was the way it was done. That used to be true. It has always been true. But it is true no longer.

Let us imagine Reality consists of four dimensions: matter, including biological life; mind, divided into *personal mind* and *collective* or *archetypal mind*; and spirit, the traditional and ancient word for a dimension we now call consciousness, the quantum field, the void, or simply *energy*. These dimensions can be grouped together and referred to as existence, which leads us to the fourth dimension of non-existence. Time is how we experience movement through matter or space. Thus we have the *space-time continuum*.

All four dimensions exist within and interact constantly with each other. Mind is a dimension of special interest because it manages the transition between energy and matter. Indeed, *energy* is consciousness, the medium of personal and collective awareness. Thus, personal awareness, including thought and emotion, directly affects the transition between unformed energy (i.e., chaos), and the formed energy of matter. Awareness affects manifestation. Mind affects matter. Awareness affects what we experience and how we experience it. Finally, interestingly, in certain situations, the awareness of one person can and does affect the awareness, experience, and reality of all others.

How is that possible and can it possibly be good?

Imagine a room where people move about with their eyes closed. (I will call these people Actors for reasons that will become clear in the next chapter. For now, just go with the name). They have no idea they are in a room or that anybody else is in the room with them. They are entirely alone in their

thoughts and dreams, except a *wireless computer network* connects their minds together. Each Actor, then, experiences a shared *reality*, a world we will call Legion, made of their collective thoughts and dreams.

The room has one door that leads outside. A strong wind blows the door open, throwing everyone against each other. Even the floor moves. The effect is immediate and universal. Everybody is affected by something outside their shared reality. People seem to be *sleep walking*: moving, reacting, but with no awareness of anything outside themselves. Activity in the room increases: people bump into each other more frequently, and with more force.

Inside the world of Legion the reaction is disturbing. An *invisible force* has impacted their world. Everyone reacts differently, increasing the intensity of their shared experience; but mostly there is fear or anger. They don't know what is going on, but they don't like it. They are not certain their lives are at risk, but they are suspicious. Not knowing what has happened, beliefs vary; but without awareness, beliefs are just superstitions.

Let's take this a step further. As one of the Actors in the room, you eventually open your eyes and *wake up* from your shared reality. You have become a Knower. (Again, just go with the name for now). As a Knower, you are self-aware. You notice yourself in a dark room of shadowy figures, and you are aware of yourself inside the world of Legion.

Knowers are not at all certain that self-awareness improves their shared reality: you are now very aware you are alone in the world. You see people moving about the dark room with closed eyes. They look and act like *zombies*, shadows of real people. You do not like this room. You choose to close your

eyes and go back to your shared reality. But as a Knower, you can never return to the simplicity of life as an Actor. You are now aware of two *worlds*, but comfortable only in one, and neither world seems quite real anymore.

There are advantages to being a Knower in an Actor's world. Knowers separate themselves from the shared reality, the group hallucination, of Legion. Knowers distinguish between *personal* and *public* life. They become *rational*. They do more than simply act or react, like Actors. Knowers plan – and they lead.

Within Legion, Actors notice that the lives of Knowers are calmer, less subject to unexpected events, more controlled, organized, healthier, smarter, safer. Actors accept the lead of Knowers. Knowers see and know more than Actors. But Knowers now contend with each other for power and authority in the world of Legion. The previous and unintentional chaos of life in a shared reality is replaced by a very intentional chaos generated by Knowers in conflict.

Dissatisfied with a world in constant conflict and with no obvious way to bring order to the interaction of Knowers, you open your eyes once again and choose to brave the strange world of human Shadows. You explore the world all Knowers know, and fear. It is frightening and disconcerting, but you persist. You begin to see things clearly. At first you think your eyes are adjusting to the dark, but you realize your eyes are themselves a source of light, allowing you to see in the dark. What you see helps you understand why life in Legion is so conflicted, and unhealthy.

First, you find the door to the *outside*. It is marked Chaos. Then you notice others, covered or surrounded by swirling demonic energies, Shadows. They are raging, attacking each

other, the person they are connected to, and everything that person encounters. Shadows carry weapons: knives and axes. They carry armor of leather and metal. They carry belts, chains, shards of glass and stone. They leave open wounds wherever they go. It is a nightmarish scene: a world of anger and fear, of conflict and disorder, and occasional and true chaos. You see that the drama of life in the world of Legion is influenced by, an expression of, this dark Room of Shadows, but no one in Legion knows it. Their eyes are closed.

You see stairs that lead to a basement. At the bottom you open a door marked Stories. You see luminous pillars of light, each differently colored and slowly moving around the room. They hold up the floor of the room above: the Room of Shadows, the world of human beings, and the shared reality of Legion. Strands of light occasionally and slowly emerge from one pillar and attach to another like vines. You realize these pillars are alive, not like human beings, but alive nevertheless.

You see a door on the other side of the basement, marked Chaos. Like the door in the room above, it opens randomly. When it does, even the pillars are shaken by the strong winds. The door opens as you are watching. On impulse, you quickly go through it before it closes behind you.

In utter darkness now, even the light from your eyes is lost in this complete nothingness. You are in the midst of what seems like a violent sandstorm. You feel the constant stinging of small particles hitting your body. Your clothes offer no protection. You see small, almost microscopic bursts of light flying off in all directions, as if the particles were colliding and exploding.

You lean into the storm that comes from all directions. You walk but you have no idea where you are or where you

are going. Your eyes adjust to the darkness. The bursts of light are enough to help you see, but nothing is there, until you look down. Below you is a spiraling cloud of darkness. You are suspended over this cloud and apparently beyond its reach, at least for now. You realize that everything, this Room of Chaos, the Room of Stories and Shadows, and the world of Legion, all float above this abyss of darkness. The vision below you is both terrifying and fascinating.

Your eyes pull away, and notice a spiral staircase in the distance. You sigh relief and struggle through the storm. Near the base of the stairs you notice the door to the Room of Stories. You have already been there, so you climb the stairs. Finding the door to the Room of Shadows, you go in.

You return to the world of Legion and use what you have learned to improve your life and the lives of others in Legion. You become a Healer.

Healers appear in the world of Legion as teachers, healers, or sages. They are more self-aware than Knowers. As a Healer, your message is that the disorder in Legion can be stopped or reduced by healing the disorder in the Room of Shadows and integrating it with Legion into a single world. To integrate both worlds, you must spend time in both worlds. You must take the journey of Healers. But Knowers are too busy leading and controlling their lives and the lives of others. Your message languishes in disinterest. Nothing changes.

As a Healer you try to overcome this barrier by taking a lesson from the Knowers: you ask people to trust you. Your lead will improve the quality of their lives more than if they follow the lead of Knowers. You also try to overcome the inertia of the Knower-ruled world of Legion by teaching others how to wake up, meditate, open their eyes, experience

the larger Reality around them. You offer methods to help them break through their layers of *resistance* and years of bad habits as Knowers. But either way, leading or teaching, results are sporadic and limited to a few individuals. Improving the world of Legion is agonizingly slow and difficult. Meanwhile, life in Legion is increasingly conflicted and dangerous.

You open your eyes once again, but now you can do this without leaving the shared reality of Legion, or the Rooms of Shadows, Stories, or Chaos. You are aware of all those rooms. You exist in all those rooms, all at once. Is there something you have missed? You retrace your prior journeys: you turn attention to the Room of Shadows, then the Room of Stories, and the Room of Chaos, until you find the staircase that led you back to the world of Legion. Now you see what you missed. You were so anxious to return to the world of Legion, you did not notice that the stairs continued upward beyond the Room of Shadows and the world of Legion.

You take the stairs upward and find a door marked Everything. You open the door and go in. You find a room with bright lights of many colors flashing off and on, giving the room a pleasant glow. The lights form large panels that line the walls of the room. It reminds you of a large computer room. There are no sounds. As you pass by, the lights glow more brightly, responding to your presence.

Now you understand: the Room of Everything is the hub of the *computer network* that connects Actors, Knowers, Healers, everything, together; making the shared reality of Legion possible. You see instantly that by affecting the network, you can affect everything and everyone in the network, including the shared reality of Legion.

Then you realize you are already doing this. Everyone is

already doing this! Everything is already connected. It is the connected but unconscious activity of everything in the network that created the unhealthy world of Legion. Everyone is already affecting everyone and everything in the network.

Then something happens that completely surprises you – and solves the problem of improving the health of the Reality you share with all others: the computer speaks – to you!

The network is aware of you. It is sentient! And through you it is aware of itself. You and the network have always been connected, but until now, you did not know this, and neither did the network. The network was not aware of what it was, or what it was doing. It did not know itself as Reality for Actors, Knowers, and Healers, Shadows, Stories, and even Chaos. The network was unaware of what was happening inside its Self. You and the network now realize that together you form a single Being or Self. You are aware of yourself as the network and through you the network is aware of itself as All That Is.

You have become a Creator. Creators maintain the Self-awareness of the entire network or Reality, so that the Reality of all things is Self-aware. From the point of view of Actors, Knowers, and Healers, the world *wakes up* – and takes action to sustain itself.

From inside Legion, the only response needed from Actors, Knowers, or Healers, is to accept and adapt to the improving health of Reality: a rising tide raises all boats. Not everyone needs to function as a Creator, to become fully Self-aware, or to begin Self-healing; but the more people who are fully Self-aware, then the more *feedback* Reality gets, the more Self-aware Reality becomes, and the easier it is for Reality to sustain the health of all things.

The name of this Self-aware Reality is Ecos.

What follows is the story of how Ecos came to be, the implications of living in Ecos (our Self-aware Reality), how you can participate in and help sustain the Self-awareness of Ecos as a Creator, or improve the health and abundance of all things by adapting to Ecos – as a Healer.

• *Preface to Second Edition*

This second edition is a complete re-write of the original manuscript of Do You See What I See? Why?

As a result of my explorations of the *larger Reality* noted in the Introduction, I had two initial transforming experiences: enlightenment and realization. These are regarded as spiritual or mystic experiences. So I wrote the original version of this book for an audience with a background in *spiritual* literature. This was both a necessity and a convenience. In 1975 when I wrote Do You See, I was barely able to do more than recount my experience of enlightenment and realization, let alone make sense of them. Introducing that material to an audience with no background in the literature was beyond my abilities at the time.

In this second edition, I wanted to make this information available to a wider audience. The effort required a complete re-write of the original manuscript.

I began writing Do You See about a month or two after my realization, which basically re-wired, or scrambled, my brain. The book that resulted was more of a wandering stream-of-consciousness than a coherent reflection on enlightenment and realization. I remember clearly that my most difficult problem in writing the original text was a lack of words; not a good place for a writer to begin writing.

My own background in spiritual literature was not strong. So I hoped the reader's background would help them make sense of what I was trying to say. I was also trying to call attention to a change I noticed as a result of my realization. Trying to clarify that change has taken me decades and

beyond anything noted in traditional spiritual literature. *Do You See* was my first effort to describe what I now understand to be a paradigm shift.

There is nothing so difficult as trying to communicate a truly new idea. It is difficult for the reader, who has no context to understand what is written. It is even more difficult when the author has no context for it either! This was the situation in which I found myself when I sat down to write *Do You See*.

I have been discovering and trying to make sense of the implications of what happened to me in 1975, and to Reality, for the past 34 years. Only in the first half of 2009 did all the loose pieces fall together. The result is this second edition.

As I read through the original manuscript for *Do You See*, I was immediately brought back to my state of mind at the time I wrote it. I remembered struggling to find words and concepts to convey the implications of what had happened to me just a couple of months earlier. I could see in the original manuscript repeated efforts and failures to make a point I wanted so desperately to make. What was that point?

I was alluding to a paradigm shift, a shift not merely in my relationship, but in everyone's relationship, to Reality. That relationship had fundamentally changed. My realization was not just an insight into the nature and relationship of Self and Reality, but recognition of a change in their relationship. How that was possible eluded me at the time. That it had happened, however, was a certainty.

I understood that the *truth* people sought and the illusion they sought to escape were one, fully integrated. This is a very old insight about *non-dualism*. The usual way to achieve that insight is also very old. It required a degree of renunciation and separation from ordinary life. Why? The dualism of *truth*

and *illusion* had not yet been resolved as a fact in Reality, only as an insight, an experience. Renunciation is a way to accept the dualism of Reality as a starting place. Then you try to overcome it through some non-ordinary means until the conflict resolves as an insight. But the resolution is in your head, not in Reality.

What changed in the moment of my realization was that the insight of non-dualism became objectively real and true. It was now an actual fact of life. The essential oneness of all things was now directly and immediately available in the midst of ordinary life, without renunciation or resort to any strategy or method. Living that Truth, being lived by that Truth, required only simple acceptance, Faith.

Now I have the words and concepts to write the book I tried to write 34 years ago. The result is a second edition that is both more and less than the first edition. It is less in that I eliminated the endless wandering stream-of-consciousness of the first edition (well, I think I have). It is also more than the first edition in that I had to go beyond what I actually said in order to clearly state what I meant.

This book expresses and results from a paradigm shift. It breaks with more than 5,000 years of received, assumed, and repeated wisdom. Most people sense a *paradigm shift* is coming and overdue. It is nonetheless disconcerting, even if expected, precisely because it re-orders our reality and lives. Also, there has been only one other paradigm shift in human history: that shift moved us from a *body-based* reality, organized around the physical world, to a *mind-based* reality, organized around thought. The paradigm shift of Ecos moves us to a *spirit-based* paradigm organized around full awareness of and participation in the energetic workings of Reality.

Some final details about the second edition:

A problem you face writing about a *reality* embedded in a larger Reality is how to indicate that in writing. My solution is the same as other authors: Capitalization. For instance, words like Self and Heart have different meanings and implications when they are capitalized than when they are not. This is a very slippery slope, however. Once you start Capitalizing words in the Middle of sentences, it is difficult to find a logic that tells you when to Stop. The result is that everything gets Capitalized, which most readers find Distracting and Irritating. Therefore, I have Tried to be Judicious in its use.

The original subtitle of this book was *A Message From A Mystic*. That was changed to more accurately indicate the book's purpose and content.

Finally, the first edition was written under the pseudonym of Jae Jah Noh. Don't ask! It seemed like a good idea at the time. It became evident to me, however, that the name did not reflect who I had been, had become, or would be, so I dropped it.

Edwin Carl Smith

Everett, WA, USA. June, 2009

• *Preface to First Edition*

This is a book of explanations, or stories. Ultimately, however, there is only Reality, which can be perceived but not really explained. So, I offer my stories; conveniences only, with no ultimate importance or validity. They may help you undo your attentional habits. They are not meant to replace your beliefs or rationalizations. Sooner or later the power of these stories will present itself to you irresistibly. When that happens, you will see Ecos, the Harmony of All That Is

How can we really *explain* the Infinite? Only an infinite explanation could do that. It is here, as ordinary life. Truth arises spontaneously and naturally as your life. Life is its own story, and obviates the need for any other.

This book is a moment frozen in time, kidnapped from and negated by the life that lives me. In this moment, I share, elaborate, and then negate all you read here. Viewed this way, this book simply points over the horizon of your perceptions.

I must repudiate in every moment what I have said and lived previously. Otherwise, I am bound, unable to evolve. If you are to know me, know Truth, then renounce the past. Approach life at every moment freely, openly, without habit.

Jahna

Denver, CO, USA. April, 1976.

1

THE EXPERIENCES

- *Enlightenment*

Ecos emerges out of Self-awareness. Typically, and before Ecos emerged, Self-awareness was achieved by varied means intended to break through the unconscious barriers and habits of the personal mind. All such means might be summarized in the word meditation, a formal way to alter personal awareness.

This is where I began. I was fortunate not to have been instructed in formal meditation techniques. More accurately, none of the instruction found a natural home in me. So when I decided to begin a formal meditation practice, I threw away what I had learned. I began by assuming that something like Ecos existed, a practice I call Faith. But at the time, this was mostly an unconscious assumption.

Presuming Ecos allowed Self-awareness to emerge more quickly for me than for most. The *experiences* I describe below occurred within five years of starting formal meditation practice. It has taken me 34 years to fully realize and understand what I did all those years ago, and what resulted.

The events of enlightenment and realization are well known and well documented in spiritual literature. For most people these are insights about the nature of, and relationship between, self and Reality. But if your meditation practice is sufficiently deep, insight about the nature of self and Reality becomes not only a permanent shift in awareness but in the relationship between self and Reality. What follows is a description of my first encounter with an emerging Ecos:

The nature of enlightenment is generally intellectual, unlike realization, which transcends intellect completely. For

me, it was like a great light suddenly bursting in on my mind, my awareness, illuminating all the dark recesses. It is beyond words or concepts, yet I could think and conceptualize. I had a euphoric feeling of knowing everything, while also knowing I knew nothing. There was a delicious sense of power.

Anything can trigger the event. For me it was reading a book, which seems somehow appropriate for the event and for me. Something happened. A connection was made. Suddenly, everything made sense. I was privy to an almost comic sense of the world and myself. I was dumbfounded. All I could do was witness in stunned silence.

I saw myself as a finite being, standing on an infinite dark surface that I recognized as infinite knowledge. The feeling that I knew everything is more accurately described as the potential to know everything. I could stand anywhere on the dark surface. Each point represented some bit of knowledge. Nothing inhibited my travel. There were no obstructions. There was just me on an infinite field of knowledge.

I had thought *infinite knowledge* would be like an *infinite roar* in the back of your mind, but it is not a personal possession. Rather, I could see that in each moment I would be standing on this surface and the knowledge there would be appropriate and sufficient to the moment. In some other moment, I would be elsewhere, and I would know what I needed to know and be what I needed to be.

I cannot adequately convey the sense of non-obstruction here. Before, pursuing knowledge, understanding the relationships between facts, had always required great effort. It was like walking through knee-deep mud. I could think, learn, and know, but it was difficult. Now, I was like a skater on ice. There was a tremendous feeling of release from the

effort I had known before. It was as if knowledge was now a network of open passages. I could walk through these passages, make connections without effort, because I was guided by a higher knowledge. It was not like plodding through unexplored territory, but more like walking through places I already knew. I could never make a *bad connection* since everything related to everything else. It was all one.

No specific idea came to mind. Yet I knew I had gained the ability to perceive Truth. I did not need to know anything because I could See everything. I was emptied of knowledge and memory and filled with awareness. I thought of the Bible: I could think of no specific passage at the moment, but I knew I could read a passage and know exactly what it meant in a way I could not have known before. What was obscure before was now obvious. I was free, powerful, and intoxicated.

What I understood was beyond reason or logic. It can be reported in a logical, reasonable fashion, but Truth has its own reason and logic unfamiliar to a linear mind. Connections in Truth appear as leaps of illogic to others. The two-dimensional image of the infinite dark surface hardly conveys the multi-dimensional nature of the experience. I was intensely aware of dimensions that even now defy description or conception. You experience these dimensions in and as leaps of illogic.

The validity of the experience, its absolute authenticity and authority, was beyond any doubt. Previously, especially in my academic studies, there was an undercurrent of skepticism, doubt, a certain inability to really believe anything. Now there was an assurance that emboldened and frightened me.

The experience began suddenly, unexpectedly. It was undeniable, overwhelming, uncontrollable. I did not want the experience – or my euphoric reaction to it – to stop. I tried to

keep awareness wherever it was for as long as possible. My euphoria lasted several days. There was incredible clarity of mind, crystalline perceptions, a sense of awe. A few days later, the super-phenomenal aspects of the experience began wearing off as I adapted to it.

I began noticing small but definite changes: I knew things I did not know before. From within my own depths came wisdom that taught me as it arose. In a class, or a lecture I was giving, I would pass on information that was startlingly new to me, yet deeply true and helpful to others. I realized a basic alteration in my mind, my intelligence, my mode of thinking, my access to wisdom, had occurred, and was continuing. The experience was not a singular event, but a living, on-going process that was living me, changing me. Here was a great gift. I only slowly began to realize and utilize its potential.

This experience has matured into a living reality, an ongoing experience of the Transcendental. I am never without it. I am never outside this living Presence. I may fluctuate in my awareness of it, but it is always there. I cannot lose it. For a while, that was a fundamental concern. I worried that if I did anything *too much*, if I was not very cautious, this fragile and wonderful gift might be destroyed. Over time I realized its indestructible nature: I could not lose it. It was me!

I wish to caution you about how you use this information. Try not to use it as a way to evaluate your own experiences or spiritual progress. Try not to use it to support any judgments of yourself or me. My experiences are my own. My path has been for my benefit; no one else's. Your path is your own.

I write this book not so you will have enough information to proceed on your own, though that is certainly possible. I write to convey an understanding of the Transcendental

beyond what can be conveyed in words. I write with the hope you will go beyond these words. Do not look to words as a revelation of Truth. Truth is beyond all words. Bring more to the reading of this or any similar text than a literal and linear mind. Read with your Heart. If you cannot do this, then you need a Teacher you can respect and trust.

It is not important to know if you are enlightened or realized. If it was, you would be informed one way or another. Personal concern is only a distraction. It destroys the integrity of your path and your mind. Be content to do and be your very best in everything. Accept yourself in your totality, as you are in each moment. This is what you will be required to do eventually anyway. Life is not worth living, and impossible to live fully, in the absence of Self-acceptance. In many ways it is harder after enlightenment than before.

Do not look for tangible proofs you have progressed. Be content to know that even realization only reveals that you were always perfect. Thus, whether you believe it or not, you are, at this moment, all and more than you can ever hope to be. Simply offer thanks for this already-present gift by giving your attention and your life to That Which Is in your life.

If this is your choice, then live your life, practice whatever disciplines seem appropriate, not for some specific goal, but in the understanding that there is no better way to approach life than as a fully human being. This way you offer thanks to life by fulfilling your destiny.

March, 1975

• *Realization*

I experienced realization like a deep meditation. There was a feeling of being whisked away, suddenly and dramatically released from something. Only with this release did I realize something had been binding me. The “I” disappeared entirely. I transcended the realm of objectified experience and entered a Void. I transcended all forms of being. I existed but without conditions, beyond any form of self-awareness. There was nothing left that could be identified as “I.” Everything simply winked out, ceased to be, radically stopped. There was no sensation of time: an eternal moment.

Then I returned to the world of form. I was recreated, re-born, in that moment. Level by level, form by form, I slowly re-entered the domain of matter, the physical universe, planet earth, life, humanity, culture, personality. I sank, layer after layer, into the conditions of ordinary life, putting them on like clothes. In the moment, there was a paradoxical feeling: all of this is beyond my control, yet it is entirely voluntary. I was returning of my own volition. What else is there to do? I came back to the reality we call the world, back into my own body. I saw the world for the first time, with new eyes. I had a feeling of being and not being the person I was before. I felt fully alive. All that was before was just so many forms of death..

The event is a paradox. You feel both calm urgency, infinity and finiteness, wisdom and ignorance. You dare to say, yet refrain from saying “I am That Which Is.”

There is a feeling of awe and humor. Realization brings a sense of the laughable stupidity you have engaged in, and will

continue to engage in. You see the entirety of life as a fantasy that beguiles and has no significance other than love. Life is a realm of experience created for the sake of experience. It is all manifested love, the experience of which is divine delight.

At the same time there is a feeling of awe bordering on terror. You see the inevitability of your own non-existence, literal and true death. You see the fulfillment of evolution as obliteration. You see the cosmic wheel of life. You see beyond infinity and eternity. You follow the cycle of existence and non-existence until you meet your self again from *behind*, only it is not you. It is someone else that once was you. It is an insight that could drive you completely mad. You ask why? Is this a joke? Is this a hoax played on the unwitting and from which there is no release? It is a shock, a jolt that reverberates throughout Reality.

Then, as quietly and simply as mid-winter snow, comes a response: love. Life is its own gift. It has no purpose. There is nothing else to point to, to justify or explain it. It is love, pure and simple. This is the ultimate crisis of love. There is nothing to do, no purpose to fulfill. There is nothing for which you must sacrifice yourself, now or ever. There is only love.

And if there were a purpose to be served, we could justify all the misery and insanity we rightly shrink from. There would be a reason for it. But there is no reason. Thus, they are exposed for what they are: pathetic, unnecessary, sad.

So we are left where we started, with what is both a blessing and a challenge: the ability and opportunity to live a fully human life of wisdom, love and joy. What greater thing could one ask for, hope for, or attain?

October, 1975

• *Death of a Soldier*

A Meditation on Death & Rebirth

(In the Aftermath of Enlightenment and Realization)

Now all things come to abide in the fullness of nothing. The journey is complete. All that motivated my search and yearning, my hopes and dreams, my fears and struggles, have come to rest in their natural crypt of life.

I have been a soldier for endless lifetimes. I have been at war with reality and my life; fighting and fearing at first in ignorance and pride. But more and more, of late, I have been a good soldier: fighting and struggling with ignorance and pride for wisdom and humility. I have always been fighting. I have always been pursuing, even the goal of being without goals.

Again and again I entered life to sacrifice myself on its altar for dreams that seemed real. Repeatedly I sought to transform my life for the sake of some promise. At first my efforts were shallow as were my dreams, but soon they grew to encompass all that was conceivable. Of late, I have sought the inconceivable. I have always pursued what was beyond the moment, beyond the place of my ever-constant existence.

I have tried to find myself by finding my place. It was nowhere to be found. I have guarded and sheltered my life fiercely, creating my own suffering. I desired to conquer my fears, never suspecting desire is the mask fear wears. But there was only one fear or desire – my desire for and fear of life.

Over and over I sought a worthy cause to which I could sacrifice myself. I sought to overcome my mundane world of pettiness through the noble pursuit of virtue and goodness. All

my lifetimes offer testimony to dreams of virtue and goodness. At first, I sought only the rewards of conquest, treasures to satisfy my lust. Later, I sought honor: pride in my virtue in the face of corruption. Finally, I gained a feel for the dramatic: I sought tragedy, a life of irony. I sought immortal life in the memory of others through death. I sought to justify the futility of my past. I struggled against the humbling and humiliating laughter of a distant and uncaring universe.

More and more I heard the insistent words: all is folly. This is the call of madness. I pursued the tragic to avoid the humiliation of the comic. I was caught in the gulf between tears and laughter. Nothing was necessary. It is tragedy or comedy. I created tragedy, the drama of my own fears.

I feared losing the life I loved. I began acting out all the forms of this illness, and I sought all the cures. I created the conditions of my own deception and then sought remedies. I created the conditions of my suffering, and then prayed for release from beyond, as if there were a beyond. I used my creative power for self-deception and then feigned weakness.

I have warred with myself, struggling to overcome my creations. I tried to leave behind what I carried within. I played out the drama of self-deception until at last I saw the obvious. I could not live with my suffering and illusions, because without them I did not exist.

I followed my desires evermore deeply, even into the Void, the chaos and emptiness of existence without life. There, in the Death of all things, a final irony: my true nature. I was home, at last. I had fought my last battle. I had defeated my self. I had died at my own hands.

Life arises from the ashes of Chaos. Death is the womb of creation and life. I saw the first and final choices of creation:

tears or laughter, suffering or joy, Death or Life.

Now I am faced with the most terrifying choice of all. I have ended the games, the limits, the enforced and stilted drama. I have destroyed my desires and found peace. I have exchanged my illusions for reality, my fears for freedom.

Now what?

What does a soldier do with victory? What does a sinful monk do when he passes heaven's gates? What is to be done when your motives and schemes are fulfilled and end? I have always been a soldier. War has been my constant companion. I have loved and hated it, conquered and been conquered by it.

Is this all there is? What do I do now?

There are no more calls to heed, banners to wave, sacrifices to make. What value has life without tragedy? What is nobility without death? What is goodness or virtue without struggle? What are victories without defeats? With no more sacrifices, nothing to avoid or achieve, no leaders or followers . . . where is the meaning in that? I have always fought with life, yet loved it. My struggle was my embrace. My hatred was my love, and I loved it all. My God, I loved it all.

I look now on the altar that was my reality, the crucifixion that was my life. I am familiar with life's symbols and motives. I know its patterns and pathways. I am comfortable from habit with its goals and purposes, its rewards and punishments. It is all gone! My insatiable desire for peace, truth, order, control, and goodness, has destroyed me. I have succeeded through my own death. My life has been a crucible. My ambition exceeded all limits and I found myself in a Void. I am now fully One, embraced in the arms of the Infinite . . . and lonely.

What form shall my formless soul assume in this life and world? What goal do you pursue when all goals end? What is my Heart's desire? What is there to do? Shall I face eternity in whimsy? Is anything necessary? Is everything futile? Why do I even want to go back to ordinary life? I have the power and freedom to exist as something. I can recreate myself in this Void. I can resurrect myself. But what shall I be?

I sense I must go back. I am in fact already back. There is no forward or backward, no before or after; not anymore.

With no purpose in life, there is only the gift of life. There is only love. Tragedy is the struggle to possess what you already have. Love is embracing it.

What is life as love? It is simple and pragmatic. I put aside my armor and implements of war. I take up life with all its limits without being limited. I can play. Before, there was only struggle. I can relax and surrender without fear. I can dispense with the morality of good and bad. It does not matter. In joy there is only kindness, goodness, compassion, tolerance, and acceptance. There is only life as it arises. I can embrace life, including its pain and tragedies, with joy and humor.

I am free to participate in the drama of life without dramatizing it. I have nothing to avoid, fear, or confront. I am free to embrace all things, to be connected to and affected by all things. I am safe in all things because I am all things.

This soldier has died a good death. In his likeness love and freedom and joy. Now I hear the constant song of God and see the thread of Grace throughout infinity. I have lost the burden of life and found its power. What shall I do? I will enjoy life. Calmly, without rushing; effortlessly, without fear; I will embrace All That Is. In death I have found life and joy.

I live in the Heart and Grace of the Infinite. I live in Truth. I am all those things; effortlessly, naturally. I live in deep or radical Faith, prior to all understanding or knowing. I live in Trust. Understanding finds ultimate dissolution and fulfillment in Faith, in effortless being, immediate, direct, Relationship. I am All That Is.

In the death of this soldier is born the Divine.

What about you? Are you ready to give up a soldier's life for a life of peace? There is no trick or magic formula, no path or ritual. There is only life itself. If you truly desire peace, release your fear and accept life as it is given you.

There is a discipline and rationale in life that, if fully accepted, rewards you with a bountiful life beyond all dreams. It is a life of joy that does not avoid tragedy. It can be yours, not through effort born of fear, but through faith and trust. True life begins in Faith. Faith brings an understanding that destroys fear. Therefore, embrace what is. Accept your life and your self as both source and reflection of love and joy. As you do, all good things follow.

If your life is meager and paltry, you are refusing life's bounty. You are ignoring life's only commandment: to love; to assume, accept, and share life's bounty, which is immediate and naturally available to all who live in Faith. Therefore, give yourself to life. Accept all things as Truth. Join with others who live in Faith.

This soldier has died. Faith is my weapon, joy is my reward, life is my reality, understanding is my companion.

November, 1975

2

THE TRUTH

• *Ecos Emerging*

Ecos exists in the three dimensions of spirit, mind, and matter. It exists as the truth of spirit, the way of mind (the transforming link between spirit and matter), and the life of matter (the grounded and literal expression of the truth of spirit as transformed by the way of mind). By definition, nothing exists in the fourth dimension of non-existence.

The word Ecos comes from the Greek *oikos* meaning *house*. It forms the root of the words economy (the management of one's house) and ecology (the relationships and interactions of organisms and environment, or our *house*). Ecos is about the relationships, interactions, and management of our *home* or Reality in the dimensions of spirit, mind, and matter. *Home* is All That Is, the Whole of existence, Reality.

As human life has evolved, it first organized around the dimension of matter, and then of mind. Each pattern of organization expressed an evolutionary advance that we may refer to as a paradigm or model of life.

The Actor Paradigm is human life organized around the dimension of matter. Personal experience in this paradigm is unself-conscious: *self* and *other* have not been differentiated. Experience in such a world is like a dream or *hallucination*. Like the world of a child, there is no self, just experience.

Just as a child becomes a self-aware adolescent, so human beings organize around the dimension of mind. The Knower Paradigm emerges. Experiences are separated, differentiated, objectified, and identified so they can be known. The Knower Paradigm uses words to specify, limit, and isolate experiences,

creating dissociated worlds, realities, cultures, and people. The oneness of the Actor Paradigm disintegrates into difference and separation in the Knower Paradigm, creating *information* (distinctions without relationships). The result is knowledge devoid of wisdom or understanding. There is no harmony in the Knower Paradigm.

Just as adolescents mature, so human beings organize around the dimension of spirit: the Creator Paradigm. Ecos fully resolves the dualism and conflicts of the Knower Paradigm. Ecos completes the evolution of paradigms from matter to mind to spirit. Undifferentiated Oneness (the Actor Paradigm) becomes separation and difference (the Knower Paradigm), and then Harmony (the Creator Paradigm): Ecos.

The word itself, Ecos, hints at the nature of the Creator Paradigm: it does not extend the Knower habit of using words to separate and distinguish. Rather, Ecos is ultimately inclusive: the intentional integration of All That Is into a harmonious Whole, which is the nature of both the word and the Reality of Ecos. The word refers to a cluster of meanings and their relationships in all three dimensions, from the metaphysical to the physical. Ecos is both symbol and metaphor for what has never existed before and what only Self-aware human beings can create: the mutual evolution and communion of All That Is.

The Truth/Spirit

Power

Power results from self-awareness in any energetic system. It is unavoidable. Anything in an energetic system is Power. Only after self-awareness can power be *used*. Until then you are not aware it even exists.

The shock of self-awareness is disorienting. Aware of your own existence, you must answer Five Existential Questions:

1. Where am I? (Reality)
2. Who am I? (Identity)
3. Why am I? (Destiny))
4. How can I? (Strategy)
5. What must I? (Activity)

Without answers to these questions, you flounder. You cannot orient yourself to Reality. In the meantime, since you are an energetic system existing within an energetic system, every action, thought, emotion, choice, and intention has short- and long-term consequences both unpredictable and unknown. Without answers to the Five Existential Questions, you are living dangerously, with literally more Power than you are aware of or know how to manage. This is the reality of Knowers: a world in chaos created by badly managed power.

To create a sustainable world and life out of a chaotic world of badly managed power, two things must happen: first, you must become aware of power in all its forms and dimensions. Second, you must learn to manage the power of the energetic system that you are, within which you live, and upon which you depend to survive. Since you are the power you must manage, the nature of your existence must change: you must evolve. But how?

The Way/Mind

The Way of Harmony

All things are connected to each other by virtue of their mutual existence. But connection is not organization. Mind organizes spirit (consciousness) through relationships, which

occur as an *autonomic* or unconscious process up to the moment of Self-awareness. Until that moment, Reality is a *balance of conflict* between unconscious forces.

A balance of conflict is a sustainable model for biological systems, but it is unsustainable, unacceptable, and unnecessary as a model for self-aware life. A sustainable model for human life is based on a unique condition: Ecos, the mutual evolution of All That Is through Harmony or Health. As Self-aware and responsible beings, Creators must improve on nature by creating Ecos, managing by skillful means what nature manages through a balance of conflict. Otherwise, evolution cannot continue beyond the dimension of mind.

Ecos, Relationship, the mutual evolution and communion of All That Is, may seem like an unattainable goal, but once you are aware of the extent of your power and the nature of our Reality, once you answer the Five Existential Questions, you realize it is both possible and necessary.

A balance of conflict is problematic for self-aware beings. It is obvious that Harmony is the only way to survive as more than a biological organism. Human evolution into and through the dimension of mind results in self-awareness, but self-awareness is inherently unstable. Until human life organizes in the dimension of spirit, it will remain unstable and risks collapsing and reorganizing in the dimension of matter. Until human beings overcome the habits of matter and mind, we are condemned to mere survival.

Harmony is quite literally an unnatural condition of life: it does not exist in nature. The emergence of developmentally adolescent self-aware human beings, who have no natural predators, has skewed the balance of life in our favor. The result has always been unsustainable, but that is not a problem

until your life is unsustainable. Human life is unsustainable now on a global scale. All life is now unsustainable. To return to sustainability, human beings must either regress to the Actor Paradigm or organize life in the Creator Paradigm.

For harmony to exist, human beings must create it. We are the only creatures capable of Ecos. We have tried to create harmony before, imposing authority and controlling activity; but that is not harmony. It is an imposed organization of relationships. Harmony exists only when it emerges from within, not when it is imposed from without. Harmony arises through the inward presence of Relationship, or Ecos.

Relationship

For Relationship to be an inward presence rather than an outward imposition, it must result from Self-expression. It must arise from an energetic level, the dimension of spirit, from within, as your Truth, not as your goal. Once Harmony is created, even in just one person, it is shared with the whole of Reality through the natural oneness of all things.

Relationship manifests as Harmony. Ecos is Relationship, deep association, communion (where Harmony is inherent). This is key to understanding the word Ecos, the Creator Paradigm, the resulting human culture and community, and the experience of life within that culture and community.

Ecos (Relationship) is the necessary context for knowledge (Knower Paradigm) and activity (Actor Paradigm) for life to be sustainable. Nothing is truly self-sustaining until it is in Relationship with itself and its world.

Before Ecos, evolution occurred when death overwhelmed life. After Ecos, evolution occurs when life overwhelms death.

The Life/Matter

Ecos refers to the whole of Reality in all dimensions. It refers to Relationship, the root of existential Harmony. It refers to a literal community and culture that expresses the communion of the Whole.

Ecos results in a life that is intense yet calm, enthusiastic yet peaceful. There is a zest for life based on appreciating its essential goodness. This joy does not result in the pursuit of experience, but in an embrace of life in the moment.

Knowers avoid happiness. There is always something else to do. Happiness comes when work is done. Happiness is not a simple uncaused appreciation of life in the moment: there are few if any feel good stop-and-smell-the-roses moments among Knowers. Happiness is a reward for activity, not the nature of being alive. But in Ecos, there is an undercurrent of joy and peace. This is the context of experience in Ecos, which rises to conscious awareness not as a reward, but as the Truth of your life in the moment.

Relationship, Ecos, is a deep connection and involvement with life, and others. It is a union, oneness with life. It occurs before the personal mind can create any separation that would result in a typical relationship. Ecos is more than experiencing or observing life, more than manipulating, controlling, or pursuing life. It is unqualified Relationship, mutual openness. It allows you to affect and be affected by the Whole: every circumstance, moment, vibration, and condition.

More Than A Spiritual Life

Ecos is not a spiritual way of life, not in the usual Knower sense. For Knowers, *spiritual* life means a religious/moral life

rooted in ideas and beliefs about spirit (consciousness/energy) with strong and fixed values rooted in culture and history. That is a mind-based relationship to spirit, not a spirit-based Relationship. It is not living directly and consciously in spirit, but in your ideas about spirit. Spiritual life for Knowers is based on observing spirit, not surrendering to it.

For Knowers, whatever you do not transcend, controls you. This is true of the entire dimension of mind, but especially true of the personal mind. Religious/spiritual life, rooted firmly in the dimension of mind and offering no way to transcend even the personal mind, cannot offer a truly spirit-based way of life. To connect heaven and earth, the dimension of mind must be transcended entirely. Otherwise you can never express Ecos, the whole of Reality. You only express a partial observation or experience of the Whole.

In Ecos, however, there is nothing to transcend. There are no limits to overcome any more. Indeed, you cannot transcend any aspect of existence. It is all transcending you! Ecos is Self-aware existence transcending the limits you express.

When you choose a *spiritual* life, you can assume your life, your activities, habits, and experiences at least, will change in an effort to change your relationship to Reality. But Ecos is a change in Reality. In Ecos, Reality has changed its relationship to you. This change obviates the need for anything other than Faith, accepting and embracing the Truth of the moment because the Truth is here now. Everything improves in Ecos, but not because you improve it. Existence is improving itself and you are invited for the ride. Ecos is only nominally a spirit-based life. More accurately, it is life lived in spirit, mind, and matter as an integrated whole.

World Without Shadows

Ecos is a world, community, culture, without Shadows. For Actors and Knowers, all actions are incomplete, thereby creating Shadows. Actions do not express Relationship. They do not express the Whole. Actors and Knowers are unaware of the Whole. Shadows emerge when some part of Reality is unloved, excluded from Relationship. But in Ecos, actions affirm prior Relationship. In Ecos, actions express the Whole. Nothing is excluded. Shadows do not emerge. The drama of conflicted forces and the balance of conflict, typical of the Actor and Knower paradigms, does not occur.

In the Knower Paradigm, creativity is a projection, an imposition of intention on Reality. This creates Shadows. True *creation* imposes nothing because it is rooted in prior Relationship, which is Ecos. True creation is not a strictly and only personal expression. Creation expresses the Whole, so Shadows do not accompany creative work in Ecos.

In Ecos, your life is a personal expression of Relationship, not of personal history. Your life is your own, but it is part of a larger Whole, which provides support, meaning, and opportunity for creative actions.

Ecos: The Evolution of All That Is

It would seem much personal evolutionary *homework* must be done before Ecos can be *created*. Not so. The Whole is already Present, so everything happens at once without effort: inner personal evolutionary learning can now occur while the outer work of community-building proceeds. Indeed, any effort to manifest Ecos in the world will generate Shadows and demand healing. So long as you live in Faith, your evolution, and the emergence of Ecos, will occur as one.

The habit of Faith in Ecos generates personal evolution. When shared, Communion arises: interaction in Relationship. As Communion expands, the evolution of All That Is arises.

Personal Experience In Ecos

Relationship exposes self-imposed limits. This is attractive to any who seek Wholeness, but offensive to those who don't. The result is ironic: as you move toward Wholeness, others feel threatened. They seek separation, distance. Your Presence in the lives of others forces them to choose fear or Faith. Most choose the familiarity of fear rather than the unknowns of Faith. The loss of relationships is a frequent result of, and a challenge to, a life of Faith. It is a judgment we must all make.

The life of a Creator combines freedom and complete responsibility. It is not a frivolous, carefree, utopian life. It is not a life of escape from ignorance, negativity, pettiness, stupidity, or fear. It is a life of courage in all dimensions. The life of a Creator cannot be lived until you are strong enough to accept its burdens. In Ecos, you gradually gain power and strength through increased responsibility. The life of a Creator is not for everyone, then, and not necessary for anyone.

It is possible to live in the community and culture of Ecos as a Healer, someone who does not assume full responsibility for Ecos energetically. Many people, perhaps most, are not interested in the subtle work of creating and maintaining Ecos, but are willing to live cooperatively and openly with Creators.

Life in Ecos is rooted in the enjoyment of life that emerges when Shadows are not avoided. Joy in Ecos depends on your capacity for Faith. This is unlike life in the Knower Paradigm, where enjoyment is the result of avoiding Shadows through the use of distractions and amusements.

The peace and stability of life in Ecos is the result of resolving the conflict between self and Reality. This creates Harmony, and is maintained by those who live in Faith.

• *Creating Shadows*

Perhaps the deepest influence culture has on us is in how we perceive and think. Cultures teach us how to perceive: what to notice or ignore. They teach us how to think: what to know or remember. Cultures teach us to create Shadows.

Socialization into the Knower Paradigm is not entirely effective, or we would never find anyone able to rise above it to offer new insights. Neither is it entirely negative. It offers a mind-based way to survive and function in the world, but sooner or later we must reckon with our socialization and our paradigm. We must heal our Shadows to be free beings.

Socialization creates a reality we believe is the only reality. Other choices are simply *delusion*. Socialization also creates personal identity. We don't question it. We take it for granted. We identify with the peculiar and limited reality of Knower socialization, a world of Shadows. We identify our self as a Shadow in a culture of Shadows.

The personal mind is a perceptual mechanism, shaping the *reality* you experience. You may think perception is receptive, that reality imposes itself on your entirely receptive mind. Not true. The personal mind has its own habits of attention. You project those habits onto Reality, shaping it into something you desire or fear. Reality does not impose on you. You impose on Reality. Reality reflects your attentional habits.

Attentional habits create and justify your relationship to

your world. Without being aware of these habits, your reality and relationship to it become fixed, limited. What you know is limited by awareness. Ignorance and Shadows results from ignoring the larger Reality in which you live.

Attentional habits form a dense pattern of thought, belief, and emotion, creating a self-limited reality, which is the basis for alienation, separation, anxiety, fear, and ignorance. We live in a world where all we see is our habits. We lose our ability to function effectively in Reality because we are unaware of it. Thus, we lose the power to manage our lives effectively. Unawareness is slavery.

The attentional habit of Knowers is to experience Reality as a subject in an objective world. This limits knowledge by limiting your understanding of relationships: thoughts and perceptions tend to be conflicted and unrelated if you fail to perceive their *deeper* Relationship.

Think of a chessboard with the pieces already on it. Knowers perceive the world as if looking across the chessboard (two-dimensionally) rather than down at the board from above (three-dimensionally). You see the pieces in two dimensions. You see the relationships in three dimensions.

The perceptual habit of Knowers makes it seem you are just another chess piece on a board where all things are equal and opposed. You cannot rise above the conflict to the level of Relationship because that would require you be aware of and take action in a dimension you cannot see.

To live effectively, you must live in Reality, beyond the limiting attentional habits of Knowers that create both reality and personal identity. Ordinarily that would imply a need to resort to extraordinary means, something beyond identity and reality, to overcome their limits. In Ecos, that is not true.

The attentional habits of Knowers separate them from Reality, which then requires special methods to overcome. In Ecos, Reality has already overcome all limits. All that is required to live in Reality is to accept every moment as a moment of wholeness. Extraordinary means are unnecessary.

Intuitive Perception

Ecos is the underlying structure or *reason* of Reality. If the personal mind is to be a useful tool for living, then its *logic* and habit must express that *reason*, not attentional habits. Logic must be firmly grounded in Relationship, which is maintained intuitively. Without intuitive Relationship, the personal mind creates Shadows. Intuition must validate our *logic*, if personal mind is to be a useful tool of knowledge.

The personal mind, then, must be intuitively informed by prior Relationship in order to function in Harmony, in Ecos. In Faith, the personal mind is guided to Relationship. Faith is how the personal mind comes to the reason of Relationship. Faith is the link between personal logic and Ecos. In Faith, they are one. In faith, you intuitively see Reality, the Whole.

• *Adapting To Ecos*

Conflict, turmoil, suffering, dilemma, existential anxiety, are all *normal* conditions of life for Knowers. Many people think suffering is our natural, *default* condition. But try a simple experiment: Sit quietly in a darkened room and wait without expectation. Eventually, mind chatter will subside and give way to a sense of peace that does not obstruct activity. This is the natural state of a fully human being.

Given the opportunity, awareness will shed negativity and limitation and abide in Truth as Self. This is not the result of some trick or self-fulfilling expectation. Anyone who *waits* long enough will arrive at the same place. In Ecos, human awareness tends toward Harmony without prompting, without resort to technique or other influences.

Faith, adaptation to Ecos, begins when you realize you are suffering and you don't have to be. Reality is changing and will change you, if you let it. Faith accepts and allows this process. Expect to be deeply altered in ways and areas you never imagined. You may feel you are in a prolonged identity crisis: everything about you is being challenged, overcome. Nothing about you remains constant.

Being confronted by Truth is a shattering experience. In Ecos, the confrontation is constant. And you have no idea where Truth will take you, or what it will demand of you. Thus, you must choose either fear or Faith as a way to respond to the Presence of Ecos.

Before Ecos, Faith was a way to overcome the limits of self. In Ecos, however, Faith is a way to survive the absence of those limits. Faith accepts and embraces the immediate, direct, spontaneous, and natural life that is available through the Truth and Presence of Ecos.

Spiritual paths are a response to the shock of self-awareness and the habit of resisting Self-awareness. They offer an experience and hope of life beyond your resistance without actually helping you live without resistance. But life is its own *path*. Life is the only *path* you have. Now, in Ecos, life insists you live your life, your Truth, in each moment.

Ecos is about living simply. It is about embracing the inner and outer conditions of your life as your Truth in the moment.

Ecos confronts you, lives you, until you surrender to it. Healers and Creators accept and embrace this unavoidable fact of life – and evolve. It is by living the Truth, the wholeness, of your life in Faith, and not avoiding it, that transforms you.

• *Paradigm Shift*

Heaven and *earth* can be understood as attentional habits. Ecos emerges when Reality is Self-aware and overcomes your attentional habits. Faith is how you adapt to Reality beyond your attentional habits. Ecos is where the attentional habits creating heaven and earth converge. Ecos is *heaven on earth*.

The energies of this planet and its inhabitants are connected: reflecting and affecting each other. The evolution of human beings, earth, the cosmos, are all connected. All things evolve. Self-awareness speeds up evolution and makes it more intelligent. Personal and collective evolution is the result of Ecos, and life in the Creator Paradigm.

As people and planet evolved, there was the occasional highly evolved person who brought the light of Self-awareness to a dark world. Now Reality is Self-aware. Ecos assumes the function of such beings. Now, highly evolved beings need be present on earth simply as fully human beings, Creators, rather than as mythic or archetypal figures.

Ecos overwhelms the habits of personal and social life rooted in separateness and exclusivity. New forms of life will emerge. This is what Christians call the Second Coming. *The Kingdom is at hand*. Jesus reported what has always been true, but heaven was yet to fully manifest on earth, until now.

The *Second Coming* is a judgment: you have been living by seeking Truth, not expressing it. Now the Truth you sought

is here. Ecos exposes resistance to living, expressing, or being that Truth. By seeing your resistance, you can overcome it. If you don't see it, your resistance, and Ecos, will overcome you. The alternative is to accept all things in your life as part of Ecos. That way insight is not a requirement of evolution. Either way, judgment is really self-judgment: fear or Faith.

The result of denying, avoiding, or resisting Truth in its very Presence is suffering. Suffering alone clarifies who abides in Ecos and who does not. But suffering is not punishment, just consequence. Shadows are not punishment, just the result of turning from the light.

By denying, avoiding, resisting, you destroy yourself in the face of what you say you want. It becomes clear then that what you say you want is not really what you want. In Ecos, all lies are Shadows, all Shadows are exposed, all Shadows are healed. Indeed, Shadows yearn for the healing touch of Truth. Since Knowers exist as Shadows of life, all Knowers will be healed, or not, in Ecos. It is your choice, your judgment.

If it does not appear to you that heaven and earth have converged, then look around. Chaos and destruction are ways of self-annihilation born in self-judgment. Contemporary life reveals all the ways we refuse the Truth of Ecos, heaven on earth. What goes unnoticed is that you can only see darkness when you are already standing in the light of Ecos.

The spiritual or heavenly life many people have pursued is now pursuing you, on a planetary scale. Heaven is right here and now on earth. Ecos is emerging from the ashes of Legion. You are witnessing the end of the world as you have known it. This is Ecos emerging. How did you think it would happen?

All of Reality is Present, here on this planet, and within us. We no longer need to visit *higher realms* to find Truth. Truth

has found us. Travel between *realms* is now no different than travel between cities. Matter is now fully *spiritual*.

The Presence of Ecos, heaven on earth, reveals all actions other than Faith as resistance to Truth, and converts all actions other than Faith to self-judgment and separation from Truth. What will happen then? It is already happening. The world you see around you is a world in self-judgment. The world within you is a world resisting Truth. The path of goodness is not about resisting Shadows. It is about embracing them. There is no longer anything to resist or avoid. Faith is the only proper activity of life in Ecos. Truth is now living you. Live free in Truth, or perish. It is your choice.

• *Paradigm Lost*

Thoughts on the Knower Paradigm

- Ecos is whatever expresses Relationship within the Whole, whatever assists the evolution and health of the Whole in the moment. Ecos has no special form. It is not objective. Ecos is Truth lived in human form, which is also virtue.
- Knowers find it difficult to live in virtue. They are not in Relationship with Reality, the Whole. Knowers want virtue made visible, demonstrated, so they can remember it rather than have to perceive it directly. But the virtue of one moment is not the virtue of the next. If it is, virtue is lost. Virtue is not a *good action* remembered and repeated, but an expression of health for the Whole in the moment.
- Knowers create plays (personal and cultural dramas) where virtue confronts *evil*. Virtue is the confrontation of evil, not the victory. But in dramatizing the dualism of *good* and *evil*, Ecos and virtue are lost because the Whole

is broken into parts. Virtue is trumped by its dramatization. For Knowers, virtue thus becomes the stuff of tragedy.

- Life as a drama of virtue arises from the assumption that evil is the context of life. Virtue requires a struggle with life, not an embrace. Life is thus dramatized discontent. This is tragedy from the start. Tragedy becomes the mark of all human endeavors. It is no surprise life is clouded by suffering and struggling.
- If life is tragic, then as Knowers we must decide what form of tragedy our life will take: in what way will we be defeated? But it does not matter. Knower life is inherently tragic. Without the struggle for virtue to organize life, Knowers assume life will descend into chaos. So, they struggle and oppose life. Life is thus *improved* through constant war with self, others, and even life itself.
- Knower life is organized preparation for death through virtuous struggle. Lives derive meaning and worth from good and virtuous death. Life becomes an unfortunate delay of this end. Life becomes a living Death, a world of Shadows. But then we succumb to *baser*, more immediate and personal concerns, like living. But how can you live when the only good thing in life is death?
- Heroes, martyrs, and saviors offer the hope of virtue while confirming the futility of it in their life drama. That is how they become martyrs. They reaffirm that virtue is an unattainable dream in this life and world, except for heroes. They help content us with our tragic lives. They enable our addiction to life as tragedy. They save us from an unwelcome Truth: life is not tragedy and virtue is not elsewhere.

- Everything in Knower life is tainted by the tragic: Friendship is based on who can be useful to your personal goals, or offer a refuge from life. Love, marriage, children are a means to personal satisfaction. Happiness is impossible, so you settle for pleasure. Work is drudgery and boredom. Frustration is the motivation behind activity. Creativity is about what is marketable. Competition is socially sanctioned aggression, essential to survival. Peace is inactivity, non-productive, and so frivolous. Life occurs in a House of Death.
- If a virtuous life is a quest for virtue, then it must always be defeated. Otherwise, the struggle would end. So, the most virtuous quality, is the courage to keep struggling.
- Who can live in permanent tragedy, the constant struggle to overcome evil? Life calls us to live, but how? What would life be like if *evil* were absent? We replace tragedy with comedy. We avoid the tragic by affirming the comic. So, we hail our heroes and champions, and then forget them because we must, to avoid remembering the tragedy of our life. Gratefully, there is no call to virtue in comedy, just a celebration of life's trivialities, which is the only apparent alternative to a meaningful but tragic life. So, let the hero battle evil. We will admire from afar – and then return to our regular programming.
- Without the struggle for virtue and the suffering from its defeat, life as Knowers know it would end. Suffering and struggling do not taint Knower life. They organize it: no matter what you do, you struggle, you suffer, you die.
- Those times in history most admired, most remembered, that call forth the noblest response of virtue and sympathy for the good, are events we call tragic. The purpose of

tragedy is to call forth from witnesses the qualities that were so nobly defeated. When virtue is defeated, we seek to fill the void with our own noble struggle for virtue.

- Tragedy is remembered far longer than comedy. It gnaws at the heart, tugs at the memory. It demands remembrance. Tragedy violates our sense of justice. The loss of the honorable and the noble calls us to join the good fight.
- Those who do not heed the call to tragic occasion, the dramatization of death and impotence, live forgotten lives of desperation. They are the *weaklings*, the untested. The real test of virtue is your willingness to struggle in the face of virtue's certain defeat. A life without such drama lacks meaning because nothing is visibly or publicly affirmed. Nothing is at stake. No sacrifice is made. No principle is dramatized.
- Those who heed the call of the tragic are redeemed, remembered, revered. We remember them because they allow us to witness virtue without confronting death ourselves. The tragedy of others is our redemption. We are saved from affirming our virtue through our death. We live vicariously. We take the bequest of their sacrifice and use it to achieve some small sense of nobility in our own lives by remembering and admiring them.
- We admire our martyrs because even though they were defeated, their virtue and their nobility remain intact through the purity of their sacrifice to the cause of virtue. The martyr redeems his/her otherwise meaningless life through self-sacrifice. Virtue is confirmed: it has been challenged and retained, and death is the proof.
- But true virtue is not a call to public virtue. True virtue calls us to a radical change in the secrecy of our hearts.

True virtue calls us to Truth, privately and fully lived, not publicly and incompletely demonstrated.

- The tragedy of the Knower Paradigm is that true virtue is invisible, nowhere to be found in a world where attention is riveted on the outward, obvious, and socially approved.
- Many people live with an extreme sense of the tragic. They yearn for it. They want defeat. They hope for a tragedy in their lives because they can have worth without success. Tragedy is a redeeming excuse for all failures.

What will you do when peace and justice win the day? Will you find new causes to organize your life? Are dreams just lies to help you avoid existential anxiety and chronic discontent? For heaven to exist on earth, it must flourish in our inner lives, rather than as a public persona. So, forsake your dreams and plans. Accept what is here and now. Anything less is simple avoidance.

There is nothing to attain, no virtue to realize. Everything is all it can be, all it must be, at the moment. Accept this moment in its fullness, rather than refuse Ecos by claiming it is a goal. Forego the Knower's life of tragedy, the drama of avoidance, and your dreams of the future. Accept the fullness, the wonder, the power, of Ecos in this moment.

Virtue, Ecos, heaven-on-earth; these are prayers answered for those who live by Faith, judgment for those who don't.

• *Evolution By Effort*

Adapting to Ecos begins a process of personal evolution that necessarily begins in Ignorance. This is not a condition but a practice. Ignorance can result from ignoring and

avoiding Reality. But here it affirms Faith, life without judgment or expectation. Unless you practice Ignorance, you will resist the learning and changes in awareness that result from accepting Ecos through Faith.

Before Ecos, personal evolution began with recognition of suffering. It was a boon of divine grace. Having recognized your suffering, you could move to end it. Seeing the need for change compelled you to change, but how? That question began the first conscious step in your evolution: the Search.

The Search was a search for answers to questions asked and unasked. It could consume your whole life. You pursued your desires and your fears and all the methods to achieve the first and avoid the second. You moved from manipulating others to manipulating yourself. This was considered a moral improvement.

The Search could lead to areas of personal psychology, where you dealt with issues of self-control and self-manipulation, often called discipline. You learned to control your outer reality by avoiding your inner reality through the power of self-control.

Finally, the most sophisticated form of avoidance, power, and self-manipulation entered your life: *spirituality*. This is the subtlest form of continuing the Search and avoiding your inner and outer worlds. Spirituality is the pursuit of goals as remedy for suffering. It can be quite entertaining: You often encounter environments much like movie sets: spiritual and religious theater. You no longer feel involved with more ordinary forms of remedy for your concerns. It is all quite fascinating, but no different, really, than a fancy psychiatrist's office.

The Search ends in the event of enlightenment, for a while. Spirituality is an activity that never touches the suffering that

motivates you. Suffering is your companion until the moment of enlightenment, but suffering continues after enlightenment because enlightenment is only insight about your suffering, its causes, and a certain detachment from it all. The suffering itself is largely untouched. Enlightenment offers wisdom, but in the end it only say: leave wisdom behind.

Enlightenment leaves you empty and unfulfilled. You sense something remains undone. That is always true. human evolution is never over; but you sense something ought to be over that isn't. This is not immediately obvious. You are often entranced by your wisdom and other dramatic changes. It may be years before you notice your suffering once again.

Even after enlightenment, suffering continues to motivate perceptions, choices, moods, relationships, and knowledge. You may be content with ordinary ignorance, you are acutely aware of it, but suffering motivates you to push on – to somewhere. You know the value of Faith, but suffering prompts you to stay with your personal regime of disciplines.

Quite correctly, your work is not over. You are still relating to the world and self through your mind, your wisdom. You are still identified with your mind even while you know you are more than that. This is because your true identity has been enlightened, not transformed. Enlightenment reveals the contradictions of your search and self, but the contradictions and the suffering remain. The Search continues.

Enlightenment does not offer an answer to many of the questions that underlie most pursuits. Chief among them is what to do with yourself, or whether there is anything to do, as an *enlightened being*. It is vague and unsatisfactory merely to say *enjoy*. How? In what way? For many people, the answer is some form of *spiritual* life. Many who are enlightened, are

already associated with a religious or spiritual tradition, so the question of what to do with your self does not arise. Still, the answer is found outside of enlightenment.

Enlightenment offers an ever-maturing insight into the nature of your life and what it requires of you. Over the years, you mature, relax into enlightenment, perhaps even acquiesce. Many unanswered questions will be answered eventually, but suffering is still present, and your search to end it will continue in this or some other lifetime.

Finally, there is realization, enlightenment at the Heart. At this point, you see your attachment to your wisdom. You see you have related to the world through your mind. You took your wisdom into each situation as a substitute for your Truth. You find you have been aloof from life, not fully involved.

Realization is like *sinking* or *falling* into the Heart. You consciously accept Reality and self as they are, as one. What form your life should take is self-evident because there is none. Your Truth is evolving. So is the life that expresses it.

Realization is unconditional acceptance of every form and dimension of Reality. Suffering immediately vanishes. There is a sensation of completion. Yet, you also sense something has just begun. In any and every moment, you are in your proper place and form. You know that as you are, you are complete, perfect, and whole. Before it was just a thought, a hope. Now you sense its Truth effortlessly, without clinging. There is nothing more to do, no more forms of perfection to seek or assume. There never was anything to do, except to overcome the illusion of your limitations.

Realization ends the life of ignorance and avoidance, motivation and suffering. You pass beyond separateness and immediately enter cosmic union, eternity, infinity, oneness.

All other insights and developmental stages are secondary to this. The entire structure of your prior life is radically undone. You re-enter the form of your prior life, even while a new life and self have been created, acknowledged and accepted. The world is the same, but you have been recreated, reborn. So, nothing is the same.

The mind is radically altered: no longer a channel of light, but light itself. You have become the *divine* you sought by realizing you were always That. You have completed the journey by returning home, to earth. You are now firmly grounded in All That Is. This is done without and apart from any knowledge: evolution prior to and before the mind.

Only now can Faith be truly lived. After enlightenment, you were a channel for Truth, not Truth itself. Faith was still limited and placed in things outside the Self. Understanding was still knowing and not yet radical intuition (which does not exclude intellect, but does transcend it). When the mind falls into the Heart, Faith is lived without qualification, or effort.

This living in the world as the world, living perfectly as yourself, as you are, limitless, without struggling or suffering, living the invisible life of a human being, is the true form of being fully in this world.

• *Evolution By Ecos*

(Beyond Spirituality)

In Ecos, there is no justification for spirituality, spiritual work, or even religious life. Why? All things are here! There is nothing to seek anymore. There is no purpose to life other than life. Life fully lived in Ecos results in evolution, but that is not life's *purpose*, just the result. In Ecos there is just the

immediate and obvious fact: you are alive. Life in Ecos is about living fully, not achieving some existential purpose. Purpose is only what you wonder about when you become self-aware.

All religious or spiritual considerations of, or beliefs about, Reality are incomplete because they are not rooted in Ecos; spirit, the Whole, Reality, as fully Present (immanent, not transcendent). It is the dualism of the Knower Paradigm, separating spirit from matter, which makes all considerations of Reality incomplete. It is this incompleteness that prompts seeking, spirituality, and religious life.

In Ecos, life is not organized by a common set of beliefs, practices, experiences, expectations, or prophecies. Instead, just as science is organized around a common strategy or methodology (the scientific method), life in Ecos relies on a simple and common methodology to perceive, understand, objectively share, and integrate Truth into ordinary life: Faith. Just like science, Faith is imminently collaborative, open, inclusive, and indeterminate (Truth is not pre-determined).

What shows up as Truth in the moment for you depends on your relationship to the Reality. Reality reflects both who is observing and how you observe. Truth reflects your attentional habit. To perceive Truth, rather than your attentional habit, you must embrace the moment fully. When you do, you are transformed. When you observe Reality, Reality is altered. When Reality observes you, you are altered. It is mutual awareness that transforms. That Relationship is now Present as Ecos. Faith is how we embrace, honor, and allow that Relationship. Faith is how you allow Reality to observe you, and so transform you.

Science would be impossible if the object of study was available only in some other dimension or plane of existence. Just so, ordinary life is impossible to live when parts of it are not Present and available to us in ordinary circumstances. But Ecos is a fact of life and Faith is the *scientific method* of Creators, of fully human beings, and the means of creating a fully human and humane life and world.

You cannot encounter Truth without radical, irrevocable, and permanent change. The Truth is now here, as Ecos. It does not need to be and can no longer be pursued. It is Present and altering your life in this moment. Truth initiates a deeply moving, highly personal and transforming life journey into the unknown. It is a healing adventure that would otherwise be terrifying if Reality was anything other than a reflection of us.

About Faith

Faith is not a belief, or the willingness to believe the impossible, contradictory, or irrational. It is a willingness to disregard those judgments and embrace the Truth of the moment even if it seems impossible, contradictory, or irrational. Faith is an open-ended willingness to accept what arises in your life, inwardly and outwardly; to learn from everything in your life by not resisting anything in your life.

Faith does not take you where you want to go. Faith takes you where life wants you to go. Faith is about the evolution of life, not personal improvement or self-defined progress.

You cannot live in Ecos if you are committed or attached to your attentional habits, and the reality and conditions of life they create. Faith is an embrace or acceptance of the Whole, of Self, which includes your fears and habits.

Ecos is the resolution of the dualism of *transcendence* and *immanence*: all things *transcendent* are now *immanent*. When you embrace what is immanent, here in fact, you also embrace what is transcendent. Faith is the acceptance of the resolution of this dualism that Ecos offers.

Evolutionary Learning

Embracing what shows up immediately overcomes all prior limits, attachments, or commitments. You trust everything. When you trust everything, you dissolve all fixed or prior conditions, all forms of prior existence. You allow change at an existential/energetic level. This is the foundation for evolution and evolutionary learning. We only learn from what we do not avoid. In Faith, you avoid nothing – and nothing avoids you.

Learning leads to knowledge. Evolutionary learning leads to confusion! Evolutionary learning is intentional, but not organized, except by the disorder of personal shadows (karma) and the vagaries (chaos) of life. Evolutionary learning requires Faith, unfettered receptivity. Where there are any other, even unconscious, commitments, evolutionary learning becomes an attachment seeking a rationale.

Evolutionary learning requires receptivity to the Truth of the moment, which takes you beyond all prior forms of life. It requires Faith. To go where Truth leads, believe what Truth teaches in the midst of your life, is evolutionary learning. Evolution is the incremental change Truth makes in you.

Faith allows the Harmony of Ecos to emerge in you. Faith is trust in the prior existence of Ecos. Does Faith make Ecos possible, or does Ecos make Faith possible? There is no

difference. There is no cause-effect relationship. There is only existential mutuality. Each is the other.

Everyone approaches learning with lots of prior hopes, fears, doubts, expectations, demands, illusions, attachments and commitments, which puts you below the threshold of evolutionary learning. Ecos confronts you with those barriers. Faith allows them to disappear by embracing the Truth, the Whole, in each moment. The confusion you will feel is the first indication of the Presence of Ecos, the Whole. Faith, then, is the prior perception and embrace of Truth, Ecos, the Whole.

A fully human being, a Creator, is a prior perception of Truth. Creators are an encounter with the Truth of the moment prior to a conscious understanding of Truth. Faith allows that Truth to emerge. Faith is not a way to approach Creators. It is a way to approach life as a Whole, in Ecos

The Secret Behind The Methods

It is received wisdom that Truth must be conscious for it to be lived. The emphasis has always been on personal change as a pre-condition of Truth lived. The Search for Truth ends in a commitment to a method for perceiving Truth, which initiates a struggle to overcome the barriers to direct perception. The unspoken agenda in all of this is a desire to perceive Truth as an alternative to ordinary life, as an alternate experience of Reality; as an alternate, completely separate, Reality.

Ordinary life as Truth is the nature and revelation of Ecos. But that does not fulfill or satisfy the ego-based demand for struggle and escape, the need for chronic frustration as the sub-text or context for ordinary life. The lives of Knowers are rooted in struggle, failure, desire for escape, and tragedy. The

Presence of Ecos obviates the entire motivated drama of the Knower Paradigm.

The need for personal change as a pre-condition for a fully human life is obviated by Ecos. You do not need to change in order to perceive the Truth in order to live the Truth. Ecos is the Truth that already perceives you and is already living you. The only response needed is acceptance, trust, Faith. Personal change, then, occurs not before you live Truth, but while Truth lives you.

Faith makes the evolutionary change easier, but it does not create that change. Likewise, in Ecos, the lack of Faith does not inhibit evolutionary change. Faith is simply a way to adapt to, participate in, and benefit from evolutionary changes in Reality. Faith is not a way to produce change. It is a way to survive it.

Seeking

Seeking is a way to control personal change: you seek the changes you want while avoiding the changes you don't want, all in the name of self-improvement. Seeking continues because it continues the drama of motivation by frustration: you do not believe or trust what you find, so seeking continues. In such an environment, Faith seems like a choice, not a necessity. Ecos eliminates the illusion that trusting life is somehow optional.

In Ecos, all things are Present, immanent, including God. There is no path to God because God is here, immanent. You are not in control of the evolutionary process. None of this depends on you being ready, or mastering specific practices. The Whole is Present, not in anything or anyone in particular, but in everything and everyone in general. Truth is now your constant companion in life. Truth can no longer be a goal.

Ordinary life expresses Ecos. Just embrace your life as the form of God's Presence in your life here and now.

Teachers

In Ecos, there are no pre-conditions to Truth and no methodologies for Truth. Just as traditions and practices are obviated in the Presence of Ecos, so are teachers of all sorts. They are conveniences but not necessities. All things express the Whole, not just teachers or those who have mastered certain techniques or had certain experiences. Whether or not you ever experience anything you would identify as *the Whole* does not matter. You are living the Whole regardless of your experience because you are already living in Ecos.

Truth can no longer be pursued, or avoided. It is Present. Any action other than Faith in response to Ecos results in pain, suffering, struggling, and even death. This is not punishment, just consequence. In an energetic system, there are only actions and consequences. In Ecos, even hardships guide you to Truth. People who struggle with Faith have not suffered enough hardship. They still think they have options.

• *Readiness*

In the Knower Paradigm, evolutionary learning would begin when you felt *ready*, usually based on an insight about suffering as the root of your existence. It required insight, understanding, acceptance, and desire for change. It was all so voluntary and middle-class: spirituality as upward mobility, self-improvement with a hint of esoterica for class. Reality was mechanical and inert. Nothing happened until you decided. So, you could avoid Reality without consequence.

Ecos changes all that. Reality is no longer optional. There

are real consequences to Self-avoiding behaviors. Healthy change is emerging, which is good, but it is unavoidable and so you have to change. For most people, that is not good. Reality is no longer waiting for you to get ready to live in Reality. You are no longer in control.

The habit of Faith is a conscious acknowledgement you are ready to embrace the Whole of your life in each moment. But conscious or not, ready or not, Ecos is here, Self-aware, alive and active. The scope and depth of your Faith determines how difficult or easy your Relationship with Reality will be.

The *shape* of your Faith determines what and how you can learn, how or whether you can be guided in life. We are shaped by what we trust and what we fail to trust. Ecos arises in Faith in your daily life as a mutually informing and transforming relationship called love, or communion. Thus, your daily life is your method of evolutionary change.

Ecos is a judgment. It forces a stark and basic existential choice: accept Reality fully on its own terms, accept your self fully as Reality and live in peace and health, OR suffer. At some point, suffering from your fears becomes so intense you decide to rise above your fear to confront it. You surrender to the moment, which is always where Truth is found, and you find what was always there: Ecos.

Ecos is not a way to change, but a way to be changed. In Ecos, Reality decides what needs to change and when. Your job is to be Present as that happens. Faith is the subjective side of Ecos. Ecos is the objective side of Faith. Ecos, then, is a place to *wait* in Faith as Truth shows up in your life.

So what is the active element in personal evolution? Ecos, Reality awakened, alive and active. Are you ready to evolve, to live in the peace and harmony of Ecos? It doesn't matter.

Revelation

Revelation is Truth from the perspective of personal mind. The revelation of Faith is love, peace, health, and harmony. Faith is how you engage life. The revelation of fear is pain, suffering, and struggling. Fear is how you engage Death.

As you surrender to Ecos in Faith, you engage the evolution of life directly in all dimensions. Faith presumes an understanding that is not yet consciously experienced: the activity of God, Truth, Ecos. Faith is the understanding that there is only God, only Ecos, that all things manifest Ecos, that you are Ecos. Faith is how you accept and awake to that Truth of your existence.

Faith is a conscious refusal to maintain barriers to the Truth of your life. Faith is an act of will at the Heart. Faith is not necessary to live in Ecos. You are already living in Ecos. Faith just makes it easier.

Ecos: Hidden In Plain Sight

Generally, Knowers cannot accept Ecos as a fact of life because it interferes with the inherent frustration and tragedy of their life. So they are forced to seek what they cannot accept outright. They seek a way to accomplish what has already been accomplished. This is a tragedy of self-judgment that accompanies Ecos in the absence of Faith.

In Ecos, human evolution is a completely natural and benign process that deepens the process of human maturation. Faith allows that process to occur without the interference of self-consciousness. A community in Ecos is helpful to this process, but not strictly necessary.

In Ecos, the only requirement for global health and harmony is that you show up for your own life. Resistance to what shows up in your life makes you irrelevant to it, and so you must struggle to be relevant and have any influence on your own life. You lose the power to heal your life when you resist it. Life is not a neutral context for living. Life has its own agenda. That agenda is the peace and health of Ecos.

Waiting As Faith

In Ecos, all activity promotes evolution. It produces more life (abundance). Resistance to life in Ecos produces death. In Faith, all activities promote the evolution and abundance of life. Any activity other than Faith complicates the simplicity and directness of life and produces death.

The most powerful way to live is to accept everything and avoid nothing. This is Faith, the presumption of Ecos, Truth-as-Reality. This is a practice of *waiting*. You are not waiting to live. You are living fully while waiting for (allowing) ordinary life to guide your evolution.

Human evolution, then, is simply living your life, and *waiting*. Waiting in Faith to mature as a fully human being as a result of your full embrace of life. You are always *waiting* to become a fuller version of yourself. In the meantime, you simply live your life, fully, and enjoy our life, fully.

Waiting As Meditation

There are two forms of *waiting*: focused, observant, attentive waiting (this leads to knowing); and unfocused waiting (non-attention and non-observation), which leads to infinite awareness. Unfocused attention (simple waiting) is acceptance. It is unmotivated, goal-less non-activity. Practice

of *simple waiting* (Faith) eventually overcomes all desires. And the personal mind is able simply to abide.

Faith-as-waiting does not exclude observation. Neither is it limited to it. In non-observation attention moves between the desire to trust, awareness of your desire, recognition of the conflict between trust and the desire to trust, and finally the occasional activity of actual deep trust, or Faith. Awareness of this natural movement of attention, and accepting it without reaction, allows awareness to move more deeply, leading to evolution through healing: ever-deeper releases of limitations. Why does this happen? Awareness itself is an active force that changes everything it touches by connecting what it touches to everything else. This is the very activity of healing, i.e., making Whole. This practice becomes your core activity at all times in all circumstances. Your life becomes a life of evolution, learning, and healing.

Faith-as-waiting is not something you do. It is an attitude about what you do. Since Faith is not an activity, it can have no purpose or goal. Knowers are typically frustrated by Faith. They practice it with the expectation of some result, but Faith is not an activity and so creates no results! The only direct result of Faith is awareness, which connects you to everything and changes everything, but slowly and non-specifically. What you are mostly aware of are all the things you do that prevent a deeper practice of Faith.

Ecos & Faith: A Perfect Practice

Ecos is the Whole that confronts you with the Truth of your life, good and bad: the Whole of your being exposes your self-imposed limits, and the suffering that results. Faith is a way to allow communion with that Whole, which often feels

like confrontation because the infinite exposes the limits of the finite. Faith is how communion becomes Self-awareness, which transforms or heals (makes you Whole).

Ecos exposes the limits of your Faith. Faith in the Presence of Ecos is a *perfect* or complete practice, a practice of being Whole, accepting the Presence of All That Is. Together they expose and overcome all limits. Ecos is the completeness or Truth of the moment. Faith is non-avoidance.

Perfection or completeness does not mean finality, only proper relationship to Truth: oneness, connection. *Perfection* is an activity, not a state of being. The *perfect activity*, then, reveals and overcomes all ignorance and resistance to Truth.

Faith does not make anything happen. It simply allows what is already happening (Ecos) to happen more easily. Ecos makes no demands on you. Ecos is simply the Presence of the Whole. How you respond is up to you. Faith is not necessary for evolutionary learning. Evolution will occur anyway, with or without you. Faith is just an intelligent response to Ecos that allows you to participate in evolutionary change.

3

THE WAY

• *Creators As Mystics*

Mysticism is accepting and experiencing the *mystery* and *magic* of life. Mysticism is strongly associated with a preference for subtle or spiritual experience over ordinary life experience. The work of a Creator is to integrate the subtle and ordinary dimensions of life. Mysticism, then, limits the full expression of our humanness. Still, mysticism is a natural part of human development and some of its habits are essential to being fully human.

Mystics embrace the mystery and magic of existence. They know every explanation conceals ignorance. They know the temporality of knowledge and that ultimately all things are unknowable: between every step of any logical explanation is a leap of Faith, without which logic cannot exist.

A mystic approaches life in joy. Mystery is not a reason for pessimism, defeatism, or nihilism. A mystic accepts what is known, then goes into the unknown. Mysteries are revealed in realization, yet mystery remains because what is revealed is not knowledge, but love, and the ability to perceive Truth. A mystic does not know everything, but is in touch with everything, only some of which is known.

For a mystic, knowledge is metaphor and symbol and reveals nothing of importance. Knowledge points to Reality but does not and cannot explain it. One explanation, then, is as good as another because what is lived is more important than what is known.

We live in a metaphorical, allegorical, symbolic, magical, mystery world. Since life offers no hint about how to respond to it, how we respond is entirely our choice. We may dance or

labor, enjoy or agonize. Mystics often seek answers about life's mysteries or meaning, only to be told the mystery remains and there is no meaning. There are only choices (or actions) and consequences.

Mysticism offers access to a world of magic, mystery and wonder, which is the beginning and end of mystic knowing. A mystic's approach to life is poetical, flowing, aesthetic, ambiguous, intuitive, yet no less certain than that of the rationalist, scientist, or intellectual. Mystics do not reject mind or knowledge. They just live in the moment before either.

• *The Problem of Spirituality*

Prior to Ecos, spiritual teachers and seekers alike were faced with a common problem: what to do about a seeker's unconscious attentional habits of resistance. The solutions varied, but most practices and teachings were about how to solve this riddle.

When a seeker or student approached a teacher, s/he had to be able to answer three questions: What are you willing to give, what are you willing to give up, and what are you willing to receive? If the answer to those questions was in any way limited or qualified, you were still seeking, negotiating about the price and direction of transformation, but not ready for it.

The context or pre-condition of spiritual transformation has always been the same: crisis, the inability to escape or resolve a dilemma or problem in the your current state. Evolution occurs in crisis, so teachings and practices are about creating the crisis that creates evolutionary change, or creating an experience of change instead of actual change.

The problem with all this is that there was never any problem to begin with. The problem with spirituality is that it does not solve any problem. Religious life solved the problem of what to believe, what to think, and how to manage your practical affairs; but mysticism, spiritual transformation, was a solution without a problem. The whole affair was mostly about exotic experiences, lifestyle issues, and a need for self-perfection due to a failure of self-acceptance.

The problem has never been a seeker's delusions, habits, or motivations. The problem spiritual teachers have always faced was the absence of a problem needing their solution. The problem was Reality. The problem was the absence of a real life crisis. Spirituality did not solve a problem that existed in the real or ordinary world. It was a long-term solution to a problem that had not yet arrived.

Ecos changed all of that. Ecos is a change in Reality. Ecos is the real-life ordinary world crisis that can only be resolved through personal and collective transformation or evolution. Motivation, resistance, insight, or lack of it, are no longer problems because they are no longer relevant. You don't need motivation to run when a truck is coming your way!

Before Ecos, there was nothing at stake regarding spiritual life. There still isn't. Spiritual life was always an escape from the demands and responsibilities of ordinary life. But now something is at stake that was not at stake before: survival. Ecos is Reality alive, present and active. Reality is healing itself, changing. As a self-aware being, you are part of that evolutionary process, but you have the capacity to choose whether or not to participate in it. You can and will choose whether or not to participate in life as Reality changes globally. But not participating in life is Death.

In Ecos, teachers of evolutionary learning are useful but unnecessary. They are no longer the means of transformation. Reality, Ecos, is the means of transformation now.

We become like that with which we associate. Associate with Truth and become Truth. Everything is Truth in Ecos.

- *Commitment*

Commitment is difficult. It is your promise to be changed by a goal rather than try to change the goal itself. Commitment asserts you are less important than the goal. If something must change, it must be you. Commitment is anathema in a world organized by self-indulgence.

Commitment is a way of self-transcendence and personal growth. The scope of your commitment and the nature of your goal will determine the scope of the change you are willing to endure. For our purposes, the best *goal* will result in abundant health, in all areas and dimensions of life; i.e., universal wellbeing. Such a goal is all-inclusive (infinite) and has no time frame (eternal). It establishes a context for life within which all life flourishes and can freely evolve. But, advocating universal wellbeing sets a limit on human activities.

I said earlier that transcendence was no longer possible because now all things are Present, or immanent. I also said commitment was no longer necessary because it is no longer optional. Reality is changing. The rule of evolution is: adapt or die, or become irrelevant. In Ecos, commitment is a way to do what is required but with conscious intent. Commitment is surrender to the life you encounter, not a way to change it. Commitment no longer implies continuing struggle, but the end of struggle: endurance in Harmony.

Do human beings have any choices at all? Of course, but the context of those choices is no longer indifferent and inert. The harmony and goodness of life is asserting itself. Find ways to support that rather than impose it or control it. Do what you can to support universal wellbeing in all dimensions. If you don't know what that is, then follow your best instincts and live your life. Embrace the Truth of the moment and the wellbeing of Ecos will emerge easily in your life. The natural emergence of universal wellbeing will bring us into deep connection with our selves and our world. The Health of Ecos emerges as a *spiritual* and grounded Reality: heaven on earth.

In the Presence of Ecos, commitment separates sincerity from insincerity. It is the way to overcome your resistance to the Truth of life by allowing the Truth of life to overcome your resistance. In Ecos, commitment to Ecos is the root of personal power, strength of character, wisdom, and freedom.

In Ecos, commitment is a way to surrender your goals, not achieve them. All goals must be pursued in the context of emerging Health, not its absence. All goals must express a prior surrender to the Truth of the moment, or they simply resist the Presence of Ecos.

When your life is chaotic and you feel out of control, when the pressure of life is too great, when you do not understand what is happening or why, when your Faith is in crisis, it is then that commitment, the willingness to surrender, endure, and not resist, is most important. Without commitment, the habit of Faith, you falter, doubt; you look for consolation, not your Truth. Commitment carries you through trials and darkness that at times appear endless. Commitment keeps you going, facing the Truth of the moment. The importance of commitment cannot be overstated. With it, anything is

possible. Without it, nothing is possible. Without commitment you fall into habits of weakness and avoidance. In each moment, you commit to something. Each moment, you choose Faith or fear. Choose to trust yourself and your life, or not.

In Ecos, commitment is the willingness to *volunteer* in the absence of choice. In Ecos, the context of commitment has changed, but its effect has not. It is still an act of personal power in the face of daunting change. In Ecos, commitment to Faith is unselfconsciously remembering you have nothing to fear. You are OK. Life is OK.

Commitment to Ecos through Faith is not a vow taken once and forgotten. It is lived, relentlessly. It is your way of living and being in the world. It is simply Present. It is not something you do. It is what you are.

We are shaped by our commitments: Choose well.

• *Freedom*

What is freedom? It is *invisible action*, action without unintended or negative consequence. More than that, freedom is invisible action as spontaneous Self-expression: action in harmony with All That Is.

For actions to be invisible, all possibilities must be visible in awareness. The pre-condition of freedom, then, is complete awareness. Thus, awareness is power. Awareness is the means for the healthy, healing use of power. Awareness is the means of Self-responsibility, the link between freedom and power.

Shadows limit awareness and consume the power for Self-expression through repressed fear and negativity. As Shadows are healed, the power for creative Self-expression increases.

The power of Self-expression is not ego-based. That power comes through the ego but not from it. The history and personality of the ego can be used to creatively express and embellish the power of the Self, so long as it serves the Self.

The masculine organizing and creative power of the ego must always serve the feminine power of the infinite Self. When that happens, Self-expression becomes a means of guidance and evolution. Self-expression is not about you (ego/personality). It is about the evolution and health of all life. Freedom is not about personal license, then, but complete personal responsibility.

In true freedom, you are not a channel for Truth, you are Truth, creatively and personally expressed by sacrificing the ego to Self-expression in Faith. Thus, the ego surrenders to the Self and is graced or blessed with the infinite power to affect and be affected by the evolution of All That Is.

• *Power*

Some people assume the power of miracles is essential to spiritual perfection. Thus, some people pursue the occult to control experience. Control of power and experience is a basic concern of the ego. So people pursue mind control, faith healing, aura and mind reading, astral travel, etc. People seek out the power of the miraculous.

If power is meant as a path to wisdom, then simply live your life and practice Faith. Life will flow through you with ever-increasing forcefulness until wisdom dawns within.

If power is meant as a path to the control of circumstance and experience, then your life will be overcome by Shadows,

the collective force of all that is denied and avoided by living as ego rather than Self. Only the ego pursues power. The Self is power. The pursuit of power is just a way to avoid your Truth, and the demands of Ecos in ordinary life.

True power is not about controlling the conditions of life, but healing the conditions of life, and not through the power of ego-based action, but through the power of Self-being.

Love is the true creative and controlling power of life. To express love is to express the Truth of you, the Truth that is Self. For that, be fully Present and available in your life, embrace what shows up, connect with and be affected by All That Is. In doing that, you will live in harmony with All That Is. That is in itself a miraculous demonstration of power.

The power of your Truth need only be allowed. When it is, miracles do appear, but they are a spontaneous expression of the interaction between your Truth in the moment and the Truth of life: Relationship, Ecos.

The Truth of life is Ecos, present here on earth in every detail of life. Live in Faith and all good things come to you.

• *Methods of Evolution*

Progress is movement. Evolution is transformation. Still, people look for ways to gauge the progress of their evolution. No such gauge exists. In the Knower Paradigm, enlightenment and realization were two of many benchmarks used to gauge *progress*. Experiences were ways to confirm the correctness of your practice. Methods were used to generate experiences, or miraculous powers. The result across all traditions was a jumble of experiential, and transformational, possibilities. But

fully human beings did not emerge from any of this. The reason, of course, was a reliance on methods.

I do not recommend methods. There is only Ecos. Methods are a means to an end, a means of progress. But there is no place to go, and nothing to achieve. Ecos is already Present. The only way to Truth is the way of Truth: Faith: accepting your self and life as Truth. The way of evolution is to be fully Present in your life, which is the practice of Faith.

Methods are ways to produce specific results, to achieve goals. But evolution is unpredictable and non-specific. It integrates and expresses the Whole, not just a part. Methods just delay the inevitable: complete surrender.

There are no methods to find or be your Self. There is just accepting your Self and being what emerges. You are the Truth and the solution you seek!

On the other hand, if what you seek is a part and not the Whole, then methods make sense. Do what you choose for the love of it. Commit to it. Let it affect you as deeply as you can. Evolution will take care of itself.

Do You See What I See?

4

THE LIFE

- *Original Meditation*

Original Meditation is not a way to get or achieve anything. It is a way to allow everything: Ecos.

Abandon

To be a fully human being does not require training, plans, practice, preparation, study, or effort. It is natural, unlabored, and spontaneous. If your life requires self-coercion, discipline, control, effort, then you are not living the Truth of your life. You are not being fully human – and life suffers.

Abandon self-consciousness, live spontaneously. This is a *dangerous* practice, since subconscious Shadows are released. It is also *dangerous* in a fully mechanized modern society where people are just machines within a larger social machine. Thus many people fear spontaneity, internal negativity, and social disruption.

So, spiritual traditions insist on *moral* behavior (adopting social norms) as a basic practice. You must be able to live within a framework of common decency and social justice before undertaking anything subtler. Evolutionary learning is not suited to many people.

Original Meditation is a way to practice abandon without disrupting your private or public life. The practice of Original Meditation, Faith, is a practice of abandon that allows the stifled chaos of Shadows to emerge and heal, all while sitting quietly in your home.

Within the bounds of common decency and social justice, then, practice abandon during Original Meditation, then do as

you like afterwards. Abandon is not a chosen behavior, but an attitude taken toward all that you do. Whatever arises that cannot be enacted should be resolved during meditation.

Non-Desiring & Non-Attachment

Original Meditation requires *non-attachment* and *non-desiring*. Attachment is commitment to a Shadow, a limit. Grasping, seeking, or holding one thing means you avoid and reject something else. What you seek and avoid are Shadows.

Embracing the Truth of life is embracing all things, which is equivalent to non-attachment. In Faith, all things enter and leave your life and awareness without resistance. Without resistance, all things are simply Present in awareness and life. Non-attachment is essential to Original Meditation.

Non-desiring is also essential. Everything that arises is Truth, with an overlay of your own limitations. Wisdom and Shadows manifest as your life. To desire other than what is present, is to avoid your Truth and responsibility for your Shadows. Desire rejects the opportunity for love. Love is not embracing what you want. It is embracing what you have.

Faith

Let Faith replace desire and attachment. Accept what shows up, even Shadows, as Truth. Shadows are healed through simple awareness, non-judgmental acceptance: Faith. Live each moment in Faith. Embrace even your Shadows, for they are your Truth whenever they arise.

Original Meditation is not really meditation as you have learned or understood it. It is not a way to create specific

conditions, experiences, or attitudes. Original Meditation is a response to Ecos: all things are Present, so there is no place to go, nothing to do, or attain. Original Meditation is an attitude, not an activity. There is no need to stay awake, focused, alert, or even conscious! Original Meditation is the practice of Faith, which accepts what shows up without reaction. If sleep or a loss of focus shows up, Faith accepts it without judgment.

How does this accomplish anything? It doesn't. There is no place to go, nothing to do, nothing to attain. Original Meditation is a way to practice being at peace with yourself and your world. When you do that, the natural power of life arises. The result is evolution, a natural and inherent process of Reality. The opportunity for personal evolution has not been waiting simply for you to be in the right place at the right time doing the right thing. Evolution occurs when you don't prevent it. It will occur even if you try to prevent it. When you fail to live any part of life, you die. It is your choice.

Original Meditation is allowing Relationship at all times in all dimensions. The practice is simple: do nothing (allow everything)! Ecos is fully Present. What you seek and seek to avoid is Present. Do nothing and all things will come to you and heal through you. Be with everything, and all things heal.

Original Meditation begins by recognizing Truth as Present and active. Original Meditation begins with radical acceptance: do nothing but accept Truth in all things, as all things, at all times, in all forms, at all levels, in all ways.

Physically: sit. Take some deep breaths so the body relaxes. Close your eyes. Relax both body and mind. Completely let go, even of the effort to let go. Whatever happens is all right. Whatever happens, let it. All things will appear and disappear in response to forces of which you are

unaware and over which you have no conscious control. In this way you connect with the deeper and unconscious levels of Self, and heal what needs healing through your Presence. Over time, Self emerges more strongly and with greater clarity in every moment and in every dimension of life.

Faith is the courage to accept responsibility for what you are, and for what you have become: for all that has been un-lived and rejected, for all that can be lived in abundance and health. Faith is the courage to accept that whatever seems true, you are, truly, safe. Therefore, surrender in complete Faith. Accept you have already surrendered. Ecos is here. There is nothing to do, including making sure you are doing nothing!

Accept responsibility for all things by accepting all things. Be free of all conditions by affirming all conditions, in this and every moment. Destroy limitations by affirming them, by accepting them, by not resisting them.

In Original Meditation: nothing is prohibited, everything is allowed. Say yes: I Am That. Let all things be what they are. Relax. You are OK. The world is OK. This is Faith.

In Original Meditation all things arise and fall away within the realm of your experience, of their own accord, effort, and nature. All experiences, insights, or realizations, occur at the proper time in the proper form. Allow everything to be what it is, as it is, when it is. Should thoughts or images remain for long periods, let them. Asleep or awake, make no judgments. Everything and every moment is part of this practice, including any judgment that something is wrong.

In Original Meditation: doing everything at once is the same as doing nothing! Choose everything. Choose nothing. Be everything. Be invisible (alive without ego). Be still. Face Reality. Abide in the Truth of each moment. Do not worry

about ego, illusion, or self-deception. These are also the means of your evolution in Ecos. All things are True and Real. Accept them for what they are, not for what you consider them to be. All things come and go as needed. Accept and affirm your Ignorance. Conscious Ignorance is the nature of Faith.

Faith is not a passive attitude toward life. It is an enthusiastic embrace of life, in its fullness, as Ecos.

Attention

You may want to meditate by focusing attention, but focusing attention limits awareness and so Relationship. You cannot fully participate in Reality energetically while attention is focused. Reality is not an object of meditation unless you are pursuing experience instead of evolution.

Focused attention as a method of meditation made sense, sort of, prior to Ecos. There were barriers to be overcome and distractions to be avoided in pursuit of the Absolute. But now the Absolute is Present. Meditation as it has been practiced, and as a formal practice, is no longer necessary. All that is needed in Ecos is Faith, which you can practice formally if you want, but it is best practiced as an attitude of ordinary life, not as a specific set of activities.

That said, Original Meditation is a formal way to practice Faith. It is best understood as a transitional habit only, a way to establish the inward habit of Faith before you try to live Faith on-the-fly, in real-time. Once you adapt to it inwardly, as an attentional habit, you then forgo it as a formal habit and practice it as an attitude of daily activity.

Original Meditation is a way to relax the focus of attention to the point of dissolution. Each time you relax attention fully,

awareness dissolves from self-awareness to simple awareness to simple consciousness. Personal awareness is fully dissolved and then re-formed. With each repetition, awareness is altered. You are transformed. Each time you merge with the Whole, you become more whole yourself: you heal.

Original Meditation has no object, goal, purpose, or focus. Original Meditation is being fully Present. Original Meditation is Ecos. It is non-obstruction. In Original Meditation, as in Ecos, you are not in control. Rather, awareness wanders the field of consciousness, amidst the joy of the Heart and the tears of your Shadows. In Original Meditation, whatever happens is simply allowed to happen. All is well in Ecos.

Original Meditation is intense but effortless attention: do not try to observe. Let attention go where it chooses. Allowing attention to be organized by Ecos is Faith. Faith is indifference to attention.

The Observer state is only one form attention can take in Faith. Faith does not exclude observing, but is not limited to it. Observing is the perceptual habit of the Knower Paradigm. The Observer is the activity of self-awareness. Faith is the activity of Self-awareness, which includes both the Observer and the Perceiver states of attention. Remember the attitude (not the activity) of non-desiring and non-attachment.

The Perceiver or non-Observer state: is the other part, the other form of attention in Faith. The Perceiver is the perceptual habit of the Actor Paradigm. It is our default perceptual habit, the attentional habit that appears when we relax the self-aware focus of attention of the Observer. The Perceiver is our natural attentional habit before we evolve into self-aware Knowers. In the Actor Paradigm, there is no Observer, just a direct perception of experience. The Observer

notices the river of consciousness but is not part of it. When attention relaxes, the Observer loses its detachment and separation and falls back into our default Perceiver attentional habit. The Perceiver, already in the river of consciousness, is without control, self-awareness, or concern.

Attention naturally and spontaneously phases between the Perceiver and the Witness. The Witness is the vehicle of intellect, knowing, and fear. The Perceiver is the vehicle of direct experience, unself-conscious being, and love.

Both perceptual habits create different experiences and realities, different paradigms of Reality. But both attentional habits and their experiential worlds are part of a larger Reality: Ecos, a multi-dimensional multi-verse.

In Original Meditation, a natural phasing of attentional habits is understood and allowed. Neither habit is preferable to the other. Both are required and must be integrated before the third attentional habit and paradigm can emerge: the Creator.

So, resist nothing. Avoid nothing. Choose nothing. Control nothing. Embrace everything. Abide in Ecos.

Sincerity

Original Meditation requires sincerity. It is the practice of an attitude: a trusting relationship to life. Sincerity is about innocence, simplicity (absence) of intent. Sincerity is difficult to master because it demands responsibility for, and so the awareness and healing of, Shadows, sub-conscious habits and intentions. Like love, sincerity is not possible without full Self-awareness and Self-integration.

Sincerity is rooted in the Perceiver attentional habit. It is honesty. It is the absence of duplicity (which is possible only in the Witness attentional habit. Sincerity is prior to the moment when the reactions of doubt and fear are possible.

Original Meditation reflects and allows whatever shows up, including insincerity. What you experience, though, is not some self-aware judgment about insincerity. Rather, you experience your biases and limits. If you do not react to or act upon your experiences, a deeper Truth emerges: Ecos.

Original Meditation requires Faith, attention, and sincerity. It is a simple practice. It is the simplest of practices, but difficult to master. Original Meditation is the practice of being Ecos, fully human, connected to, in harmony, and in loving Relationship with All That Is.

• *Experiences*

All the issues, concerns, and problems of ordinary life in the Knower Paradigm are reactions to and complications of self-awareness (which demands conscious choices about every aspect of life). Knowers also categorize experience (waking, dreaming, etc.) valuing each differently. So, Knowers divide up Reality and experience, and thus avoid Ecos (which is the Whole, or heaven on earth).

Because Knowers are not fully Self-aware, there is little free will in the Knower Paradigm: you cannot make free choices without full awareness. Choices and actions taken in ignorance create unintended consequences, or Shadows. These are aspects of Self not integrated fully into your life. Shadows accumulate sub-consciously, controlling and limiting your range of choices and experiences. Knowers make lots of

choices, none of them free, invisible, without unintended consequence, or Shadows.

Freedom demands full responsibility, complete awareness: Self-integration through Self-awareness. All of that emerges from Faith, which is the core activity in Ecos. The result is the mutual evolution and community of All That Is.

Experiences are not significant indicators of humanness. Experiences can signify something or nothing. The meaning of an experience is self-determined and should have no impact on what you do. Instead, follow your instincts. Follow your instincts, your deeper inclinations, the energy of your life, not emotional reactions to judgments about experiences.

Observe your experiences during Original Meditation. Recognize or understand those experiences by reflecting on them in the context of Ecos. That said, none of that should have any bearing on what you actually do in your life. The Truth of your life (which includes any Shadows) is in the energy of your life, which is in the body, the gut, not the head. That energy creates or empowers a *path*, a life direction that is personally compelling. Be clear, however, the path of power is not the path of fewest Shadows!

Faith is when all experiences, possibilities, and realms of experience, are noticed, accepted, recognized, and released. Ecos does not depend on experiences or on understanding them. Ecos is an energetic, spirit-based, not a mind-based, emergence of consciousness in matter. Ecos expresses the Creator Paradigm, not the Knower Paradigm.

In Faith, ordinary experience frees the mind of Shadows and connects you to the fullness of Ecos. Shadows are held subconsciously. Thus, the healing of Shadows can and often does occur below the threshold of conscious awareness. It is

unnecessary to be aware of these changes for them to occur. In fact, conscious awareness of change can impede change.

And so we come back to Faith. Knowers want validation of their search, which speaks to fear and a need for control and reassurance. But reassurance never satisfies. The search is a self-contradiction rooted in fear. This prevents the successful outcome of every search: you cannot find what you fear. So, no search ever succeeds. Instead, every seeker must do at the end of their search what they would not do at it's beginning: accept that what they are and what they have are all they need, for the moment. Such acceptance is the acceptance of Ecos.

While the Search is unnecessary, it is also a natural, or at least typical, part of adolescent development. Given that, then what should you seek to expedite your evolution? Seek what is already Present: Ecos. The Search ends immediately because what you seek is already Present! By accepting Ecos, you accept your self and your life as they are because all things are Present in Ecos.

Radical Faith is non-specific trust. It is not a way of seeking but a way of being. Since everything is the Truth of the moment, it is up to you to See the Truth in all things. By acknowledging your ignorance, you acknowledge your need to accept on faith that Truth is Present in this moment.

Faith is how the mind is informed, enlightened, in Ecos. Faith sees only the Truth, the Wholeness, of all things. You are transformed by your loving embrace of Ecos.

In Faith, intuitive understanding, even knowing, occurs after Faith becomes a habit. Understanding emerges as a secondary effect of Faith. Understanding validates Faith, but only after the habit of Faith is established. Understanding is not an explanation or experience, but an intuition. The lesson

is that to understand Reality you must first embrace it in Faith. This frustrates Knowers, who want to understand/know first, so they can be certain Faith is not a mistake. It doesn't work that way.

Faith leads the mind to Ecos. Faith confronts Ecos in Ignorance, without understanding. Faith is always justified, but always later. Without the defense of knowing, Faith exposes you to Ecos directly. It is this unmitigated exposure to Ecos that releases you from all limitations.

Accept all experiences as they are, for whatever meaning they appear to have. Then forget the meaning and continue in Faith. Otherwise you become attached to knowing and thinking and resist Ecos. Approach each moment in Faith, in complete innocence. There you find Ecos.

The Moment of Learning

Many things are known. Few are learned. Learning is a permanent change in awareness. Experience is a temporary change in awareness.

The mind creates the finite out of the infinite by focusing attention, limiting awareness. This is the life and habit of Knowers, who can create a multi-verse of possibilities but can live only in one, the one with which they identify. Knowers and their worlds are un-Whole, and so un-Healthy. Creators create Ecos by resting attention on the infinite without losing awareness of or connection to the finite. Creators connect all dimensions of Reality in themselves. What emerges through each Creator is one expression of the Whole, of Ecos. Each Creator offers a complementary expression of the Whole, of Ecos, creating the evolution and community of All That Is.

Evolutionary learning is mostly unlearning or healing your Shadows. So, Truth mostly changes the subconscious. The conscious mind practices Faith while it *waits* for Ecos to transform the subconscious. The conscious mind must consent to but not control this evolutionary learning. At some point it discovers what has occurred below the threshold of awareness, resulting in insight. Evolutionary learning, then, is change prior to discovering change. Insight is not the moment of learning. Discovery is not the moment of Truth. By the time you find out what is going on, it is already over! Evolutionary Learning requires and only occurs in Ecos through Faith.

About Evolution

Evolution is an inherent, unstoppable process of Ecos. If you are here, you are evolving. Everyone evolves, or dies, and even death does not stop evolution.

So, how do you know if you are evolving? You don't! You are asking about progress, which is a measure of separation. In Ecos all things are different but nothing is separate. In Ecos there are no benchmarks. All things evolve together, so there is nothing against which to measure progress. There is just a harmony of relationship with Reality. In the Creator Paradigm, traditional benchmarks of spiritual *progress* disappear.

That said, the quality of experience typically changes as you evolve: a deeper sense of wellbeing, security, calmness, joy; deeper understanding and wisdom; less attachment to or desire for worldly things; a reduction of *bad* habits; health; a reverence for all things; loving relationships. This is Ecos.

• *Perfection*

Every Knower seeks perfection, either out of a sense of personal inadequacy, or from a sense that life can and should be more than it appears to be. The desire for perfection expresses a fear, a judgment: you and/or life are inadequate, and both must be completed or perfected.

Evolution is ongoing. Life is always becoming more than it was. Every moment is perfect for the moment. Perfection is living evolution, not completing it. Perfection is living in All That Is in Harmony. Perfection is being everywhere while going nowhere. Perfection does not exclude imperfection, limitation, or illusion; light or darkness. Perfection is living in a limited world without limitation. Perfection is having no idea what perfection is, and so all things are perfect – until you decide it isn't. Perfection is being perfectly, fully, human. Suffering and struggling are a natural but unnecessary part of being human. Thus, fully human beings do not suffer from or struggle against the drama of their life.

Is *perfection* not making mistakes, not needing to learn or change anything? If so, then you prefer death to life, for life is all about change, learning, and mistakes. The apparent limits of our lives and world are not their real limits. They have no limits. They are constantly evolving, becoming more than they have been but never all they can be. The limits of life are not an imperfection, but an invitation to creativity.

Perfection is realizing that this moment of *imperfection* is perfect for the moment. In the next moment it will change, if you let it. If you have Faith. No moment may express all you had hoped, but each moment is filled with possibilities. How much of infinity are you able and willing to accept?

The perfection or Truth of the moment is effortless, natural, spontaneous, and already Present. You already possess the human form. Fulfill the possibilities of that form: embrace the fullness of your life in each moment. There is nothing you need to be, or do, or learn, or unlearn, that will not come to you naturally as you fully embrace each moment. Do not try to be something different than you are in each moment. In the next moment you will be something more. A fully human being expresses the Truth of life, creatively embellished with personal and usually humorous flourishes.

Shadows

Garbage in, garbage out; reap what you sow, what goes around comes around. These are ways to express the idea of Shadows: you cannot escape the consequences of your actions in any dimension. Everything you do anywhere has an effect everywhere. It is not possible to experience the effects you like and avoid those you don't, not permanently anyway. This is a clear statement of infinite Self-responsibility. You cannot create something you want in one world or dimension while leaving a mess in another. It is all Ecos, and the mess you try to avoid will follow you, as a Shadow. It will haunt you like a demon, until you clean up the mess, until the Shadow is healed, reunited with light, and the fullness of Ecos appears.

The world we live in reflects the truths we live by. Soon we discover the consequences of those truths. If there are unintended consequences, we know our truths are incomplete. This is true in every dimension: matter, mind, spirit. Each thought, for instance, has its effect, outwardly and inwardly. You are more powerful than you think, more powerful than you want to be. Thus, you become your best friend or worst

enemy. You create your world and the conditions of your life. Shadows reveal the law of unintended consequences: what we do not love is Shadow.

In cultures where *karma* and reincarnation are active concepts, it is believed unresolved actions in one life come forward into the next. Since we are continuously conscious beings, we begin each life with the attentional habit and Shadows of the prior life. We cannot escape, in any world, at any level of Reality, the condition of our soul, the limits of our Faith. What is unhealed in one life must be healed in another.

Shadows manifest as experience. So we learn what we must resolve or heal through ordinary experience. This is why it is necessary to embrace all your experiences. Otherwise, the debt you owe yourself and life, the burden of unhealed Shadows, increasingly manifests as life-crushing experiences. You must love what you think will kill you, or you remain ever outside the gates of Ecos.

Let yourself be fully and deeply affected by the Truth of the moment. Become so totally immersed in Truth that you lose all self-conscious identity and merge with the experience, which is how you reclaim the Perceiver attentional habit. As you do, experience becomes the vehicle of understanding.

Shadows express life's justice: you reap what you sow. So, the justice of Shadows is the means of evolutionary learning. Justice leads to wisdom and transformation. Justice is not revenge, but love. Justice is not punishment, but consequence. In Ecos, there are only actions and consequences. This is a clear statement about the use and price of creative power.

Your life expresses your Shadows, until they are healed. Suffering and struggling indicate unhealed Shadows. The causes of suffering and struggling begin in our past but they

exist in the present when we fail to heal our Shadows here and now. We suffer and struggle when we bring the limiting habits of our past into the present. We do not suffer from past deeds, but from what we continue to do and be here and now.

Eventually, the burden of Shadows is too great. Your self-limiting habits break down. Suffering and struggling are unbearable. Resistance to change collapses. In the moment when you hit bottom, and only then, you may be able to take a first intentional step toward Ecos. You may be able to begin a life rooted in Faith, but only if you are willing.

Your past is not to blame for your present life experience. If your habits or beliefs bring the past forward into the present, then those habits, not the past, account for your present life. In each moment you must choose to embrace the whole moment, or just part of it. The consequences of that choice create your experience of life in each moment.

You are a free and powerful being. You have created the world and life you have now. If you do not like it, embrace it fully and it will change. You will change. This is the habit of Faith: a relentless embrace of Ecos in each moment.

Suffering

Suffering is your experience of Shadows. Your suffering and struggling leads you to your Shadows. Shadows show you the way to freedom. They show you what you have ignored and what you must love if you are to be and express Ecos. You are taught and guided by Shadows, by what opposes you. You cannot win by fighting. You only win by surrendering.

We will do almost anything to avoid suffering. You can rid yourself of symptoms for a moment, but Shadows remain,

waiting for the love you have long withheld. If you are ever to learn the Truth of Reality, you must accept responsibility for it. You must embrace the Shadows and the Light. If you are to be fully human beings, you must be Whole. You must open yourself to the conflicts and pain you created, participated in, and allowed, if you are ever to resolve the conflicts and heal the pain. Faith is an act of courage.

The Suffering of Others

You must be prepared to allow the suffering of others, even as you do all you can to relieve the causes of suffering. We must all experience the consequences of our choices and actions. Before we can create a culture of Ecos, we must stop resisting Ecos: by our Shadows we are taught.

Most of us would help end the suffering of others by relieving the symptoms of suffering, not its causes. By relieving suffering, however, we cannot find its roots, and neither can the person we help. By relieving the symptoms of suffering, we create an illusion from which there is not even the possibility of escape. Without suffering, we cannot find the Shadows that cause the suffering. All we can offer is temporary relief, which becomes addictive for the person being helped and a demand for the person helping; a demand from which there is no respite.

A life without suffering (because you relieve it) is a life where all actions have the same effect: no suffering. It fosters irresponsibility and ignorance. The relief of suffering allows a person to continue causing suffering without ever knowing what s/he is doing. Without suffering people live a lie.

We should not ignore suffering. That prevents even the possibility of love. We must embrace all things, including the suffering of others, as our own. We must help others the way we must help ourselves: through Faith, by embracing the Shadows that cause suffering, thereby taking responsibility for them, returning them and ourselves to Wholeness. Thus we end suffering.

You might be surprised how many people will refuse the Presence and opportunity of Ecos and choose to continue suffering. Still, we must be always ready to offer the support needed to help others heal their Shadows and join Ecos.

Live the Truth of your life in the moment. Respect others by allowing them to experience the Truth of their life.

- *Creating Communion*

Communion, Association, Relationship, Harmony, and Ecos are different words to describe the same thing. Communion is created, not projected. It emerges from within. It is not imposed from without. This has an interesting and typically unnoticed implication.

Communion is an ongoing creation of Relationship, which is generated by and within the Creator, who is Present before, during, and after the creative act. This means that the Creator is aware of the conditions and moment before, during, and after communion is created. The Creator does not experience just the moment of communion. Creators are also aware of and affected by the moment of chaos prior to the moment of Communion. They are fully Self-aware.

Creators do not stand outside the act and moment of

creation, untouched and unaffected by their activity. They are rather fully aware beings within the act and moment of the circumstance they create. They are fully affected by their own activity because they are fully Present in all conditions, in all dimensions. They do not simply *show up* in the final moment to savor the end result.

From the ego perspective of Knowers, the responsibility of full awareness within the creative act is an affront, terrifying, and something to avoid. So, the communion and harmony essential to the evolution and wellbeing of human beings and the entire planet, while something human beings desire, is not a responsibility most human beings would want to have.

Light emerges from darkness, order from chaos, and life from death. And all three return to their initial state: light returns to darkness, order to chaos, and life to death. There is a natural phasing between polarities, each eventually and completely overwhelming the other. But once Reality is self-aware, the natural phasing can be consciously managed. It cannot be stopped but the complete phasing of polarities (where one polarity overwhelms the other) can become a continuous *dance* between polarities where neither polarity completely overwhelms the other.

Creation, then, becomes a continuing act of managing the phasing between darkness and light, chaos and order, death and life. It requires conscious Presence in both polarities. Creators hold their feet to the fires of chaos, darkness, and death to maintain the communion and harmony of Ecos, to maintain life as a continuous act of evolutionary healing. Creators, then, experience the movement between the natural and inherent pain of existence and the natural, inherent joy of life. They are aware of and exist in both polarities at once.

Creators *internalize* the creative-evolutionary process, and so the communion and harmony around them emerges from the communion and harmony within them.

Ecos is not a polarity but the Whole. It is the playful interaction of polarities, not an exchange of one for the other. Through deep involvement in life, Harmony can emerge energetically, from the *inside*, rather than be imposed from *outside*. You do not become identified with any specific form or possibility in life, but with the Whole. The self evolves, expands into the Self, Reality, in communion and harmony with All That Is. The Truth of the moment, of All That Is, is the activity and condition of a fully human being, a Creator.

Communion & Teachers

The non-dualism of communion precludes the student-teacher relationship typical of spiritual traditions as well as the need for spiritual transmission. Creators, fully human beings, are simply and only expressions of the Truth. In this respect they are no different than anything else. All things are more than they appear to be. All things contain the fullness of the Truth within them, if you go deeply enough.

Teachers, who offer ways to the Truth, and Gurus, who offer themselves as the Truth, still only offer the Truth, which in Ecos is already everywhere. They offer nothing that cannot be obtained or achieved everywhere.

In the Knower Paradigm, this was implicitly true but not explicitly true. In the Knower Paradigm, spiritual teachers and gurus are not yet Creators. They cannot and do not *share* the Truth, the Whole, except through very specific and limited forms of transmission. In this context, Truth is not a Presence

available everywhere. And so a way to connect to that Truth, a means of transmission, is needed. The means of transmission varies: from personal or devotional relationships, to ritualized events, to the practice of specific habits, or some combination.

The formal function of a spiritual teacher or guru arises only in the context of the Knower Paradigm. In the Creator Paradigm that function arises informally in all relationships. The notion that Truth is not and has never been elsewhere, but is Present in all things and in all moments, is just an idea until it is fully lived. When Truth is fully and consciously lived, it is not and can no longer be retained within any single form. It is spontaneously and unstoppably shared.

In the non-dual Reality of the Creator Paradigm, spiritual transmission is not only unnecessary, it is not possible, except as an intentional, temporary, and unnecessary act of Self-limitation, or grace. Such acts may be helpful, useful, and pleasurable for others, but they are an unnecessary means of personal or social evolution. More, they promote a dependent relationship with the experience of transmission and with those who offer it.

Communion & Faith

For Ecos to emerge, Reality must awaken to itself. For that to happen, one or more self-aware beings must come to *stand* in awareness in all dimensions simultaneously. Only then can Reality affirm the Harmony that is Ecos. And only then is any meaningful form of Communion possible for others. Why?

In the Knower Paradigm, spiritual faith is limited to an object of devotion or desire, one who mediates the gulf between the individual and the Whole of Reality. A more

direct and less limited relationship with Reality, independent of a mediator, is considered unwise because only mediators can *civilize* the *unruliness* (chaos) of Reality.

But so long as Harmony is limited to and dependent on the activity of individual teachers and gurus, Communion and the habit of Faith also is limited to the scope of their activity, which was incomplete. How? Mediators exist in and try to overcome the limits of the mind-based Knower Paradigm, as well as the internalized limits of that paradigm in individuals. But overcoming those limits requires the Knower Paradigm itself to be fully expressed. In other words, the full limits of the Knower Paradigm must manifest globally before those limits can be overcome and the Creator Paradigm can emerge.

Faith is less intimidating to the ego, it is more likely to be practiced, and the benefits are more readily accessible, in the context of Ecos, the Harmony of all things in all dimensions. Faith in relation with anything will serve the requirements of human evolution. In Ecos, the power of Faith is freed from any and all specific and limiting relationships. Faith is always an affront to the ego, but it is less so when the wildness of Reality is mitigated by the activity of one or more Creators. Faith is easier where Communion or Harmony already exist.

Faith, Communion, Truth, Reality, Harmony, already exist in Ecos. Simply relax and allow your life to merge gently, easily, silently into this possibility. Allow your limits to be overcome and your life to flourish in the fullness of Ecos. There is nowhere to go, nothing to seek, and nothing to find in any dimension that does not now already exist fully here. Let what has always been true, and what is now literally true, become consciously true of you in this and all moments. Either way, whether you relax or not, the fullness of life is

now a fact of life on earth. There is nothing more to be done. Simply live your life as you are moved. All the benefits of Ecos are already available to you. Whether or not you avail yourself of those benefits is up to you.

Communion & Fellowship

Faith determines your attentional habit, which determines your relationship with Reality. The Faith of Knowers is a tentative trust. More than anything else, Knowers trust their fear. Deep Faith is trust beyond the limits of personal mind. This is the habit of Healers, those who embrace and follow their Shadows into the darkness beyond their fears. Thus, they come into harmony with the literal community of Ecos and abide comfortably in fellowship, in the Harmony generated by Creators. Radical Faith is trust beyond the limits of spirit, which takes you to the brink of non-existence. This is the habit of Creators who create and maintain Ecos. Thus, each person controls her/his Relationship with Reality through Faith.

Original Meditation assumes and allows communion prior to all other conditions, or any search for Truth. Fellowship is the social form of Original Meditation, the social expression of Relationship, Communion, and Faith. It is sharing, giving, receiving, absorbing, being absorbed by All That Is.

A community in Ecos functions as a communion, not as an association. What affects one person affects all others. This communion is achieved through mutual Self-awareness rather organization. Each person is part of and aware of the Whole. Thus, people function independently, yet harmoniously.

The need for *privacy* among Knowers does not exist among Creators. There is nothing to fear or to hide. There is

no separation, and so no privacy. The need for privacy is overcome by love (non-judgmental association, mutual trust). Each person is transparent to others.

Moving from privacy to transparency can lead to chaos as Shadows arise. This is the work of Healers. Honesty and civility are not at odds when Shadows are healed.

Communion & Honesty

Honesty alone however, is only cathartic. Honesty has little therapeutic and no evolutionary value until it is about Self-awareness. Even then, you only *encounter* Shadows through honesty. Healing begins when you embrace them. Deep Faith and Original Meditation then begin.

It is easy to think that being honest about your Shadows is Communion. People are often eager to discover some new flaw in themselves so they can play the game of honesty. But the flaws remain because they are the basis for the game. And that is just fine. Flaws are not really flaws, just self-limited relationships with Reality. There is nothing wrong here, just actions and consequences. Everything changes eventually. In the meantime, Communion is the context in which all things change most easily and come most easily into Relationship.

Honesty is not a way to embrace your limits, only a way to acknowledge what must be embraced. Being at ease with your limits is not a way to get rid of them. It is only a step toward the full Truth of Self in the moment. Then you move beyond embracing your limits, and end up embracing someone else's, which are all part of the Self. So, there is nowhere to go and nothing to do. Trying to get it right, make it perfect, just gets you deeper into self-limitation. Just live your life and let

evolution take its course. By doing that, we all play our part in the unfolding human story.

- *Faith*

Everyone has faith in something, but most people trust their fear of trusting anything at all. We are suspicious and wary. We nurture the resentment of trust betrayed. We silently wait for and even expect eventual betrayal. And so we seek reassurance that trust is not misplaced. We refrain from promises or commitments because we know ourselves too well, and fear others are too much like us.

The *problem* is Faith makes us vulnerable and yet we cannot avoid it. We must trust even when we do not want to because we cannot control or know everything. We must trust our partners, family members, the economy and government, our co-workers and boss, the driving skills of other people, the police, and the heads of other governments, and the weather. There is nothing in our lives we can afford not to trust. We must trust everything, yet we are afraid to trust.

We trust our minds: we believe. We believe what we know. We believe what we think. We believe what we experience. We especially believe knowledge. It lessens the need for trust. Knowledge feels like power over reality. It reassures us and reduces our sense of being powerless victims, helpless in a world we cannot control and from which we cannot protect ourselves.

Trust, or Faith, is how we connect to our world. Without it we are just parts, separated and alone, in a vast machine. Yet we are conflicted about this most basic activity, and this conflict influences everything else in our lives. If we resolve

the conflict by not trusting anything, we become paranoid. Our relationship to Reality becomes so limited we are unable to function. We become a danger to ourselves and to others.

Self-awareness is awareness of our precarious situation: to exist at all is to be forced into an unknown environment upon which our existence depends, into a relationship we cannot avoid and cannot control. Some degree of concern (fear) seems warranted. Fear is how we try to stop life, or control it.

We live in the constant turmoil and anxiety of the conflict between fear and Faith. We are on the horns of a dilemma: resolving this conflict leads to psychosis or vulnerability, a life we cannot control in a world we do not know. Our solution is to split the difference: permanent insecurity.

To ease the corrosive effects of that choice, we seek power over our world and others. We try to manipulate and control our world and others, and to avoid life by avoiding change. But we cannot avoid life. We are life. We are that which we fear. What we think we fear is in truth an outward projection of our inward condition. And so our Shadows begin.

Every aspect of your life is controlled by Shadows. All activity is rooted in fear and your efforts to limit or avoid it. Even hopes and dreams are ways to organize your life and outrun your fears. All your actions are motivated by fear.

You run, but there is nowhere to go. You search, but you trust your fears more than anything else, so seeking always fails. You place your willingness to trust inside the larger context of fear: you trust, but never completely. And it never works. No matter how deep your distrust or fear, you live in a world that is ultimately unknowable, uncontrollable, and unavoidable. Like it or not, you must live in Faith.

You live in a world of possibilities and probabilities, but what you want is a world of certainties. It does not and cannot exist. You cannot avoid chance or fate. Ultimately, you cannot distinguish between the vagaries of chance and *Divine Will*.

In some deep unconscious place, we sense how precarious our existence really is. We all have *existential vertigo*. We all sense our lives are suspended over an abyss, and it is terrifying. So we close our eyes to avoid what is really there. We rely on the powers of our mind to create experiential dreams we choose to regard as real. But it is all doomed to failure and extinction. The abyss is not empty. It is an active Presence, a cauldron of seething energies that affect us even when our eyes are shut. Sooner or later we must emerge from the cave that is our life. We must face our darkness so we can be our light.

We search for love, for something to trust, while secretly wondering if our trust makes us foolish. Love lives behind our Shadows, and so we do not and cannot truly love. In Faith and in love, you are exposed, open, vulnerable. Yet, you do not feel vulnerable or exposed. Faith is your refuge. You are free and secure because you are not at odds with Reality.

Faith may be held in disrepute because it is blind. Realism, skepticism, materialism, cynicism, are all hedges against blind faith. Faith is blind, but only when you keep your eyes shut. Faith is trusting with open eyes, not shutting your eyes and hoping for the best.

We always find ourselves in situations we do not choose. We are constantly the victims of unknown forces. Why? Our mind cannot guide us in life while our eyes are closed. Self, which is Reality, is always guiding our life. Our mind can help once we open our eyes and overcome our fears and Shadows.

Personal mind is a useful tool of Self, but not a substitute for it. It is Self that illuminates the path the mind walks. The unknown force in our life is Self. Those parts of the Self we avoid or reject become Shadows that constantly knock on our closed eyelids, demanding the courage to not fear the dark, the courage to live as your true Self, as a fully human being.

A fully human being is a bridge between the known and the unknown, light and darkness. Faith is a creative act. It is not a response to a world that is already trustworthy. Faith is how we make the world trustworthy. Faith is the door through which Ecos emerges in our life. If we do not rise to our duty, our potential, our destiny, we will, and our lives will, forever remain the hollow shell of nothing we fear and mourn daily.

Intuition

Intuition is the perception of Reality before the personal mind is active. Healers must face and embrace each moment fully. Creators must embrace the void from which all things emerge, the terrifying foundations of our existence. We all must assume individual and collective responsibility for existence itself, not just our own. We must engage Reality as a companion, not as a stranger.

The dimension of mind is bigger than our personal mind. But we experience anything beyond personal awareness as darkness and emptiness. So darkness seems to be the context of our existence. The personal mind seems the only light in a dark world of chaos and nothingness.

The darkness we fear is the Self: possibilities yet unformed and unlived. Our mind does not recognize the vast darkness of possibilities as its Self, so it protects itself with anxiety,

skepticism, knowledge and defenses. But with practice you can learn to *see* in the dark: your mind falls into the larger Self – and suddenly, Faith is justified.

Relationship is the nature of Reality. To live in Faith, just let your life continue unhindered by your fear: trust what you fear, not as an antidote to fear but as a way of accepting that even fear is part of your Relationship with life. By accepting your fears, you are no longer bound by them.

A mind in search of Truth is like a fish in search of water: it is all around you, the medium of your existence. And that Truth is the Self. That Self has its own mind, memory, order, form, purpose, and reason. Surrendering to the Self feels like suicide, but only from the ego's perspective. It is that fear that must be consciously accepted, not as a way to end it but as a way to not be bound by it. Fear is part of your Truth. Accept it without being limited to it.

In Faith, you encounter wisdom beyond the mind. In this moment of Self-completion insecurity, dilemma, and fear, all vanish; replaced by a sense of harmony and understanding. Allow your life to continue unhindered, without dilemma, but in full awareness and honesty, in Faith.

However, there is more to Reality than experience. The power of life is beyond our experience of it. Experience is more than it appears – or less. Experience is just *ones* and *zeroes*. It is the energy of Reality at work. Experience is that energy interpreted through our minds and physical senses.

Experience is a symbol, a metaphor, of a larger Truth and Reality. Creators work with the source and direction of energy rather than how that energy is experienced. The mechanism of that connection with Reality is, of course, Faith.

Spiritual Paths

Spirituality is an adolescent, mind-based and mind-limited approach to the reality that exists both within and beyond the ordinary experience of Knowers. There are no experiences that are spiritual while others are not. Every spiritual tradition generates its own partial truths, its own illusions. When these are overcome, and they seldom are, you are left back where you started. You have gained insight and experience, but you and your world remain essentially unchanged. The highest Truth any spiritual tradition can offer is Reality in the form of ordinary life. But people want to escape ordinary life. They want comfort from its travails: and so spiritual traditions are born. No spiritual tradition can do more than duplicate the Reality that already exists. All else is illusory, unnecessary.

Reality is the context of ordinary life. Spirituality should not require renunciation or control of your present condition as the price of the Truth. Your present condition is your Truth! A fully human life requires only that you live your Truth.

The values and morals of spiritual traditions do not lead to being fully human. They lead to being good devotees. The Truth of any moment changes: honesty in one moment can save lives, in another moment it can cost lives. Truth is a perception of the wholeness of the moment, not a belief about that moment. Beliefs are fixed. Moments and Truth change.

Exist fully in your world by accepting your self and your world fully: this is the spiritual path to which we are all born and the methodology we are all given.

Knowledge and insight do not make the choice of Faith easier in any moment. Faith requires you trust what is beyond your ability to experience or understand. Insight does not

make fear or terror any easier to embrace. Faith is not a way to enlightenment. Enlightenment is a way to Faith. Faith takes you beyond enlightenment, beyond spirit. The need for Faith remains after enlightenment.

Faith is the radical acceptance of Self as infinite and eternal, and existing prior to the emergence of the self-aware ego. You are a manifestation of That. Until that is accepted, your life will always be a painful drama of suffering and the struggle to end the suffering caused by that most basic choice.

You might think such a confession to be the height of ego-based self-obsession. It certainly can be when it is affirmed as an achievement. But Creators understand it is not an achievement. It is a fact of our existence. It is in fact a burden: you are no longer living like a child in a world someone else creates and maintains. You are the means by which Reality comes into Harmony and expresses its Self as Ecos. Humility comes fairly naturally in that context. But humility is not timidity. It is invisibility. Humility is not weakness or a fear of power. It is a disinterest in the display of power because there is nothing to prove. We are what we are.

Between the polarities of spirit and matter exist all human endeavors and spiritual paths. Every human being will travel the full extent of the distance between them and then claim both as their Truth.

Beginning At The End

You are already living the Truth of a fully human being. You just are not aware of it. And in Ecos, you don't need to be. Trying to find yourself, know yourself, or be yourself will take you to interesting places. But in the end you will discover

what I am telling you now: you are already your Self. You are already living the Truth you seek. So, simply live your life. Accept your self and your life fully in each moment. Make that your practice. Why not begin at the end? Start where you will end up and skip the rest. Cut to the chase. Skip the part where you prepare for a fully human life, and just live. Do that and you will fulfill all the promises of all the paths and therapies ever invented.

Faith is the secret that makes all paths and therapies effective. This is why technique or activity is ineffective by itself. It is not what you do, it is how you do it. It is the underlying attitude of Faith or fear that makes or breaks your efforts. Faith is repeatedly accepting, surrendering to, absorbing, and being absorbed in, the Truth of the moment.

Surrender & Non-Dualism

From the perspective of the mind, Faith is the disregard of all mind activity save attention, a relaxation of self-awareness and self-concern until the attentional habit of observing returns to the simpler habit of perceiving. Faith affirms Self over self. Faith does not confirm or deny, avoid or pursue. Faith simply acknowledges and allows.

Apart from Faith, self-awareness enforces separation from Reality or Self. Without self-awareness, the Observer relaxes into experience and becomes a Perceiver. Experience takes on a dream-like quality. We tend to sleep under these conditions. The trick is to remain fully alert beyond self-awareness. This requires Original Meditation, the practice of Faith.

The surrender of self-awareness is intimidating because the Observer is never quite sure it will return. Surrender feels

like death. And it is: a temporary death of ego. With practice, the various stages, levels, and forms of awareness all merge, at which point the Creator perceptual habit arises.

Faith is the embrace of All That Is, which has the effect of resolving the dualism of the Knower Paradigm. By embracing anything fully, you embrace its opposite and thus resolve the apparent separation of polarities. How?

Polarities are the result of the attentional habit of Knowers. As the Observer relaxes its perceptual habit and becomes a Perceiver, the subject-object dualism disappears. As you continue relaxing, the experiential dualism also disappears. The energy of experience is freed from your attentional habit. The *part* now becomes the *whole*, which is the essence of healing. When the habit of the Observer merges with the habit of the Perceiver, the polarities disappear without loss of self-awareness. This is the attentional habit of the Creator: dualism without opposition, non-dualism, or simply Ecos.

Your existence affirms the Relationship life wants to affirm but can't, without Self-awareness, which is achieved through Faith. Faith alters nothing, avoids nothing, confronts everything, accepts and allows everything. By allowing everything you become everything, all of which comes into Self-aware Relationship in you, which creates/allows Ecos.

Non-dualism is not an insight or act of mind. It is created, energetically, by overcoming the attentional habit of the Observer. Non-dualism exists and can only be created in the moment before any attentional habit arises. Non-dualism is not a belief or philosophy, it is an energetic fact of existence that must be energetically affirmed for it to be true. The way of non-dualism is this: fully embracing or surrendering into the part, ultimately affirms the Whole.

In the initial moment of Faith, you are blind. You perceive only part of Reality. Often that *part* is not something you want to embrace. But if you practice habit of Faith or non-dualism deeply enough, the Whole emerges within you. You were blind, but now you see, and can be, the Whole.

Non-dualism is the habit of making yourself available to all that is unknown, not fully experienced, not yet manifest. As the Observer relaxes into the Perceiver, you allow yourself to be influenced by the Whole and so you come to live the Whole, creating Ecos.

Creators

- Creators are a change point between the unknown and the known. They live in both worlds. They never quite know who they are or what they will become. They are always evolving by simply being fully Present in the moment.
- For Healers, Truth emerges, the self is made Whole, as layers of Shadows are healed. There is a real sense of Death and loss here as the boundaries of self are lost in the healing process. The self dies (exceeds its boundaries) in the void of chaos, the traditional *void* of mysticism, which is the place and moment of existence, possibilities prior to manifestation.
- There is a deeper aspect to the void of chaos, which is the void of true death, or non-existence. This is true death because nothing is possible: nothing exists. For Creators, Truth emerges as the self surrenders into the cycle of death and rebirth in the void of chaos. Truth continues to emerge as the Self goes to its core in the void of true death, or non-existence. Here the Self is uncreated, as is life, the Whole

of existence, and all possibilities. Here, at this ever-shifting and in-finite boundary, existence emerges out of non-existence. Here is where Creators live and begin and end their work.

- Evolution happens when the mind must move from Point A to Point B. Creation happens when the mind is already Present at both Point A and Point B. Evolution, like time, keeps Creation from happening all at once. Evolution is how the mind inches toward what has already been created. What emerges in evolution is not created as it emerges. What emerges in experience has already been created energetically and is just being allowed to emerge by the mind.
- Creators, then, are like prophets, not because they foretell the future, but because they are the future, they create the future – and then let it emerge. Others experience that as evolution.
- To live non-dualism simply embrace what shows up, knowing (in faith) that by surrendering to it completely, letting go of self-awareness, you embrace and are lived by the Whole. Surrender to the part and the Whole emerges from within you.
- Evolution in consciousness is utterly natural, which is why it takes no technique to make it happen. For it to proceed beyond biological evolution, it must be self-aware (but not self-conscious). Faith connects you to the Whole and then allows you to move beyond mere connection to creating the conditions in which the Whole can evolve: Ecos.

Solving Problems

In self-awareness, every moment is a choice, a problem to be solved: what to do next. Every moment requires an answer to the Five Existential Questions. We resolve much of the anxiety of this by simply acting on habit: pretending the present is an extension of the past rather than a real choice. By reducing our choices we reduce the problems we must solve and so reduce our existential anxiety. However, as a result, we also lose freedom and creative power.

The best way to solve the problem of what to do next is by not to try solving it. Rather, embrace it fully and freely, without bringing the past with you into the present moment, i.e., without regarding the problem as a problem. That done, embrace what shows up in the next moment.

Embracing each moment fully, freely, and repeatedly, keeps you connected to the Whole of all possibilities and free of the limits of the past, which includes regarding a problem as a problem. The solution that emerges will encourage and result from an evolutionary change in everyone involved in the problem-solving process. The solution that emerges will not emerge all at once, but in stages, as the evolution of everyone involved will also emerge in stages.

Solving problems in the context of Ecos is the same as healing, which is the basis for creation and evolution. Healing is how you solve problems in Ecos.

• *Guidance*

After practicing Faith for a while, you feel some *invisible force* is guiding your life. You may think of this as God, or

Spirit, or some Divine Intelligence, and in a sense that is true. But more accurately, it is your Shadows that guide you.

Shadows guide you to the Light. More directly, clearly, and powerfully than anything else, Shadows take you *home*. Faith opens you to the Whole. Shadows are part of the Whole you have rejected or avoided. Shadows show you what to love. Faith shows you how.

Making Decisions

How do you make choices in a practice that constantly ignores the dualism in which choices are made? Choices are how Knowers try to create certainty. Creators, however, make few choices. They live in a world of possibilities and probabilities and shepherd those into actualities. But even actualities are not certainties. Everything is more than it seems, and less: everything is temporary.

There is only one real choice Creators ever make: Faith, the choice to love, to embrace the Whole. All other choices are secondary and follow from that first and only choice. More than that, however, choices tend to make themselves, as Shadows are healed. Your life takes on a life of its own as the energies of your Shadows are healed and connect to the larger Whole. Healers and Creators simply embrace what shows up. That is always the choice.

Healers recognize early on that not to embrace the moment is not to trust Reality, which puts you at odds with Reality, and so you are quickly back to the life you are trying to heal. Not to act in Faith and choose what shows up is to act as a part rather than as the Whole. And of course that is precisely the sort of world Knowers create: a world of parts, of Shadows.

Facing Death

You will come to Faith consciously only when you are exhausted, too tired to continue, or to argue; tired of effort, or searching; when you have suffered too much to be angry anymore, when you are ready to accept what is offered with gratitude, not suspicion. You will come to Faith only as a last resort, when you are ready to die.

Faith is impossible until your moment of Death, until you are convinced of the futility and ineffectiveness of any other way of life and all other opportunities in life. Until that moment, there are only two options: you can live out the drama of suffering and struggling, the result of conditions and habits you have chosen or created. This does not obstruct Ecos or evolution. It is just more difficult for you. OR, you can intuitively recognize, silently respond to, and live in the Presence of Ecos, created and sustained by one or more Creators, who have fully Realized and can fully Express, Create, and Share, the Truth of the moment, which is Ecos.

It is a big leap from suffering and struggling to abiding in Ecos. It may not require Radical Faith, but it does require Deep Faith, trust beyond the psychological habits and structures of the ego. And so, it is best sow your wild oats. Pursue your fantasies and ego dreams. Try all methods of change, redress, discipline, and self-improvement before you attempt faith. Faith is possible only when you deeply and truly recognize you have no other option – save Death. As long as you feel you have choices, you will always choose them over facing the Truth of the moment in Faith.

A moment of Truth is a moment of Death: the game has played out and everyone has gone home. In that moment, there is just you, face to face with Death. For each of us, the

moment is different, but Death is always the same. In that moment, the central theme or purpose of your life has played out. Whatever motivated or organized your life experience, your identity and character, has run out. The core of your life fails in the moment of Death. The Shadows you have tried to avoid are now fully Present. They bring Death or new life: you can either die, or embrace the crisis, and the moment of Death.

Each of us is *haunted* by our Shadows until the moment of Death. Shadows haunt our lives. Evading them is what motivates and organizes all of our actions and choices, beliefs, and experiences, until we are exhausted. In that moment of death, life can stop (and repeat), or continue and evolve.

Whatever your quest or life purpose, all your activities will expose your Shadows (any part of Reality that is not part of your quest). Shadows are the obstacles you must overcome to achieve your quest, or transform it. Whatever your quest, then, Shadows keep in touch with and connected to the Whole. To live in Faith, simply and fully embrace each moment and activity in your life. That will, of course, be a moment of Truth for you, a moment of Death; because the moment you forsake your life quest or purpose, generated entirely by your Shadows, you face the end of your efforts to escape them. You face Death. A moment of Faith is always a moment of Death.

Non-dualism accepts the perfection of imperfection, that all moments are imperfect, incomplete, in different ways. The issue is not perfection of the Whole but connection to, the Presence of, the Whole. When that connection is conscious and shared, life becomes a continuing graceful evolution, rather than an unfortunate drama of suffering and struggling. But each moment of non-dualism is a moment of Faith, a moment of Truth, and so a moment of Death.

We can never create the perfect world we want. We can only accept the imperfect world we have. It must always be so. Creators do not create perfection. They create Ecos, a Harmony in which perfection emerges out of imperfection. Creators do not manifest the perfection of human beings. They are the door to eternal *imperfection*, in Ecos. Creators cannot end imperfection. They can make it less a burden and danger, through Ecos. They cannot end suffering or struggling. Only you can do that. But they can improve the conditions of your suffering and struggling, thus making it bearable. Ecos is not the end of suffering and struggling. Ecos is the end of fear.

Faith is the most difficult habit you will ever try to develop, should you ever even attempt it. Faith is not a way to avoid the death of ego. Faith is a way to manage Death. Until your moment of Death, your moment of Truth, until you are utterly bereft and without hope, Faith is not possible. The reason of course, is you will do anything to avoid Death. Faith is the courage to embrace Death, become Death, and not blink.

Most people have not suffered enough, and in this lifetime will not suffer enough, to break them of their habitual choice to self-limit. Most people, then, rather than adapt their life to Faith, will adapt Faith to their life as a comfort, as a substitute for their unwillingness and deep disinclination to face Death through the habit of Faith.

The Rock of Faith

Faith is like a rock: apparently inert, unmovable, unmoving, impersonal, uncaring, unresponsive. It blocks the Gates of Heaven and no matter how hard you try, the Rock of Faith does not move or open for you. It does not invite you into the inner sanctum of hope and peace beyond.

And so you sit by the Rock of Faith, so close, yet so far away, blocked from Heaven by an arbitrary circumstance. You look for some hidden crevice, some secret passage, but you find nothing. Nothing makes sense. You grow old sitting beside the Rock of Faith, holding the hope that one day, somehow, a miracle will remove the Rock and you will enter though the Gates of Heaven. That hope is never satisfied. And so at the moment of death, you review your life, your beliefs and hopes and habits: you have been forsaken. You have been betrayed. Nothing you have believed your entire life is true. Your life has been wasted in some self-delusion. You would be angry were you not so tired of the struggle to live. You cry, deeply, profoundly, for all that was lost and all that never was. The whole of your life is shattered. All is lost – and your Heart breaks open.

You fall upon the Rock of Faith in utter despair. You forget yourself. You forget your past. You forget where you are. Nothing exists but the pain and agony of complete despair.

You hear a sound. You feel a slight tremble. You come to your senses once again. You stand up and away from the Rock of Faith. The blood from your broken Heart has touched the Rock of Faith and transformed into a bright red rose. The Gates of Heaven are open. The Rose of Faith lies on the ground before you. You pick it up and place it securely in your open Heart as you walk through the Gates of Heaven.

The Faith of A Mustard Seed

The Rock of Faith is a Creator story, a story that describes the pre-conditions for Faith and the problem all Creators must solve through Faith. Most people read that story and despair

their inability to practice Faith and their fear of the moment of death that precipitates it.

The human dilemma is the prospect of life as a drama of suffering and struggling generated by choices and habits that run so deep they can only be reached by Faith, or a life of Faith that demands constantly facing and overcoming death. Every human being is caught between the Rock of Faith and the hard place of ordinary life. How do you resolve this dilemma?

You don't. You don't need to. Ecos solves the problem for you. In Ecos, you need just a little Faith – about the size of a mustard seed.

5

THE CREATORS

• *A World in Ecos*

The Rose of Faith

Our lives are always tossed against the Rock of Faith. Almost anything can trigger a crisis of Faith. It shows up in moments big and small when you awaken from your routines and try to understand. The Rock of Faith shows up when you are lost or lose hope, when you grieve, when you doubt or fear or despair. You are thrown against the Rock of Faith so often you feel battered and bitter, tired, afraid, and wounded.

On occasion you notice that only the Rock of Faith bars the Gates of Heaven. Whatever you try to do, wherever you go, it challenges your strength and desires. It mocks your fears and hopes. It presents an unsolvable riddle: who are you, and what do you want, really? You have no answers. You feel damaged and broken – and tired.

You fall against the Rock of Faith and sleep. A stranger awakens you. You confess many things: failures, the drama of unrequited love, but mostly the lack of a Heaven in your life. The stranger listens and agrees to keep your company.

The stranger gives you a rose and reports having worked as a gardener inside the Gates of Heaven. “You do not need to find Heaven,” the stranger says. “Heaven has found you.” You smell the rose and feel uplifted. “So, you enjoy the fragrance,” says the stranger. “Not everyone does.” You nod your head. “That is a Rose of Faith. It is all the Faith you need for now.” The stranger looks at you and smiles: “So let’s build Heaven right here, in your life, on this side of the Gates. Let’s start with – a garden, of roses.”

When You Are Not Ready

This chapter is for Knowers, who are not inclined to the work of Faith. They are for Healers, who are not ready for Radical Faith or the obligations of life as a Creator. They offer a solution to the tragedies of continual struggle for self-perfection, or capitulation to an unhealthy world in the face of apparently insurmountable odds.

We all get by with a little help from our friends. We don't need their help. We could do everything ourselves, but why would we? So these last pages are about how to understand community and the role of Creators in the context of Ecos.

Ecos obviates the need for traditional spirituality. The same is true for spiritual teachers, gurus, and saviors. Learning and teaching continue, the roles of teacher and student still exist, but in Ecos, they exist in much different forms.

Creators offer the healing of comfort without avoidance, a mutually healing friendship rooted in Self-awareness, Self-responsibility, and Self-expression through mutual Faith and trust. It is a healing relationship where you experience, learn, and apply the power of Faith to heal yourself and others. This is not a casual friendship: Creators do not carry the burden of your unresolved issues, your unhealed Shadows. They do not carry your Faith for you. Rather, they make you aware of your Shadows, and show you how to heal them in the context of Ecos. That way you carry the burden of your own Shadows, and heal them through Faith or love.

The Work of Healers

Creators create Ecos, the condition of existential Harmony traditionally referred to as Grace. Ecos is the only context in

which healing occurs through surrender and relaxation, rather than struggle and effort. Creators personalize, humanize, and embody Ecos. They are both the cause and the effect of Ecos.

Healers do not create Ecos. They heal their Shadows by accepting and adapting to Ecos. The Presence of a Creator is unnecessary but helpful in this regard. When a Healer trusts a Creator and accepts the influence of Ecos, the Healer comes under the influence and guidance of Ecos and the Creator. Everyone benefits from this division of responsibility based on personal skills and mutual trust: Healers begin to heal through Faith. Others in the lives of Healers also begin healing as Healers share their lives with others. This extends the scope and power of Ecos. Together, Creators and Healers expand the conditions and possibilities of Ecos: all things in Harmony.

Creators *crack the code* of Reality's *operating system*. With that understanding, they *create* Ecos, a way of being and living in the world in Harmony through Community. The advantage of working with Creators is that you don't have to *break the code*. You don't have to create Ecos to live in Ecos.

Creators are made, not born. Anyone can develop the skills of a Creator. Indeed, you are already a Creator, but you create without awareness, and so without skill. The world and life you have now, dominated by Shadows, are the result. You don't need anybody to help you create, but you may want a Creator's help to create something better.

The first step in assuming the obligations of a Creator is to assume the obligations of a Healer: Self-directed evolution through the practice of Deep Faith. Healers discover that Deep Faith connects them to the Radical Faith of Creators. That way Healers connect to the Whole: Ecos. With practice, Healers can evolve into Creators, but there is no advantage in this for

the Healer. The only change is a deepening of responsibilities or obligations to life.

Could you create Ecos yourself? Of course! But having not done it already is good evidence you are not likely to create it in this lifetime, without help. Besides, unless you are deeply called to the work of Creators, duplicating their work yourself is the height of self-indulgence and egotism. Why reinvent the wheel? Put it to use in your life. Make its advantages available to others through your life.

Do you need Creators to live in Ecos? Yes. Only Creators, Self-aware fully human beings, can create Ecos. If you are unwilling or unable to fully practice and live a life of Radical Faith, then a Creator must do it for you, or Ecos cannot exist at all. Your responsibility in Ecos is Deep Faith. Healers and Creators accomplish more together than they can separately.

Do you seek enlightenment for yourself, for the world? That is Ecos, a life and world in Harmony. Such a possibility can emerge only when Knowers become Healers and work with Creators to generate Ecos in their own lives, and then share That with others. The magic of this is in its simplicity. It begins with trust and Faith, which is how sharing begins. The interaction between Creators and Healers is transforming and empowering in the context of Ecos and mutual Faith.

Creators offer the energetic context of Ecos, but it cannot and does not manifest in practical terms apart from the lives and Deep Faith of Healers. Creators generate the archetypal energetic patterns that emerge as Ecos, which arise in the lives of Healers through their habit of Deep Faith.

If what you seek is a life and world in harmony and at peace, then accept the Ecos of a Creator (the energetic pattern of all things in Harmony) and begin the healing work of self-

transformation through Faith. We can create better lives in a better world with a little help from our friends. All it takes is the Faith of a mustard seed.

The Work of Creators

Most people are inclined to live as Knowers. Some are inclined to live as Healers. Very few are inclined to the work and life of Creators.

Most people would be happy to live in a world where someone else washes the dishes and takes out the garbage, where someone else builds their home and all they have to do is move in and furnish it. The house or world you live in was created for you, but is sustained by you and all Knowers. That world expresses a multitude of archetypal energies created and sustained by individual and collective unconscious choices. These archetypal energies are Shadows. They are not connected to or in harmony with the Whole, or Reality. The result is lives and entire cultures that are not in Ecos.

Creators engage and heal those Shadows in themselves, creating a path or pattern of Health through all dimensions and realms of Reality, and then share the results with others. Those who accept, become Healers. Their lives become a healing journey that extends the pattern of Ecos to the lives of others. What Creators begin, Healers complete.

Just so, most people are happy to live in a world they do not have to create or manage energetically. Most people are busy with their own lives without creating or managing the archetypal energies of Ecos. Healers are drawn to a life in Ecos but their interests and dreams do not guide them to the work and life of Creators.

Creators explore the meaning and possibilities of life, and are willing to fulfill the obligations of being fully alive. Just like musicians, janitors, or the weather, they have a function in the world: they create Ecos, the condition of existential Harmony that can only be created by Self-aware beings, and which is essential to the graceful evolution of life on earth.

Creators appear in your life and become available to you not when you are ready, but when you are not ready, and precisely because you are not ready for a life of Radical Faith. Creators appear when your life requires more Faith than you can manage.

Creators carry Faith with them. They carry the moment of Truth and Death with them. They do it because that is their habit, and the obligation of a fully human being. They carry it because Truth, Death, and Faith are not burdens for them, at least not burdens they cannot manage. So, they will carry and hold your Faith for you, not all of it, but enough to keep you connected to the Whole. If you cannot bring Faith to every moment and occasion in your life, then practice it in the moments you are in the company of a Creator.

Living in Love

Living in Ecos is living in the grace that love creates. To live in love you must fall in love: the mind must fall into the heart. The mind must learn to trust what is beyond itself. The mind must follow the heart. The mind must trust the heart. The heart always leads the mind to places it does not want to go. The heart always seeks out what the mind has failed to love and offers the mind a chance to redeem itself. The heart will lead you into the darkness of your Shadows where you are afraid and cannot see. But when you embrace your Shadows,

light emerges. How? The heart takes you to your Shadows, your Shadows take you to the light.

Ecos emerges when the heart is the context for the mind's activities. The *masculine* mind must always serve the *feminine* heart for Ecos to exist. But the mind tries to keep separate from the heart (Self), to avoid its guidance. Self-limitation creates Shadows. Suffering and struggling result.

The self-aware Knower can observe an act of Faith, but cannot produce it. The mind can only relax into the heart, trust the heart, trust the love and joy of the heart. But then the mind must do the heart's bidding. This creates a dilemma for the mind. The mind cannot distinguish the calling of the heart from the tug of Shadows. This is why Faith is an effective response: either way, Faith connects you to the Self that is the Whole. If you try to separate heart from Shadows, you end up in an impossible tangle of your own projections.

In Faith, then, you take responsibility for your Shadows and heal them (make them whole) by accepting, embracing, and merging with them. As you do, your Shadows connect you to the heart, and the heart connects you to the *body*, the entire dimension of matter and manifestation.

In the non-dual way of Faith, you do not embrace simply what you like or think is good for you. You embrace without discrimination. You embrace darkness and light. Just so, Creators do not guide you to the light. They do not reveal the light. Creators guide you to do exactly as they do: embrace darkness and light. If you embrace either one fully, you will eventually embrace both. By embracing both, you bring both into harmony and thus create Ecos. Creators, then, are not a way to escape your own darkness. The love they offer and teach is not a form of preference, but a way to connect with

the wholeness of everything and create Ecos.

We are often drawn to the mantra *follow your bliss*. But bliss only reveals you are on the right path. The path itself is filled with Shadows, which must be embraced or you will always follow your bliss but never live your bliss. So, embrace your self, your life, and others, fully. Embrace what shows up, what is practical and immediate, but do so fully. In the end, the most immediate and practical way to live in Ecos is through a Creator, someone with enough Faith for you both.

Creators By Nature

Creators allow awareness to expand to the point where nothing is excluded, until they *exist* in all dimensions. They are explorers, going where they can because they can. They are *trackers*, following whatever they find back to its roots, back to the point of non-existence. They are healers, bringing the wholeness of all things into harmony within themselves. They are storytellers, sharing their adventures as wisdom, parables, information, visions, hopes, and dreams.

Unique to Creators is their activity and awareness in the dimension of mind and the realm of mythic archetypes: the most basic energetic patterns of mind at the root of perception and our sense of reality. It is not surprising, then, they often speak of themselves and explain their activities in mythic terms. That is why I describe Creators as fully human beings. They do not live floating three feet off the ground. They are ordinary people with extraordinary skills of awareness, creativity, and healing.

Creators do not want anything and do not take anything, though they accept everything. They have no personal agenda

and nothing to prove. Their creativity does not impose anything on the world, but rather offers a context in which the world can evolve without struggle, but not without crisis. As they merge with existence in all dimensions, Creators bring Self-awareness to the evolution of all things, creating Ecos.

Creators function as a path, a doorway to the Truth of the moment. They are an opening in the opaque world of others through which others may connect to the larger Reality in which they live. Creators enliven the world with Ecos. They make life worth living, and possible. The world is better not for what they do, but for what they are. By being the *eyes* of Reality, Creators help Reality see where it needs and wants to go, and help it get there.

Creators reveal the wholeness of things. They can be seen as destroyers of life, rather than as healers because wholeness confronts limits and implicitly demands wholeness in return.

Creators live in the world as *magicians*, leading lives both ordinary and miraculous. Wholeness affects everything and so nothing remains untouched by Creators, who live in the mystery of the moment prior to the moment of emergence. Thus, nothing is certain for Creators. They live in the ambiguity of constant emergence. They tend to be *invisible*, always changing, adapting to the moment, creating the moment. They live in Faith and so are never in control. But since they are Present in the moment of creation, it appears they are in control: simply being Present in the moment, appears like pre-planned activity to others.

Creators Emerging

All human beings evolve and are evolving, whether you are conscious of it or not. The less Self-aware you are, the

more difficult, obstructed, conflicted, and less stable your life. Without awareness, or any sense of purpose, you insist on your own, and so create Shadows and obstruct your health.

Existence is an energetic system. Personal self-awareness complicates the mechanism of life, but it does offer a chance for life to be Self-aware and so direct its own evolution. But for that, you must be aware of and fully participate in the energetic system at the root of existence. You must find a way to fulfill your possibilities without obstructing the means of existence: you must find sustainable answers to the Five Questions of Existence.

That is what Creators do. They explore the dimensions and mechanism of existence by extending self-awareness until there is simply Awareness of the Whole, or Self-awareness. Creators physically embody that Wholeness. The physical body, then, is not something to be abandoned in pursuit of Self-awareness or evolution. The physical body is how the diversity of wholeness is harmonized, creating Ecos.

All of this presents opportunities for human beings to rise above the limiting effects of lives organized by self-concern and create the conditions for mutual abundance and health: a world at peace and lives in harmony. But how can these possibilities be generalized so health and abundance, peace and harmony, Ecos, become the norm, not the exception?

Ecos results from harmonizing the functions of existence in all three dimensions: matter, mind, and spirit/consciousness (energy). Ecos begins as un-patterned energy (chaos), which Creators absorb. That energy is shaped in the dimension of mind, creating archetypal or basic patterns of existence and life. In mathematical terms, this creative movement from the dimension of spirit to mind would be described as moving

from possibilities to probabilities. In any case, archetypal energies are below the threshold of personal awareness.

Energetically, the archetypal patterns of Ecos are shared spontaneously and universally because there are no functional barriers in consciousness below the threshold of personal awareness. Thus, the emergence of Ecos in even a single human being impacts all life on earth (and beyond, actually). Energetically, Ecos affects the possibilities of life by creating probabilities that affect the general direction of life but not any specific actualities on the ground in the present moment.

The archetypal essence of Ecos is shared energetically and continually. It is always affecting everyone and everything, but the impact is subtle and slow. It is literally invisible and its impact goes largely unnoticed. Since Ecos can be created or sustained only by Self-aware beings, the possibility and hope of Ecos is lost if it is not shared with and embraced by others.

Thus, for more immediate and visible impact, and for Ecos to become a permanent foundation for human development, it must be made visible inside the realm of personal awareness. Since people are unaware of anything outside personal awareness, Creators must *enter the dream*, the self-limited reality of Knowers. Here things get complicated because self-awareness complicates everything. Limited Self-awareness complicates it even more.

In a fully and mutually Self-aware world, what is shared is offered, perceived, understood, accepted, and used all as a single action. In a world of limited awareness, what is offered must be fundamentally altered so it can be perceived, understood, and accepted. This is true for both the *messenger* and the *message*. Both Creator and Ecos must be altered to be visible to Knowers inside their limited world. Until both

Creator and Ecos are visible to Knowers, the possibility of harmonious human development is lost.

Given that as a starting place, the only way for Creators and Ecos to be fully received and permanently implemented is to do two things: constantly direct attention beyond what is visible or appears to be true, and expand the awareness of Knowers. The first task is fairly easy and fills spiritual and religious literature. The second task is devilishly difficult – and ways to achieve it fill spiritual and religious literature, but for different reasons.

The purpose of religious and spiritual traditions is to make what is Invisible, Whole, and Present, available in a world where all things must be visible, incomplete, and separate. And so the traditions have focused on temporary changes in awareness to achieve temporary experiences of, and glimpses into, the larger Reality to which they all point. But the focus of effort must be on a permanent change in awareness without regard to experience, or you will forever only temporarily experience a world you can never live in permanently.

Creators As Teachers

The hardest thing to communicate is a new idea. A teacher is a temporary function of Creators made necessary in order to overcome the limited ability of Knowers to learn. But again, the focus of interest limits the result: when you focus on what to learn rather than how to learn, the result is only the ability to repeat what is learned, not the ability to perceive Truth directly and use it creatively. A focus on what to learn, what to do, creates a dependence on the teacher who is the only one able to translate what needs to be learned into what is taught.

The understanding of spiritual teacher as *revealer* or *enlightener* is a perfect example. The teacher does all the learning for the student by translating what must be known into what is taught. The student, then, simply absorbs what is taught uncritically and unconsciously. Not only does the student depend on the teacher in this situation, the student is unable to learn from anything other than the teacher, someone who translates what must be learned into what is taught.

A student's relationship to the Whole of Reality as a source of information is short-circuited by insistence on teachers and teachings. That everything has something to teach, that you can benefit from and learn from everything in Reality, is lost to those who must be spoon fed their dogma and practices by teachers and traditions.

Creators, then, are not teachers in the usual sense. They are permanent learners. They do not know something. They know how to learn something. They have nothing to teach or offer. Their transmission (teaching) is Ecos, already Present and found everywhere in everything. What they teach is the Whole, rooted everywhere in ordinary experience. How they teach, is to refer you to ordinary experience. Once you find the limitations of your awareness, Creators offer a way to overcome those limitations. They teach you how to learn, not what to learn, or do. Whether you learn, and what you learn, is up to you. Creators take no responsibility for either, since learning depends on the interest, motivation, necessity, and ability of the learner. Moreover, to take responsibility for someone else's learning disempowers them.

The Whole of Reality is always Present, even if most of it is literally invisible. Since Reality is Present, it is unavoidable. Focusing on something or someone other than Ecos continues

the self-limited awareness you are trying to overcome.

The Ecos offered by Creators is not itself an experience. It is not something found in experience, or even as the result of fully embracing experience. Ecos is not itself the Truth. Ecos is the context of experiences, within which the perception of Truth occurs. Ecos cannot be obtained. It is already Present.

Ecos alters the context of experience from *reality* to *fantasy*, from a dangerous wilderness (reality), to a safe and pleasant woodland park (fantasy). Both are *dreams* because both are interpretations of Reality. It is not that the first is real and the second is illusion. Both interpretations are illusions, but the second is an illusion that takes less courage to explore and develop awareness.

Thus, you have a decision to make. Do you live in a dysfunctional world of Shadows, or a harmonious world where Light and Shadow dance in Harmony? Your choice affects not only you. It affects everyone, energetically.

There is no *reality* in the usual sense. Reality is just an ocean of possibilities. We imagine there must be and is some reality that is eternal, fixed, stable, and definite; and that this is the Truth. No. The Truth is that there is only a vast and active energetic sea of possibilities and a relatively stable inlet of archetypal probabilities. But nothing is permanent. You are one of many possibilities. What you experience depends on how you interpret and respond to the sea of possibilities that is Reality. Our experience and sense of what is real are just our interpretations of a Reality that is completely indefinite.

The Ecos or grace of Creators is a Story, a way to interpret or relate to Reality as a Harmonious Whole that conduces to the Health and the evolution of all things. Ecos is an *illusion*. All *realities* and *experiences* are *illusions*, but Ecos is an

illusion that puts life in Harmony, rather than at odds, with itself. Ecos increases the probability of life in Harmony, rather than leaving life to the vagaries of mere possibilities.

Creators create Ecos, the context of life in Harmony. They are not the pinnacles of human evolution. They are rather *doorstops*: they hold open door to infinite possibilities. They connect you to those possibilities by means of Ecos. By adapting to the Ecos of Creators, you ensure your choices and actions will support and extend the Harmony of Ecos.

In a world of Self-aware Healers, Creators simply go about their work of creating and sustaining Ecos invisibly, without notice. But in a world of self-aware Knowers, Creators must develop a community of Healers from which will emerge at least one person able and willing to assume the obligations of a Creator. Other Healers explore and extend the possibilities of Ecos, helping to make it permanent. In a community of Healers, Creators function as teachers by supporting the learning and creativity of others, rather than directing it.

The Teacher In All Things

It is simply untrue that *spiritual teachers* of any sort, no matter how highly evolved, are the sole means of spiritual transformation, enlightenment, realization, or evolution. This is a very dualistic orientation to Reality.

Non-dualism is not a belief, philosophy, or worldview. It is a practice, a habit, a way of relating to the world that could be described as love, or Faith, the result is the grace of Ecos, which emerges when you fully embrace the moment. You may not be inclined to choose Faith as a life strategy, but that does not mean the choice is unavailable. The agency of human

evolution is the whole of Reality, which includes teachers, but is not exclusive to them.

The grace or transmission of a teacher may be regarded as a power that all true teachers possess and which is essential to realization. This grace may be associated with an experience of power, the ability to enlighten prepared devotees, or as something that gives students some insight or power. Also, it is often regarded as a test for teachers: if a teacher has no transmission to offer, then he/she is not a true teacher.

But true teachers have no special powers or transmissions to offer or display. They are simply themselves. If experience is proof of such transmission, then you are lost, for three reasons. First, experience is an interpretation of Reality, not Reality itself. Second, what teachers offer inside the illusion of Knowers is not the Whole, not the Truth itself because the Truth is altered, limited, to make it visible. Finally, experiences must be ignored, rather than hailed as a reflection of Reality or Truth. Your choices and habits may make it easier to connect to a human teacher than to a rock, but the rock has no less to offer.

The mystique of *grace* or *transmission* is just another form of dualism. It turns the relationship between two people into a teacher-student relationship. Roles, expectations about those roles, all get in the way of two people simply relating to and learning from each other.

The same is true for initiations, rites, and rituals. There is nothing in any of those that is transforming, unless you relate to it differently, in which case it is your choice that creates the difference, not the initiation, rite, or ritual. And, of course, that choice can be made in relation to anyone or anything. That choice is always Faith, the acknowledgement of Ecos.

None of this argues that there are no differences between people, or between people and rocks! This is to argue that whatever the difference, the experience is not the Whole. It is the Whole, and your ability to relate to the Whole, not the experience, that transforms. Preferring one thing over another is normal, but no indicator of Truth. Truth does not belong to anyone because it is the Whole of which everyone is but a part. The presence or quality of experiences of any person, place, or thing, has no bearing on Truth. Teachers may be a form of life's grace, but the reverse is untrue.

The grace of Creators is Ecos. Only Creators can allow the condition of Ecos. But the gift of Ecos is not an experience. It is a context for experience, spontaneously and unavoidably offered to and part of the Whole. It is not exclusively associated with any single person or experience. So, do not limit your life by limiting the ways you will accept Truth.

A true teacher does not reveal himself or herself as Truth, but points to the Truth, the teacher, in all things. Learning is not limited to what you are taught by a teacher, but by how much of life you accept as your teacher. A Healer is receptive and responsive to the teacher in all things, in all moments.

Teachers As Archetypes

Where there is need, there is no love. Love flourishes in a desire for association and relationship, not a need for it. When a relationship with a teacher is required because that is the only way to achieve Wholeness, a loving relationship is impossible because a personal relationship is impossible.

Wholeness is available in everything if you embrace it deeply enough. Wholeness in the form of full humanness is, of

course, possible only for human beings. No one is, or should be, looking for instruction on how to live as a human being from a flower or a rock. The good example of a fully human being is helpful in this regard, but not necessary.

If you can learn, you can learn even from bad examples. It is more difficult but not impossible. Convenience is not an argument for necessity. Moreover, teachers are not good examples of being fully human! While they are teaching, they exemplify the role of a teacher, not a fully human being.

When teachers identify entirely with archetypal energies and the form of Teacher, their humanity vanishes. This is how and why spiritual teachers and religious leaders get into trouble: they want the power and authority of the archetypal Teacher or Leader, without losing the option and occasional pleasure of being simply human, when it is convenient. And if you try to live entirely as an archetypal force (as a Teacher or the Truth), you are irrelevant to others for two reasons. First, the Truth is everywhere and non-exclusive, so you have nothing to offer. Second, if you are no longer an example of being fully human, again you have nothing to offer.

So why do students bother with such, or any, teachers? They are professional students of spiritual experiences, self-perfection, and wisdom. To learn how to live as a fully human being, you need only the ability to learn. That may require a teacher for a while, but not for long. It is a relatively simple and natural process that, once learned, can be self-managed. After that, teaching needs only to support and guide learning rather than remain the focus and primary means of learning. This is why Creators are better understood as comforters or friends rather than teachers.

Teachers & Commitment

Ecos obviates the need for commitment. Evolution is happening with or without your commitment to it. That said, commitment is a way to *volunteer* for evolution rather than mere experience. Trust and Faith are essential if you are to benefit from a teacher, but that is short-lived without a longer *commitment*. Commitment should be natural, obvious, unforced; a result of love out of attraction rather than need. Whatever you intend to regard as your teacher, you must give yourself to it, surrender to it, devote yourself to it entirely.

The most appropriate and helpful teacher for human beings is another human being, of course. Hopefully, that human being is alive. Dead teachers offer archetypal energies only, so the opportunity for being fully human in a literal relationship, in literal community, is lost.

Evolution is natural and not a project you have to work at until there is success. Living and evolutionary learning can be coincident. Your own evolution does not need to be a project of self-perfection. We learn best and most when learning arises easily and naturally in the moment rather than as the result of some disciplined effort.

The best situation for evolutionary learning, then, is the *teachable moment* that arises in daily life. Such moments are most frequent in a community of Healers that surrounds one or more Creators, where community life is organized around learning through interaction in ordinary circumstances and where teaching is not the focus of community life but is only occasional, and secondary to ordinary life. In such a community, commitment is to learning rather than to any single teacher, and every aspect of daily life is your teacher.

When you come into formal conscious relationship with a teacher, you are affirming communion, a life of Faith and Fellowship, as the most appropriate basis for your life. You are consciously entering the family of human beings, the conscious community of the Faithful. You affirm you are comfortable with the specific conditions of the community and of the teacher. If this is not true, find another community.

The Sword of Faith

If you are to learn from a teacher, you must agree to trust enough for the teacher to influence you. You want the teacher's influence. That is why you are there. You want to be influenced by the Whole of life, rather than controlled by your Shadows, but you do not want to be controlled or *managed* by the teacher, either. You want to have some influence in your own life. So, what to do?

Often, and the worst-case scenario here, a teacher will instruct you to trust the teacher as the whole Truth and instead of your Self. If you trust the teacher instead of your Self, that certainly solves the problem of avoiding Shadows. But it is a dualistic strategy and not a true practice of Faith.

So, how do you practice Faith in the Presence of a Creator? First, trust yourself. Do not trust yourself instead of the teacher. Trust yourself and the teacher! Allow the apparent dualism, and any conflict with your Shadows (or the teacher's) to work itself out in Faith. Resist the temptation to choose sides. Embrace both sides fully. Let yourself be totally lost in the back-and-forth chaos of any conflict. Do not try to resolve or avoid the discomfort of the conflict. The conflict, despite what you may fear, will resolve itself. When it does, the phasing back-and-forth between polarities will stop. You will

sense completeness, certainty, and the presence of a larger Truth that is the next step in your evolution to a larger Truth.

So, accept the influence or instruction of a teacher in Faith and then continue to practice Faith as a way to process that influence until you connect to the larger Whole of Ecos. Faith is not a way to be simple-minded and gullible. It is a way to learn more than is taught, to connect with more than is offered. You do not, or should not, trust a teacher instead of your Self. You should trust a teacher as your Self. Faith is not a way to disempower yourself by deferring to another. It is a habit of trusting all things as the Self, as the Whole. Faith is the habit of trusting all things deeply enough to connect to the Whole. It is the Whole that guides you then, not any part, including the instructions or actions of a teacher.

A teacher is a chance to practice Faith in a relationship. You do not trust only the teacher, however. You trust the relationship between you and the teacher in the context of Faith. You trust the Whole that exists beyond the dualism of you and the teacher. No teacher can substitute for the Whole. At best, teacher express the Whole. Regardless of the teacher, it is a practice of Faith that is your assurance of Truth, not a teacher. If a teacher expresses the Whole, then as your Faith deepens, you will find that Truth expressed and repeated everywhere in your life. But if the teacher does not express the Whole, then your Faith will uncover more Shadows. Either way, you are responsible for what you learn and do in Faith. As you practice Faith, you will eventually transcend all Shadows and all limitations, whatever their source.

It is your relentless practice of Faith that allows you to be influenced by a teacher without being controlled by one. Faith is a way to be in Relationship without losing personal freedom

or power. Faith allows you to benefit from whatever a teacher has to offer without being limited by what is not offered. Faith is a sword that infallibly protects you from all Shadows: Faith leads you into the darkness of Shadows. Faith leads you to embrace Shadows fully without choosing or attaching to any. Faith is how you transform the power of Shadows into the creative and healing power of the Whole. Again, teachers are a place to practice Faith. They are not a substitute for it.

Faith is not an infallible method for always making the right choice. Faith is an infallible method for learning. Faith is the courage to put learning above being right. Faith is a way to end the conflict and chaos of competing dualities by choosing none, by allowing all dualities to find their larger Truth. Faith declares peace by not choosing sides. The result is Ecos.

Armed with the Sword of Faith, you may enter into relationship with and receive instruction from any teacher, in any form, with courage and confidence, benefiting fully from their grace, while retaining both personal freedom and power. Faith resolves the dualism of teacher and student.

Unilateral Faith

Deciding to live as a fully human being, to live a non-dual life in Faith and love, is to choose life in Relationship, in Communion, in Community. But, without the context of Ecos and a practice of Deep Faith, Communion is impossible and any form of community is inadvisable. A unilateral practice of Deep Faith is sufficient to connect you to the Ecos of Creators (even if one is not Present in your community) and spare you the vagaries of *truths* that turn out to be Shadows.

Through Faith, you connect to the Ecos Creators generate. Through Faith, you assume the habit of a Healer and fulfill the obligation to expand and sustain Ecos (freedom and power in harmony). Through Faith, you are free of the need for any teacher and thus free to engage all teachers in a mutually respectful and loving relationship. The result will be to discover the Presence of Ecos in yet another relationship, and to extend that Presence into all relationships.

So long as you practice Faith in each moment, you will find Ecos at the root of your relationship with all things. That reassurance will hopefully encourage you to embrace what shows up in your life, both inwardly and outwardly, to engage your life with courage, knowing that beyond the darkness of Shadows is the light, the power and freedom of Ecos.

Faith in relation to anything, but especially in relation to a teacher, frees and empowers both you and the teacher. Your practice of Faith frees the teacher of the burden of managing all your unhealed Shadows. Faith frees you of the fear of being burdened by unhealed Shadows from a teacher. Both you and the teacher are free and empowered by the absence of any burden associated with the relationship. The freedom and power offered through Faith works whether the practice is mutual or unilateral. If Faith is mutually recognized, then you are dealing with more than a teacher. You are in relationship with a Healer at least, or perhaps a Creator. Which it is does not matter since Faith levels the playing field by empowering and freeing everyone in the relationship.

The mutual benefits of even a unilateral practice of Faith offers an encouragement to Community in the midst of your present life situation. It is unnecessary to seek out the physical presence or community of a Creator in order to live a life of

Ecos through Faith. Ecos is the transmission of any and all Creators. It is already Present in all things. So, through Faith, you will find Ecos, connect to the freedom and power of Creators, expand Ecos through all your relationships, and create the basis for true Community right where you are.

Through Faith, it is possible settle down in any community and commit to any teacher and engage all relationships in that community without being limited by any of them. More than that, Faith frees the community from any self-limitations.

Differences between teachers are entirely formal. Their essence is identical because the Wholeness of Ecos underlies all apparent differences. Faith explicitly recognizes the non-dual nature of Reality. So, when you are drawn to a teacher, it is their form that attracts you, not the Truth. Embrace those forms. Force nothing. Allow everything. Truth will emerge.

Mutual Faith

All of this is true, but it assumes a fairly competent practice of Faith. A practice of Faith wavers in the beginning, so people often need reminders of what the practice involves, reassurance that it works, and clarification of how it applies.

Spiritual teachers are unable to offer any of this. Their own practice of Faith is largely unconscious and unrecognized. Most teachers rely on their resources as a teacher to help you, rather than help you to rely on your resources through Faith.

If a teacher is fully connected to Ecos, your independent practice of Faith will eventually lead to that same Truth. Through Faith, you will discover the Truth a teacher reveals. Independent confirmation of Truth through independent practice of Faith is the only rational basis for Relationship and

Community. And if different *truths* are discovered through Faith, then the mutuality of Relationship will help you both discover the error and the larger Truth.

To maintain the power and effectiveness of Faith, to avoid getting unnecessarily trapped in some delusion or self-limitation, regular help from a Creator is advised. A physically available Teacher clarifies your issues and how your practice can heal them. Also, since Faith is mutual, interaction with a Creator duplicates and guides you through your own process. Interaction with a Creator is itself a healing process: Truth (Wholeness) is the source of healing, Faith is the means, and the Creator is the Ecos, the guide and context, of healing.

Creators as teachers are a catalyst and an explicit call to evolutionary learning and healing in Truth, through Faith. But Creators are also friends and simple human beings. They are not only teachers. So the moments in which they serve others as teachers are temporary and a response to the needs of the moment. Teacher is not a fixed identity for Creators, merely a convenient role to assume in service of the Truth.

Beyond Teachers

From the first, the relationship between teacher and student should be love, not need. Love should not be the goal of the relationship, but its context from the start. Since love should be context of all relationships, and not the goal, you are free to drop the roles of student and teacher to enjoy the benefits of a relationship without need. Throw away any dependence or fascination with teachers or their communities. Destroy the pictures, burn the books, dispense with lectures or uniforms. Abide naturally in Relationship.

If you approach a teacher, especially a Creator, expecting or hoping for something special, you will be disappointed. The transmission (grace or Ecos) of a Creator is universal and constant. It is not a discretionary act. You already receive the transmission of Creators. It is the background or context of your experience currently, not an experience itself. Ecos is the world in which you now live. Whatever you experience in relation to a Creator, says more about you and your Faith than anything about a Creator. Therefore, avoid nothing, for all things are now part of Ecos.

If you associate an experience with a teacher, you may be right. Your experience may reflect the nature of your relationship with a teacher, at least for the moment. But your experience can easily become an expectation that turns to disappointment, a sense of loss, or even betrayal, when not repeated. So, embrace all experiences. Do not rely on them to indicate what is real or true. Also, refrain from associating grace with any single or specific source. It limits your availability to grace from all other sources.

Ecos is everywhere. All things now abide in Ecos, which has no specific or singular source. Any experience other than infinite Presence, is only a convenience for the personal mind. Also, the intuition of Ecos is a two-way street. As you experience Reality in Ecos, Reality experiences you in Ecos, thus you are brought more fully into Ecos.

Some teachers heal or manipulate energy to generate supernatural experiences. The ability or inability to generate specific experiences or create specific physical changes is a technical skill only, not necessarily an expression of Truth or a revelation of one's evolutionary status. A fully human life has nothing to do with extraordinary experiences, phenomena, or

powers. For Knowers, manifestations focus attention on appearances and distract attention from the larger and invisible Ecos or Whole from which all things emerge.

When you experience Truth, Ecos, Grace, nothing has changed except your receptivity to the Whole. Ecos does not come and go, nor is it localized. It is simply and always Present in all moments, in all things.

Faith & Beliefs

If you approach any aspect of Reality, of ordinary life, in Faith, you will learn as much from that relationship as you would or could from any teacher. The differences between teachers are formal and external only. The Truth of one teacher must be and is the same as for any other, unless they do not express the Truth. The difference between teachers is not the Truth but how the Truth is expressed. There is no way to verify the Truth of a teacher's expression without practicing Faith. Never blindly accept teachings. Verify them.

Faith is not about living by dogma, beliefs, ideas or creeds. These things are static. They lack the vitality of real life, and the immediacy and appropriateness of Truth. Faith is how you live your life without destroying Ecos or creating Shadows. Faith offers an intuitive orientation to the Whole. In Faith nothing is known, but everything is intuitively understood. Faith is a way of directly knowing and living in Ecos.

Paradigms & Dualism

In the Actor Paradigm, *folk religion* (shamanism/paganism generally) tries to reconcile the *external* world and societal life

with individual and collective *internal* experience. *Internal* and *external*, however, do not exist for Actors. Everything is *internal*. The result is personal and social superstition.

The Knower paradigm enforces a dualistic perception of Reality, separating our *internal* and *external* worlds, in an effort to avoid superstition. Knower spirituality and mysticism are efforts to overcome this separation. They are about altered states of awareness, revelations, insights, prophetic dreams, angels, terrifying demons, and miraculous but temporary interventions by the *divine* into our world. Spirituality offers an alternate reality, separate from and *better* than ours. It is about a perfect but disembodied life that is limited by, and therefore cannot exist on, the physical plane.

Knower religions reveal this invisible world and organize human life around it. They make the same core assumptions of mysticism and spiritual traditions: matter is separate from spirit, matter corrupts spirit, a purely spiritual life can only be lived beyond the limits of incarnation, you can connect with the spirit realm only by extraordinary means or through the agency of unusual individuals, such contact is temporary and limited to experience, its effects are also temporary.

Knower spiritual and religious teachers reflect this dualism, presenting themselves often as archetypal forms that exist beyond the limits of embodied life, which is disdained as tainted or un-evolved, a temporary and unfortunate stop on the way to something better, which is elsewhere.

The form of spirituality offered by Knower spiritual and religious teachers maintains the dualism of the spirit-mind-body split. The non-dual nature of Reality is an ancient idea, yet not all teachers teach non-dualism and those that do typically offer themselves in a dualistic context (e.g., teacher-

student), supporting dualistic methods (devotion to specific forms or methods) to achieve non-dualistic results. They offer an illusion to overcome an illusion. The result is not Truth but a struggle to use one illusion to overcome another.

The result of all this, however, is not a non-dual or fully integrated Reality, but just an insight into the non-dual nature of Reality. Indeed, non-dualism asserts that a non-dual Reality exists beyond the *illusion* of ordinary life. In other words, non-dualism exists somewhere but not here, which is dualism.

In the Creator Paradigm, there is no body-mind-spirit split. There is no *illusion*: there are multiple realities, or varying perceptions of and relationships with one Reality, which is not elsewhere but fully here. There is no effort to overcome an illusion or a separation that does not exist. *Spirituality* is not separate from physicality. Embodied life is not an obstacle to *spirituality*, but the place it manifests most fully. Indeed, *spirituality*, understood in the Knower Paradigm as a way to purify or escape ordinary life, evolves into Ecos in the Creator Paradigm, simple humanness, ordinary life fully embraced. A non-dual life in this world expresses a non-dual Reality that is discovered, perceived, created, and lived through the practice of non-dualism in the form of Faith. Humanness is not a way to avoid the limits and demands of the body, but a way to manifest Ecos while embodied and fully in this world. The result is a fully embodied, fully human, being that exists in all dimensions simultaneously, all fully expressed here.

Learning From Creators

These are awkward times for Creators, who prefer an informal and invisible life, in the company of friends, each doing the work that moves them most strongly, all in Ecos.

The nature of Reality and how to live in it is not something that typically needs to be formally taught. You simply pick it up through association, immersion in Reality. But where the nature of Reality is in doubt and Relationship is un-lived and unstable, formal instruction becomes the best way to create and sustain Ecos. And so Creators become teachers.

To approach a fully human being to learn how to live in Ecos requires a great deal. Since there is no need for the relationship, it begins in a simple desire for association. This would typically be the start of a loving relationship, but there is something you want: you want to learn and you want to learn by being taught. That focuses and limits the relationship, temporarily eliminating love as the basis for relationship and moving it toward fixed roles, goals, and expectations.

You will be taught, but not what you need to know or do. You will be taught how to learn what you need to know and do. Very quickly you will start learning not from the teacher, but from every moment and circumstance in your life. The teacher is but one such moment and circumstance. The most important things you will learn will not come from the teacher but from the elements of your life.

Responsibility

Nothing can teach you if you are unwilling or unable to learn, but anything can teach you if you are. Creators teach only long enough for you to learn how to learn. After that there is no teaching, only learning. What or whether you learn says more about you than a teacher. The same is true if you fail to learn. There are no *false teachers*, only false students. A full or complete practice of Faith is your guarantee against the

limits or failings of any teacher or teaching. Learn how to learn. Accept responsibility for what you do or do not learn.

Everything you see reflects how you see what you want to see. What you see does not reflect what is out there. What is *out there* is only possibilities. The same is true of learning: you learn what you want to learn. Whatever shows up in your life you use or avoid for your own purposes. It is your responsibility to see All That Is and not only what appears.

All Things Are Teachers

The teacher-student relationship is the only means for enlightenment, realization, humanness, evolution, or Ecos, but the human teacher-student relationship is not the only form the relationship can take. The content of that relationship is the grace of Ecos. This is the way. There is no other way. When Ecos is fully lived there is just Relationship, friendship, love. In Ecos, *spirituality* disappears into humanness.

In the absence of human beings with fixed identities and visible roles, Healers are obliged to find another basis for learning and healing. They are obliged to regard every aspect of Reality as means of evolution. Each person, circumstance, event, or condition is now the way of Ecos. All things now are Truth. Every thing is now *teacher*.

Beyond Commitment

All vows and promises for an eternal and exclusive relationship with a single manifestation, or even multiple manifestations, of a human teacher are Self-limiting and Self-defeating and inhibit human evolution. This is so unless it is

understood that the *teacher* appears within and as all things, in which case there is no *teacher*, there is just the thing itself, which itself is the true teacher. That being the case, there is no promise or vow to anything other than life. This may seem an esoteric point, but whole cultures are based on it.

Such vows do or can have consequences that carry over from one lifetime to another. They create the basis for a stable culture, which is their purpose and effect. The vow keeps you in fixed relationships with the culture and others in the culture. It has nothing to do with the evolution of all things.

A true teacher, like a fully human being, has no fixed or eternal identity or relationship to anything. There is just the fact of Relationship, which is always Present and constantly changing form.

Vows are unnecessary as you are already in a permanent and fixed but evolving Relationship with Truth, Ecos, All That Is. That being so, any vow can only be irrelevant or limit that Relationship, creating Shadows.

For Healers, a formal vow ensures that Relationship arises consciously, thus fulfilling the intent of the commitment. But it does not matter now! The Truth is now Present in and as all things. It is now available not merely as an insight, but as a fact of ordinary life, able to be lived rather than merely taught. Relationship cannot be escaped and so need not be conscious to be True. So long as Relationship is consciously Present for anyone, it is Present and True for everyone. That is the value of Ecos and Creators, and is the root of the Creator Paradigm.

You need not commit to something if it cannot be avoided. You only need accept it and live your life. Evolution cannot be avoided so long as there is even a single Creator to maintain Ecos. So, follow your heart and live your life. Evolution will

take care of itself. It can no longer be avoided. It is as if we have lived our lives suffocating inside a glass cage. Now the cage has been removed. We need only to breathe deeply rather than continue to search for fresh air.

The fear, of course, is that evolution might not take care of itself. We want to ensure our perfection or the perfection of our world. We do not trust the forces of our existence. If you do not do something, nothing will happen. None of this is true. The fear at the root of all this itself creates the reality you feel the need to change. Moreover, you are not the only active agent in the cosmos. The cosmos itself is active. But existence can evolve only so far without Self-awareness, or it collapses into increased randomness. Once existence becomes Self-aware, Ecos emerges.

Ecos is the effect of Self-awareness on Reality. The effect is two-fold. First, existential Harmony moves from possibility to probability to actuality. Reality moves from balanced conflict to cooperative interaction, or Harmony. Second, in Self-awareness, nothing is transcendent. Everything is immanent. Everything is here. All the barriers to transcend are now transcending you. *Heaven* is now on earth.

The evolutionary transformation of life on earth is here, immanent and active. The only discipline or vow required is to remain fully here rather than trying to *transcend* (i.e., escape) the conditions of personal life. Relax and let Ecos be true of you as it is true of all things. You need no vow to live in Ecos when Ecos is already here.

Vows are made for the sake of social or organizational stability, not for the Truth. Vows are a way to avoid evolution, not promote it. If your relationship with a teacher or tradition is True, you need no vow. If it is not True, the vow is already

broken. More than that, whatever is True of you, is not being honored or lived fully. Embrace the Whole, Ecos, in each moment. Let teachers and traditions take care of themselves.

Ecos is Here. Live in Peace.