



The Four Noble Truths

Supawan Green

Explore a new innovation in presenting the essence of Buddha's teaching

The Four Noble Truths

written by

Supawan Green



Dedication

To Buddha Gotama

and

all sentient beings in the entire cosmos

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Foreword

By Nick Davies

This book is a lay-person's guide to self empowerment that will help you break free from the habits of a mind imprisoned in the material world, using a contemporary approach to The Four Noble Truths that are at the heart of ancient Buddhist teachings.

Through meditation and contemplation, the Lord Buddha discovered the Four Noble Truths more than 2,600 years ago. However, they are universal truths that still hold true today for all of us, no matter our religion, race, gender or culture. For the lay person (non-Buddhist), the simple illustrations and descriptions in this book by Buddhist practitioner and teacher Supawan Green help us make sense of the suffering and problems we face in everyday situations. A first step to empower us to liberate our minds from internal suffering.

Supawan's presentation of the Four Noble Truths in a fun, simple and clear format with illustrations featuring characters Tom and Jerry in familiar conditions we commonly face daily, help us recognize the cause of our mental problems and more importantly, how to fix them.

These frequent anecdotes illustrate how the chaotic cat-and-mouse mental antics of Tom (our inner self) and Jerry (thoughts and feelings), who constantly stirs up trouble for Tom, affect the way we think, feel and react in the everyday situations we experience through our physical senses.

Just like the cartoon cat and mouse characters, Tom and Jerry are constantly battling away inside us – fighting for control over our state of mind and the decisions we make. Their antics can turn our lives into a roller coaster ride of emotions, and the associated effects we experience are at the heart of the Four Noble Truths, which in turn, is the foundation of the Buddhist science of the mind.

Supawan's step-by-step approach brings clarity and answers to those fundamental questions about the meaning and purpose of our lives as individuals in a 'global' society. She does this with ancient wisdom of simple truths that never change but are often obscured or forgotten by the distractions of today's modern lifestyles. Read on and break free with a new direction, an inspired and fresh perspective on how to master the characters that rule our lives with worries and stress that keep us trapped in rigid ways of thinking!

Feedback¹

I have attended various retreats before including a 10 day traditional Vipassana course in India. So, I can reflect upon those intense and very strict practices, which I personally did find very powerful. Nevertheless, I know they are not accessible for the average people with jobs and family commitments or even the ability to sit crossed legged for so many hours a day! That's why I found this one day silent retreat with Supawan Green, to be a very fun and especially light hearted approach. At the same time, she also offered something, which had the ability to touch on profound insights and realisations. There is no doubt this was because of the way Supawan structured the day, which transformed what would normally be quite difficult Buddhist teachings for westerners to digest, into something more accessible and we could realistically relate to. With her great use of analogies, role play, clear illustrations and personification to describe the abstract and even transcendental ideas and concepts, all these tools successfully direct us to our own realisation as how we create suffering for ourselves and others. Supawan described the various layers and attributes of the 'mental self' we don't know of, which she confidently connected to the familiar term of 'consciousness', 'the core of life' 'the 6th sense' and emphasised that such inner nature is 'our true self'. This perspective suddenly made a lot of sense to me. Regarding the practice, Supawan clearly pointed out where and how certain feelings and sensations arise from, which certainly help with the mindfulness practice.

Gavin Moles

An excellent and informative day at the Silent retreat on Saturday. Your course outline certainly has me engaged and hopefully the others too. This is what this and other Thai Temples in the UK seem to be lacking to reach out to a western audience and in time hopefully the Sangha will see the value of this also.

Your approach was very direct and left no room for ambiguity which is much needed. The analogy of Tom & Jerry and our minds really did take me by surprise. When you first mentioned this a few weeks ago, I was very sceptical of using such terminology in this area, however listening to your talk on Saturday has totally changed my view on this and I can now see its effectiveness through its simplicity. Having studied mindfulness for some years now, there are many different approaches all using different terminology and often overcomplicating the practice. Your method really gets to the core of what this is all about and will no doubt enhance the lives of those who can attend the classes and follow up with their own practice.

James

¹ To help my readers knowing a little bit more about the author and her work, I decide to place a few feedback here from those who attended my monthly 'Meditation For Everyone' course at Wat Mahathat, Kings Bromley, UK.

For a Buddhism for Beginners class this was very good. The analogy on Tom and Jerry to represent the mind and the distractions of the mind was very illuminating and would definitely help complete beginners to grasp the basics of Buddhism.

Candy Bates

Supawan began the retreat by giving a presentation about the essence of Buddhism and 'bringing our mental self back home' (BMSBH). This was very informative and her animated approach held my attention over a 1-2 hour period. A clearly very experienced lecturer, she catered for a variety of learning styles - using visuals and objects of reference to support her teaching points. Her explanations were very common-sense and easy to understand, giving the fundamentals of the Buddha's teachings. But it was Supawan's analogy of Tom & Jerry (a practical illustration of the mental battlefield that we all face on a daily basis) that has had a real impact on me.

As a Westerner I have held a long-term interest in Buddhism and have been attempting (albeit unsuccessfully) to meditate by myself for quite some years now. I can honestly say that yesterday's retreat hosted some of my most successful and concentrated sitting meditation practices yet, all thanks to Supawan's guidance.

Sy Howes

The silent retreat taught by Supawan Green was very useful, it was an immersive course on the subject of consciousness, the first I had been too. I learned a new perspective of looking at human consciousness that I hadn't previously understood. Having someone who can deliver and teach the material over this subject to you is very helpful as she can use illustrations and props to explain the trickeries of the mind. The course had a good balance of theory and practice.

William Cowie

Being with Supawan and learning her amazing technique and absorbing her knowledge is a genuine life-changer. Supawan is a teacher, an angel and a complete inspiration. Listen to her, watch her, and feel everything she gives....is a game changer! You need to be ready to listen and absorb what she teaches. Just be open to it with no expectations or judgements. Trust the process that Supawan guides you and your inner self. You were meant to hear this 'good news'. You will genuinely feel like life finally makes sense because you will have finally 'come home'!

Mary Lewis

Supawan is a very inspirational and gifted teacher, she makes practical sense of a complex subject. The metaphors she uses are powerful and easy to understand. We need a million Supawans in our world to spread the message of peace, humility and humbleness.

Jane

11/9/2018

Dear Ajahn Laow

I want to take the opportunity to share with you how much I enjoy coming to the temple and what it means to me.

I am bringing my women's development group next week to enjoy yoga and meditation with you. I totally love Supawan's retreats she holds every month. I come along every month as I learn amazing new things each time and it has transformed my life. I have bought many people to these sessions and have many more to join in 2019 when they resume.

The joy of these sessions is that they are very appealing to a western/British audience as they make a complex philosophy very easy to understand and Supawan has developed her material over the past 2 years I have been attending and is bringing it to new levels all the time.

I would love to help inspire more people to come along to these sessions in particular along with all the other celebrations and learning opportunities.

Is there something we can do together to help this through the website or social media, or by promoting the classes in any way?

With metta,

Christine Gilbert
Chief Encourager & Leadership Coach

Preface

Everything happens for a reason, we like to say. It is certainly the case for this book. Ten years ago I started work on the sequel to *The User Guide To Life: The Moral Diet and The Law of Karma* in order to complete a life-map to help people on their spiritual journey to break free from illusion and end the tedious rebirths from samsara.² That sequel book was going to be called *The User Guide To Life: Bring Your Mental Self Back Home*. It had two parts, a theory volume and a practical volume. I had finished the entire book around 2011 after which Ian and Sally Timm helped me with their painstaking editing. Just before the printing of that book in 2013 when I wrote my last introduction, I asked one of my students to read it through for the last time as one final polish. A hiccup occurred in that final stage, which delayed the printing of that book until now. However, the unexpected delay turned out to have a positive result. When I went back to that book in January 2017 with the intention of reviewing and updating certain areas before printing, the process instead became a complete reworking and the creation of this book. The contents are still very much the same but nearly 85% have been rewritten. The contents are now presented by using the approach of The Four Noble Truths as an introduction leading into the main body of the five aggregates and Vipassana meditation. I have never used this approach before and find it makes for clearer understanding of the Buddha's Four Noble Truths. There are also certain topics which I can now explain better than five to ten years ago using new illustrations that Soon, my artist student, has depicted for me.

I gained spiritual guidance during my student years in Thailand and have kept up my meditation practice ever since, which led to my 'Eureka experience' on a Monday afternoon in October 1997 in the dojo at the University of Birmingham while teaching Tai Chi and meditation. It was in that instant that a huge flash of lightning struck, illuminating my inner world, and intuitive knowledge started 'downloading', so to speak.³ This awesome incident catapulted me many paces ahead on my spiritual path. Something clicked and allowed me to make the connection that the simple experience of 'innocent perception' I had previously taught was the focus point of the 4th foundation of mindfulness as well as being the ultimate truth. I've been testing this ultimate experience since then to be certain that it is the state that absolutely nothing can go beyond - the final frontier, the ultimate truth! It has now been twenty years and my intuitive knowledge still confirms this same conclusion. I have not an iota of doubt, and can talk with conviction, that 'innocent perception' is the nature of the ultimate truth. That's how I can write this

² Samsara is the Buddha's term for the cycle of rebirth.

³ I have recently researched into the concept of Kundalini experience and just realised that this extraordinary experience on that Monday afternoon was just that, which I had been gradually experiencing since my student year when I began to meditate.

book with a free spirit without many external references, relying purely on my intuitive knowledge and personal experience. I present it in the format that I think is the best; a short-cut to help you attain the ultimate truth and end your mental pain.

In the same way a caterpillar must turn into a butterfly, all sentient beings must eventually ascend to higher realms. We must jail break from the tedium of rebirth and claim ultimate spiritual freedom. I truly hope that this book can inspire you to take part in this epic spiritual journey of finding eternal inner peace. If you wish to do a bit more, please help to foster a more positive world for our children by sharing this piece of good news with your loved ones and others who are seeking the wisdom that can help end their mental pain.

Supawan Green
23 June 2018

Acknowledgements

I would like to express my heartfelt thanks and gratitude to Ian and Sally Timm from Portland Oregon, who have been supporting my Dhamma work from day one, since they found my book 'A Handful of Leaves' in 2006. Ian and Sally have helped me with the editing of all my English work including this book.

My profound gratitude and appreciation also goes to Nick Davies, an English gentleman living in Phuket, Thailand. Although we met just over a year ago, Nick has been very supportive towards my work and was very happy to help me with the editing of this book.

My immense gratitude also goes to my dedicated team of staff in Thailand, Germany, The Netherlands, Switzerland, Norway and Australia. They are the real workers, who made my Dhamma teaching in every venue across the globe become possible.

Also I would like to thank all my students who believe in 'my words' and vow to carry on fighting with their 'Jerry' by keeping up with the mindfulness meditation practice. This has given me enormous strength and motivation to carry on with this mammoth task of helping people to do their 'jail breaking' from samsara (the cycle of rebirth).

Last but not least is my family, especially Barry, my husband for 36 years, who has patiently put up with my absence from the family home some 6 months a year. Without his unfailing support, my work certainly wouldn't have reached this stage.

This book would not have been possible without all the help from these people.

Introduction

Never before have we had access to so much knowledge. We have gone deep into the material world, even finding the so-called 'God particle', but we have also never been more limited and more ignorant of who we are and how to live as we do not understand how suffering is created. This is the very heart of the problem, and why we need to pay serious attention to the Buddha's knowledge: the Four Noble Truths.

The Buddha did not begin his teaching by asking who created humans, the world and the universe. Whether the prime creator was God, the Big Bang, photons, evolution or intelligent design, it doesn't matter. The Buddha didn't touch that area of knowledge, despite its significance, because it can easily send one down an endless rabbit hole. Instead, he gave the analogy of a man being hit by an arrow. What the injured man urgently needed was a skilful person to pull out the arrow and save his life. Asking who the prime creator is, is similar to the man asking who shot him, who made the arrow, what kind of wood they used to make the arrow and what social caste those men belonged to. The enlightenment of the Buddha and his subsequent knowledge of the Four Noble Truths made him become that skilful man who could offer desperately needed help to humankind. The Buddha chose to focus on the very part that is urgently needed to heal the mental wounds for individuals. Such a grand narrative for humanity lies upon the knowledge of the Four Noble Truths:

1. Suffering
2. The cause of suffering
3. The end of suffering
4. The means to end suffering

As we battle through our increasingly problematic world; contending with poverty, climate change, crime, deception on a grand scale, mind control, technological unemployment and so forth, the need to know the four Noble Truths has never been greater. Noble Truth means universal truth: the undeniable facts of life. No matter who we are, what political and religious beliefs we have, no one is exempt from the first universal truth of having mental pain. The universal truth of suffering is embedded within our life cycle from birth, ageing and illness through to death – always has been and always will be. These are the wounds all of humankind faces that need immediate attention, similar to pulling out a poisonous arrow embedded in our chest. Once we can accept this universal truth of having suffering, only then can we embrace the rest of the universal truths, which the Buddha uncovered on the night of his enlightenment. These four universal truths are the 'good news' (Buddhist gospel), which make up the main body of the Buddha's teaching of some 84,000 topics. All of these topics point to the same destination: helping humankind eradicate mental wounds and attain eternal inner

peace. The Four Noble Truths have become the Buddhist paradigm and have shaped the Buddhist way of life for two and half millennia.

I hope this brief overview is a good start for readers who are totally new to Buddhism. Having gone through the difficulty of trying to understand the abstract core teachings of the Buddha myself, I endeavoured to find a simple way to help my students understand this most profound wisdom. Being a very practical person, I ended up using lots of simple analogies, props, role-play and illustrations as the main tools to deliver the Buddha's profound message. I have found the use of such clear visual aids enhances the students' understanding of this ancient wisdom. So, the contents of this book cover everything you need to know about the Four Noble Truths, which I further extend to cover the five elements of the human life form and the four foundations of mindfulness. I hope this inspires you to engage in mindfulness meditation practice as a means to curb your mental turmoil, to be in full control of your mind-consciousness and to attain your very own eternal peace. I have no doubt that this is the body of knowledge and practice that humankind urgently needs right now to secure long lasting peace.

I will carry on guiding you through meditation practice on my YouTube channel, where I often upload recordings of my teaching. When the video reaches the practical part of meditation, I highly recommend you sit comfortably in a meditative posture, either on a chair or on the floor, follow my instruction and engage in the practice as if I am guiding you directly. Thanks to modern technology, I am able to offer you this kind of personal service.

I wish you joy, peace and harmony on your spiritual journey.

Supawan Green
6 April 2018

Chapter one

The First Noble Truth – Suffering (Dukkha)

When 'suffering' is mentioned in the West, the word usually conjures up images of severe poverty in poor countries, which is a total misconception. Unlike visible physical wounds, mental wounds cannot be seen and remain trapped inside this physical body, yet they truly exist; enough to cause havoc to one's life. That's why we need the Buddha's guidance. The following heartfelt sentences are part of the Buddhist daily chanting. These are the Buddha's words underlining the symptoms of invisible mental wounds or suffering. The Worthy One once said:



Parting from someone or something we love is **suffering.**

Being with someone or something we don't love is also **suffering.**

In other words, worries, anxiety, sadness, loneliness, hate, anger, agitation, envy, discontentment, disappointment, panic, physical discomfort, mental pain, hysteria and so forth are suffering.

One can see that those few sentences are an undeniable fact, true to the core, always have been and always will be. The term 'suffering' doesn't only point to 'extreme suffering' - it covers even the slightest agitation, loneliness, doubt and frustration too. From birth to childhood, adulthood to ageing, illness and death, humankind rubs our hearts against the first Noble Truth of suffering, endlessly causing large and small wounds.

The images below are a few examples of our familiar daily mental wounds.

Childhood pain: favouritism, being bullied, pressure and so forth.



Adulthood pain: competition, disappointment, anger, envy, worry, anxiety, breakdown, loneliness, loss, fear, insecurity and so forth.

Finally: ageing, illness and death; the pain that no one can escape.



Not to mention the massive mental wounds being forced upon us through poverty, hunger, crime, natural calamity and war.





These are the symptoms of large and small suffering rubbing against our hearts on a daily basis. Hmm... I wonder if anyone on earth can escape from this first universal truth of suffering? I think not.

Once accepting this undeniable, fundamental fact of life, we can now move on to the three remaining Noble Truths and engage in the healing process; heading towards inner peace.

Chapter two

The Third Noble Truth – Nirvana

Once you accept suffering as the first Noble Truth, you will appreciate the importance of the Buddha's enlightenment. On that night, some 2,600 years ago, the Buddha uncovered the third Noble Truth – the end of suffering! He experienced a unique state of mind in which all suffering comes to an end. Only then did he know that this awesome discovery was the solution to our mental troubles and the sole reason we are placed here on earth.

To help you connect those loose jigsaw puzzle pieces, the third Noble Truth closely relates to the common questions in the image below. If you are driven to ask these questions of yourself, the third Noble Truth can take care of those doubts.

**Nirvana...the best kind of happiness!**

The Buddha found the answer to all those questions on the night of his enlightenment. He uncovered the ultimate state of mind, which has the unique quality to neutralize absolutely everything including the different symptoms of suffering from agitation to depression and so forth. Upon his discovery of the third Noble Truth, the Buddha endorsed the following:



**No happiness is greater than inner peace
Nirvana is the best kind of happiness**

By applying a bit of logic, Nirvana is nothing more than inner peace, and the best or the true kind of happiness. Only then did the Buddha know for sure that we are here to learn, to awaken and to develop our consciousness to a level at which we can reach this absolute inner peace called Nirvana.

Making connections with 32 terminologies

To make life easier for you, I will gather all the common terms and phrases used here. They will hopefully give you a better perspective, allowing you to make a clear connection with the body of knowledge that you might have been seeking for a while but didn't know about the connection to the Four Noble Truths. Please bear in mind that the definitions of all these terminologies are based solely on the Buddha's unique experience of the third Noble Truth. It is very much like a round, orange-coloured fruit with juicy meat, no matter what it is called in any given language, the words refer to the same fruit.

Here we go. These are all the familiar phrases, which refer to the third Noble Truth.

1. The ultimate enlightenment
2. Nirvana
3. The Kingdom of God
4. The Tree of Life
5. Godhood
6. Tao
7. Eternity/Immortality
8. Infinity
9. The ultimate (absolute) truth

10. The ultimate reality
11. The grand ultimate (the meaning of Tai Chi)
12. The Source
13. The Prime Creator
14. The Singularity
15. The Law of One/Oneness
16. The absolute ruling point in nature (Einstein's concept, the run-up to the Theory of Relativity)
17. The absolute simplicity/ordinariness
18. The absolute normality
19. The pure consciousness/the pure positive
20. The final certainty (in contradiction to Heisenberg's principle: there is no final certainty!?)
21. The true/real self
22. The non-self
23. The eternal peace
24. The absolute harmony
25. The ultimate freedom
26. The end of suffering
27. The true (real) happiness
28. Here and Now
29. The final frontier
30. Life out of prison
31. Innocent perception (my own term)
32. I am nothing!

Hopefully this broad range of terminologies can reduce confusion and give you a better perspective on your supreme goal of life. You can now clearly see that humankind – God believers and non-believers – share a common goal in life. All these words are the sole reason we are here on earth. The sooner you know of the third Noble Truth, the quicker you can live in long-lasting peace – a huge bonus to your life! The later you know, the longer you carry your mental pain.

Chapter three

The Fourth Noble Truth – The Path To Nirvana

Now that we know the first and the third Noble Truths, with the addition of the fourth Noble Truth, we can draw a simple illustration depicting the whole paradigm of our life.

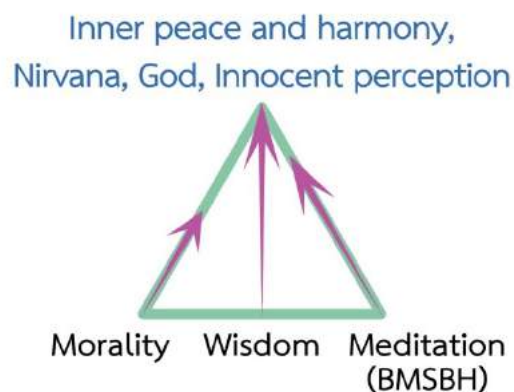
The Noble Eightfold Path

The fourth Noble Truth is the Noble Eightfold Path, sometimes known as the Middle Path or Middle Way. Here are the eight qualities of the Noble Eightfold Path:

1. Right view, right understanding (wisdom)
2. Right thought (wisdom)
3. Right speech (morality)
4. Right action (morality)
5. Right livelihood (morality)
6. Right effort (meditation)
7. Right mindfulness (meditation)
8. Right concentration (meditation)

The Buddhist Paradigm

These eight noble activities on the middle path are traditionally regrouped into three main parts: wisdom, morality and meditation.



The wisdom that the Buddha offered to humankind makes it possible for us to know precisely the ultimate goal in life, which is described by those 32 terminologies in

the previous chapter. They can hopefully accommodate people of all beliefs and cultures. Here, I use just a few keywords in the image above. 'Nirvana' and 'God'

represent those with religious beliefs, whereas 'inner peace' and 'harmony' are more neutral phrases for scientifically-minded people and non-God believers. 'Innocent perception', my invented terminology, is, however, an important phrase with which we can work and pursue this epic journey in the most scientific way without slipping into some philosophical debate. Such debate can easily end up buried in mountains of words with no real progress in reducing our mental suffering. Nevertheless, these words point towards the goal we want to achieve while we are very much alive, certainly not after death. The sooner we know, the quicker we can live in harmony and ever-lasting peace.

Once we have clearly identified the definite purpose of life (having wisdom), next is to know how to get to that final destination. Firstly, we must observe the moral precepts. Inner peace won't just happen without working on it; sticking to moral code is the first step. We always know our unwholesome deeds even though no one else does. The minute you violate your moral conscience, guilt will soon take the front seat and take away your inner peace. Hence, observing moral conducts is the first half of the journey, but you cannot get to the destination on morality alone. The brand new practice following the enlightenment of the Buddha is, in fact, the mental skill called 'The Four Foundations of Mindfulness' or 'Vipassana'. This meditation method was not known before Buddha's enlightenment, but later was widely recognised as the direct path leading people to end their mental wounds.

For these reasons, wisdom, morality and meditation have become the Buddhist structure of life and is responsible for shaping and moulding their culture for more than two millennia.

The End to the Means!?

Please notice the rank of the Four Noble Truths. The Buddha placed the destination (the third Noble Truth) before the path (the fourth Noble Truth), or put the end before the means, unlike the usual way of considering a process as a means to the end. This can be explained with the following analogy. Let's say the Buddha stumbled upon a beautiful place, where no one ever set foot before. Hence, there was no name for that particular location. He then explored that magnificent place, where he found a pond of magical elixir that could heal mental wounds. He was compelled to tell people about it. Upon delivering his first sermon at Deer Park, Sarnath, for the sake of communication, the Buddha had no choice but to give that magnificent oasis a name as 'Nirvana' along with a detailed map, the Four Noble Truths, to guide people there. That's why he placed Nirvana (the end) before the path (the means) in the rank of the Four Noble Truths, because he was the first person to reach Nirvana.

Spiritual journey

Here is a more specific image of the spiritual journey, which covers three of the four Noble Truths:



Position A is the point of mental pain, the first Noble Truth. Position B is the destination, the third Noble Truth. To get from A to B is to use the fourth Noble Truth - mindfulness meditation (Vipassana) or as I call it: bringing your mental self back home.

Chapter four

The Third Noble Truth Continued – The Missing Link!

Now that we have covered three of the four Noble Truths, I would like to give you yet another perspective to further enhance your understanding of the Buddha's core teaching.

The best way to explain the Buddha's enlightenment is for you to think of this notion. Let's represent each object on this planet as a single piece of a huge jigsaw puzzle. The world population is seven billion so we have seven billion puzzle pieces right away. Plus, say ten billion animals, ten billion trees and another hundred billion objects – from needles to submarines to space stations and every single bullet! Although these numbers are way under-estimated, one can imagine the enormity of this mountainous pile of jigsaw pieces. Now, your role in being placed on earth is to put these jigsaw puzzle pieces together and form a perfect picture, with you being one of those puzzle pieces. In comparison, this must make a box of 10,000 puzzle pieces a piece of cake!

But wait! I forgot to mention that this real-life puzzle doesn't come with a complete picture on the box, like those puzzles we purchase from any toy shop. You can appreciate that this earth puzzle is not an easy task at all. However, science has been trying to piece together these scattered puzzle pieces in the areas that they are good at, such as: history, politics, economics, anthropology, archaeology,

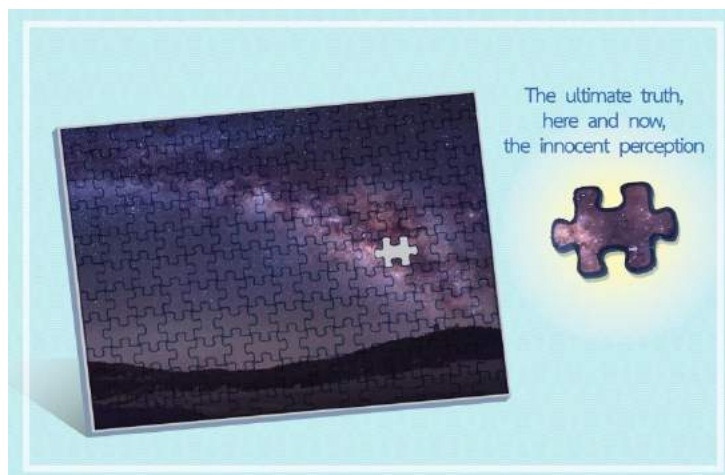


physics, biology, chemistry, cosmology, geology, oceanography, anatomy, neurology and so forth. Our intellectual knowledge is based upon making a connection to all these pieces of real-life puzzles. But we must admit that humanity seems to be getting nowhere. The more we know, the more we realise that we don't

know anything, not to mention plunging into deeper confusion and mental disharmony too.

The enlightenment of the Buddha is nothing more than he managed to put together this enormous pile of jigsaw puzzle pieces to form a complete picture of life. This allows us to know exactly where we are and how each one of us is related to the rest of the universe. That monumental achievement was the result of his discovery of this unique element, the third Noble Truth.⁴ This single element acts as a 'missing link' that connects everything together into the awesome Oneness. This makes 'all is one' and 'one is all'. All things that exist, whether they are in this 3D realm or the other realms, came from the single primordial 'pure consciousness' and fractalise into different forms and configurations. Most importantly, the instinctive sense of self or ego, which is always the main obstacle for creativity, progress, peace and harmony, is wiped clean while uniting with the Oneness. This final unity is the main source of real peace and harmony.

Having said the above, it doesn't mean that the Buddha can answer all questions. There are always more questions than answers. The Buddha said that his knowledge is the equivalent to the number of leaves in a forest but he chose to teach only a handful of knowledge/leaves, which is enough to assist humankind in finding long-lasting inner peace. He even refused to answer certain questions, which don't help people to find peace. The handful of knowledge that the Buddha chose to convey to his disciples was finally made up of 84,000 topics. This is a lot for even the Buddhists to handle, not to mention the non-Buddhists.



After teaching for more than two decades, I have found a shortcut in helping my students reach this unique element much sooner rather than later. Instead of

⁴ To avoid confusion, please note that whenever I talk about the third Noble Truth, I will choose the most appropriate word out of those 32 terminologies (chapter two), to support the context and meaning I intend to deliver. In this chapter, I use the word 'the unique element', which has the same meaning as 'the ultimate element'.

ploughing through 84,000 topics in the Buddhist canon, you need to know just two digestible main subjects. They are: the five elements that constitute our human life form, and the four foundations of mindfulness or Vipassana, which I call: bring our mental self back home. We are similar to a little dew drop trying to find its way home to the ocean, so to speak.

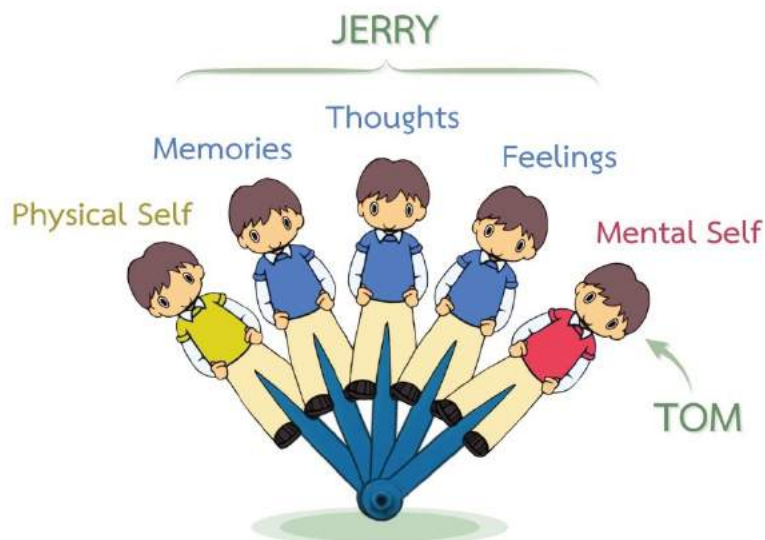


With these two bite-sized subjects, you will be able to reach the unique element and experience everlasting inner peace. The ultimate truth is indeed the 'missing link'. Once this is known, the whole picture of life can be put in perspective, knowing exactly where we stand in this huge cosmos! The rest is all 'details' that we can bypass. This ultimate awesome experience, known as Nirvana or 'innocent perception' can be witnessed via the process of mindfulness meditation or Vipassana.

Chapter five

The Five Aggregates

Before I talk about the pending second Noble Truth, I will first go through the function of the five aggregates, which constitutes our human life form. These five aggregates are made up of one part matter while the other four parts are intangible as they are confined within this physical body. The four unseen aggregates do not appear in the periodic table as elements but the Buddha still viewed them as such, using the term "dhatu", meaning 'fundamental element'. The Buddha managed to gather both the material and inner universes into just these five aggregates. There is absolutely nothing left dangling without a proper classification! It would help a lot if you can bear in mind that these five groupings are natural elements, hence they each have their own specific function and characteristic. Let's have a look.

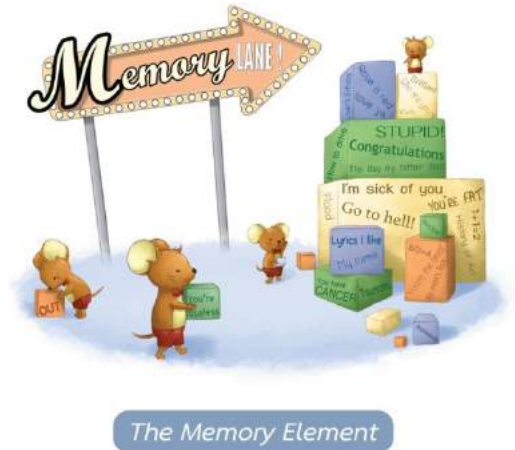


1. The body grouping (mass, 'Rupa'⁵ in Pali) is made up of the familiar basic common elements in nature: earth, water, fire and wind. Each item has its own unique quality and function. The earth element is hard and firm, the water element flows, the wind element blows, and the fire element is hot.



⁵ Rupa has the same meaning as Gaia, which has been used more often in the West. Rupa and Gaia can be used to substitute each other.

2. The memory grouping ('Sanya', in Pali or Jerry in the illustration), is a non-physical element whose particular function is to accumulate, to keep a record and to store daily information, while interacting with people and events throughout the day. This memory box (database) grows with age. This element usually resonates as mind chattering, reliving moments of the past, retrieving particular memories, reciting, commentary and so on. It emerges in the form of thoughts and images, all of which concern the past. This happens in the head area.⁶



3. The thought/thinking grouping ('Sankhara' in Pali or 'Jerry') is another formless element whose main function is to reason, elaborate, expand, concoct, escalate, magnify, snowball and delude, including simplifying or complicating matters. This thinking element is similar to a 'master chef' continually adding a variety of fresh ingredients to a massive bowl of salad. The Sankhara element plays an enormous role in human life. It emerges in the head area in the form of thoughts and images. It can concoct various thinking packages for both creativity and destruction; producing either a world-class compassionate political leader who inspires millions of people or a world-class criminal stealing wealth from the entire world's population. The thinking process always happens before the action. The entire body of intellectual knowledge is based upon using this extraordinary element of Sankhara, and of course Sanya too.



4. The feeling grouping ('Vedana' in Pali or Jerry) is yet another intangible natural element whose main function is to produce both positive and



⁶ The Sanya element is our diary book, keeping record of all our thoughts, speech and actions (karma). This element plays a big role in affecting our after life. This will connect to the law of karma. Every person is responsible for their own actions (karma) and will face the subsequent effects in the after life. It is also responsible for the making of this life form (body-mind) in our future rebirth, the same way that our previous karma conditioned our present birth. Please read: *The User Guide to Life: The Law of Karma*, written by Supawan Green.

negative mental feelings and emotions. This usually happens in the chest/heart area and subsequently affects the physical body by releasing chemicals such as adrenalin, endorphin, serotonin, melatonin and so forth.

5. The consciousness grouping ('Vinnana' in Pali; mental self, true self or Tom) according to the Buddha, is also another natural element whose distinctive function is to know, to be aware or to be conscious. This element is the real core of the human life form, because it makes the five sensory organs aware and function, which I will explain in greater detail in the next chapter. Without the consciousness element, our five sensory organs (eyes, ears, nose, tongue and skin) won't work. Hence, there is no life.

These are the main natural functions of each element that constitute the human life form. These five aggregates gather up all the scattered puzzle pieces and put them in their proper places. They also help us visualize our life and its relationship with the universe, as explained in Chapter four. It is very important to always remember that these are natural elements, each with specific functions and characteristics.

Understanding Rupa or Gaia

Now let's explore the first group/aggregate: the body or the mass. The Buddha used the Pali term 'Rupa'. Many Buddhists tend to think that Rupa refers only to the physical body but Rupa in fact covers significantly more than just the body.

According to the Buddha, Rupa includes everything in the universe as one singularity! The physical body has sensory organs to see, hear, smell, taste and touch that act as bridges to sights, sounds, smells, tastes and touch. So, without the physical body, there is no perceptions, thus, the entire external universe ceases to exist.

Sometimes the Buddha replaced the word Rupa with the term 'ocean' or 'universe'. He said that the ocean does not just mean water, and that the universe does not



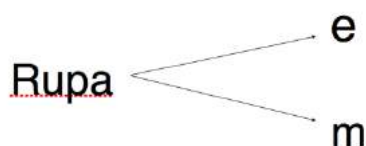
only refer to the stars in the sky. Water in the ocean is just one sight and stars in the sky are yet another but the ocean of Rupa that we are talking about here is

profoundly abstract and staggeringly colossal. It is the ocean of sights, sounds, smells and so forth. The real universe is also the universe of sights, sounds, odours and so on.

Given all that we know about this cosmos – from every single tangible object to every sound, every smell, taste and touch, and from all domestic events to world affairs – this enormous diversity is perceived only through our five senses of sight, sounds, smell, taste and touch. That's why the Buddha swept this colossal entirety into just one singular noun: Rupa! It means that the first basket of Rupa takes care of absolutely everything in the material universe in front of us. You must try to digest this piece of knowledge very carefully so you can realize how insightful and ingenious the Buddha was.

Einstein two, Buddha one!

If you understand the term Rupa correctly, you will know that Einstein's energy and mass equivalence is within the Rupa grouping, because it involves light, movement, sound, electrical waves, electromagnetic fields and so on, which are all parts of the material world. It means that while Einstein uses two words to represent the material world – mass (m) and energy (e), the Buddha uses only one word: Rupa.



Collective consciousness – a Singularity/Oneness!

Similar to the viewing of 'Rupa' as a Singularity, the outcome of consciousness is the same but is of epic magnitude. This particular spiritual journey is a matter of developing our individual consciousness, making it possible to reconnect with other consciousness and become one small part of the collective consciousness as one Singularity or Oneness. Finally, the five aggregates, which include the entire material universe or Rupa, will blend in and harmonize as just one Singularity/Oneness. If using the context of my logo, 'bring our mental self back home', it is a matter of bringing our true self back to the 'Big Home'; to where we belong, that always has been and always will be. This 'Big Home' includes everything from ourselves, our earth, our universe, multiverse and parallel universes, if there are

any⁷. Ultimately, all of these are just 'One Big Home' with us being a tiny part of it. This unique experience of unity will end the predicament of being a lost soul/ consciousness along with all the mental pain.

This is just trying to give you a perspective of what you are about to endeavour. By following all the traditional values, such as morality, humbleness, generosity, forgiving, loving kindness, compassion and especially engaging in the practice of Vipassana or mindfulness meditation, one can accomplish this epic spiritual journey much sooner rather than later.

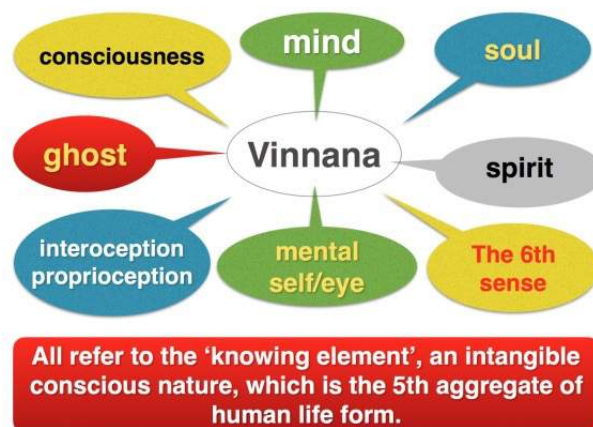
⁷ According to Scott Lemriel, the author of the book: The Seres Agenda, there are 144 parallel universes.

Chapter six

Consciousness...The Core of Life

It is important to be clear that the Buddha views the five elements (aggregates) as independent entities. This classification model enables us to easily reach the path to inner peace, which is most needed. However, this goes against mainstream belief, as academia places the four non-physical properties within the brain as part of the body/Rupa. Mind experts such as neurologists, psychologists and psychiatrists also tend to believe that thoughts, memories, feelings and consciousness are products of the brain although there is not 100% agreement on this point.

In fact, after two centuries of debate, conventional mind experts have yet to come up with any satisfying conclusions as to what consciousness and the mind really are. Despite having no conclusive answers, the intellectual world still tends to treat it as 'a fact' that our thoughts, feelings and consciousness are direct products of the brain. Consequently, mainstream knowledge about the mind does not seem coherent and therefore has no real impact on the individual in terms of giving priority to our need for inner peace. The image below shows the scattered vocabulary regarding the state of our mind and consciousness. Academia uses eight different terms to refer to the state of consciousness, whereas the Buddha uses just one word: Vinnana!



So let's make it clear that the Buddha places the brain with the body grouping (Rupa) – totally separate from the other four intangible entities and they are all independent from one another, each with its own functions and characters as described in the previous chapter. As we progress through this book, I will distinguish for you which part of the four non-physical elements is called 'mind' and which part is 'consciousness'. However, despite their independence, these five

aggregates work closely together as a team, enabling this life form to live, experience, learn, evolve and progress. As for advancing to exactly what, please refer to chapter two about the ultimate goal of life. We must not forget our final destination and keep our coherence.

Grasp this also

Please notice that the Buddha did not start this paradigm with the question: 'What is consciousness?' as western scholars do. It is more like he looked at this life form and worked out all the elements and their specific functions that were already there. He then accepted and recognized the five aggregates as they are. He also realised that each aggregate has its own task to perform, and then told us 'what does what', as explained in the previous chapter. If you can grasp this concept, it would help you to understand this book better, as I am strictly using the Buddha's approach.

Consciousness: the core of life



As far as consciousness is concerned, its function is being conscious, knowing and aware. So, let's explore the relationship between the first and the fifth aggregate: Rupa (physical self) and Vinnana (consciousness/mental self). There is a Thai



saying that comes from the Buddhist influence: 'The mind is the boss, the body is the servant'. The mind in that phrase refers to the consciousness element, the 5th

aggregate called Vinnana. According to the Buddha, a complete life form must have both a physical self and a mental self. To visualize this for easy understanding, I shall depict these two elements by using the toy characters that I use in my lectures. It means that our mental self, or consciousness, is the boss. It is also our true self or the core of this life form, whereas our physical self is merely a shell. Let's explore this from the point of birth. The Buddha stated that there are three factors required to create a human life. They are:

1. A ripe egg
2. A sperm
3. A rebirth-consciousness entering the womb

The conception between an egg and a sperm is the part that creates the physical body whereas the rebirth-consciousness, once entering the womb, will become the subsequent human consciousness or mental self. This is the difference between the birth of a crying baby and a stillbirth. A crying baby has both a physical self and a mental self, whereas the stillbirth has only the physical self; there is no rebirth-consciousness entering the womb, hence no human consciousness. This is similar to a glove without a hand, just as a ship without a captain is an empty vessel.



Four events

The function of the consciousness element is to be conscious, to know, to be aware and to acknowledge by working with the physical body forming a network. In other words, the consciousness element makes our sensory perceptions possible, hence makes this physical body alive. Our physical body is where the senses are located and the senses work as the bridges connecting the material world to our inner world or mind.⁸ The bridges are the senses: eyes, ears, nose, tongue and skin, which allow the information in the material world to come through in the form of perceptions: sights, sounds, smells, tastes and touch. This network, the connection between the two worlds, is only possible with the helping hand of the consciousness element or the existence of our mental self - the boss!



⁸ The mind is made up of the other three invisible elements (thoughts, memories and feelings), which will be explained in the next chapter.

To confirm further that our mental self is the real boss or the core of life and the body is merely a shell, please look at the following four incidents:

1. When one falls into a deep sleep
2. When one has fainted or is unconscious, either with or without anesthetics
3. When one is in a coma
4. When one dies

When any of these four events occur, it means the mental self has detached from the physical body – just like the hand that is not with the glove – hence the five senses can no longer function. When one falls into a deep sleep, the eyes cannot see, the ears cannot hear, the body cannot feel and so forth. Not because one is blind or deaf or losing the entire nervous system, but because the consciousness is not there to do its job: be aware of all the perceptions. But as soon as the mental self returns, the whole body becomes conscious, allowing senses to function and welcoming perceptions.⁹ In fact, it isn't wrong to place ourselves as the centre of the universe, because without the consciousness, our senses don't work. Our private universe disappears too, although it very much exists for others who are fully conscious. This makes each and every one of us the centre of our own universe.

For the above reason, it is a matter of life and death when the consciousness element is not with the physical body. To be unconscious, apart from a deep sleep, is a very serious matter causing loved ones to be anxious for fear of death. Furthermore, to be awakened from unconsciousness is always greeted with a tremendous sense of elation and relief, because our true self has come back. This strongly proves that the consciousness/mental self is the real captain of this life vessel. Thus, it is our true self, or the core of life.

Looking after our true self

It is quite alarming that such crucial information about our 'true self' has not been recognized and taught. Consequently we are unable to look after our mental self, which subsequently causes widespread mental problems. Knowing this important fact, we can now look after our true self, making sure that it is always safe from danger, the same way we take care of our physical body. This will connect us directly to the 4th Noble Truth, especially the practice of the four

⁹ You may ask where the mental self goes during those four events? I am afraid your guess is as good as mine. Knowing too much can complicate matters at this stage. As long as this approach can lead us to an effective remedy for reducing mental turmoil and restoring inner peace, that is all that matters for now. We can bypass this question, and leave it on the mystery list for the time being. Let's focus first on more urgent matters by piecing together the loose jigsaw puzzle pieces to form a more perfect understanding of life in relation to the universe. We can do this without having to answer that out-of-range question yet.

foundations of mindfulness. In the next chapter, I will reveal the culprits, so you can understand why we must always keep our true self safe and free from dangers.

Time out for points of arguments

At this stage, you might be confused and cannot get past what happens with the use of anaesthesia, which knocks out the whole consciousness. Such strong popular evidence is what convinces medical experts to believe that consciousness is centred in the brain. However, this reason doesn't explain simple phenomenon such as sleeping. When we go into a deep sleep our consciousness goes away and mysteriously returns by itself when we wake up without having to touch the brain at all.

People can faint and become temporarily unconscious without having anything wrong with the brain. Similarly, those who are in a coma for a length of time can regain consciousness without having to rectify the brain. Not all dying people have problems with the brain; their brains can still be in good working order, so why does their consciousness still disappear? Dr. Bruce Greyson and his research presented a long list of accounts that confirm the fact that consciousness can still function while the brain was badly damaged or even dead.¹⁰ He compiled a long list of firsthand undeniable out-of-body experiences (OBE), near death experiences (NDE) and past life regression experiences. Medical skeptics tend to dismiss the vivid individual experiences of OBE or NDE and come up with the usual mundane reason of a lack of oxygen to the brain causing hallucinations. I had an OBE myself, nearly three decades ago, which I can describe in detail even now; something that cannot be done with lucid dreams or hallucinations. I heard the following analogy from Graham Hancock, who opposes the mainstream notion of consciousness.¹¹ He said that the brain is like a television set, where thoughts and consciousness are signals independent of the TV set, yet they have to work together to form a perfect image. If the hardware is broken, of course, the signal cannot come through. This makes a lot of sense. Nevertheless, all those accounts produced by Dr. Bruce Greyson confirms the Buddha's notion that our consciousness is an independent entity, which can indeed exist without the body or the brain and can move on after the death of this physical body too! Only with such understanding, does the rebirth notion begin to make sense.

The secret of heaven

We must, first of all, admit that there are more questions than answers in the world and the universe. Since the advent of the Internet, we are now exposed to many

¹⁰ IS CONSCIOUSNESS PRODUCED BY THE BRAIN (or something else)? - Dr. Bruce Greyson <https://youtu.be/--S2phTpieQ>

¹¹ Graham Hancock, Exploring Consciousness <https://youtu.be/n7PUssV9oNo>

mind-boggling questions, one of which is: is it possible that we are living in a holographic world generated by a computer simulation? We must not be too arrogant to think that we can know everything. Even the Buddha admitted that he didn't know everything. There is a list of 5 phenomena that the Buddha didn't touch. One of them is the question about the prime creator. So, let's place all these unanswered questions in a box for now and label it: the secret of heaven. In the mean time, let's focus on making our way to find our true self and the everlasting inner peace and freedom, which is more urgent.

Chapter seven

Jerry & The Second Noble Truth

I still vividly remember attending classes on Buddha's teaching at secondary school, during which we had to recite and memorize the six pairs of internal and external sense fields – eyes, ears, nose, tongue, body and mind – and their corresponding sense objects: sight, sound, smell, taste, touch and mental objects.

We often got mixed up on the last pair: mind and mental object. They didn't mean anything to me at the time – apart from making sure I got them right to pass my exam! Some fifty years went by and now I realize the magnitude of this knowledge. Not only did the Buddha use classical scientific language, he also offered humankind the most ingenious strategy to deal with the suffering embedded in our daily lives. Above all, his approach is entirely rational and scientifically based.

Incidents causing suffering¹²

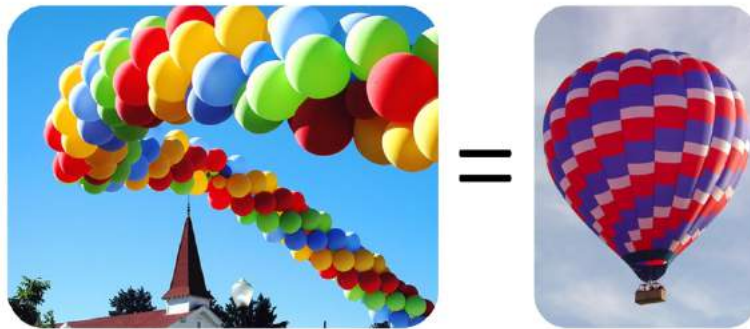
As discussed in chapter one, admittedly we all face incidents, big and small, that entail some sort of mental bruises and wounds, on a daily basis.

Let's put the happy, joyful events aside for now. At this stage, you cannot see how they can also be suffering. Instead let's focus on the straightforward painful experiences. Domestic arguments can leave us in a foul mood as we constantly relive the moment and carry on with the fighting in our heads. This is about deeply engaging in a monologue with ourselves. This familiar aftermath can drag on for a few hours, a whole day or even several days, depending on the situation and our individual ability to resolve the heated discourse in our heads. Those who easily let go of things will bear shorter pain than those who cannot let go.

¹² This is a reminder of the Buddha's version of suffering

“Parting from someone or something we love is suffering. Being with someone or something we don't love is also suffering. In other words, stress, worries, anxiety, sadness, loneliness, agitation, hate, anger, envy, discontentment, disappointment, panic, physical discomfort, mental pain, hysteria and so forth are all forms of suffering.”

Problems...waves hitting the shore!



The truth is, we all face different kinds of problems, which are similar to waves. When we are hit by them, our mental self will be churned about, experiencing emotions ranging from mild symptoms such as stress and restlessness to severe maladies such as depression, breakdowns and even suicide.

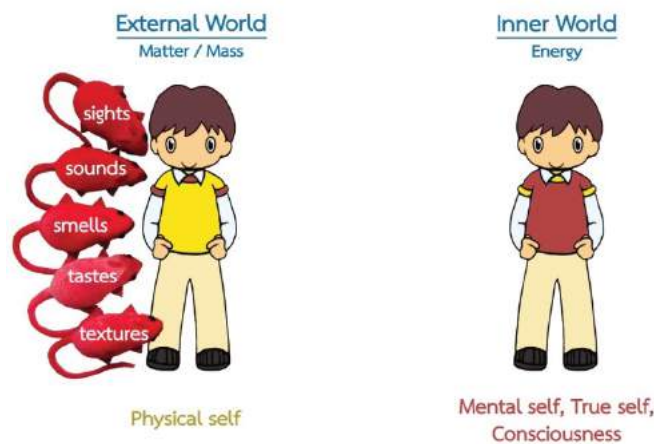
The nature of the problem is similar to waves continuously hitting the shore. Once resolved, another wave comes along and then another, in endless succession. Let's represent our problems as the string of different coloured balloons in the image above. Solving problems is very much like popping one balloon at a time. The trouble is, as old problems go, a new problem surfaces. Of course we do have some breathing space in between. Otherwise we wouldn't have enough mental hospitals to go around for all of us!

However, no matter how long you are free from mental pain, you will certainly be hit with another bombshell sooner or later. In the eyes of the Buddha, it's not only big problems that affect us but also those small, niggling and annoying ones that we face on a daily basis and often go undetected: agitation, annoyance, nervousness, discontentment, loneliness, sadness and so forth.

The Buddha's strategy

The Buddha compared human to a spec of dust being trapped in a cartwheel and is thrown back and forth; without his help, it is impossible to free themselves. Indeed, we need the Buddha's help to free ourselves from suffering.

This is the Buddha's strategy to overcome our mental suffering. He said that no matter what conflicts we have, they all boil down to problems that come with sights, sounds, smells, tastes and textures (perceptions). In other words, our perceptions are the information or data of problems that our physical self deals with in the material world or external world. But our physical self is not our real self. This physical shell acts only as bridges for the information of our problems to cross over



so that they can reach our true/inner self. Therefore, problems that come with sights, sounds, smells, tastes and textures in the material world will sprint across the corresponding bridges of our eyes, ears, nose, tongue and skin to enter our inner world quicker than the speed of light.

Dematerialization

Once the information (sights, sounds etc.) reaches our mental world, they will dematerialize into energy form, turning into thoughts, memories and feelings.



Using the cat and mouse characters of Tom and Jerry as an analogy, the five mice in the material world enter the inner world and are reduced to just three mice: thoughts, memories and feelings, which I will call Jerry.¹³ Our mental self will then be Tom.

Let's suppose we have a football match. Each of the diverse, exciting events on the football field is one or more of the five mice entering our inner world as sights, sounds, smells, tastes and touch. The five mice then sprint across the five bridges and instantaneously transform into the energetic Jerry perceived by Tom. As a result, your mental self receives the facts and information about the match and knows exactly what's going on. Only then will the whole experience of the football match be completed; consequently sending your mental self up and down the spectrum of emotions, from excitement to disappointment and elation to despair. The entire network sends data from the external world to the inner world at a staggering speed from start to finish. This explanation merely breaks up the sequence into slow motion for clear understanding.

Let's look at another scenario of a couple having an argument. From this image, you can easily identify the root of the problems that come with perceptions. The sight of the person we might hate at the time followed by the sounds of arguments, shouting, bad words and so forth, are perceptions that become problems.

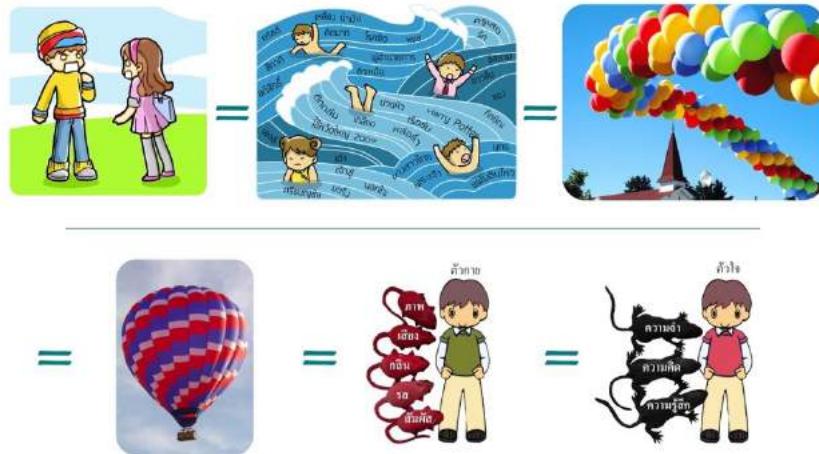


Problems can arise from smells and tastes too. The scent of perfume or aftershave worn by the couple can trigger memories of ugly moments in their heads in the future, or an offered cup of coffee that is not to our required taste can spark off some discontentment or even mild irritability. These are examples of the problems that come with perceptions.

When we walk away after a fresh argument, the natural occurrence is that the fighting continues in our heads and cause subsequent mental pain. Such extended battle in our heads is the working of Jerry!

So, let's recap the whole process again by looking at this image below. The top row of images represents all the diverse problems we face every day. When we round up the problems, they are reduced to mere sights, sounds, smells, tastes and textures running through our senses and dematerializing into memories, thoughts and feelings or Jerry, and are perceived by our mental self or Tom. Now I understand why I had to recite the 6th pair of sense-fields some 50 years ago!

¹³ Jerry is always used as singular noun here.



The co-existence of the two selves

The two selves (mental and physical) have to rely on each other to make a perfect life-form. One cannot function without the other. The mental self can access the material world only through the five bodily senses. If you are blind or deaf, those bridges of perception are broken, and as a result, your mental self will not have access to the oceans of sight or sound (data).

Should a completely blind man sit in the football match, he would know everything except the sights. Should a completely deaf man sit in the match, he would know everything but the sounds. For those reasons, the mental self can only fully experience the external universe when all five bridges of perception are in good working order.

Jerry forming a network

Let's first look at the two thinking elements: thoughts (Sankhara) and memories (Sanya). These two aspects of Jerry work in tandem, forming a 'thinking factory' – a mass production line of excessive thoughts in our heads. The memory Jerry provides the information whereas the master chef Jerry is constantly adding more fresh ingredients (thoughts), causing this production line to work 24/7, producing all kinds of Jerry packages, i.e., drifting down memory lane, commentary, narrative, appraisal, rumination, anticipation and so forth.

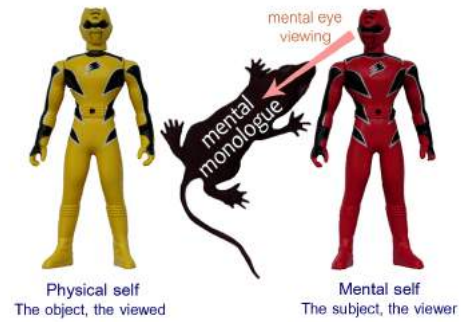


Forming a mental jungle

I shall give this Sankhara or ‘master chef’ Jerry yet another role, a five-star army general, who can deploy a whole army of Jerry with their combat boots to work for him by creating a ‘mental jungle’ surrounding our mental self/Tom.



Due to the unique quality/function of this master chef Jerry, we are forced to have an on-going ‘mental monologue’ or ‘mind chatter’ constantly resonating in our heads. This stream of mental-chatter will subsequently trigger the function of the feeling element, which is at the end of this production line. This emotional Jerry promptly raises his sharp tool and stabs it into our hearts, causing either positive or negative feelings. So, by the end of the production line, the Jerry packages are filled with ‘thoughts and feelings’; a full-blown event in our heads that is either positive or negative.



No one can miss this onslaught of your true self being pounded like a punch bag, assaulted and sometimes gunned down, not just by three Jerry army generals but a

whole army of Jerry. When the emotion leans towards the negative end of the scale, Jerry is like an enemy embedded inside this life form. It's a battlefield between one Tom and a whole army of Jerry from which no one can escape.

This is how these three Jerry characters form a network in our heads and hearts, sending us up and down the spectrum of emotions – ranging from mild stress to disappointment, depression and breakdown to joy, excitement to elation and euphoria.

Regardless of our race or religious beliefs, the network in which these three Jerry characters work closely together, within this life form – the body-mind or the five aggregates, is the one thing shared and experienced by humankind.



A lost soul

Veteran Buddhists often remind novices to always be a step ahead of this master chef Jerry (Sankhara)! Because of his very significant function and character, (the ability to create, expand, multiply, magnify, snowball, concoct, simplify, complicate and delude), a dense jungle of confusion and fear is formed that causes our mental self to lose its direction in this unseen mental maze. At worst, the situation can cause one to become 'a lost soul', not knowing if one is coming or going! The word 'soul' refers to our mental self or Tom, who is trapped in the jungle created by the whole army of Jerry. The images below may enhance your understanding of being a lost soul.



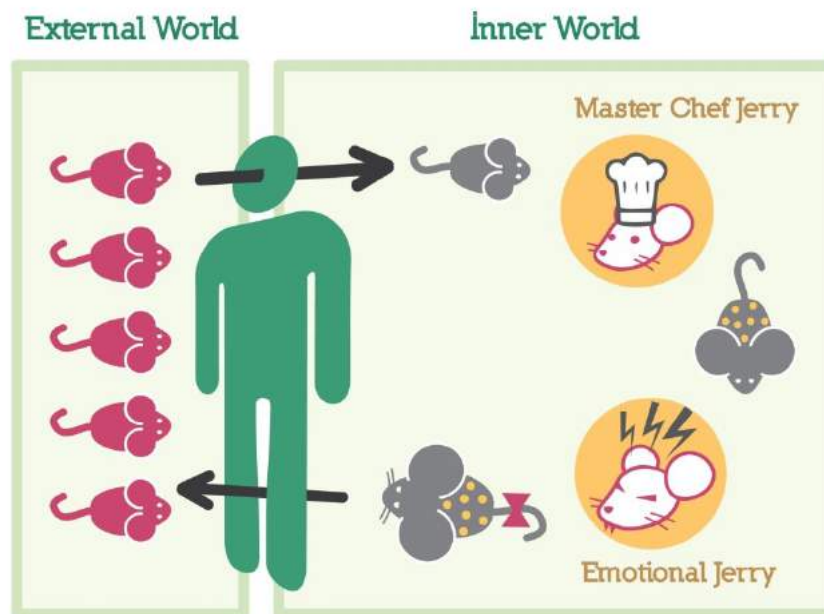
Mission Control

Once these three Jerry characters form a tight network in our heads and hearts, a very powerful 'mission control' is set up within these five aggregates. Although this network is totally invisible, trapped inside this body, we cannot miss the enormous impact when 'thoughts and feelings' hit us from all directions. This mental network is the real mission control responsible for all of our speech and actions both good and evil. We all 'think' first before we talk and take action, don't we? Every tangible object in front of us was merely a package of intangible thought (Jerry) before. Whether it is the antibiotic drugs that saved millions of lives or a nuclear bomb that killed millions, they were 'Jerry' beforehand. What we don't know is that the thinking package, which prompts our speech and actions, has gone through the 'Jerry network' where it was spiced up by the master chef Jerry and the emotional Jerry, which subsequently conditions us to react accordingly in both good and evil ways. We all react to our 'mental sensations' from smiling to fidgeting to waging war. Indeed, this intangible mission control creates our reality in the material world, right in front of us through our speeches and actions.

The cycle goes on

Now you can begin to see how the external and inner worlds are closely connected. We (the physical self) receive the information in the form of perceptions via our senses, once they dematerialize into Jerry. The master chef Jerry takes the information, adds more ingredients to embellish, amplify, snowball, concoct, etc.,

and then passes it on to the emotional Jerry to further spice up the information at the end of the production line creating a variety of mental sensations readily to react. As for what kind of spices that the emotional Jerry will add to this mental package, it depends on the level of moral factors such as empathy, forgiveness, love, hate, anger, envy, greed and so forth.



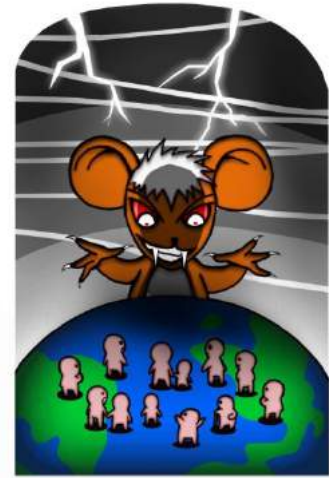
The adding of the mental ingredients varies with different events and situations, influenced by how close a link the perceiver has to the people he or she perceives, or how much financial gain or loss or the status quo will be affected. If the events involve your loved ones, more potent ingredients will surely be added. Finally, new Jerry packages are born in an instant – quicker than the speed of light, and are subsequently sent back into the material world in the form of speech and actions.

In short, we experience an endless cycle of the five mice from the external world becoming three mice in the inner world, as they are churned around and spiced up by the master chef and the emotional Jerry. Once the package is done, it is sent out again and turned into the five mice that comprise the reality of our material world. Our current knowledge is the result of the collective Jerry of the past, which are stepping stones to today's knowledge, and which will become stepping stones for future knowledge. This on going cycle between our physical and mental world, in my opinion, is the Buddha's version of humans' evolution.

While it takes many words and pages to explain this whole Jerry network step by step from start to finish, the information is actually processed faster than the speed of light. In fact there is no material tool that can detect and study the staggering speed at which events occur in our minds. The difficulty obviously lies in the fact that we are dealing with the 4 intangible elements, which are also confined in this three-dimensional body.

Revealing the second Noble Truth

It is high time I revealed the pending Second Noble Truth. It isn't difficult for you to guess that 'Jerry' is indeed the Second Noble Truth. Jerry is the root cause of all suffering in the world and the entire universe. Wherever there are sentient beings with five aggregates, this universal truth applies to them. It always has and always will. This shows how extensive the Buddha's knowledge was.



It is Jerry who causes endless havoc in the world, from domestic violence to criminality, widespread unfairness, poverty, grand scale deceptions, human trafficking and wars. This master chef Jerry (Sankhara) can cause greatness or destruction, as well as turning a man into a saint or a murderer, depending on whether he has the right or wrong view towards the ultimate goal of life¹⁴.

Whether a society has war or peace entirely depends on this mission control operated by Jerry! It can transform a molehill into a gigantic mountain and be responsible for the entirety of suffering among humankind, and extra terrestrials too, if there are any. No matter what problem or conflict you want to bring up, it is always traced back to Jerry, always has and always will.

Fighting in the right battlefield

Now that the Buddha has revealed and highlighted the true cause of suffering, this second universal truth will make life much easier for any world leaders who genuinely want to bring peace to humanity. Once you know the cause of all



Solving problems
at the end



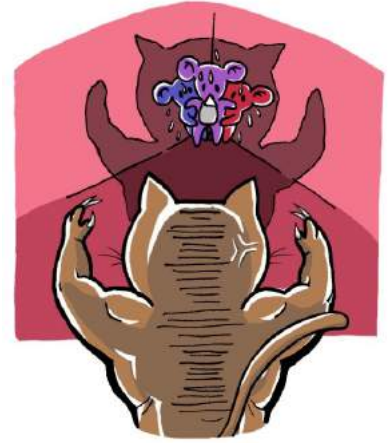
Solving problems
at source

problems, you can go straight to the source and fight the enemy in the right battlefield. **Jerry is the one and only enemy humankind has ever had.** Sadly, we

¹⁴ Please refer to the 32 terminologies in Chapter two, the Third Noble Truth.

cannot usually identify the location of our common enemy, which always causes us to fight in the wrong battlefield. This massive error is the result of placing the four intangible elements in the brain. In contrast, by using the model of the five elements grouping, we can delve directly into the culprit of the problem - Jerry! Could this be the reason why we never have any peace on earth?

It doesn't take a genius to work out the enormity of our inner battle between Tom and Jerry. The Buddha said that humankind cannot solve this problem alone without his help. That's why we need this extraordinary man who has been through unimaginable hardship, so that he would have enough perfections (Parami) to earn himself the ultimate enlightenment and offer such awesome wisdom to humankind. Only through the knowledge of the fourth Noble Truth, Vipassana, can Tom defeat Jerry.



Chapter eight

Mind-Consciousness

Please be open minded

There is much confusion and ambiguity around the knowledge of our inner world made up of the four unseen aggregates, (described in Chapter 5), and I find it difficult to write without having the proper English terminology to use. ‘Tom and Jerry’ is only an analogy and has limitations. I very much dislike this predicament and need the proper vocabulary for me to express my inner experience adequately. So I would like to deviate from the traditional norm and reset the terms I use.

Please bear in mind that what I present to you in this book is based on my intuitive knowledge and observations. You can see that I rarely use references. All I have are experiences gained from Vipassana practice. I think it was Einstein who said: “experience is the source of knowledge!”.

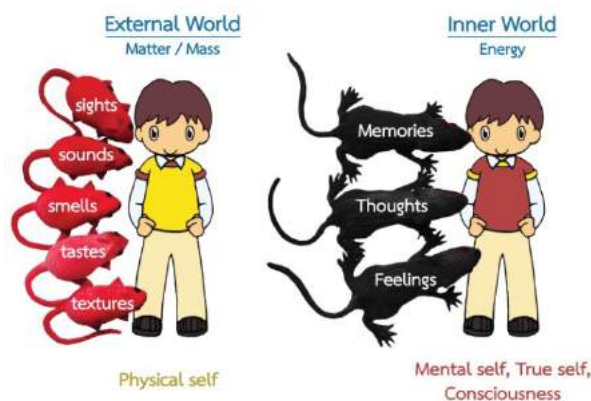
Experience is a complete understanding that doesn’t need language unless you need to tell someone about it. If you do, you need to find just the right words to support your experience, and make sure that the words used can truly represent your encounter so that listeners can properly understand you.

It’s easy with any tangible object. If you have never seen a durian, a picture of this extraordinary oriental fruit can explain it all, apart from the smell, taste and touch. However, this is not the case when trying to convey the experience of happenings in our inner world. Even with a lucid dream, we still struggle to tell people about it, and it’s yet another matter how much the listener can understand you. Anyway, this is the main reason I need to create my own vocabulary, which is largely unconventional. All these new terms are to support the communication of my inner experience regarding Tom and Jerry so that I can clearly explain to you how these four intangible elements work together. This will enable my students to have easy access to this most important area of knowledge: the ‘mission control’ centre that is trapped inside this biological body. So, one must be prepared to be very open minded.



The two universes

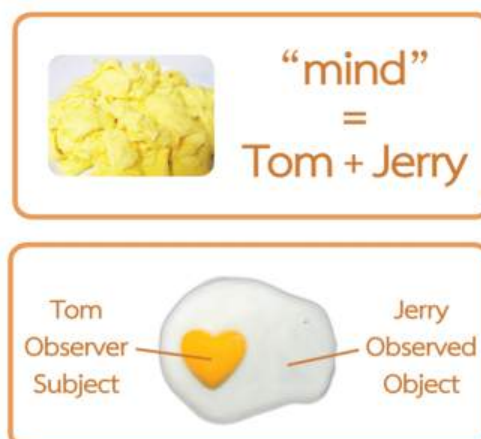
I hope you can still remember that the external/material world is made up of one aggregate, Rupa, which covers absolutely everything from this body to the entire universe plus any multiverse and parallel universe if there are any. The inner world is made up of the 4 aggregates, which are represented as Tom and Jerry. You can clearly see from the image that the Buddha's setting of the five aggregates can clearly be separated into two worlds: the external and internal. The physical self with its five sense organs: eyes, ears, nose, tongue and skin, is the subject corresponding to their sense objects: sights, sounds, smells, tastes and touch. As for the inner world, the mental self (Tom) is the subject corresponding to its sense objects: thoughts, memories and feelings (Jerry). Hence, our physical self deals directly with the perceptions in the external world, whereas the mental self/Tom deals directly with Jerry in the inner world.



Mind-consciousness

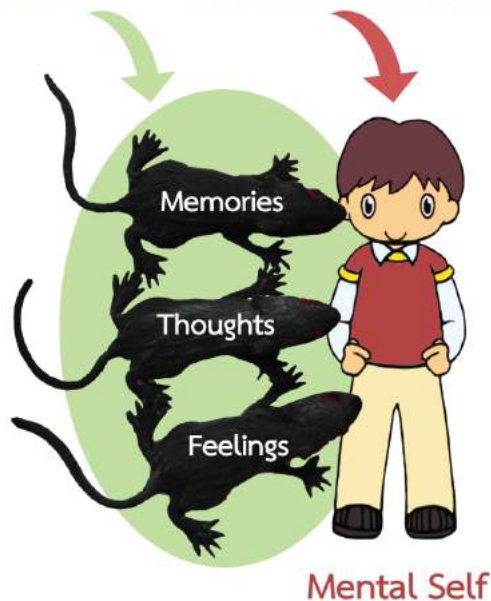
Now you know about the four intangible aggregates that make up our inner world. You can see that the word 'mind', apart from being seen as the product of the brain/Rupa – which is not according to the Buddha's paradigm – is also being used to describe the mixture of Tom and Jerry.

In the image below, I use a scrambled egg to represent that mixture of Tom and Jerry but because these four intangible properties have different functions, they cannot truly mix.

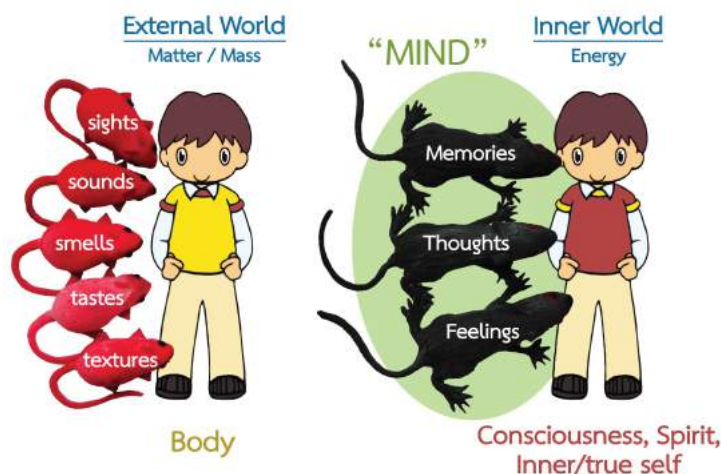


So the correct word to describe the state of our inner world should be '**mind-consciousness**'; that is, to separate the egg yolk from the egg white. This will definitely cover all four intangible aggregates, or both Tom/the subject and Jerry/the object. With this analogy, nothing will be left dangling without classification.

Mind – Consciousness



Therefore, I shall represent the three intangible elements of Jerry with the word 'mind', whereas the mental self, or Tom, remains as 'consciousness'. From now on, our inner world will always be referred to as '**mind-consciousness**', as shown in the image below:



As a matter of fact, the familiar terms **'body, mind, spirit,'** used by the holistic and spiritual community cover the five elements perfectly, if spirit is another word for consciousness.

Jit-jai = Mind-consciousness

Mind-consciousness is the equivalent to the term 'jit-jai', which Thai people use daily when referring to their inner world. When I started teaching in Thailand for the first time in 2003, the night before I was to teach, I was rather worried about the choice of my terminology, Tom and Jerry, which I had been using for a number of years while teaching Tai chi and meditation at Birmingham University. I didn't think that Thai people would embrace it like western people did. If I could not come up with a Thai word really soon to support the experience that I saw inwardly, I knew I would struggle when teaching and it wouldn't go well. As I was lying there that night, the term 'jit-jai' suddenly came to mind. I was so relieved and overwhelmed with the breakthrough. I couldn't help thinking that some celestial being gently placing that word in my head. From that moment onward, I made up my mind that 'jit' would represent 'Jerry' and 'jai' would represent 'Tom'. Using correct terminology has helped my Thai writing go very smoothly ever since. Thai Buddhist scholars also have their fair share of confusion and ambiguity when it comes to the four intangible elements. It looks like that I am the only Thai Buddhist scholar who separates the subject from the object by using the compound word 'jit-jai'. It is a shame that even today, the Vipassana teachers have been using the term 'jit' to represent both the subject and the object because they have to follow the traditional language. This creates a great deal of ambiguity and confusion among the Vipassana meditators, and above all delays the journey to Nirvana.

Disconnect and go beyond

Having talked about 'experience being the source of knowledge', the reason I need to use a compound word is that I literally saw the snapping apart between jit and jai, or that Tom was broken away from Jerry, or I can say now that mind was broken away from consciousness. It was as if the strong force in between two magnets came to a sudden end, and the two magnets fell apart. If we use the egg analogy, I saw the complete separation of the egg yolk and egg white.



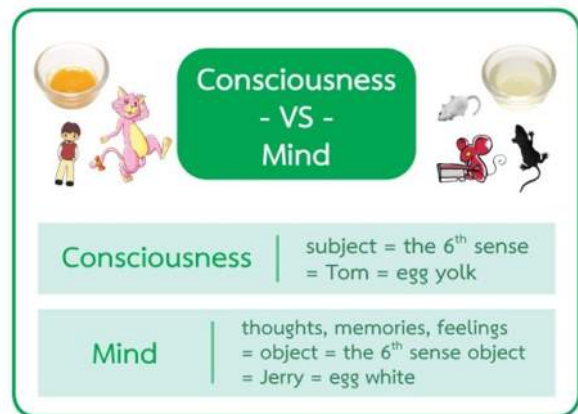
It was an awesome experience that I will never forget. It catapulted me several paces forward on this spiritual path. That awesome experience lasted for six months and was a significant stepping stone, which enabled me to view the Buddha's teaching from a broader perspective.

I also knew that the ultimate enlightenment is the breaking away of Tom from Jerry – or jit from jai – or the mind from consciousness. In the Thai language there is a word pronounced 'lood-pon', which literally means to 'disconnect' and 'go beyond'.

This word is also used to describe the ultimate enlightenment of the Buddha and all his fully-enlightened disciples (Arahat). My personal experience leads me to emphasise this topic of the five aggregates and the four foundations of mindfulness because I know that understanding them is a short cut to the ultimate truth and to the end of our suffering.

So, this compound word, 'mind-consciousness', is the correct terminology to refer to the state of our inner world, as well as pointing us in the right direction. Then we can work on the 4th Noble Truth and develop the state of our human consciousness so that we can curb our mental pain.

Grouping of words



So, for the sake of enhancing our understanding, let's be brave, creative and challenge tradition. I shall make it absolutely clear with the grouping of words illustrated here. From now on, I will address our inner world as 'mind-consciousness'. This will enable us to easily talk about our 6th sense and everything else relating to our mental state.

Chapter nine

Consciousness is our sixth sense

Although many Buddhists often proudly say that Buddhism is a science-based religion, they cannot clearly explain the scientific aspect of its teaching. Furthermore, Buddhism is shrouded in so many rituals, ceremonies and Eastern language terminologies, that are mostly unknown to Western people.

These have become a thick crust covering the true essence of the Buddha's teaching. This is one of the main reasons why non-Buddhists tend to view Buddhism as yet another religion, believing it has nothing to do with science. Well, this book strongly emphasises the scientific aspect of the Buddha's teaching. You can see by now that I've been using nothing but scientific terminologies: senses, perceptions, observation and so forth. In this chapter I will attempt to further explain the long overdue subject of the sixth sense as well as the investigative methodology the Buddha used while exploring our intangible inner world.

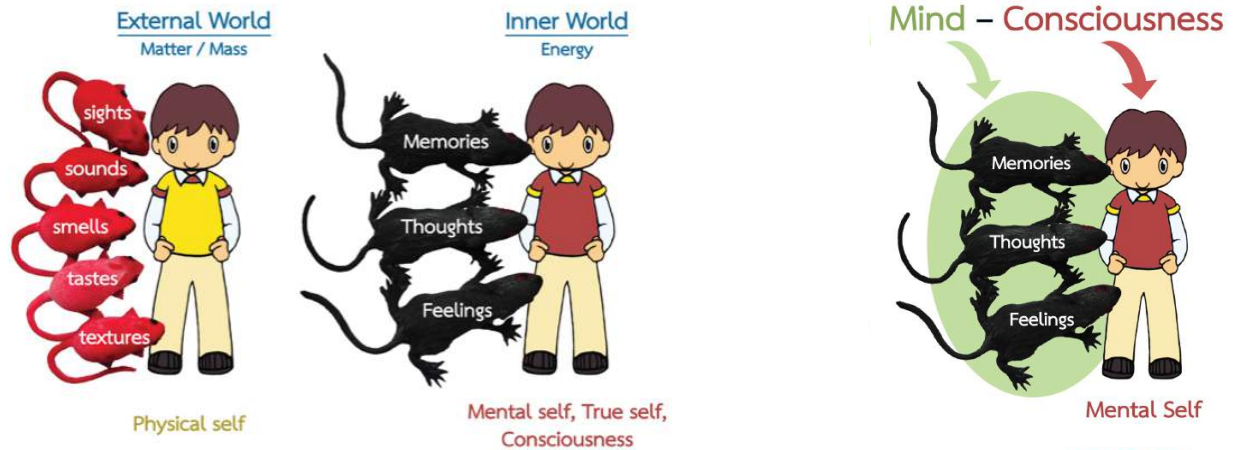
Six not five

You remember I talked about reciting the six pairs of the sense-fields when I was at school and often made mistakes talking about the sixth pair. That is because this sixth pair of the sense fields is totally unconventional and is new to the Western intellectual world, even now.

The Buddha was the first person to come forward and announce with confidence that humans are beings with six senses; not five as are traditionally taught and understood in mainstream education. However, more than 2605 years have passed since the enlightenment of this great man in northern India, yet humankind still, by and large, hasn't worked out this impressive knowledge. Despite much emphasis on the sixth sense throughout the Pali cannon, non-Buddhists and even those born into Buddhism struggle to understand and to talk systematically about the objective truth of the sixth sense.

That's why prominent scholars, scientists and philosophers never speak of this sixth pair of the sense-fields. The only historical figure to mention the sixth sense was the Croatian genius, Nicola Tesla. I stumbled upon a video clip on Youtube talking about his life. He said: "The Light fills my six senses: I see it, hear, feel, smell, touch and think. Thinking of it means my sixth sense". His understanding of it was not spot on but close enough and I'm glad he talked about it at all.

The Western concept of the sixth sense



It's important to get rid of any confusion over the Western interpretation of the term 'sixth sense'. People naturally think this is something possessed by only a small group of people, who can do the following:

- Predict the future
- Read other people's thoughts/minds
- Communicate with spirits in other realms/dimensions.

According to Western understanding, such extraordinary psychic ability only occurs in a few people. If that was true and there are seven billion people on earth, as we are told, that would mean only between half a million and a million individuals would have a psychic ability or sixth sense. Whatever the number, it doesn't matter, but what people must know is that this is not how the sixth sense is understood in Buddhism. The Buddha was very precise about this. He said every single human has six senses all the same; no one is exempt.

Consciousness is our sixth sense

We have clarified the five aggregates of our external and inner world, as well as the newly invented 'mind-consciousness', I can now comfortably talk about the sixth pair of sense fields.

Our physical body has five sensory organs: eyes; ears; nose; tongue; and skin, which perceive their corresponding sense objects of sights, sounds, smells, tastes and touch. These five sense pairs are quite straight forward as they belong to the physical body, which the Buddha labelled under one word: Rupa or Gaia.

Once the information in the material world travels through our sensory organs, it dematerialises into three intangible elements (thoughts, memories and feelings) or mind (Jerry). Subsequently, mind is perceived by consciousness. In other words, Jerry is seen by Tom. Indeed, our consciousness has been the intangible sixth sense organ all along. That's why I personify consciousness as our mental self with the mental eye, so that you will feel you have an additional eye to use.

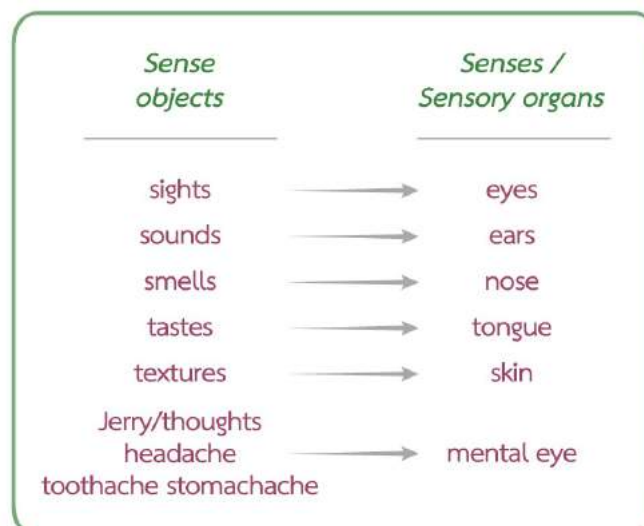
Bindi - the third eye

As a matter of fact, western people are quite familiar with the terms 'mind's eye' or 'inner eye' or 'the third eye'. The Hindu culture in South Asia places a symbol of a red dot called 'bindi' in the middle of the forehead just above the eyebrows to



represent the opening of the third eye. According to the ancient Hindu text, 'bindu' is the point at which creation begins and may become unity. This spiritual concept was turned into 'bindi' worn by Hindu women and widely known as the sacred symbol of the cosmos, which provides perception beyond ordinary sight. So, the concept of the third eye went back a long way in history. The Buddha, who was also born into the Brahman (ancient Hindu) family, simply tidy up this issue by making it into our sixth sense so that we can systematically make use of it. So, let's make it clear that the mind's eye, inner eye, the third eye or mental eye, all refer to the sixth sense, which is the consciousness element or Vinnana. This will subsequently and certainly lead us to the ancient concept of creation, unity and everlasting peace in a most practical and useful way.

What are the sixth sense objects?



Every sense has to receive information from its corresponding sense object. Eyes cannot perceive sounds, nor smells and so forth. Likewise, the following information cannot be perceived by the five sensory organs. They are:

1. Internal sensations such as headaches, toothaches, stomachache, throbbing, heartbeat, respiration, fatigue and so on.
2. Posture and movements that are not perceived by the eyes. For example, being aware of the body's position while standing still; knowing the movements of the hands while waving them above the head or behind the back; stepping forward without looking at the legs.
3. Thoughts, memories and mental feelings (mind or Jerry).

These are the direct sense objects to our sixth sense. When talking of these three kinds of sense objects above, we always say we 'sense' it, so it is obvious we are talking about the extra sense – the sixth sense! Please clap your hands or tap onto your cheeks to produce some buzzing sensations and find out for yourself if this is true. We have actually been using our sixth sense to receive information related to those sense objects from day one but our knowledge is too cloudy by the lack of proper classifications: the five aggregates and six senses. For this reason, scientists had no choice but to invent a word 'interoception' to accommodate a sense detecting internal responses such as headache, respiration, fatigue and so forth, and 'proprioception' referring to the sensing of the body's position and motions. However, these two newly invented words don't mean anything to the average people on the street in terms of helping them to curb their mental turmoil.

Vipassana: the inner-sight meditation

Once the Buddha explained the sixth pair of the sense fields, he gave us the tool to research and study how the mind works. That tool is Vipassana, which literally means inner-sight meditation - watching the inner scenery with full concentration. In scientific terms, Vipassana practice is a research, exploring into our inner world. It is a scientific method in itself because it involves the following scientific factors, there are:

1. A subject or observer (the sixth sense)
2. The object being observed (Jerry, mind)
3. The subject observing the object for a long period of time
4. Testing the Buddha's maxim regarding the third Noble Truth by repeatedly inputting the cause and checking for the result
5. Confirming the finding regarding the existence of the third Noble Truth

All Vipassana practitioners must go through the above scientific process of making the observation towards their inner world for a long period of time. This is a way to gain their own intuitive knowledge. That is, to confirm the third Noble Truth about

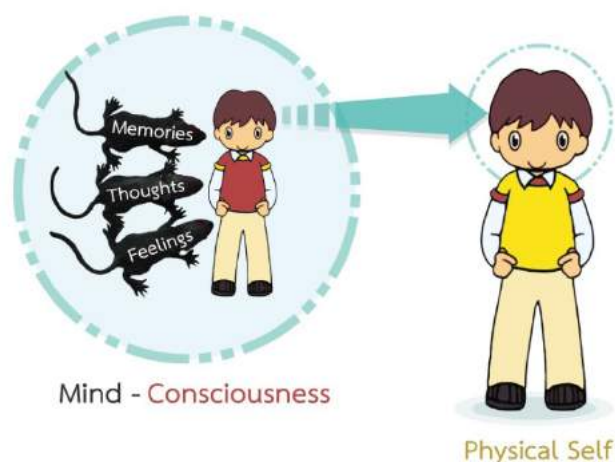
ending mental pain as some experiential fact. The Buddha emphasised all through the Pali canon that Vipassana is the direct route to end suffering or reaching Nirvana. Hence, extensive reading of the dharma books alone without Vipassana practice won't get readers to Nirvana.

Just for your information and motivation, if you have a glimpse of 'peace, silence and stillness' while practising mindfulness meditation, that is the obvious sign telling you that you are on the right track. Nevertheless, all fully enlightened people (Arahats) echo the same tune about the awesome experience when mind-consciousness or Tom-Jerry snap off to the point of no return, ending all mental pain for good. This 'good news' has been shared and passed down by fully enlightened people all through the history of Buddhism for two and a half millennia.

The difficulty obviously rests upon the fact that both the sixth sense and its sense objects are invisible and trapped inside this three-dimensional body. That's why it is very important that one has an experienced guide, meaning one who knows how to use his/her sixth sense to explore the inner world effectively.

One aggregate and five senses versus five aggregates and six senses

There is a clash here that I find it difficult to compromise. Although the model about the make-up of our inner world was officially announced by the Buddha himself and has been passed down by his followers for over two thousands years, widespread recognition of this Buddhist paradigm hasn't yet occurred. The knowledge about the human life form in mainstream education is still based on the misconception that humans have one aggregate (the physical body) and five senses, whereas the Buddha said we have five aggregates and six senses. This is a huge difference, as four major non-physical properties have gone missing from this life form, or rather they have been pushed into the skull area.



The clashing of these two models has already been catastrophic as far as the solution to our mental health is concerned. With the Buddha's model of the five aggregates and six senses, people are equipped with a specific tool (Vipassana) to fight with Jerry so that they have direct access to their inner peace. As a result, they can be their own refuge. However, if you choose to follow the 'mind experts' view, when you have mental problems, you have no choice but to take medication as a means to adjusting the chemical imbalance in your brain. Hence, your entire life

The Buddha's view

Troubled mind (Jerry attacks Tom) — --> Chemical imbalance

A --> B

Solution: Vipassana (purge Jerry)

Self refuge

Brain experts' view

Chemical imbalance — --> Troubled mind

B --> A

Solution: Adjusting chemical in the brain by taking medication.

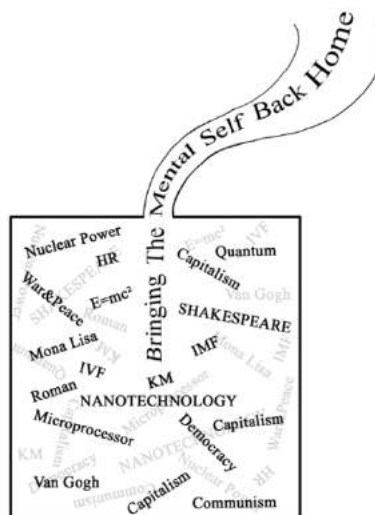
Relying on pharmacists & doctors.

has to depend on doctors and pharmaceutical drugs. Whether the prescribed drugs work or not is yet another big subject to talk about.

Knowledge behind a prison wall

If you choose to use the Buddha's model of the five aggregates and six senses, it means that the mainstream model of our life form is wrong. Our entire education is based on this false information about our inner world on an epic scale. I compare this to the knowledge that happens behind a prison wall. In losing the use of our sixth sense, we miss out on the huge body of knowledge that is supposed to help humankind live in everlasting peace. If we listen to the Buddha, we can easily delve

Nirvana, God, Tao, The Tree of Life, The innocent perception, The ultimate truth.



into the root cause of suffering (Jerry), take over 'the headquarters' where the 'mission control' is and reset our mind-consciousness to produce wholesome knowledge securing our inner peace. Furthermore, Vipassana practice (BMSBH) can lead us all the way to the ultimate truth. The magnitude of difference in the outcome is either war or peace.

Losing the third eye en masse!

One can appreciate the huge loss for an individual who is blind or deaf. The absence of the entire universe of sights or sounds is definitely an enormous loss, even just for one person. By not recognizing the existence of our sixth sense, nearly the whole of humanity effectively loses its third eyes en masse. There is no adequate word to truly describe this epic scale of loss, apart from witnessing the obvious outcome: the immense suffering among humankind! All we have been doing so far is to relieve the symptoms of these problems rather than curing the cause. We can never have enough human resources to catch every criminal at large, not to mention the real criminals, who are often corrupted government leaders and law makers.



Solving problems
at the end



Solving problems
at source

The formula for World Peace

If this five aggregates and six senses model become the core teaching in our mainstream education and Vipassana is widely practiced, World Peace can easily be on our doorsteps. All the problems will collapse like a house of cards. Having the correct knowledge is always a good start to putting things right. This is a very simple formula for World Peace:

If A equals World Peace, then the formula is: $A=X+Y+Z$

X is inner peace in all women resulting from BMSBH¹⁵

Y is inner peace in all men resulting from BMSBH

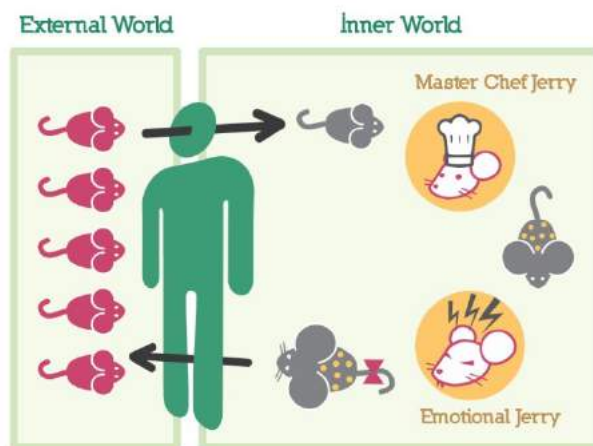
Z is morality in all men and women resulting from BMSBH

¹⁵ BMSBH is the abbreviation for Bring Your Mental Self Back Home, my coinage for Vipassana or the four foundations of mindfulness.

Chapter ten

Reaching the eye of the storm

The storm in this chapter refers to the complexity of life; an undeniable fact of our modern society. Nothing is simple anymore, from dealing with user accounts, passwords, contracts for smartphones, WiFi, tax codes, claiming insurance, the insanity of consumerism, the grand deception of money, working lives that have to undergo endless ups and downs, criminality, the political mayhem that causes refugees, terrorism, ongoing warfare, environmental destruction, climate change... the list goes on. Such complexity, however, is a manifestation from our 'mission control' (mind-consciousness) releasing a complete package of speeches and actions into the material world. Subsequently, the recycling of the information goes on as shown in the illustration below, which I have elaborated in chapter seven. This is how humanity evolves in the eyes of the Buddha.

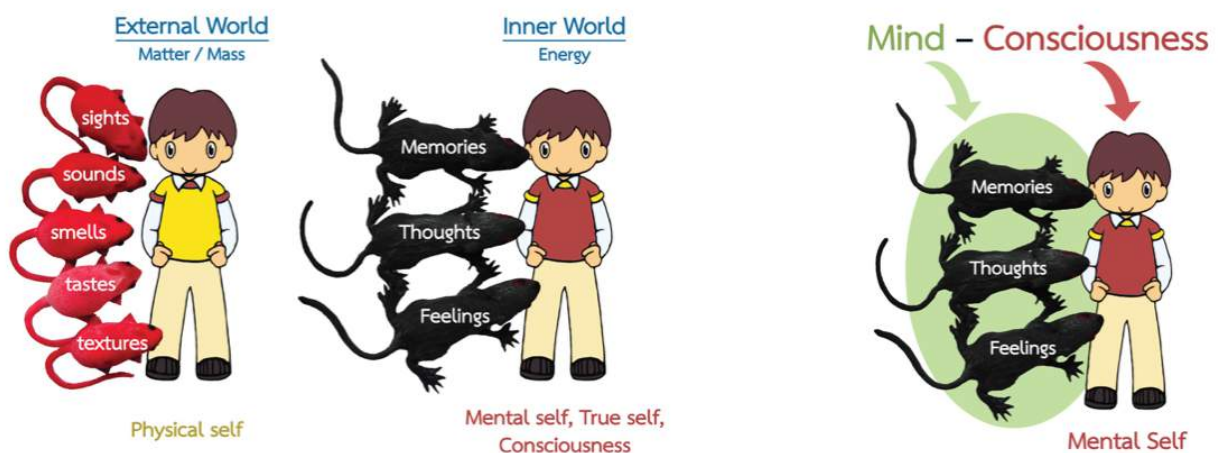


In other words, the complexity of the material world is a direct result of the entanglements of the inner world. If we want to straighten anything up in terms of problem solving, we must delve directly into the source, the 'mission control' especially the master chef Jerry, and rectify the problem there. As a matter of fact, the Buddha considered the inner world much more complex than the external world. Although the material world is filled with a massive diversity of events and experiences, in the end, they all boil down to mere sights, sounds, smells, tastes and touch, which the Buddha represents with one word: Rupa or Gaia. In contrast, he pointed out that the mind-consciousness, the mission-control centre, is responsible for all the activities in the material world. As strange as it may sound, the way to understand the physical world isn't about exploring the vast universe and hoping to find 'the truth' out there. We must do the opposite by delving into our inner world to

find the answer. The mission control of our mind-consciousness is precisely the area where the complexity initially takes place. Once you unwind the twists, the Truth is right there enabling you to understand the material world.

Reaching the eye of the storm

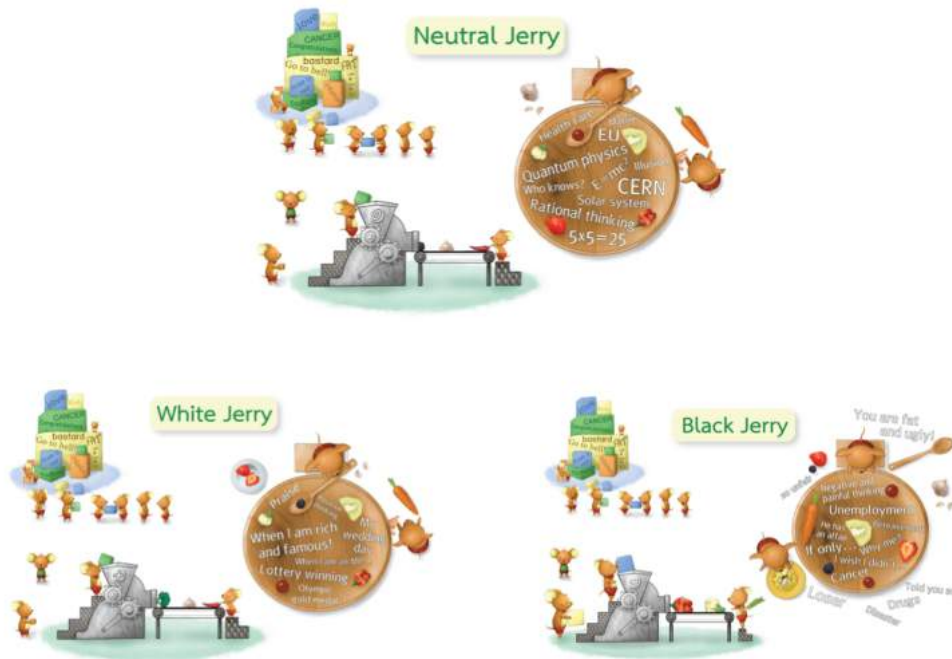
Before we move on, I would like to give you the overall scope ahead. The endgame is about trying to reach the eye of the storm where you can find the complete calm and stillness. How can we find the point of absolute bliss within the embodiment of the fierce storm? How can we condition our mind-consciousness to reach the absolute stillness and simplicity among the immense complexity and confusion surrounding us? Life in itself is rather plain and simple but Jerry makes it so perplexing and confusing, not to mention the immense pain and suffering that follow! This is the whole purpose of learning about the Four Noble Truths. I hope this will motivate you to pursue the truth further.



So, from this chapter onwards, we are going to explore more deeply how mind-consciousness works and what makes the external world become as complicated as it is now. The Buddha once said: humans are very much like a speck of dust trapped in a cart wheel, being thrown around, back and forth. Without his help, it is nearly impossible for us to free ourselves.

Four types of Jerry

So far, I have only talked about the negative Jerry, but in fact, Jerry is not always dark, negative and painful. After going through the Jerry network on the production line, the master chef and emotional Jerry can produce Jerry in four different packages.

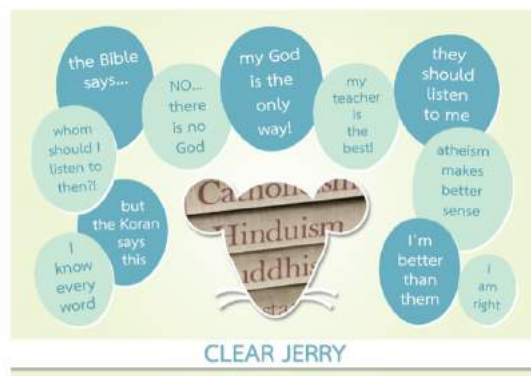
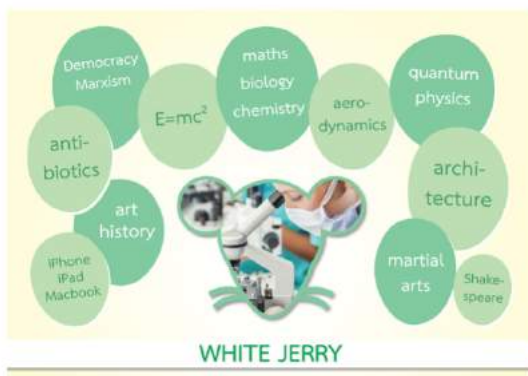


Black Jerry refers to negative thoughts and painful feelings.

Pink Jerry refers to positive/pleasing thoughts and joyful feelings.

White Jerry refers to intellectual thoughts, finding different fields of knowledge, which may produce neutral feelings.

Clear/transparent Jerry refers to fixed religious thoughts, which may produce either positive or negative feelings.



These four types of Jerry have created an enormous and complex inner universe on an epic scale. Once the master chef Jerry gets his hands into concocting this huge bowl of 'mental salad', there is no limit to the complications, the twists and turns, the bewilderment and the perplexity of the concoction. Once the mixture is done, the emotional Jerry will finish it off by adding a very wide range of emotions into the bowl, so to speak. This broad spectrum of human emotions can be a blessing as well as a curse. While positive emotions take you up to cloud nine and can create positive results for the greater good with the invention of things like penicillin, jet engines, computers and so forth, negative emotions can drive one to suicide, unimaginable criminal acts, pedophilia, all the way to committing crime against humanity such as waging war and grand money deceptions, which bring immense suffering to humankind. The negative side of Jerry is more like a bar man concocting a cocktail with all sorts of alcohol and drugs, too!

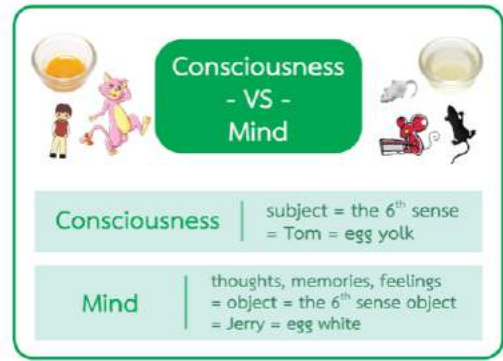
You can see how vast the inner universe is by considering the minds of people such as J.R.R. Tolkien, author of 'The Lord of the Rings' to the satanic acts of serial killers and pedophiles like Fred West, Harold Chipman, Jimmy Saville and others. All these positive and negative activities initially occur in the mind-consciousness, the foundation of the mission control often being hijacked by master chef Jerry!

Two groups of people

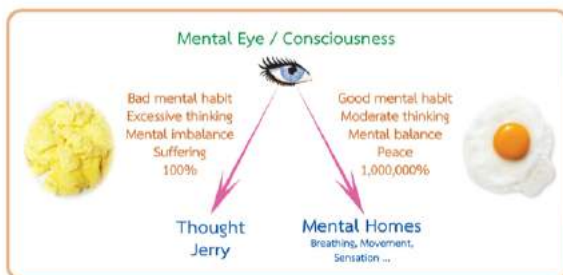
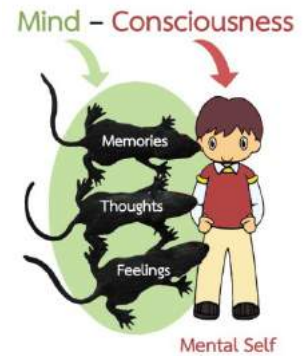
It is these four types of Jerry that are the root cause of the wide spectrum of complexity in the world. To understand this, we have to directly connect with the Buddha's enlightenment. On that night, the Buddha was the first person on earth to break free from Jerry's confinement and for the first time experience complete spiritual liberation. Indeed, he found the complete bliss within the eye of the storm.

It meant that his mind-consciousness or Tom-Jerry was totally separated and they became free from each other. Comparatively speaking, before enlightenment, his mind-consciousness was a mixture similar to scrambled eggs or a fried egg. After his enlightenment, the egg yolk (consciousness) and egg white (mind) were completely separated, so to speak. Hence, all the right knowledge was rooted from this point onward. This is the very beginning of knowing true sanity, true normality, simplicity and above all, the ultimate truth.

Only then, did the Buddha realize the two opposing states of imprisonment verses freedom. He knew that the act of thinking and feeling alone, is in itself, the nature of mental imprisonment. People might immediately object to this statement so it obviously needs some explaining. This is about a natural



mechanism of mind-consciousness. There is no 'I, we, me, us, mine, ours' in the first place. That's why we need to get to that point. However, the total separation of his mind from consciousness allowed him to break free from all types of Jerry. Comparatively speaking, as a result, Tom realizes his upper-hand status and takes back power from Jerry and uses Jerry as his slave; whereas before enlightenment, Jerry had used Tom as his slave, which is the main reason for all the suffering. This also made him realize the profound nature of our mental imprisonment that people cannot identify without his help. The enlightenment of the Buddha was the beginning of the separation of humans into two groups: the prisoners and the free people as depicted in the image above. This is why I needed to create new terminology to support this most crucial enlightening knowledge. Please notice that all the images I present are coherent and always emphasize the ultimate freedom of our consciousness from the mind.



Sleeping with the enemies

Before we can truly understand the complexity of the material world, we must try to understand why the Buddha viewed those four types of Jerry as prisons. One can easily understand black Jerry being like a cell imprisoning our mental self, but not many people can see how the pink, white and clear Jerry are also cells that imprison our true self and cause havoc. Without experiencing true freedom (the third Noble Truth) upon his enlightenment, Prince Sidhatha couldn't have worked out this fact either. No one can possibly think that the indulgence and the enjoyment of material needs and possessions can be so negative. What's wrong with having a bit of fun and pleasures? Isn't that what they call 'happiness'? What's wrong with using our thoughts to search for intellectual knowledge? Having knowledge is good, isn't it? Also, what's wrong with religious knowledge? Religions help people to be good, don't they? Let's explore, shall we?

Pink Jerry revolves around gratification, satisfaction, indulgence and pleasure towards wealth, power and status. Once we can get what we want, we form an attachment to those things. We all do, to varying degrees, don't we? We don't want to lose our possessions whether they are people or objects. No one wants to part from their loved ones. If you do, you get hurt and you find ways to get them back by all means at your disposal. That's why scientists came up with an idea of freezing our dead body and bringing it back to life in the future when we have the adequate technology. Pink Jerry subsequently gives birth to hoarding, discontentment, non-fulfillment, envy, hate, vengeance and even the desire to kill just to get what you want and pacify your ego. People also tend to think that there must be something else much greater over the rainbow. Finally, we spend our whole life chasing after the Pink Jerry, which is very much like bubbles that burst as soon as we touch them! Think of Christmas morning, it is the unwrapped parcels that cause all the excitements. Once the presents were opened despite having what you asked for, boredom soon crept in, not to mention facing the unwanted gifts! White Jerry, on the other hand, creates astronomically positive developments such as technology and inventions that have great benefits for humanity, but this can also cause a swelling of the ego and pride in individuals. The trouble here is that our egos can easily be corrupted and urged to grow bigger, with an insatiable desire for more wealth and power, to which there is no limit! If the ego is scratched or dented for any reason, it will feel hurt and angry, hence a negative reaction is born. The same goes for a fixation on a religious belief or faith: my god is better than your god! When a faith is challenged in any way, a defensive reaction can lead to rage, vengeance and holy war, as is seen all too often. This concept (the details about how our mind-consciousness works) is getting more profound now. You must follow closely so you don't get lost.

In the end, black Jerry is the only straightforward enemy among the four types of Jerry. He doesn't try to deceive you and prompts you to fight for the freedom you deserve. This is not the case with pink, white and clear Jerry. They are very much like white-collar criminals, the foes who present themselves to you as 'friends' but hide something up their sleeves, and are ready to attack you at any time. This is literally the meaning of 'sleeping with the enemies' and we don't even know that. Without guided wisdom and mental cultivation, there is no way we can identify all of them as our inner enemies. Please take your time to digest this unusual concept.

Good and bad mental habits



Everything is subject to the law of change. The only thing that doesn't ever change is the ultimate truth. Therefore, the more attachment we have towards a person, a possession, a belief, power or status, the more we will get hurt once we lose them. As I said, we are dealing with a natural mechanism of our mind-consciousness. You can call it the 'vibration of energy' if you like. One thing for certain is that this natural mechanism shapes our mental habits. The attachment to Jerry leads to bad mental habits, whereas detachment from Jerry leads to good mental habits. We cannot choose to push away black Jerry and cling onto pink, white or clear Jerry and hope to find inner peace. We must see that Jerry is always Jerry, a mini cell confining our mental self. When we cling to any type of Jerry, attachment or bad mental habits will develop. When we are hit with negative and painful Jerry, our bad mental habits won't easily allow us to let go of those thoughts. If we compare a mental habit to the driving skill, the attachment to Jerry equates to driving a black, pink, and white car. Your driving skill is equally good no matter what color of car you drive. You cannot say that your driving skill is good in a pink and white car but is bad in a black car. Driving skill/habits and different color cars are two separate matters. Likewise, once you form a habit of attachment to pink, white and clear Jerry, you cannot expect to detach from black Jerry on demand. Attachment works the same with all types of Jerry. So does driving skill which applies to all types of cars. Are you beginning to see that pink, white and clear Jerry are

stumbling blocks here, and how dark Jerry actually turns out to be a blessing in disguise?

Dark Jerry forces you to fight for your mental freedom, which is very good, whereas pink Jerry causes more attachment and bad mental habits. These four types of Jerry form the state of duality known as the Yin & Yang. That is why the Buddha regards all four types of Jerry as invisible prison cells imprisoning our true self and are responsible for all the complexity in the material world. I will elaborate further with additional guidance available in my Youtube channel.¹⁶ This will give you more ideas as how to change your bad mental habits into good ones.

The main ingredient: right or wrong view

The most frequent question at this stage is: if those four types of Jerry imprison our true self, does it mean we are not allowed to think at all? Doesn't that equate to a vegetative state? Many critics of the Buddha's teaching compare Nirvana to a brain-dead, emotionless or vegetative state. Certainly not! Think, we must! Being human is all about thinking, feeling and experiencing the ups and downs. The question is not about thinking and feeling. It's more about how we can be in control of our thoughts and feelings rather than causing problems for ourselves and others. Humans' thoughts and emotions, both positive and negative, are the catalysts that can trigger either peace or war.

To be in good control of our Jerry, we must connect to the fourth Noble Truth again. In the noble eightfold path, the Buddha placed 'the right view' as the first item of the list. In a nutshell, the right view must strictly refer to:

1. Acceptance of the Four Noble Truths, particularly the third Noble Truth. Acknowledge that there is an awesome experience where mental pain no longer exists.
2. Engagement in the fourth Noble Truth, walking the noble path to end one's suffering and thereby attaining the third Noble Truth, the ultimate bliss and freedom.

The 'wrong view' is everything but the above two items.

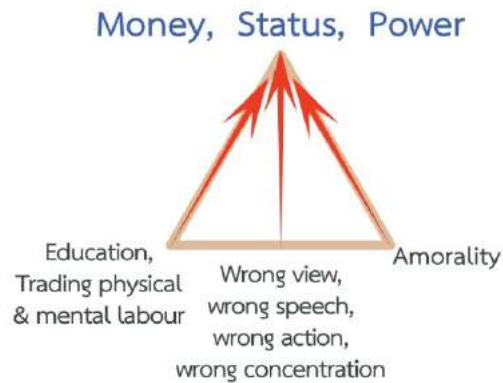
As I said before, thoughts, memories and feelings are natural elements. They perform naturally according to their specific function. They are neither good nor bad. It's entirely up to the ingredients the master chef Jerry adds that makes the difference. Hence, this right or wrong view is the crucial ingredient that conditions the master chef Jerry to create either positive or negative thoughts and feelings during the process of recycling Jerry. The right view

¹⁶ <https://www.youtube.com/user/SupawanGreen>

leads as far as everlasting peace among humankind, whereas the wrong view can lead to crime against humanity and Armageddon. It is as simple as that.

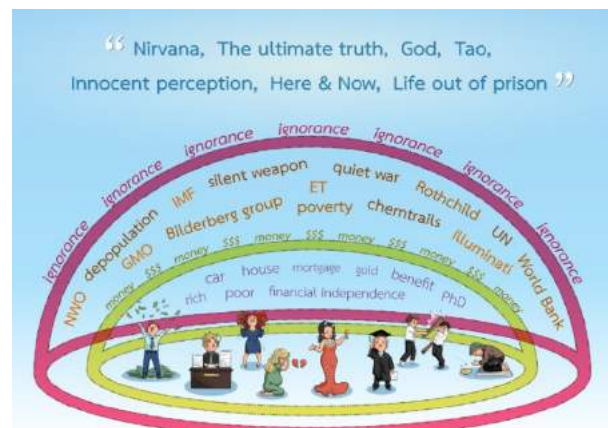
Wrong view paradigm

When people know nothing about the Four Noble Truths, and don't know how



to protect their true self from their inner enemies, the physical body becomes the most important object of focus, as looking after our physicality is a must. We tend to think that as long as our body is healthy, our mind-consciousness will be robust too. If that is the case, people with mental problems including the suicidal ones, their physical health is mostly sound and many of them are quite wealthy too, but why they still want to kill themselves then. Does this confirm the fact that our mental health is much more important than physical robustness?

Parents often dish out this traditional advice to their children: “It doesn't matter what you want to do or to be, as long as you are happy, that is all that matters”. Does that advice really work in real life? We all know it is a worn-out cliché. To achieve ‘happiness’ nowadays means we must have money for all the necessities and pleasures in life, which means we must have a job, and that's the beginning of a ‘sheepish’ 9-5 life! Having a dream job that you can really work with passion and get paid enough to meet your needs is 99.7% impossible. Dream jobs where you don't have to compromise your soul and moral conscience don't always earn you enough money to live on. This, along with the fact that the top 1 per cent elite class have used money as a means to control the other 99 per

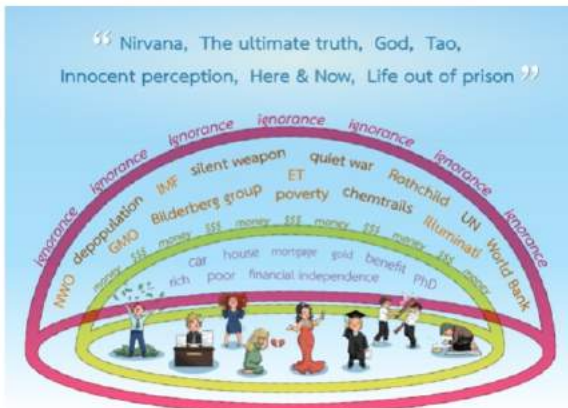


cent of the population, is creating a paradigm of how we live our modern lives. This grand money deception is similar to a massive dome-shape placed over the 99% population by the top 1% elites. Consequently, we value and respect wealthy people who may be immoral and regard kind, low-income people with morals as losers. Humans are the most valuable resource for this planet. With our passion, we can co-create and do so much for the betterment of humankind but sadly, under this unwholesome and distorted paradigm, humans are reduced to mere units of labour, who are forced to sell their physical strength, brain power and their souls in exchange for money, just to survive or to move up the social ladder. Education has become a business, and an institution that prepares our children to have a means to earn a living after 20 years of education!!! We don't teach our children real knowledge such as how to fight with their Jerry and earn their inner peace. We don't learn about what true normality is. Instead, we are being brain-washed and learn to accept the norms that education, academia, television and mainstream media tell us. We end up believing that the purpose of life is to chase after money, power, and status, which is the wrong view. These are only some of the many reasons adding to the complexities in our modern society.



The wrong view will subsequently give birth to three defilements, which are additional ingredients for master chef Jerry to use in his concoctions. From greedy, angry and deluded Jerry, they materialize into greedy and angry thoughts, speech and actions accordingly. When greedy Jerry leads the majority of people, amorality becomes an acceptable norm, which we have mistakenly adopted as being normal. This misunderstanding pushes us further away from 'true normality' or the ultimate truth represented by the area above the top dome-shape as shown in the illustration. So, instead of lifting just the bowl of ignorance, which is difficult enough, people are forced to lift yet another bowl (the grand money deception), which pushes us deeper into Jerry's cell. As the result, the majority of people lose the will to fight as it is too difficult and have to succumb to the sheepish way of life - chasing after money just to pay the bills!

Hence, society has been severely polluted by insane materialism and a way of life verging on lunacy. The level of insanity and complexity in today's society has become quite shocking. Consequently, society becomes divided: the left and the right, the pious and the atheist, the have and the don't have, the deceivers and the deceived, the rulers and the ruled, the masters and the slaves. While climbing up the social ladder and pecking order, problems occur every step of the way. With the wrong view, Jerry is corrupted and is responsible for a very long list of unwholesome activities in society, including domestic violence, criminality of all sorts, drugs abuse, human trafficking, ongoing warfare, imbalances and shortages of natural resources, climate change, diseases and the extinction of some species all the way to the edge of Armageddon. We have become totally lost in our own mental jungle created by these two domes: the spiritual ignorance and the grand money deception. Consequently, we just don't know if we are coming or going most of the time!



Right view paradigm

Now, let's have a look at the right view paradigm. Based on the wisdom derived from the Buddha's enlightenment, the goal of life is to directly pursue inner peace: the distinctive characteristic of the third Noble Truth. To achieve this distinctive goal, one must observe the moral precepts and practice mindfulness meditation or bringing your mental self back home. Basically, the

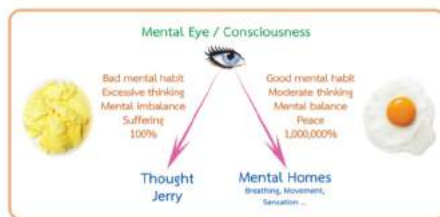
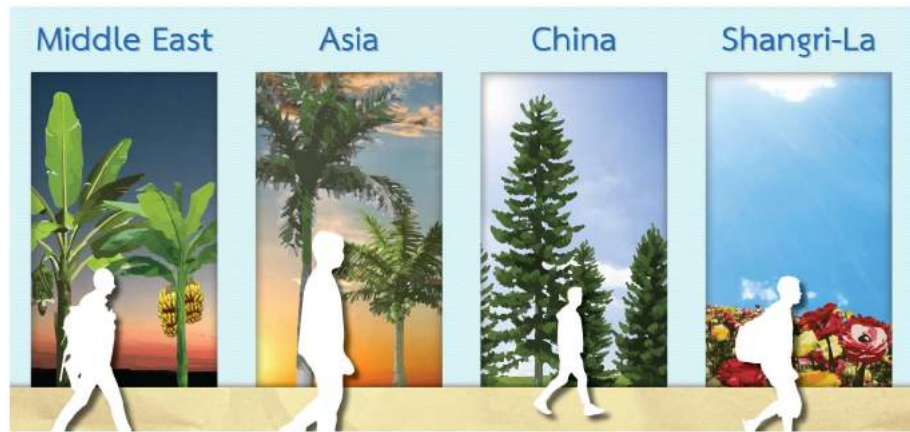


goal of this paradigm is the third Noble Truth, whereas the means to the end is the fourth Noble Truth. Despite dealing with the intangible elements, Vipassana is still based on a solid scientific principle that everyone can verify for themselves. To engage in the Vipassana practice is the beginning of the experiment process. Provided that you follow the guided knowledge or the map I laid down for you in this book, you will definitely uncover the third Noble Truth yourself. It's only a matter of time depending on how much you commit to the practice.

Now, I will try to connect with the four types of Jerry above. Whether you have the right or the wrong view, everyone has the same choice using the four types of Jerry. The difference is that if you can think with the embodiment of the right view, at least you are on your way to jail-breaking and eventually liberating yourself becoming a free spirit. By following the Buddha's wisdom of the fourth Noble Truth, apart from observing the moral precepts, you will also adopt all the qualities of empathy, benevolence, compassion, simplicity, forgiveness, altruism, truthfulness, selflessness and so forth. These are all the universal qualities that will pave the way for you to meet your inner peace sooner rather than later. Supported by mindfulness meditation or Vipassana, you will be able to alter the scrambled-egg nature of mind-consciousness into the fried egg state, so to speak, and finally to the total separation of your mind from consciousness when you are fully enlightened. The Buddha tried to make all these topics very clear to his followers by stating the four levels of holiness. They are as follow:

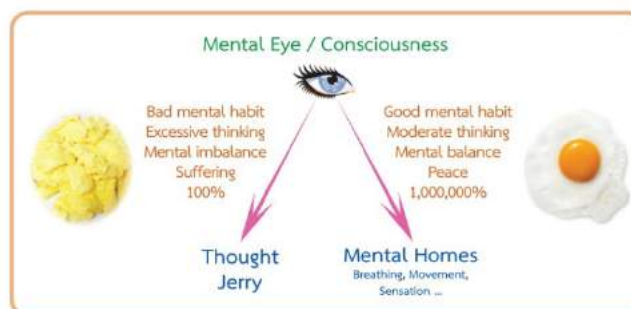
- The stream-enterer or Sotapana
- The once returner or Sakadakami
- The non-returner or Anagami
- The fully enlightened one or Arahat

I therefore picture these four levels of holiness as an epic spiritual journey. The spiritual walkers will reach different places, each with different scenery. According to the illustration above, once engaging in the Vipassana practice, the stream-enterers are those who are about to alter their scrambled egg mind-consciousness to a fried egg status. Subsequently continuing the practice through the discipline and dedication towards the mindfulness meditation, the practitioners become once returners and will constantly bring their mental self back home. The scrambled egg will gradually transform into a fried egg, where they begin to see things clearer and gain intuitive knowledge as they become non-returners. Having achieved this level prompts them to have even more motivation to pursue the practice until finally the egg yolk and egg white are totally separated, when the spiritual walkers become fully enlightened ones.



Unwinding the complexity

For the above reasons, having the right view is the beginning of having control over our mind-consciousness. It is like finding the loose end of a tangled ball of cotton and unraveling the ball, or separating a blob of scrambled eggs into a fried egg, so to speak. Once the mind is being trained and disciplined in this wise manner, one will gain the much needed intuitive knowledge, which makes it possible for them to be a step ahead of the master chef and have better control over Jerry. This is the important goal that you want to aim for in doing mindfulness meditation. Subsequently, you won't be deceived by any greedy, angry or negative thoughts. Hence, the Jerry network is rearranged in a more wholesome and benevolent setting with the implementation of your own inner peace as the utmost priority. Our mission control will then be replenished with wholesome thoughts such as, compassion, empathy, humility, forgiveness, altruism and simplicity. These benevolent qualities should be the normal values among humankind. Once the positive Jerry is manifested into the material world as speech and action, society will be reset in a more peaceful mode. If there are more people



following this noble path, collective peace will certainly follow suit. The right view toward the Four Noble Truths is just the right button to press. Consequently the insanity and complexity will collapse accordingly, like a house of cards. Many insane activities from domestic violence, drug abuse, crimes of all nature, war and so forth will diminish quite drastically. This means that people still experience the four types of Jerry but use them in a more controlled manner once they have adopted the right view. As a result, a robust and wholesome civilization will gradually be established. The direction towards the right view is truly for the betterment of humankind. I can only hope that the contents of this book can help people to have their paradigm shift.

Summary

1. The Buddha's teaching is about helping people to reach the calm in the eye of the storm: finding simplicity and harmony amid complexity and confusion.
2. The first Noble Truth is the complexity, confusion, entanglements, twists and problematic nature of the world around us.
3. The third Noble Truth is the simplicity, stillness, normality, ordinariness, humbleness, Oneness and all the positiveness of a truly peaceful nature.
4. Sorting out the second Noble Truth, everyone uses the four types of Jerry in the same ways. The difference is that the wrong view entails ignorance, imprisonment and suffering, whereas the right view leads to knowledge, wisdom, peace and ultimate freedom.
5. The fourth Noble Truth (morality and Vipassana) is the direct means to enable one to find stillness, balance and harmony in the midst of this problematic and troublesome society, or reaching the bliss and stillness in the eye of the storm.

Chapter eleven

The host mind and the mental guests**The song of victory**

On the night of the Buddha's enlightenment, he exclaimed:

Through many births in samsara have I wandered in vain, seeking the builder of this house (of life). Repeated birth is indeed suffering!

O house-builder, you are seen! You will not build this house again. For your rafters are broken and your ridgepole shattered. My mind has reached the unconditioned; I have attained the destruction of craving.

This utterance is sometimes known as 'the song of victory' sung by the fully enlightened one. Even though it is only a few sentences long, it clearly covers the first three Noble Truths. The house builder is Jerry, the second Noble Truth. Repeated birth is indeed suffering – the first Noble Truth. The last two sentences talk of his mind reaching an 'unconditioned' state, which is attained by destroying the cravings that cause suffering; obviously referring to the third Noble Truth.

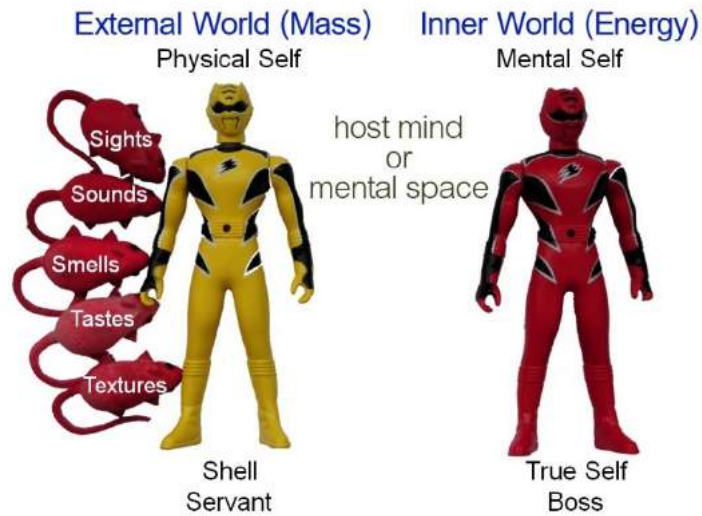
As far as this topic is concerned, we are moving towards universality. Please notice that we haven't yet moved far away from the basics of the human life form: the five constituents. This chapter will uncover more truth about our mind-consciousness (the mission control centre) and the reason I had to invent new terminology to better describe our inner world.

What exactly happened on the night of the Buddha's enlightenment was that his mind and consciousness were totally separated just like the egg yolk is separated from the egg white. Only then did he know the true nature of our mental existence.



The following is the Buddha's finding:

Right from the start, every single human has the state of a 'host mind', which is similar to a 'mental space'.¹⁷ Metaphorically speaking, our mental self is the owner or the host of our inner home, as shown in the illustration.



Then, Jerry is the guest that momentarily enter our mental space (home). Once Jerry leaves, the original mental space of the host mind returns. In other words, the mental space has been there in the background all along. It never went anywhere but it was temporarily occupied by the guests. Once the guests leave, the home returns to its original state again.

So, mind-consciousness is in either one of these two states. They are:

- The nature of the host, whose default character is an empty space or mental space.
- The nature of the guests, each of whom will come and go with their different characteristics, taking over the space.

Universality

These two natures of the host mind and mental guests described above apply to all sentient beings. Whether they are humans or extraterrestrials, as long

¹⁷ There is some confusion here that I need to clarify. I invented the term the 'host mind' along with Tom and Jerry some 20 years ago, while I was teaching at the University of Birmingham, to represent the inner four intangible elements. The term 'mind-consciousness' was invented very recently while I was writing this book. I made it clear that 'mind' refers to Jerry, whereas consciousness refers to Tom. This means the original term 'host mind' doesn't agree with my latest invention of the term 'mind-consciousness'. It should really be 'host consciousness' to depict the area of the space and consciousness as shown in the illustration. However, I decided not to change the terminology and stick with the original wording of 'host mind', because this term was used in all my previous writings. So this note is to apologize for the confusion and explain the predicament I am in. So please understand that the term 'host mind' in this chapter strictly refers to the mental space and consciousness (mental self / Tom) acting as a host as shown in the illustration.



as the configurations of their life forms are made up of the five constituents: body, mind and consciousness, they will always have mental guests to mess up their lives. Therefore, we need to know how to handle mental guests: when to keep them and when to purge them. Using the egg metaphor, as long as the egg yolk hasn't totally separated from the egg white, the mission hasn't yet been accomplished. The reason for being placed here on earth is to learn and realise that life is suffering so that we can carry out this ultimate mission – claiming the ultimate freedom or 'jail breaking' from Jerry. It is sad to see that the majority of the people are still very much sleepwalking, so to speak, completely unaware of the good news regarding their epic spiritual journey to total liberation.

Mental guests/objects

When the Buddha used the term 'guest', he wanted us to see the changing nature of our Jerry. In other words, Jerry comes into our house and stays only temporarily like a visit from a guest.

The main factors that make Jerry come and go are:

1. Perceptions: sights, sounds, smells, tastes and textures. The external Jerry becomes the internal Jerry, or mental guests.
2. The law of change, which governs everything in the universe, except the ultimate truth or Nirvana.

When we perceive something (external data) through the five senses, that data dematerializes into three types of Jerry, who will instantly rush into our mental space. Our sensual perception constantly makes Jerry pop in and out of our host mind. Once Jerry enters our mental space, its illusive nature creates a mental hologram and takes our mental self on a journey up and down the wide spectrum of emotions. I will elaborate how the 'master chef Jerry' creates the mental hologram in the next chapter.

Problem begins here

Let's create a role play to help you get a better perspective on the concept of the host mind and mental guests. Suppose you had a very beautiful house with a swimming pool and you threw a party by the pool. You invited 100 guests and you were an extremely good host, looking after everyone very well. At midnight the party ended and all the guests but two left your house. The two remaining guests, Jim and Lucy, came to you and said, "Tom, you are a wonderful host and your house is also beautiful. We don't want to leave just yet. We want to stay a bit longer. Please let us stay here for a day or two!"

This is where your problem begins. Because your house is your territory, you wouldn't want other people staying longer than they should. The nature of guests should be as temporary visitors, and not long-term lodgers. No matter how well behaved your guests are and how kind-hearted you are, you cannot truly rest when strangers are around. Likewise, neither can your mental self relax in the presence of Jerry in any of his forms.

This is the precise problem that each and every one of us has been facing since we realized our own existence. Our host minds are inundated with mental guests during our waking moments. This causes our mental self to be occupied by the buzzing Jerry running around our mental home. Consequently Tom, the host, is not allowed to rest in peace. This explains why after a day's work – especially for those whose work involves more mental activity than anything physical – people cannot feel restful, even when they are physically relaxing in their favourite armchairs.

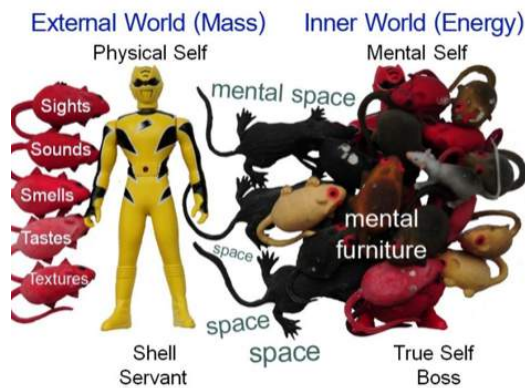


Their physical self may be resting in their favourite armchairs, but certainly not the mental self! As long as the mental self is engaging with Jerry, there is no rest. The difference between the two states is like either sitting on a slow train or a runaway train! The moment of true rest is when our mental self is totally free from Jerry and interfacing with our mental space.

Mental space and furniture

Here is another perspective that will cast more light on this topic. Just look at the room that you are in right now. The space in the room compares to the permanent host while the furniture can be compared to the changing guests. The space/host is always there while the guests/furniture is moveable and changeable.

The next thing you must know is that the empty space surrounding you gives you your physical freedom, whereas the furniture clutters up the room and restricts your physical freedom to move around. The more you clutter the room with furniture, the less physical space you have to move about. If you cannot figure out that space grants you physical freedom, you might then fill all the space in the room with furniture and subsequently lose your precious freedom.



Likewise, your mental space gives you unlimited mental freedom (peace and quiet), whereas Jerry/mental furniture clutters up your host mind. The more mental furniture you have, the less mental space you have left and less chance to be at peace, let alone the quietness!

Please give me some 'space'!

When someone asks you to give them some space along with some peace and quiet, they don't just mean physical space, do they? They are talking about their mental space, and quietness but our knowledge is often too cloudy; we are not insightful enough to work out all these issues.

Too plain to spot

When entering a room, most people notice the obvious things first such as the furniture and décor, some of which is visibly striking, but they totally overlook the vast existence of the space because of its simplicity and ordinariness. Likewise, people can easily recognize Jerry in their heads but can never notice the inconspicuous mental space. Negative Jerry is obvious due to the mental pain it causes. Excitable and joyous pink Jerry is also very pronounced while the white and clear Jerry may project a dazzling ego that one can hardly miss. This, however, is not the case for noticing the ordinariness of the intangible mental space due to the lack of visibly exciting features.

The important point here is that the mental space is where positive qualities are produced such as humility, humbleness and simplicity, as well as other qualities that keep us normal and sane with patience and determination to carry on with our lives. Jerry, on the other hand, can bounce our emotions around between extreme euphoric highs to suicidal lows. So, to experience the mental space properly, one must be initially guided by a wise person, exactly as the Buddha and my teacher have guided me. Without a spiritual mentor, it is impossible to work all these out by ourselves due to its intangibility and invisibility.

The answer

When the Buddha saw this fundamental truth about the host mind and the mental guests following his enlightenment, he knew right away how to purge the unwanted guests out of his host mind to reclaim his mental space and freedom. How did he do it? The answer is the fourth Noble Truth: observing the moral qualities and committing to the practice of the four foundations of mindfulness or Vipassana. This is the precise method for disposing of your unwanted mental furniture. By engaging in this practice, all the guests and clutter will fade away, hence inner peace and quietness will be restored.

Summary

In conclusion, following the enlightenment of the Buddha, we know more facts about our mind-consciousness. These are:

1. Every single human on this planet along with all other sentient beings has the same host mind/mental space. This means everyone has the capability to find long-lasting peace and happiness once the host mind is reclaimed.
2. None of the mental problems that Jerry brings into our minds are real, nor are they permanent. They are only temporary guests and can therefore be evicted. This means that your mental pain doesn't need to be long lasting. You don't have to kill yourself to escape from your mental guests/problems.

3. You are able to eliminate your unwanted mental guests by bringing your mental self back home – a short cut to real happiness. This is how you can put your mental pain to an end without resorting to killing your physical self.

Chapter twelve

Understanding illusion

Now that we have understood the notion of the host mind and its visitors, we will now delve into how our mental guests/Jerry can create mental holograms or illusions in our mind-consciousness. This happens universally to all humankind, regardless of one's religious beliefs.

Seemed like a good idea at the time!

We've all had those moments where one minute we've made a decision with full confidence only to find the next minute we are plagued with uncertainty and doubt. Confidence fades and fear sets in as we utter with defeat 'it seemed like a good idea at the time!'

To understand why this happens to all of us, we need to know how illusion works.

Understand illusion

Illusion is one of the most difficult subjects to tackle as well as an exceptionally difficult one to escape from. It is viewed as something that is 'not what it seems to be'. This is not enough to help us recognize and dismantle an illusion should we be in one. If you are born and raised in the Matrix world from day one, how would you be able to figure out if you live in an illusory world?¹⁸ So, let's explain illusion so that we can be a step ahead of it as well as having a solution to dissolve it. Please bear in mind that we are now delving into the most fundamental matter, which applies to everything we interface with.

When a phenomenon occurs, it causes illusions in the following ways:

1. Once the factors are complete and in place, the phenomenon suddenly comes into existence. During its existence, the phenomenon appears very real.
2. Once the factors change, the phenomenon suddenly disappears into thin air.

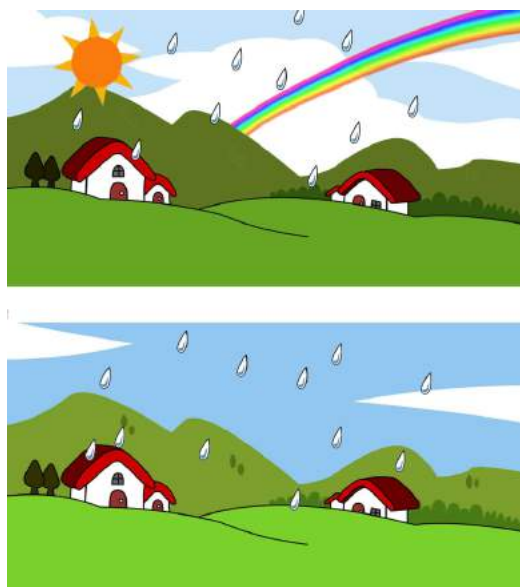
So these two factors make an illusion. One minute the phenomenon is there, the next moment it disappears into thin air.

¹⁸ The Matrix was a Hollywood blockbuster released in 1999. It was about a computer hacker who learns from mysterious rebels about the true nature of reality and his role in the war against their controllers. This film has since been an iconic symbol for illusion.

Let's look at a couple of examples like rainbows and mirages, which are well known to be optical illusions. Rainbows are real enough when the factors creating them are present, which are:

1. There are enough water particles in the sky.
2. The sun shines on the water particles at just the right angle.

But when one of these factors changes, for example when the sun goes behind a cloud, the rainbow which was very real a moment ago, will suddenly vanish into thin air.



A mirage is an illusion produced by hot air and scorching sunlight. What appears to be a pool of water on a hot surface looks very real from a distance but once you move nearer, the factors of the phenomenon change and the water suddenly disappears. So it is the changing factors that make rainbows and mirages become mere illusions.

In short: From nothing, something arises and lasts for a period of time then disappears into nothing once again. If you can agree on this approach to understanding illusion, it isn't wrong at all to say that every phenomenon on this planet and the cosmos can be classed as illusion. The law of change, which governs absolutely everything in the entire universe, is the main cause that makes factors for illusions change. It doesn't matter whether that phenomenon exists for just a few minutes like a rainbow, a few hours like some animals' life spans, a few years like plants, or many years like trees, humans and animals or hundreds and thousands of years like rocks, stars and planets. As long as they exist while factors are in place and then disappear into thin air as factors change, they are classed as illusions. Before the Jurassic period (208 million years ago) dinosaurs didn't exist. These gigantic creatures apparently existed on earth for millions of years and then completely disappeared. Huge rocks, although existing for millennia, will also

eventually disappear altogether. This pattern of real things coming in and out of existence from nothingness and returning to nothingness is an illusion that the Buddha called 'maya'. Such an explanation of illusion is known among the Buddhists as the three common characteristics of all beings¹⁹, except Nirvana.

Illusive Jerry

Once you understand the meaning of illusion as described above, you can apply the same phenomena to Jerry, which happens at a staggering speed. Unlike phenomena in material form with change that can be visibly detected, energetic Jerry comes, stays and goes at such a whirlwind speed that it cannot be detected by any material instrument. Such a cycle is repeated over and over and seems to be a constantly present river of thinking, imagining and feeling. **In fact, it is the successive cycles of Jerry endlessly coming, existing and disappearing over and over again.** This pattern makes Jerry become illusive. With the reinforcement of the 'master chef Jerry', whose expertise is to magnify and enlarge mental events, a mental hologram is formed surrounding our mental self. Whatever we are thinking at the time, while existing, our mental self regards it as real. This predicament is depicted as the mental self being lost in the mental jungle/hologram as depicted in various images below.



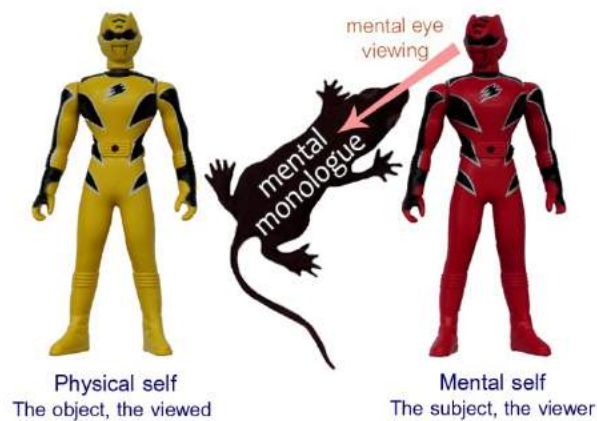
When the true self is surrounded by a mental hologram created by Jerry, this is when Jerry performs his theatrical skills in front of your mental eye. Everything (thoughts, images, feelings), both positive and negative, flashing in front of your mental eye, becomes very real. It is as if you are watching a captivating stage

¹⁹ The three common characteristics (Tilakkhana) are: 1) Impermanence or Anicca 2) Dukkha or suffering due to the impermanence 3) The state of being not self, selflessness or Anatta

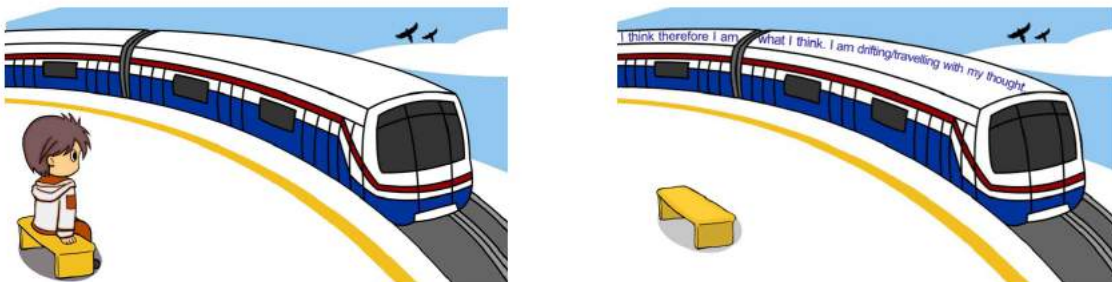


performance with brilliant actors that draw you in until you feel part of the play, on stage with the actors.

This results in a mental monologue with Jerry making you drift away or day dream.



This can also be depicted as your mental self jumping on a train of thoughts. The train takes you all the way to the terminal, where you must get off. This is the nature of being exhausted from thinking and forced to stop!



Consequently, you want to respond to your mental drama by making a decision in your head, then voicing that decision, which is often followed by an action that could have either positive or negative results.

Staring into an abyss!

Let's put the positive events aside and focus on the negative thoughts which may create mayhem and suffering on a grand scale. For example: if you are the mother of a daughter in her early teens and she is an hour late coming home from school, you, like any concerned parent, would imagine the worst. All the worrying thoughts about what might have happened to your daughter seem so real that it affects every living cell of your body, causing your heart to thump rapidly with fear. It makes you feel like you are standing, terrified, on the edge of a dark abyss. This agonizing period of fear is when the Jerry network is working collectively to form a mental illusion. However, as far as the presumed 'missing daughter' is concerned, every clip of drama going through her mother's mind-consciousness couldn't be further from the truth. The daughter is in fact stuck in a traffic jam due to an accident on her route home and the battery in her mobile phone has run out. She is perfectly safe. Although the reason for the daughter's delay is a common one, with no cause for concern, it most definitely is a concern for a worrying mother.



With the mother on the verge of a nervous breakdown, the daughter gets off the bus and walks through the door. Now the factors affecting the mother's fears have suddenly changed. Upon seeing her precious girl, all the images that were so real just moments ago disappear into thin air. Vanished too is all the immense tension and the agonizing emotions. Fear rapidly turns into huge relief and elation. This is how conjuring Jerry works in our mind-consciousness: one minute the experience was so real; the next minute, it vanishes into thin air!

I am right, you are wrong!

This illusive Jerry is the very cause of arguments among people. While engaging in the act of thinking, it is as if you put a tinted shade over your mental eye, which conditions you to see the external world according to the colour of the shade you are wearing. If you are wearing a red shade, you will see everything red in front of you. Plus the fact that people can always find reasons to support their arguments and convince listeners. Our master-chef Jerry is very good in this department. This whole process consequently conditions one to see the world according to the way Jerry paints it. This is why people can have different opinions and perspectives about the same issue. Everyone has a tendency to believe his or her point of view to be valid and right, because they really see it. Consequently we often hear sentences like:

“Why can’t you understand what I’m saying!?”

“I can’t believe you think that way!”

“Why is it so difficult for you to understand this?”

Arguments of such nature are pointless and a terrific waste of energy. We can say that everyone’s view is right because that is what they truly see. But we can also say that everyone is wrong because they all see the world through the illusive Jerry (tinted lens). This is why it is so important to know the state of mind-consciousness that is totally free from Jerry and on which the ‘ultimate truth’ is based. Jerry is then considered as mere ‘relative truth’ due to its illusive nature. Sadly, Jerry is the cause of many quarrels, disagreements and conflicts that we have to face on a daily basis with family, work place and in social and political arena. If the arguments transpire among powerful world leaders, they could lead to widespread mayhem and wars. I can easily name just four individuals, who happened to be well equipped with absolute political power, hence caused nearly 100 million deaths. I am sure you can guess who they were. Right...Hitler, Stalin, Mao Tse Tung and Pol Pot. You can say that all those evil acts boiled down to just one ultimate cause: Jerry...the second Noble Truth!

Breaking down illusion

The iconic film, The Matrix, can give us some idea about how to combat the illusive world caused by Jerry. People who are trapped in the Matrix (mental hologram) are totally oblivious to their illusive (unreal) status and think that everything in front of them is real. Only those who are outside the Matrix know the truth between the real world and the illusive world.

Likewise, on the night of the Buddha’s enlightenment, he became the ‘knower’, meaning the one who knows the truth about the real world (the ultimate truth). Only then did he know the difference between the illusive world caused by Jerry and the real world of being liberated from Jerry. This led him to find a way to liberate people from the prison of Jerry. That’s why the fourth Noble Truth has endured throughout the 26 centuries.



The first step is to change the factors that cause illusion in the first place. The two main factors that create your illusive world are:

- 1) Having no guidance of the Buddha's wisdom about The Four Noble Truths especially the ultimate goal of life
- 2) Not knowing how to practice the four foundations of mindfulness or Vipassana.

Once these two factors are altered, the illusive mind-consciousness will then be dispersed. The advice below will help you to disperse illusion as well as preventing an illusion from forming in your mind-consciousness. They are:

- 1) Understanding the guidance given in this book about The Four Noble Truths.
- 2) Wholesome ethical choice can prevent Jerry from creating a Matrix in your mind-consciousness. So always stick to the golden rules for your own sanity.
- 3) The guided knowledge particularly about the host mind and the illusive mental guests, will enable you to stay one step ahead of Jerry. This is a short-cut to dissolve Jerry much sooner than if you had not been made aware of it.
- 4) Commit yourself to Vipassana practice - the crucial factor to dissolve illusion.
- 5) If Jerry doesn't back off (the Matrix in your head fails to dissolve) while bringing your mental self back home, try injecting this sentence into your head as a reinforcement to separate yourself from your Matrix: "**Jerry is illusive, you're not real. Go away!**" You can also find a word or phrase that is meaningful to you and use it as a mantra to repeat in your head to purge Jerry.²⁰ Then keep on with the BMSBH practice until your mind-consciousness is clear and free from Jerry.
- 6) If you are being bombarded by a whole army of Jerry and weakened by the Matrix, then sitting meditation is not enough to combat such a powerful

²⁰ Many Buddhists use the term 'Buddha' as their mantra. 'Om' and 'Hu' are also another two popular mantras.

Jerry army. I have invented four vigorous physical movements to execute while you are bogged down in this fierce inner battlefield.²¹

7) Be extra careful with your perceptions regarding media and entertainment industry, negative especially violent scenes will become your internal Jerry - giving you unnecessary extra Jerry to deal with!

These advices are a shortcut to change the factors that cause mental illusion to disappear into thin air. Whether the Matrix will vanish in an instant or not depends on your mental skills regarding the Vipassana practice. If you have been doing Vipassana for a long time with steady progress, you will be able to disperse your Matrix quicker than those who have spent less time on the practice – just like skilful bikers can perform more tricks on a bike than those with less experience. All these will make much better sense when you truly engage in the Vipassana practice (BMSBH), which I highly recommend you to watch the teaching on my Youtube channel.²²

Individuality

While being engulfed by Jerry, you become that thought. This corresponds to René Descartes' well known saying: "I think, therefore I am (what I think)". If I have hateful thoughts, I become a hateful person. If I have kind thoughts, I become a kind person. Jerry network in this life form is the activity that creates diverse individuality among people, because no two people think exactly the same.

The important point is that we must know the experience of being totally free from Jerry, which is the endgame for this whole Buddhist paradigm. The Vipassana practice will also keep you sane and allow you to have much better control over your life while you are fulfilling your mission.



The right trail of thinking

You may question that as Jerry is all illusive, does it mean Jerry is all bad and untrustworthy? The answer is no. Not all thoughts are bad. As far as Jerry is concerned, it is simply two sides of the same coin. This is what the Chinese depict

²¹ This link is a video clip for the four movements but it is in Thai language. You can still learn the movements and stick with the principle of having full concentration on your breath, movements and sensations. You may focus on just one movement but spend longer time to execute it. My favourite movement is swinging the arms, which I often do it for 20-40 minutes on my 'bad hair day'. https://youtu.be/sLEe_YOtNTE?list=PLOxKpWAu6bRLz4whHtVspq9cdKsVT_gEQ

²² <https://www.youtube.com/user/SupawanGreen/featured>

as the yin and yang element – the state of duality: positive and negative, good and evil, hot and cold and so forth. However, the ultimate truth, existing beyond duality, is represented by the outer circle of the symbol as shown in the image.



I will bullet-point a few main insights gained after knowing the facts about the illusive Jerry.

- The purpose of this chapter is to help you be cautious and not so easily trust your own thoughts. Always leave some reservation for the law of change.
 - It is very much so when you are engaged in conversation that may lead to disagreement and potential arguments. It is always safe to step back a bit and listen to the other side with an open mind. They might have a good point even if you might not think so at the time.
 - Patience always helps if the other side is being quite ridiculous, because you know for certain that they are also being tricked by their Jerry.
 - If the nature of your job is influencing people with your thoughts, such as: an author, teacher, priest, politician, government leader, TV presenter, journalist and so forth, you have to be extra careful in what you think and say, because your Jerry will affect a large number of people. This is a huge responsibility, which bears karmic consequences. Although that karma might not play out in this life time, it will be carried over to the afterlife and affect your future rebirth, and you might not be as fortunate as in this life time.
 - As an author myself, I often let most of my writing, not all, rest for a length of time for the law of change to kick in before I share. When writing a book, I often trash a whole chapter that I thought was so good at the time I wrote it!
 - Whether or not you have the right information is another factor that can send this already difficult subject deeper down a rabbit hole. Although you may have followed all the ‘golden rules’ and were extra careful about your thoughts, the opinion that you are about to dish out could be based on information that was deliberately distorted at its source, for whatever reason, so the consequences under such circumstances are beyond your control. You may make a bad judgment and cause a negative result. This information factor is very difficult to control because we are literally in the middle of World War III, which is the information war. We often have no idea if the so called ‘knowledge’ is the truth or propaganda or fake news.

However, as humans, we need to think. It’s part of our existence. Being a Buddhist, I told my students to follow the Buddha’s trail of thinking as a guide. This can help us reach the ultimate goal of life with as little damage or suffering as possible. Below are a few tips that I have given to my students but you can always add more to this list below:

1. Positive thinking is always better than negative thinking, obviously.

2. Make sound ethical choice by following your heart and conscience, as morality is not a black and white matter.

3. Follow all the positive values and you can't go wrong, such as: caring, honesty, empathy, humility, kindness, compassion, forgiveness and so forth.

4. Follow the trail of thinking regarding the Four Noble Truths.

5. Practising mindfulness meditation can make your mind-consciousness clearer, and allowing wisdom to come through. Wisdom is still Jerry but it is more trustworthy.

6. Always give others the benefit of the doubt. Try not to be too quick to judge others. Notice your own experience when you quickly judged someone or something in your head but moments later as the conversation moved on and you had more information, you realized you were wrong to judge so quickly and thanked yourself that you didn't voice your thought. Use such experiences as lessons. It happens to everyone as it is the artistic work of the master chef Jerry whose expertise is always quickly throwing in more ingredients.

7. If you have a thought that might cause a negative reaction, let it rest for a while and give time for the law of change to kick in, then reconsider. You may want to put that thought to sleep.

8. We all know that reacting to anger causes more harm than good. Regular meditation practice can curb your anger, make you having more patience and keep you calm.

Summary

The Buddha emphasized the concept that all things are illusion to motivate us to let go and not become attached to the things that have no real stability and substance. Detachment and letting go is always easier said than done but with a bit of guided wisdom like that presented in this chapter, you will be a step ahead of Jerry – a short cut making it easier to let go of things and attain everlasting peace.

Chapter thirteen

Here and Now, Truth & The Innocent Perception

In chapter two, I listed 32 terminologies to represent the ultimate truth, which the Buddha discovered on the night of his enlightenment, in order to accommodate people of all beliefs. I will now take three main phrases that you are probably familiar with and form a connection for clear understanding. But first I think it's necessary to explain the theory as a foundation for your practice. If we look at a map to plan our journey, it is absolutely essential to pinpoint the specific location of our destination, right?

We are now dealing with individual experience, which is utterly intangible and trapped inside this life form. Now that we know of the illusive nature of Jerry, language becomes an obstacle rather than an aid, and it can cause further confusion as far as the ultimate element is concerned. If the map is not very specific, the Vipassana practitioner will have a hard time reaching that ultimate experience. So, before we get to the heart of the matter in future chapters, it is important that you understand the concept and the close connection between these three simple phrases: here and now; truth/reality; the innocent perception.

Here and now

Let's first of all investigate the nature of 'here and now'. This term indicates the state of the immediate present. Not until you look closer, will you find that the true meaning of 'present' has been very loosely understood. Where and when exactly is the actual present, or here and now? When you say: 'oh...look, a bee is flying right in front of my face!', it sounds very present as if it is literally happening right here and right now, but don't be so sure. By the time you finish that sentence, that bee may have buzzed away from your view. Besides all the things you have done in the past hour, or even minutes, look closer at your activities, like your own breathing, which most people think is all about the actual present but it isn't. What actually happens is a continuous on-going moment of events.

The actual present is not of a static nature and cannot be pinned down by anything. It is dynamic and always changing. You will have a much clearer perspective if I compare the actual present, or here and now, to the second hand on a clock. It must be a clock with the second hand sweeping along the face, not the ticking type.

The real present is actually the border between the immediate past, and the immediate future, which moves continuously. It never stands still for a moment. The

actual present doesn't tick along or stop for you like a ticking clock. When one says: it is now one o'clock precisely, not many people realize they are lying. By the time you finish that sentence, it has already gone past one o'clock by at least 2 or 3 seconds. As far as time-telling is concerned, we only give the approximate time, that's all, and it certainly is not the real time. There is no real time because time, or here and now, is an endless ongoing event. Watch the sweeping second hand of a clock and you will get the picture right away. Here and now sweeps along at a constant rate, exactly like that second hand. This is the real character of the actual present or here and now.



The on-going here and now has very limited space, just like in the image, the red thin second hand on the clock, with the rest of the white space belonging to the past and future. If you look at the face of the clock, you can clearly see that past and future cover the area before and after the second hand, which covers almost the whole face of the clock apart from that tiny space where the continuously moving second hand is. Past and future also share the same characteristic of being non-existent or not real, because the past has gone – done and dusted – whereas the future hasn't arrived. There is no real substance in them. The real existence is only here and now, which is also constantly moving.

Here and now has been moving from whenever and will carry on moving until whenever in infinity and eternity. This is an area of knowledge we don't need to go into too deeply as one may be lured into Jerry's trap – digging yet another unnecessary rabbit hole! For example: saying that the Big Bang was the beginning of the universe and of time is imaginative (Jerry's talk). Time in the chronological sense is infinite and has nothing to do with a Big Bang or no Big Bang. Before the Big Bang, there were still events along the time line even if it involved just one or two specks of dust flying around in the vastness of space. Assuming the Big Bang is to cut out a chunk of time line and designate it as the beginning of time and events – another rabbit hole! Besides, from absolutely nothing, how and where did the energy come from to cause a sudden Big Bang which scattered rocks that eventually evolved into us, human beings with mind-consciousness?! Seriously?! I shall leave this mind-boggling stuff to the mysterious 'Prime Creator', whom I call 'Mother Nature' and take the Buddha's advice by instead trying to understand the

reality that can lead us to end our mental suffering!²³ Therefore it is quite enough at this stage for you to know that here and now is constantly and endlessly moving.

Truth and reality

I will connect here and now with the phrase truth and reality, because both share the same meaning. Let's investigate.

First of all, you must bear in mind that the spiritual meaning of 'truth' doesn't mean just honesty, truthful words or actual events that have truly happened. For one thing, honesty is a very tricky subject these days when global culture is heavily shaped by money, powerful multimedia corporations, political spin-doctors, and advertising, which are basically 'mind control'. All these contribute in one way or another to the huge propaganda machines. Hence, individuals are conditioned to be more cynical towards almost all establishments: the economy, politics, education, justice, religion, social services and so forth. This makes our social landscapes, no matter how real we think they are, become a huge stage of drama – pure illusion! For example, a reporter writes news that is misleading, a judge passes a sentence based on evidence that had been extorted or a teacher teaches history that has been manipulated (often by the elites). No matter how truthfully and correctly they deliver the narrative, the whole event, despite being factual, is classed as fantasy – Jerry talk!

For this reason alone, all the words that come out of people's mouths, no matter how truthful they are, are not the meaning of 'the truth' in the ultimate sense that I am trying to convey. Indeed, even honest and truthful words belonging to (white) Jerry are not really 'the truth'. This is why we need to know the 'ultimate truth' by using the Buddha's guidelines. Without this revelation of the real truth, humanity will live in the perpetual darkness of spiritual ignorance for as long as it takes – eons!

Secondly, language itself is an intangible material form of thoughts (Jerry). Due to its changing nature it is illusive and will always be subject to dualities. Words have to go hand in hand with definitions, which generate more words and quite

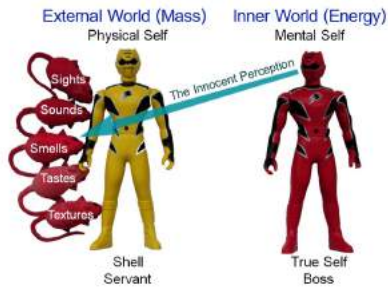
²³ Trying to answer an impossible question like, "when did the universe begin?", which many people attribute to the work of an almighty God; the Buddha advised his followers not to question or think along that line of questions because it can lead the thinker to insanity and it wouldn't reduce individuals' mental pain when parting from their loved ones. The Buddha gave the analogy of a man wounded by an arrow. The most important task is to take the arrow out of the body, but the foolish man refused the priority treatment. Instead, he wanted to find out who made the arrow, what caste the arrow-smith belonged to, what material he used to make this arrow, and so on. Likewise, trying to answer how and when the universe began and was made is similar to the foolish man asking about the origins of the arrow stuck in his body. Hence, the Buddha emphasized to his followers to know just 'a handful of leaves'; the important knowledge that can take away their suffering. That is quite enough. Asking the wrong question about life is similar to an author starting with a wrong sentence, unable to move on, or an unskillful jigsaw puzzle player who goes straight to place the middle jigsaw puzzle piece instead of starting with the straight edges.

often invite ambiguity. Words (thoughts, Jerry) also allow speakers to give attributes to things, instantaneously forming boundaries and limitations. This can subsequently lead to judging, disagreement and endless arguments, especially when definitions are ambiguous or incomplete.

For example, John is a person who gives importance to looks. Ann is a fat lady in his eyes, but to Jim, who doesn't care much about looks, Ann is only a plump lady, not fat. To Ann, she sees herself being thinner than her sister, Barbara, whom she views as being overweight. Now, who is going to judge whether Ann really is fat, plump, thin or overweight? This example also reflects Einstein's notion of relativity. How we perceive Ann is totally relative to our preferences for 'looks and appearances' and the different levels of our egos and vanity. Not until you know the absolute truth (viewing Ann with innocent perception) can such relativity come to an end.

Please also connect this example to the concept of illusion we discussed earlier. Everyone is subjectively looking through their own lens of Jerry. Can you see that it might take days to settle such disagreements? For this reason, it is impossible to use language/Jerry to discuss and settle the experience of truth and reality. The slippery and unreliable nature of our thoughts along with our ego contributes to a shaky, biased, ambiguous, cynical and problematic society.

For the above reason, the ultimate truth or reality cannot connect or be defined with words (thoughts, Jerry). It must be something that goes beyond words, definitions and attributes, and has an absolute quality in itself. Can you guess what it is? The answer is actually right in front of our nose: perception – more precisely, innocent perception! Innocent perception happens only when Jerry is absent from our inner world. Apparently, this classic universal wisdom might have been realized even before the ultimate enlightenment of the Buddha. The Yin-Yang symbol, which is some 3,000 years old, also depicts the same message that I have just decoded in 2016. The ultimate truth is represented by the outer circle, which has nothing to do with Jerry, whereas the winding line of the Yin and Yang represents Jerry or the state of duality. This confirms that ancient wisdom echoes the same tune about the nature of the ultimate truth: it has nothing to do with Jerry! Only then, can this life form go back home to 'Mother Nature' (the Prime Creator, the Source) and blend in with the ultimate 'Oneness' or the 'Singularity'. It doesn't matter what you want to call it. They are only labels/Jerry.

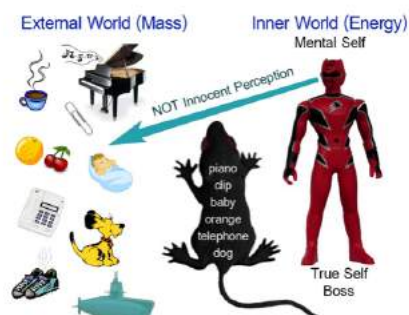


Not many people have the wisdom to realize that perception, which directly and scientifically connects with our daily reality, has an absolute quality in itself. Let's investigate further.

Two types of perceptions

To narrow the subject a bit further for clear understanding, let's focus on experiential knowledge, which is based on having immediate perceptions that produce direct, indisputable and definite experiences. Let's suppose you are looking at the stem of a single red rose. There are two results that can be produced from such direct perception:

1. Non-innocent perception produces an experiential reaction. Upon perception, a label is attached to whatever is perceived, as shown in the images below. There are voices in your head saying: 'red rose, green and thorny stem, smells nice, beautiful' and so on. You know all these particular attributes because of your direct experience. If you utter those voices in your head out loud, they become language and are used for communication. Such experience (called experiential knowledge) occurs with everyone who doesn't know about mindfulness meditation or non-BMSBH practitioners, which is the majority of people in the world.



2. Innocent perception produces the ultimate truth. It means that upon perception, there is not a single word in your head for describing or naming attributes of what you are seeing. You manage to look at that object as it truly is; direct, simple, wholesome, complete, truthful, definite and absolute. Such innocent experience can be executed only by those who have engaged in the mindfulness meditation practice until they reach the 4th foundation/innocent perception. A skilful practitioner can produce innocent experience on demand. So far there is just a handful of people in the world who manage to produce this most profound innocent experience. Not all practitioners grasp t h e



experience of the innocent perception. Only rarely can innocent perception happen without a teacher's guidance, like the contents in this chapter. To be fair, I should say that people may have innocent experience but without their realising due to the lack of guided knowledge.

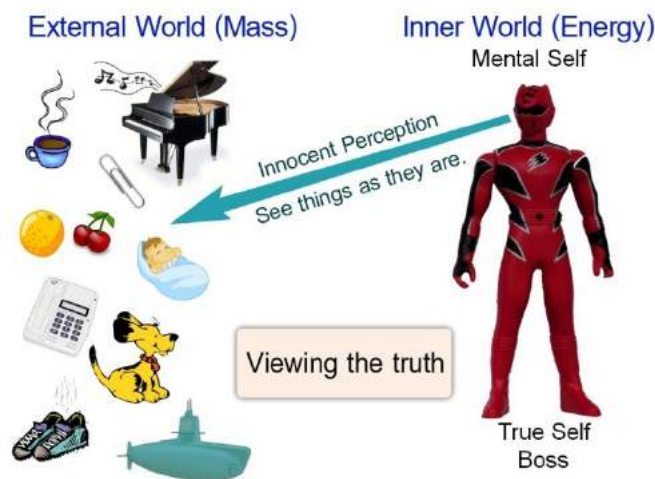
Cynical people may quickly jump to the conclusion that such innocent perception belongs to 'brain-dead' people. This is not the case at all. On the contrary, this most simple activity becomes the most profound knowledge in the universe. Here is the wisdom of the past:

If the
ultimate truth is not right in front of you,
where do you think you can find it?!

The nature of the ultimate truth

Once you understand the two types of perception, I will connect innocent perception with the word 'truth', and you will now more easily understand the nature of the ultimate truth, which also relates closely to here and now.

A knower of the ultimate truth can clarify the nature of the truth to you as follows: If you want to understand the word 'truth' in its deepest spiritual sense, you must look closely at this very moment of here and now. Everything that you can perceive right here and right now is real, is it not? Let's start with sight first. It doesn't matter what you are looking at right now, it could be anything from a needle, a paper clip, a table, a rose, a tree, a dog, a cloud, a sea, a television, a mobile phone, a car, an advertising billboard or this book, as long as you literally see them as they truly are right here and right now without uttering a single word in your head (innocent perception), then these experiences of seeing are the ultimate truth/reality in this holy sense – dead simple!



It is true that some of those items could even be branded as negative objects, illusion, propaganda or manipulation, such as advertising posters and billboards, but it doesn't matter. As long as you perceive them without a single thought in your head, looking at them innocently as they truly are, they become your experience of the truth in the holy sense.

To be more precise, everything that you are perceiving right here and right now, as long as you are perceiving them innocently, are then the ultimate truth/reality in the spiritual sense because they are real to you: you can see them, hear them, smell them, taste them and touch them. In other words, direct experience with innocent perception is the ultimate truth (reality) to you and to you alone.

Such profound meaning confirms further the absolute nature of the ultimate truth. This is truly the final frontier of all things – back to Source! The absolute truth cannot have anything to do with illusive Jerry. Please take your time to digest this very simple yet most profound meaning of the ultimate truth. This is also the most

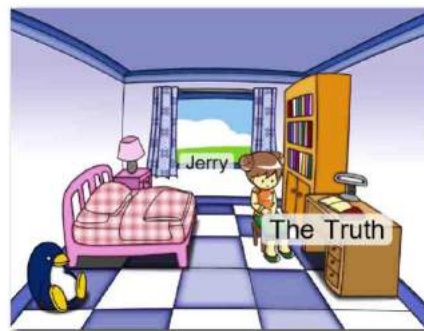
important scientific platform upon which we can relate to and climb up on to the more difficult religious big words without falling into Jerry's trap. Without innocent perception, we have absolutely no real substance and foundation to work on scientifically when we want to talk about Nirvana or God later on. At this stage, please notice that we are still strictly using scientific terms such as senses and perceptions.

Can't afford to be complex!

There is no need to go deeper into the scientific facts about how our limited perceptive ability can be illusive e.g. invisible light, pineal gland, minute organisms, and how our perception relates to the decoding of the human brain. Please completely ignore all these complex issues, no matter how factual they are, as they are nothing but another rabbit-hole of thinking that can trap you! You can reach the ultimate truth without having to know all this information unless you are in a profession that needs to know it. In the meantime, one must realize that the ultimate truth can't afford to be complex; it has to be dead simple so that it can be accessible for everyone! That's why it is entitled to be 'the ultimate truth'!

The truth moves along with our senses

The truth and our senses must go hand-in-hand. Right now, apart from the computer I am typing on, there are also many other objects that are within the range of my sight – a cup, a comb, a clock, a computer mouse, a mouse pad, two pieces of paper, a plastic folder, CDs, books, a torch, and so forth. Indeed, all these objects that I can see in front of me right now are the meaning of the truth in the holy sense, as long as I perceive them innocently. They are the truth simply because they are tangibly and visibly real. I can see them, touch them, smell them and taste them (if I wanted to) right here and right now. Also real is the sound of a bird singing outside my window and the voices of my neighbours talking in their garden next door to us. As long as I perceive them as they truly are, they are then the ultimate truth.



The truth is everything that you can perceive right in front of you. That which cannot be perceived exists in our memory box (Jerry), and therefore is not reality or the truth in the holy sense.

Once again, let's focus just on sight first. To narrow the definition of the truth even further, the objects that I cannot perceive right here and right now are not real to me. Hence, they are not my truth and my reality. For example, behind me right now are (or Jerry is telling me there are) a wardrobe with two black suitcases on the top. As long as I don't look back to see the wardrobe and the suitcases, those objects are not my truth, because they are not tangibly real to me. They only exist in my head in the form of Jerry (memories) and are subject to change. The suitcases might not be on top of the wardrobe right now; my husband or my son might have moved them – but my memory (Jerry) tells me they were there 15 minutes ago (the last time I saw them), and I assume they should still be there now. The point is, I won't know the whole truth until I see them with my own eyes.

Not until the moment I turn around and look at those objects will they become my truth and reality. Only then will I realize that Jerry (my memory) didn't tell me the whole truth regarding the objects behind me earlier, because there are actually more objects than I thought. Although the two cases are still on the wardrobe, my memory totally missed many other things lying around here and there, such as a rug, a slipper used as a door stopper, the radiator with a few socks hanging on it, and the big door with my bath robe, a pair of jeans, and a towel hanging on it too. These objects didn't exist in my memory box at all, even though I am in the room with them. Can you see how unreliable Jerry is?

Once I have turned my head around to look at the door area, the computer and all those objects that I was previously facing minutes ago have now themselves become Jerry (memory); they are not real anymore. They are no longer my truth and reality because I cannot see them right here and right now. As long as my eyes are looking at the view facing the door, with my table and the computer now behind me, all the objects on the table that were real a short while ago are no longer real now. If I insist on identifying the objects on the table I saw minutes ago, I am sure I will miss something again. Not until I turn back and see them right here and right now will they be real and be the truth again. Please try this simple practice yourself and you will have a better idea of what I am saying.

Here is another example: although I know for a fact that there is definitely a road outside my house, that road is still not my truth/reality right now because I cannot see it. Not until I step outside my house and see innocently with my own eyes, and hear innocently the sound of passing cars with my own ears, will that road and the sound of passing cars become my ultimate truth and reality. When the 2004 Asian tsunami happened on the morning of the 26th December, many people in Europe and the US, if they hadn't yet heard the news, would have still been thinking that their loved ones were on the holiday of a life time in Bali, Phuket, the

Maldives; not knowing that their relatives might have already died. I hope these examples give you a clearer idea of the meaning of truth and reality in the holy sense. So what we think (what Jerry tells us) and what is real are totally different things.

Find a way to end suffering first

Please allow me to remind you again to keep this concept very simple. It doesn't matter if the chair or the pair of shoes you are looking at right now were made in a sweatshop in China, India or Thailand and tainted with sheer exploitation and unfairness. It doesn't matter if this whole perception is totally a hologram and we are in a Matrix set up by a group of bad individuals/the Cabal. I also do realise it is definitely much easier to have innocent perception in a beautiful peaceful environment than in a war-zone with absolute madness and mayhem. We will deal with this ugly fact later, after you have gained the intuitive wisdom from knowing the ultimate truth. If you haven't tackled the nature of the real truth, you won't be able to understand the relative truth, which is messing up the world. If you don't know what sanity is, how can you recognize insanity? We must have this ultimate wisdom so that we can find solutions to those inconvenient truths that affect every fibre of our daily life. They are totally separate issues. In the meantime, we need to get to the point where we can end our suffering first, and knowing the ultimate truth is a big part of that deal. We must find the loose end of the thread before we can untangle the knotted reel.

Making perceptions become absolute truth

I hope you have grasped the meaning of truth and reality that I have presented. The truth in the holy sense covers absolutely everything that you can perceive (see, hear, smell, taste, and touch) right here and right now. The truth moves along with your senses all the time during your waking moments. Wherever you go, the truth always goes with you.

Now, to make all these immediate perceptions become absolute and ultimate, you must not utter a sound/Jerry in your head to name or label them. It means that you must only perceive everything innocently to produce the experience of the ultimate truth. You can see that this is almost the same as 'experiential knowledge', except you don't put a label on your experience. Upon immediate perception, just take away any labels and attributes like: oh...it's hot, cold, freezing, pretty, ugly, smelly, lovely, fat, thin, delicious, sweet, bitter and so on. When you keep your mouth totally sealed and your head totally silent without a word, what you have left, right in front of your face is the ultimate truth. It is so obvious, you cannot miss it. This unique experience can be possible only with the guided wisdom plus the practice of mindfulness meditation until you reach the 4th foundation.

I cannot emphasize enough how simple this is. You don't need to be a genius to do this. In fact, the more simple your mind-consciousness is, the easier you will reach innocent perception. You must not think too deeply. That's why this ultimate experience can be difficult for people with complex Jerry. Their mind-consciousness is too focused on the complexity produced by Jerry and that sends them too deep into the rabbit hole and completely misses the obvious right in front of them!

The outcome of a 'Eureka experience'

I could not work this out before my 'Eureka experience', despite having the innocent perception and even having talked about it. That awesome 'Eureka experience' on one Monday afternoon in October of 1997 was a matter of connecting and confirming the innocent perception experience with all the big words. I can now explain it to you, because I have that intuitive wisdom, very much like a download, which allows me to know for sure that 'innocent perception' is the ultimate truth. Whenever I have any doubt about this ultimate nature, I submerge myself into it over and over for confirmation and reinforcement. Two decades have gone by and the outcome has always been the same – confirming its absolute quality! That's why I am totally convinced that innocent perception is the ultimate nature, which I connect with 32 different terminologies to support people of all beliefs. This may not make any sense to you now; not until you engage in the BMSBH practice and reach the 4th home/innocent perception. Then you will be able to confirm this for yourself.

Sharing the same nature

I hope you have noticed that the words I use to explain the two concepts overlap. Here and now (the actual present) is the only real/true existence whereas the truth is everything that happens right here and right now. Both of them are of a constantly moving nature. In the same way that here and now sweeps along eternally, your own personal truth also sweeps along endlessly with your perceptions (during every waking moment). You may be sitting still with no intention of perceiving anything in particular. Whether you like it or not, the second hand on the clock is constantly moving along while you are sitting and perceiving; experiencing the continuous truth that engulfs your physical body. You can't run away from here and now and perception. It's your life. That's why it makes a lot of sense that the ultimate truth is also right there and accessible by everyone.

Although you may blindfold your eyes and put earplugs into your ears, you still have smells, tastes and textures to perceive. The whole making of our lives is already attached to time and space. It is only right that Mother Nature gives each and every one of us this ultimate opportunity. Provided that one has the guided wisdom and knows the means to the end (BMSBH), absolutely anyone regardless of one's age and belief can have access to this utterly simple ultimate nature! This is a huge contrast to the conventional truth, which is overwhelmed by propaganda

and mind control causing bitter unfairness that is consuming world society right now.

So, let's conclude that here and now, the truth/reality and innocent perception share exactly the same nature.

Innocent perception
 =
Here & Now
 =
Truth
 =
Nirvana, God, Tao, Oneness

A paper clip is the truth!?

Judging by this definition of the ultimate truth, there is technically not a single thing on earth that is not the truth. Every sight, sound, smell, taste and texture can be made innocent by not putting a label on it upon perception. Where there is an innocent perception, the absolute truth is always right there.



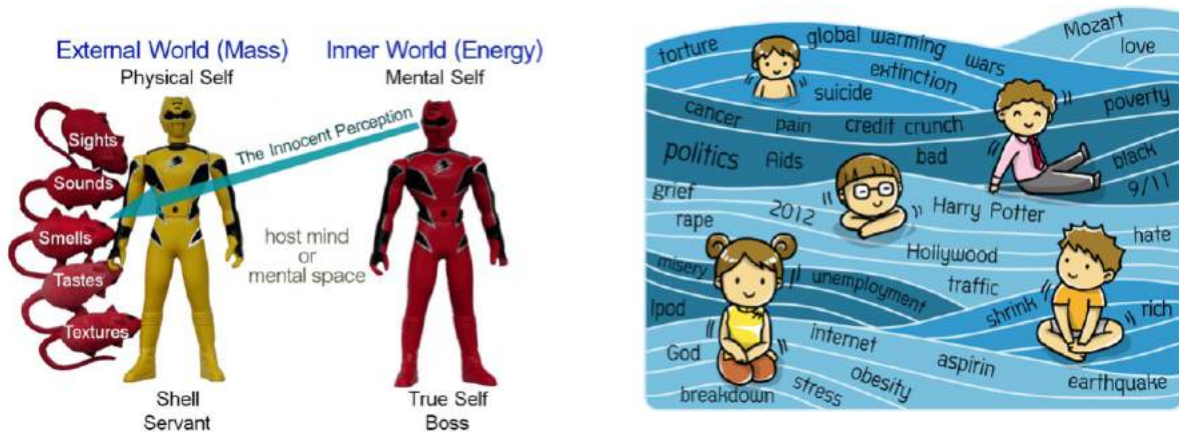
Most people like to philosophize about the truth by making a connection to natural features such as trees, flowers, sky, clouds, water, dew drops and so on. Such concepts of the truth are often labelled with names and attributes – the philosophical reflection of a non-knower. They were created by our thoughts/Jerry - the creator of all worldly truths! Only a real knower of the truth can say with conviction that a paper clip, a cup, a rubbish bin, a coffee jar and absolutely every single sight, sound, smell, taste and texture are the ultimate truth.

Please also notice that this is not a speculation, fantasy, imagination or a dogma. My version of the ultimate truth is about perceiving a paper clip, a rubbish bin, a coffee cup, a telephone, an orange and so on as innocent perception – no more and no less! Yes, even YOU can DO this!

Once we connect this holy meaning of the truth with the term ‘rupa’ explained in chapter five, our knowledge should come in full circle here. The Buddha represents the entire external universe of sight, sound, smell, taste and touch with just one word: Rupa or Gaia. Rupa represents all perceptions and therefore Rupa and the truth are the same thing.

All matters and events in life are called Rupa, which are perceived as sights, sounds, smells, tastes and textures. Once the perceptions are perceived innocently, they become the absolute truth/reality in the holy sense.

Rupa = sights, sounds, smells, tastes, texture = perceptions = truth



This notion of the ultimate truth cannot be rationalized by using the intellect (white Jerry). It doesn't matter if you have an IQ of 170 or more, you still may not understand why a paper clip and a plastic bag can be the ultimate truth. This comprehension is the result of a unique intuitive enlightenment (a Eureka experience) of an individual. Whoever has such an enlightening encounter will repeat the same tune as far as the ultimate truth is concerned. Only through an initial faith (willingness to listen), guided wisdom, and the mindfulness meditation practice (BMSBH) will practitioners be able to understand and verify this very simple meaning of the truth for themselves.

Clues from the knowers

This ultimate ancient wisdom has been passed down for millennia. These are the clues from the 'knowers' of the past.

The most profound wisdom in the universe
has no depth!

If you cannot find the truth right where you are,
where do you think you can find it?

Don't you think 'innocent perception' fits in perfectly with those clues? The answer is hidden in plain sight, right in front of our noses. Thinking too deeply will make you miss it, just like the answer to this riddle.

What is it that has 2 in a week and 1 in a year?

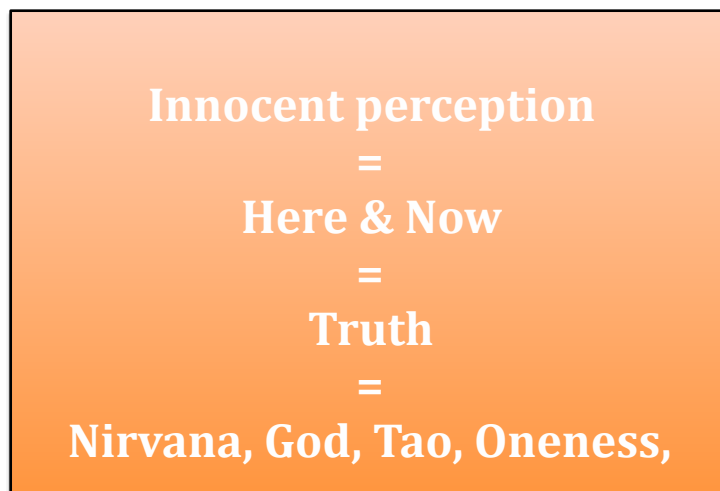
Summary

My effort in this chapter is to rationally explain to you that here and now, truth/reality and innocent perception are actually the same experience. It is important to know this before we move towards the big words in religions. Among all those 32 big words, innocent perception is the only terminology that closely connects with a methodological approach and practice. Without grasping and putting into practice this rational explanation, it is impossible to talk about Nirvana, God, Oneness, Singularity or any of those big words out of the blue. Otherwise, it is very likely that you will go down a slippery slope and turn this whole topic into some endless philosophical debate. Whether you like it or not, we must have the real experience to back up the explanation. Experience is the only source for real knowledge. Innocent perception is the real experience, which can be easily reached by means of mindfulness meditation. By using the approach in this book, I am trying my best to help you to get to the moon and not be attached to the finger that's pointing to the moon, so to speak.

Chapter fourteen

Connecting with Big Religious Words

Now you know of the close connection between here and now, the ultimate truth and innocent perception. Please notice that we haven't yet ventured off the scientific route. We are closely following a solid path along which everyone can have access to the ultimate truth through innocent perception. We are now going to connect this science-based experience with a few well-known big religious words.



I will now show you that this ultimate element (32 terminologies) has been realized, not just by the Buddha, but also by other wise persons in the past, and even sentient beings (ETs) from other dimensions, which could be what the Buddhists know as celestial beings. The Buddha was unique because he could describe a clear means to a clear end. My role here is to simplify the ancient concept, weave a connection and form a coherent picture for your perspective.

One ultimate truth

Logic suggests that if there is any ultimate truth at all, there must be only ONE truth, not two or three. The ultimate truth cannot be conveniently owned, made, patented or biased by different religious beliefs: *“My God is better than your God; my truth is better than your truth”*. That cannot happen in the face of the ultimate truth. The ultimate truth has to be totally free from Jerry, which are the run-up contents to this pinnacle. The ultimate truth must have the unique qualities of being universal, wholesome, eternal, final, absolute, perfect, complete, pure and undivided yet simple, humble, ordinary and down-to-earth; to be accessible for all

sentient beings in every dimension in this universe, multiverse and parallel universe. The ultimate truth must also be totally independent of all forms of established religion and of course, it must not be limited by language, either. Universality must be above human language. Anything that is within the boundary of language (a materialization of Jerry) will be subjected to bias and endless inconclusive debate; always has been and always will be. Thus this slippery slope is the beginning of all human problems. That's why I categorized all fixed religious thoughts as 'clear Jerry', which has an illusive nature, so is not trustworthy. This ultimate element is the 'final frontier', where all conflicts must end. These are the unique qualities that exist only in the ultimate truth.

The Buddha's attempt

Now that we know the ultimate truth is beyond any form of language, let's have a look at the Buddha's attempt at trying his very best to describe the state of the indescribable.

*"Listen to this Bhikkhus: there is that dimension where there is neither earth, nor water, nor fire, nor wind; neither dimension of the infinitude of space, nor dimension of the infinitude of consciousness, nor dimension of nothingness, nor dimension of neither perception, nor non-perception; neither this world, nor the next world; neither the sun, nor the moon; neither coming, nor going; neither staying, nor passing away; neither arising, nor disappearing, nor evolving. Bhikkhu...that ayatana does exist. That ayatana is the end of suffering (or Nirvana)."*²⁴

It is pointless for you to analyze this famous discourse. The Buddha didn't want anyone to analyze it or try to work out its meaning by thinking. The more you think, the further you move away from the ultimate truth. This discourse simply confirms that there is ONE experience in nature that is beyond all words and description. However, for the sake of communication and passing on his newly found knowledge, the Buddha didn't have any choice but to label that ultimate element with a name: Nirvana.

Lao Tzu's attempt

Lao Tzu was another wise person in the past who also discovered the ultimate truth and he didn't waste any time to beat around the bush.

"Tao has no name, whatever has a name is not Tao!"

That is the first verse recorded in the Tao Te Ching, the only book that the founder of Taoism, Lao Tzu, left behind.

²⁴ Udana 8.1 Nibbana Sutta



While the Buddha used a few sentences before he surrendered to the indescribable, Lao Tzu used just that one simple sentence but hit the core issue right away. Again, please don't try to analyze that sentence either. The more you try to analyze it, the further away you get from Tao, which is another term for the ultimate truth. Basically, Lao Tzu said:

'The Truth has no name, whatever has name is not the Truth.'

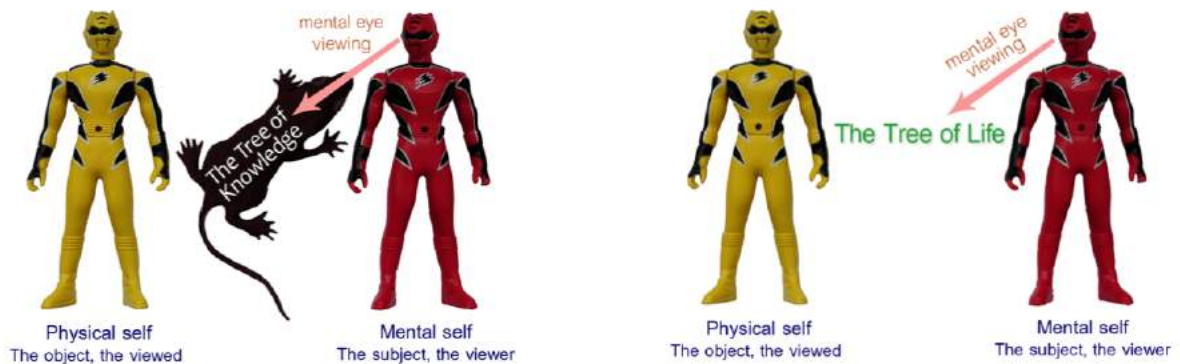
The author of the Book of Genesis

I shall assume that the author of this holy book was a man. I want to believe that this wise man knew about this symbolic Tom and Jerry. The making of our mind-consciousness is the same, no matter whether it is now, thousands of years ago or thousands years into the future. As long as they are sentient beings i.e., humans, ETs, animals and so forth, they must have mind-consciousness (Tom-Jerry), with varying degrees of intensity. For example, humans have a very wide spectrum of emotions (Jerry); from suicidal tendencies to euphoria, whereas some groups of extraterrestrials may experience a much narrower spectrum of emotions, hence they would not be as emotional as humans. So, the author of this ancient book must have known that Jerry is responsible for all the sleepless nights, pain, and sorrow suffered by humans. He also must have known that to let go of Jerry was the only way for people to have less mental pain. But how exactly could he tell people about this most delicate and intangible nature that is trapped in the human body? The local language in those days might not be as sophisticated as it is now, but they did have a very good tool indeed – story telling!

I am sure anecdotes were the tools used by wise men to pass on this most important message and wisdom to fellow human beings. To make sure that this crucial message was not lost, the teacher had to wrap it very well in an awesome story. I can't think of a better story for capturing the human imagination than the tale of the Almighty God building the world in seven days! To spice up the story, he created Adam as the first man on earth, and Eve as the first woman, who was made from the first man's rib! See? The wise man left an obvious clue to make sure

that a few thousand years later people would know it was a story and not take it literally.

However, one of the purposes of this story was to explain the essence of the two types of mind-consciousness: the mental space (the host mind) and the Jerry-filled mind.²⁵ He then used the allegory of the Tree of Life and the Tree of Knowledge to depict the two contrasting mental states of humans. The Lord God told Adam and Eve they may freely eat fruits from the Tree of Life existing everywhere in the Garden of Eden, except for one tree. He warned them not to eat from the Tree of Knowledge of good and evil. This poisonous fruit made Adam and Eve know good from evil and caused them to be aware of their nakedness, hence feeling embarrassed. This ultimate sin caused them to be banished from the Garden of Eden and forced to survive through agriculture 'by the sweat of their brows'.



It is very obvious to me that the blessed fruit from the Tree of Life represents the ultimate truth, which is everywhere, from the awesome sky to a battle ship, a chair or even a paper clip. Once the innocent perception is experienced, the whole universe is fused into ONE. In this sense, the Garden of Eden equates to the entire universe. On the other hand, the poisonous tree represents a mind-consciousness being cluttered and deluded by Jerry. The meaning of poison, and the warning not to eat it, are a lesson in teaching people to detach and let go of their Jerry.

Although that wise man knew the negative side of Jerry, and wanted people to let go of their thoughts, he did not leave behind a clear means to reach that specific end. Consequently, following that creation story, people don't have the crucial key needed to unlock the secret. Gradually, what was supposed to be an awesome 'story' was interpreted literally. Not only was the true, hidden meaning of the two trees lost, but many believe we are actual descendants of Adam and Eve. Some people have even attempted to find the real location of the Garden of Eden. In my 36 years in England, I haven't heard of a single Christian priest who explains the meaning of these two trees in this way.

²⁵ Please refer to chapter 11: the host mind and the mental guests.

You may laugh for different reasons right now. This misunderstanding brought about by treating the symbolic as literal truths could easily happen again in the future. One or two millennia from now, if human civilization is still around, it is very possible that people will believe that movie characters such as Homer and Bart Simpson, Superman, Spiderman, James Bond and the like were all real people of our time. This misunderstanding would be the same as many have misunderstood the Book of Genesis.

Although The Bible is considered to be the “word of God”, we shouldn’t forget that it was humans that put ink to paper. This goes for the Pali canon too. All humans have Jerry in their heads; always did and always will. It is entirely your choice how much trust you want to place in Jerry. Faith is a good place to start but a bad place to end up with. Blind faith is not healthy without common sense. That’s why we need to back up with experiential knowledge. The serious practice of mindfulness meditation will produce fresh and powerful experiences as verification and reinforcement of the truth. This is the most effective way to learn and attain knowledge of the ultimate truth.

Jesus Christ

When Christ came along, he confirmed the very nature of the ultimate truth again by saying: God is behind a closed door. “Knock, and it shall be opened unto you”. The ‘closed door’, once again, is Jerry, who takes away our mental space, obstruct the innocent perception and deters us from seeing God. Knocking on the door is to bring your mental self back home. Once Jerry is removed, God is there, and everywhere.



There is also a very vivid verse in the Bible saying: “Be still and know that I am God.” This verse also clearly indicates God as the stillness when Jerry disappears from our inner world, which is also the same experience as innocent perception.



The truth is everywhere

It is noticeable that all Knowers agree on the fact that the ultimate truth is everywhere. The Buddha used the word ‘dhamma,’ which means everything, to describe the nature of the truth, which exists everywhere. The fourth foundation of mindfulness is known as dhamma-nu-passana-satipatthana, meaning ‘everything’ is the focus point of the fourth foundation of mindfulness. Many Christians also insist that God is everywhere, although we cannot see Him. God as ‘innocent perception’ will make God exist absolutely everywhere.



When you can perceive every sight, sound, smell, taste and touch as they truly are without labelling and analyzing, that unique moment is being with God. Everyone can achieve this experience of God provided that one has proper guidance, which I hope very much this book can offer you.

Summary

There is only one ultimate truth. Only with the use of logic, Occam's razor principle²⁶ (keeping things simple) plus my own intuitive knowledge of innocent perception, will this chapter become possible to understand. I hope you can see that the narrative in this chapter is coherent, unified and scientifically based. Although these big words pertain to the most profound subject discussed for millennia, I hope that I have managed to keep it simple with humbleness while strictly and coherently relating to our mind-consciousness - the very essence of life. The best part is that everyone can verify the ultimate experience for themselves by engaging in mindfulness meditation practice until they earn their innocent perception. I hope very much that it is enough to give you a clear perspective regarding the ultimate truth and the final purpose of life.

²⁶ Occam (Ockham), William – 1285-1349, an English philosopher.

Chapter fifteen

Leaping Like A Tiger While Sitting

As we are near the end of this book, there are a few loose ends I need to tidy up, one of them being to make sure you have full understanding of the important message regarding the 3rd Noble Truth: the ultimate element.

We now know that there is a scientific connection to those big religious words and innocent perception. However, it is the concept of the ultimate element (Nirvana) itself that academia is skeptic about. Some think the Buddha's teachings are contradictory: If everything is subject to the law of change (anicca), how can Nirvana be an absolute entity?

Being a follower of the Buddha, I can't help but to defend my beloved teacher. It is essential to do this to maintain the integrity of this book, too. Before I tackle this subject, we first need to be clear about the time line of the past, present and future.

Only one musical chair left



'Here and now' and 'past and future' can never share the same seat in our heart. This one seat has to be fought over by two candidates. Thoughts (Jerry), in themselves, represent past and future. They are not real; the past has gone and the future hasn't arrived yet. They only exist within our thoughts, which are wishy-washy, undependable and have no substance. It's not until you materialize those thoughts into speech and actions, that they will become real and can be perceived by the five senses. You may think words such as 'red, flower, tree, sky, rain' and so forth are neither in the past nor the future so they must be in the present. But think carefully. Those words are collections of knowledge of the past that have been stored in our memory box (Jerry). Thoughts (past and future) are merely a mixture of chemistry and interacting energies in our heads. However you want to explain it in a scientific way, it doesn't matter. Those descriptions belong to the thinking

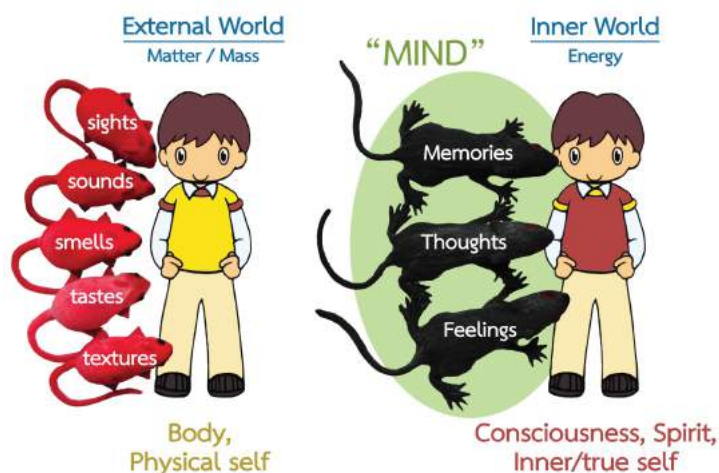
faculty and always produce concepts that are ‘not innocent perception’, subsequently becoming the intellectual knowledge adored by academics. To have access to the ultimate truth, one needs to be void of thought at a particular moment (here and now) so that one can produce the innocent perception.²⁷

So, let’s make it clear here that whenever you are using your thoughts (no matter how factual and truthful they are), you are either with the past or the future, which have no real substance, whereas the innocent perception (void of thought) allows you to be with the constantly moving here and now, which truly exists. In my life teaching, I guide you exactly how you can be with the here & now by just focusing on your breath, movements and sensations. Let’s make some connections for clarity regarding time lines.

Jerry = past & future = illusion = not innocent perception

No Jerry = here & now = ultimate truth = innocent perception

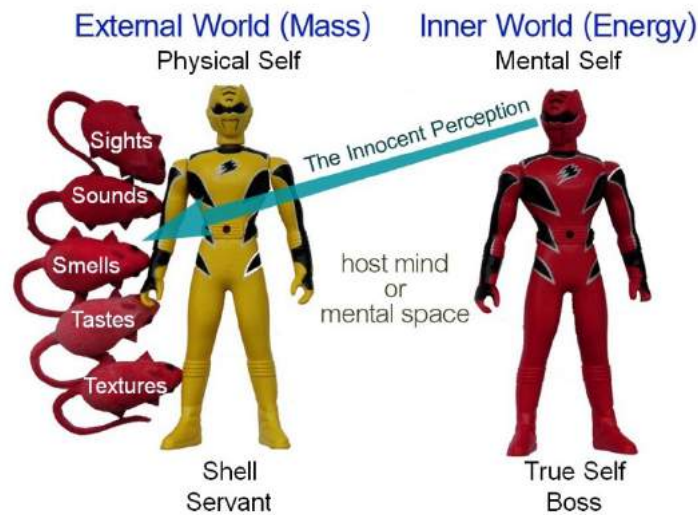
Here’s a reminder of what Jerry is in case you have forgotten. Jerry covers absolutely everything in the external and inner worlds. Looking at the red and black mice in the image, every event in our lives is basically reduced to Jerry.



With these connections you can clearly see that time, thought/Jerry as past and future, is changeable or illusive. Time can appear to shrink or stretch depending on what kind of Jerry you have at the time. If you are in the middle of

²⁷ Just in case some of you may think this is all a waste if perceptions are being manipulated, please refer to chapter 17 under the heading: “What if the perceptions are holograms!”

having 'a good time' – with excitement, joy, pleasure and so forth – time passes very quickly. But if you are in the middle of having 'a bad time' – with sadness, depression, worry, anxiety and so forth – every second seems like a life time! Remember sleepless nights or when you are waiting for your loved one to come home! If you are conditioned by Jerry, you are bound to be conditioned by time and space too, of course. The actual present of here and now is somehow different. It is beyond the concept of time due to the absence of Jerry.



Please refer to chapter 13 about the uniqueness of the actual present, which I compared to the second hand on a clock. When you are truly absorbed in doing something you love, such as sewing, painting, writing or playing a musical instrument, you are not conditioned by time. Time seems to stop. Only when you came out of that timeless zone, did you find that time had passed very quickly. This is exactly the case when you are doing meditation, especially when reaching the point of 'Oneness', having the innocent perception.

Time seems to stop there. Everyone can experience this for themselves. This confirms that the ultimate element/truth is beyond the boundary of time and space.



The law of change: no final certainty!

Now that we see the connection between time and thoughts/Jerry, we can tackle the alleged contradiction. The ultimate element (truth) is supposed to be eternal, immortal, and unshakable – to say the least, not subjected to the law of change, which governs absolutely everything in the universe, multiverse and parallel universe. Therefore, how can these constantly moving and changing

human perceptions, despite being viewed innocently, be the nature of the ultimate truth in the holy sense?

Well, this ultimate subject has been viewed with disdain for centuries, especially in the world of science. Here are a few of the famous ones who truly believe that there is no ultimate truth/element:

“If you want to write a book about the absolute truth, it will be a ridiculous thing, because absolute truth freezes everything. The truth is that everything moves and changes all the time.” That was said by Jacque Fresco (age 101 in 2017), who is a social and industrial engineer, a futurist and the founder of the Venus Project.

C. J. Keyser, a mathematician, said: “absolute certainty is a privilege of uneducated minds and fanatics”.

Werner Heisenberg, well known for the ‘uncertainty principle’, said, “there is no final certainty”.

Albert Einstein’s theory of relativity also confirms the fact that all things are in constant movement and there is absolutely nothing that is fixed or remains still, not even for a brief stint, because the entire universe moves all the time.

The Buddha’s two key sentences

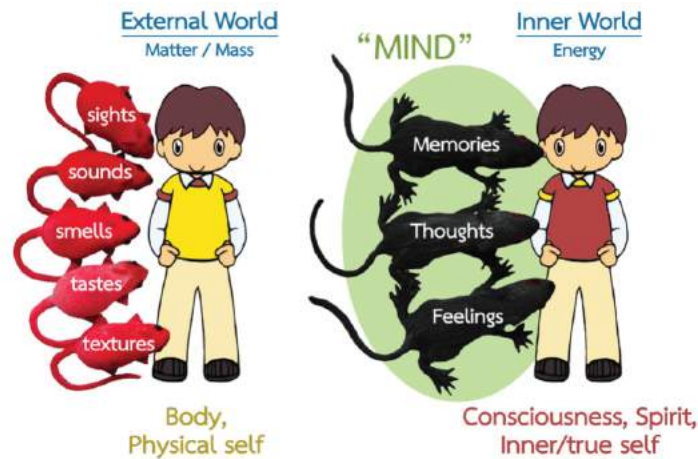
The following two sentences are in the Sutra (Buddha’s discourses) and are part of the daily chanting for monks and lay people, but maybe not many people pay much attention to the meaning. The Buddha actually makes it quite clear in these two sentences regarding the nature of change and stillness. He said:

Sabbe Sankhara Anicca

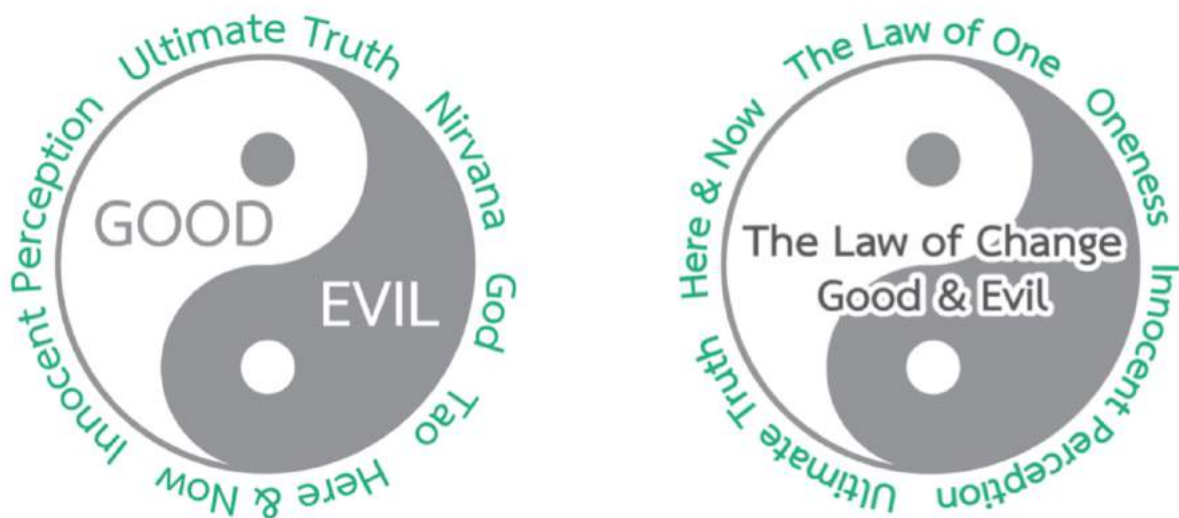
All conditioned things are subject to change. All conditioned things are sights, sounds, smells, tastes, touch and Jerry (thoughts, memories, feelings).

Sabbe Dhamma Anatta

Everything, all conditioned and non-conditioned things, are no-self.



Both external and internal Jerry (Yin&Yang) are subjected to change.



Let's use the illustrations and simple language to explain those two sentences for easy understanding. The Buddha was adamant that the law of change governs everything in the universe. He meant everything in the vicinity of yin-yang, which includes both external and internal Jerry, except the non-conditioned: Nirvana, represented by the outer circle of the yin-yang symbol.²⁸ However, when the Buddha wanted to talk about the no-self concept, he covered both the conditioned (yin & yang or Jerry) and the non-conditioned (Nirvana), too. It means that he insisted there is an absolute static element in nature that cannot be touched by the law of change. Isn't this a contradiction? It may look that way to you now but you may change your mind later. That's why I need to tidy up this loose end for the Buddha.

²⁸ Please be aware that I have 32 terminologies in my list of big words to represent the ultimate element as the 3rd noble truth, and I use them to accommodate different narratives. The innocent perception is the term being used most here because it is scientific-based. If you are confused, please go back to chapter 2, where the 32 overlapping terminologies are listed.

So, let's first make it clear that the Buddha was well aware of the constant changing nature of all things both in the material (external world) and the internal world. There is no conflict whatsoever between the scientific view and the Buddha's wisdom on this changing nature of all things. In fact, the Buddha talked about the law of change over two millennia before any modern scientists. However, the notion of the law of change, although being significant in the Buddha's teaching, was not the real cause that transformed a man into a Buddha. It was the result of experiencing the absolute element, he discovered on the night of his enlightenment, that turned this compassionate man into the Buddha, the self-awakening!

The answer lies upon the two trains

If everything in the entire universe is subject to the law of change, how can we find a middle ground between these two extreme natures? A rational answer lies within the analogy of the two trains travelling at the same speed! We all know that if we are sitting on a train moving out of the station while another train is moving alongside our train at exactly the same speed, we will feel as if we are not moving.

So let's call the first train the 'Here & Now Train' or the 'God Train' (merely a figure of speech), which represents the entire universe constantly moving, as it has done for eons; from infinity to infinity. The second train is the 'Life Train' and we are the driver of this train. The trouble is, we are driving the Life Train under the influence of Jerry, so the moment we exercise our thinking activity, the life train becomes trapped in a time warp; either in the past or the future. This thinking activity makes our life train run either behind or ahead of the Here & Now Train. Our thinking about the past will make the Life Train run slower than the Here & Now Train, whereas thinking about the future will make the Life Train run faster than the God Train, as shown in the illustration below.²⁹

²⁹ My illustrator, Joob, was very creative in depicting the Here & Now Train as shown – a perfect combination and unification of science, Buddhism and God-based religions! Well done, Joob!



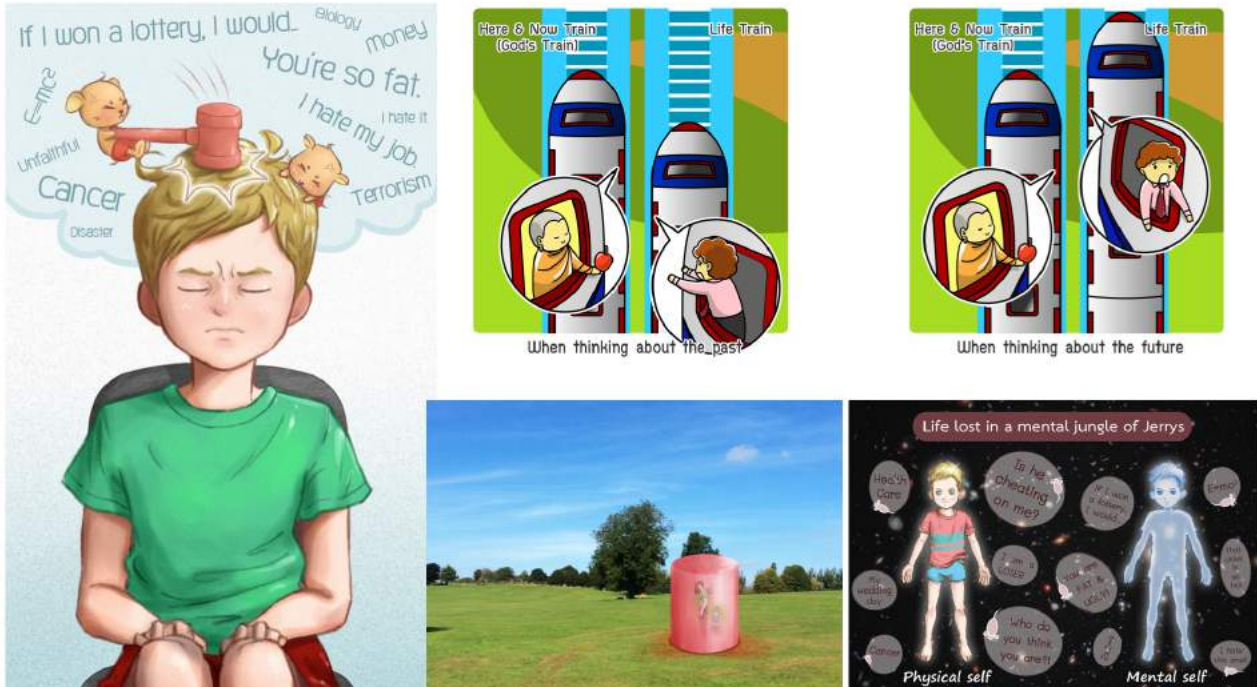
However, through the practice of mindfulness meditation (BMSBH) and as soon as we reach the 4th home (having innocent perception), our inner world becomes temporarily void of Jerry. What then remains is pure consciousness, enabling us to view everything innocently. At this very moment of synchronicity, the two trains are running in absolute parallel and so smoothly that even water in a glass on the train we are travelling in remains still and undisturbed. We would not sense any movement as everything would feel totally static and stable. It would seem as if the two trains are stationary and haven't yet moved away from the platform. Not until you notice the moving scenery, will you know that you are actually moving.

You can see from this analogy that the ultimate element is not of a static nature; it is the way that an individual has access to the ultimate element that causes the state of stillness and unchanging nature in that particular moment. It means that everyone must produce the state of the absolute stillness themselves. The ultimate element doesn't sit there steadily like a lemon waiting to be discovered by you. Everyone must make it happen with their own efforts through Vipassana practice. This analogy describes how the ultimate stillness can be found in perfect alignment with the law of change.

Many thanks to Albert Einstein, who talked about relativity, using the example of two trains running parallel at the same speed. I remember this piece of knowledge from high school but back then I didn't have a clue about what it related

to. I had no way of knowing it would be immensely useful to me some 40 years later!

A single strand of hair hindering the whole mountain!



Now let's apply reality to match the analogy above. This first set of the illustrations shows two trains running at different speeds, so they are not in sync, illustrating the state of disharmony you have while sitting comfortably in your room with Jerry banging away in your head – preoccupied with thoughts of the past or future – from a close range to the most distant range of being a minuscule part of the cosmos. The Here & Now Train, or the entire universe (the black background), is moving along steadily whereas your Life Train, once engaging in Jerry, fails to synchronize with the Here & Now Train. Hence, while you are trapped in a time capsule (past and future) created by Jerry, the state of the absolute truth doesn't materialize. Wise people compare this predicament to a single strand of hair hindering the whole mountain!

Leaping like a tiger while sitting!

When you practice mindfulness meditation, you can temporarily be rid of Jerry and experience the innocent perception via your mental space. The boundaries of the time capsule vanish along with Jerry at that very moment. Hence this life form instantaneously blends in with everything else in the natural environment and becomes an insignificant, tiny part of the whole within the entire universe/Mother Nature. That is the exact moment at which the Here & Now Train and the Life Train are moving along together in absolute synchronicity. Such an

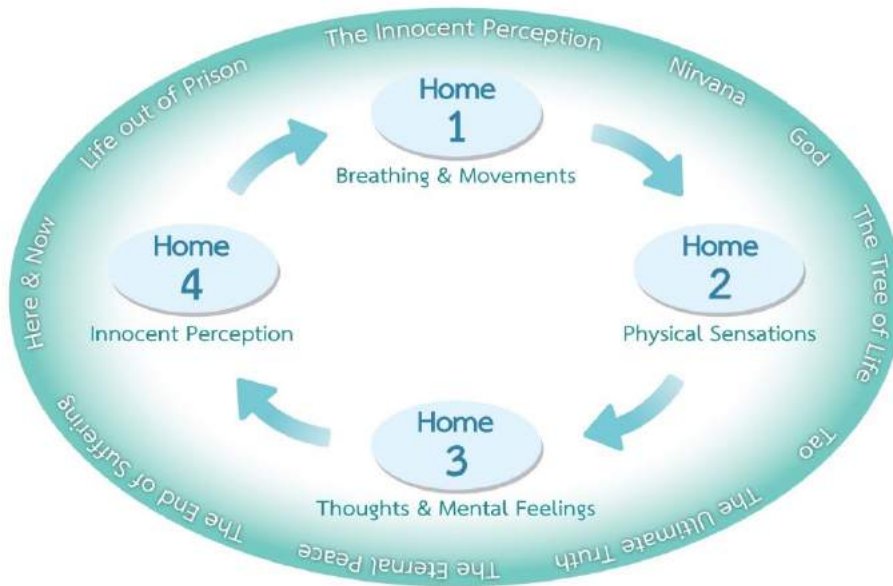


The synchronisation of the Here & Now train and the Life train.



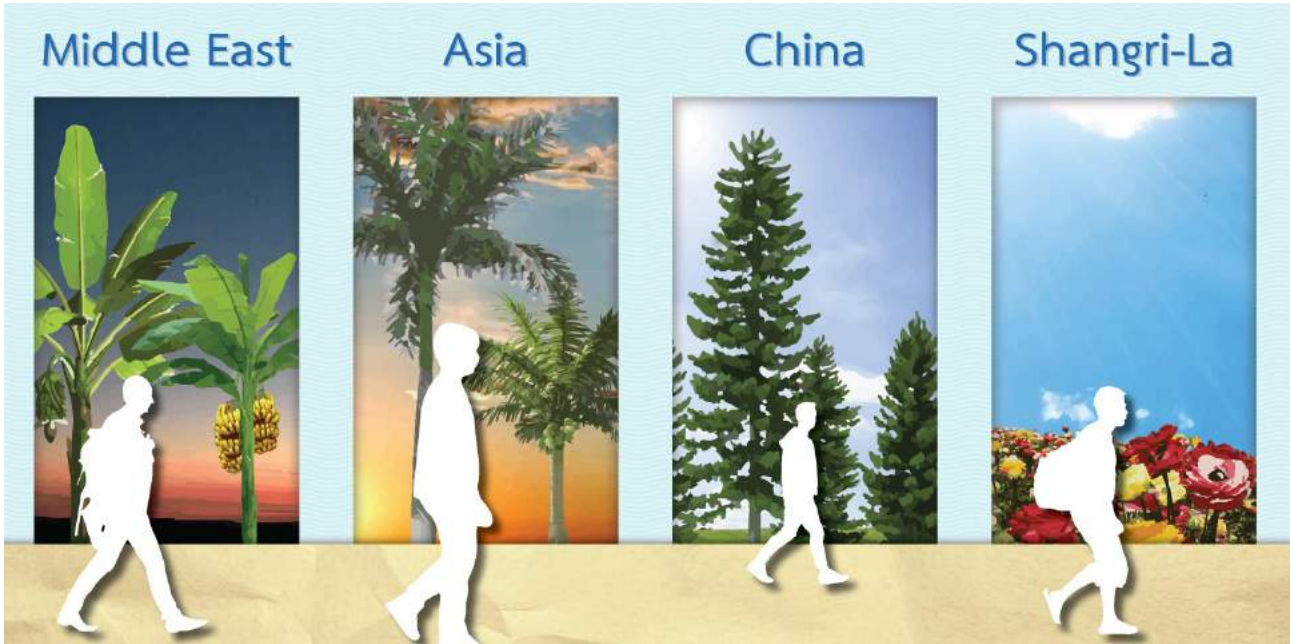
awesome spiritual experience caused a wise man to say: leaping like a tiger while sitting!

Complete cycle



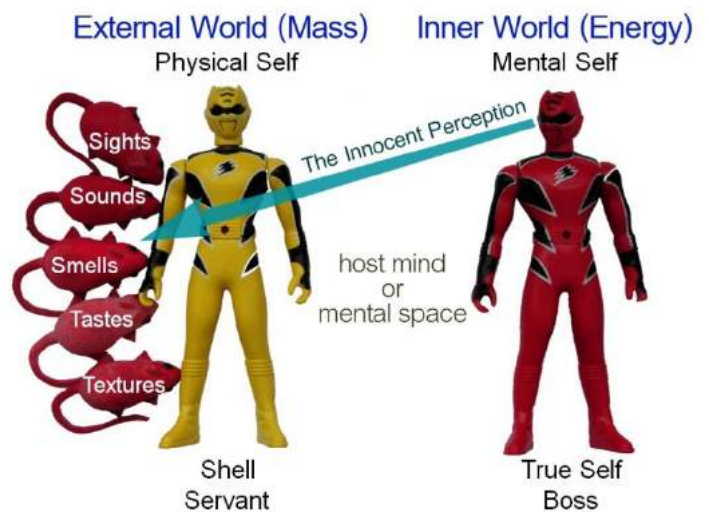
I have finally led you to a complete spiritual journey, which forms a full cycle. I have talked about the fourth Noble Truth and urged you to engage in mindfulness meditation or Vipassana practice, which has a natural progression of its own. Once you cultivate your awareness towards your breath, movements and sensations, you will naturally progress and understand how Jerry works in your inner world. As for how long it takes for a Vipassana practitioner to progress, it entirely depends on how much you commit yourself to the meditation practice. If you work hard, discipline yourself and meditate every day, you will surely develop faster than those

who prefer to take a slower train, so to speak. But no matter whether you move with a rabbit pace or a tortoise pace, as long as you keep on stepping forward, you will get to the destination sooner or later. Vipassana is a mental skill of concentration



just like swimming, driving, playing a piano, the more you practice, the better you will get. This is the natural law of cause and effect. You'll get there in the end regardless as long as you keep up with your practice. The delay simply means you bear unnecessary longer suffering. It is entirely your choice to make it short.

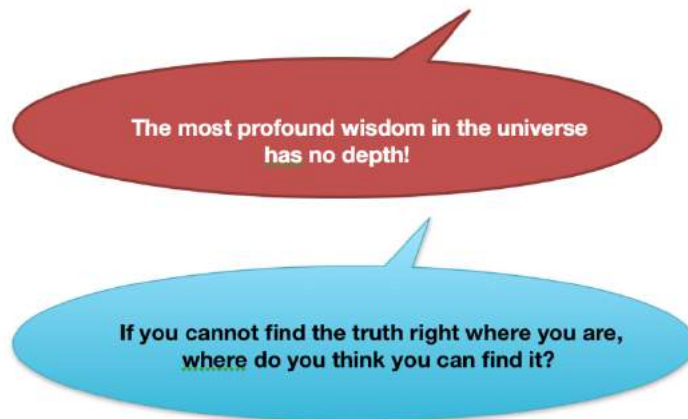
You will gradually understand the illusion created by Jerry, which is rooted in your inner world/mind-consciousness, and materializes as our reality in the physical world. This intuitive realization will lead you to become disillusioned towards everything you perceive, and you will be able to let go of all worldly values/Jerry, which dance around greed, wealth, power and status. Such significant detachment will enable you to experience your mental space and the subsequent innocent perception, which is the nature of the ultimate truth. Upon innocent perception, you'll come back to exactly where you were at the beginning. You are still dealing with your daily perceptions of sights, sounds, smells, tastes and textures, plus your breath, movements and sensations, but now you can view them innocently. By now, you have already understood that innocent



perception is the experience of those 32 big words in my list. This caterpillar has finally ascended and turned into a beautiful butterfly with the ultimate freedom to fly. Only then can we talk about 'free will'. (There is no free will as long as Jerry is on our back dictating us to do this and that.) Hence, this epic spiritual journey is completed in a full cycle. All the doubts and questions you had at the beginning about life and its purpose will disappear upon innocent perception/ultimate truth.

Keeping things simple

Science fiction often gives us the misleading notion that 'the truth is out there' in physical space and that we need to explore the universe to get to the final frontier where no man has been before. How many people can afford to seek the truth out there in space?! Funny that wise people with their intuitive knowledge said the total opposite.



Now, use a bit of your own intellect plus the Occam's Razor principle of keeping things simple. You can answer for yourself whose notion makes better sense: finding the truth in the cosmic physical space or in your mental space in the comfort of your own home.

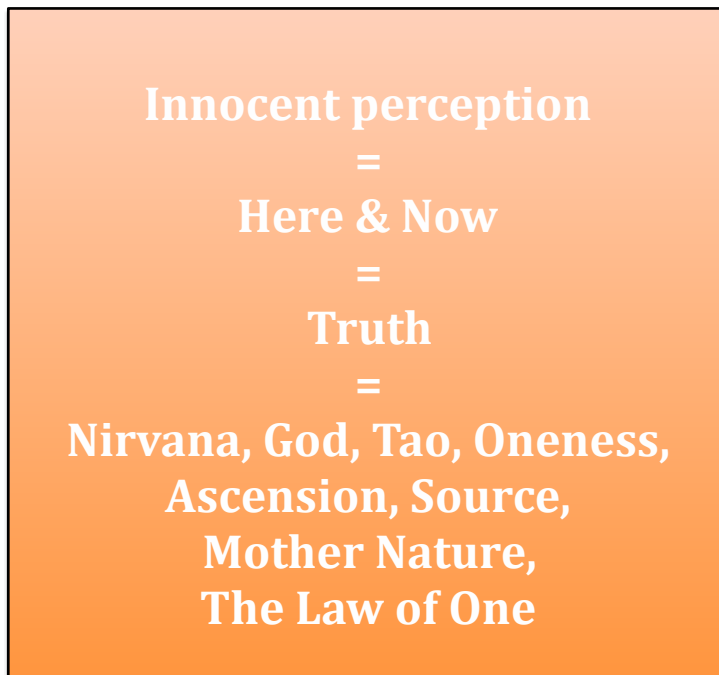
Summary

I hope I have done some justice to the Buddha's teachings and successfully defended him regarding the existence of the third Noble Truth: the ultimate element! With the analogy of the two synchronized trains, you can now clearly see that the law of change that rules the entire universe doesn't defy or contradict the unchanging nature of the ultimate element at all. They actually blend together in perfect harmony with innocent perception explained in this chapter.

Chapter sixteen

All is One & One is All

We are living in the world in which alternative media has played a massive role in imparting a great deal of information but a lot of it is conflicting. Hence, everyone must process this diverse information with much discernment. Being a truth seeker myself, I have listened to a lot of the information out there in the Internet. One particular subject I have been following is Ufology and ETs, which used to be ridiculed but something is changing. Through listening extensively to this subject, I heard a few key words that resonate with the contents in this book, including: Oneness; Singularity; Back to the Source; The Law of One and Ascension. I think it would be helpful if I join the dots for you within the perspective of the Four Noble Truths, particularly the third Noble Truth, and the five constituents of our life forms. Once again, I will connect with the verifiable experience of the innocent perception, which everyone can explore for themselves.

**The positive message from the Blue Avians**

I have recently listened to Corey Goode and David Wilcock on Cosmic Disclosure and Wisdom Teaching. The information presented was mind blowing, which I shall leave for you to find out and discern for yourself. It was Corey's extraordinary experience with a race of ETs called the Blue Avians and their messages to humans which captured my attention in the first place, and led me to listen to the whole series on Gaia TV. The messages that the Blue Avians wanted

Corey to share with humanity are strikingly similar to the Buddha's teaching. It goes like this: *Humans should be more kind, loving and forgiving of ourselves and of others; focusing on becoming more of a service to others on a daily basis. Meditation is an important activity to enhance the vibration of our consciousness and practicing it would break the wheel of karma. The goal for such wholesome practice is the preparation for the cosmic change to the fourth dimension, known as the spiritual Ascension.* I think this is an awesome summary of the Buddha's teaching but it comes from an ET instead!

It was these positive messages and Corey's humble character as well as the way he presented his information that earned him my trust. I also realize that moral codes have existed with humanity for a very long time. These golden rules come with our moral conscience, and are quite instinctive to most people, unless they are born with strong unwholesome factors. It is the unusual concept of the law of karma and the use of meditation to break away from the tedious wheel of karma that, in my view, was a new discovery by the Buddha following his enlightenment. Not until I stumbled upon this ET message did I know I was wrong. Having listened to Corey, it was revealed that other sentient beings (humans and ETs) have known this classic wisdom all along. This further confirms the universality of the Four Noble Truths.

Can a caterpillar be perfect?

That is the title of one of my early books written shortly before my Eureka experience in October 1997. I knew then that in a spiritual sense, we all have another phase to go through. We cannot be content with always being a caterpillar as we will inevitably become a butterfly one day whether we like it or not. This is our destiny but a great number of people still don't know it. In other words, we cannot put up with the mental pain we face on a daily basis. We need to evolve and help ourselves achieve Ascension, which in my view, is the same nature as all those big words: the ultimate enlightenment, Nirvana and so forth. This final phase is for everyone that has consciousness (soul/spirit); human and non-human alike. This is the reason we are on earth, that is so we can learn from our mistakes, develop and ascend to the ultimate stage. The Ascension is for all sentient beings no matter where they are; earth based or off this planet. The knowledge of the Four Noble Truths is extremely ancient and continues with certain groups of off-world civilizations like the Blue Avians. This is the obvious reason why such Buddhist-like messages came from benevolent ETs who want to share the good news with humanity.

Source, Creator, God, Mother Nature, Ascension³⁰

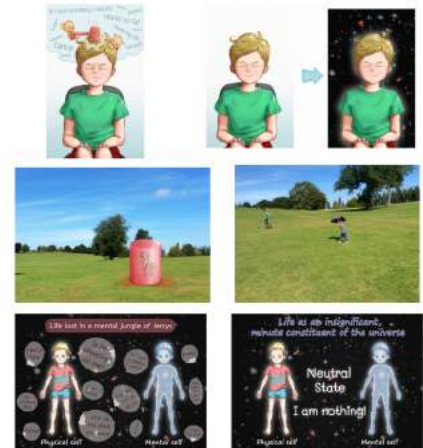
³⁰ Ascension originally refers to the resurrection of Jesus Christ. It could actually mean the ultimate enlightenment as explained in this chapter.

Now I will try to wrap all these scattered key words and phrases together for lucid understanding. Talking from the Christian point of view, it isn't wrong to say that God is the Creator as well as being the Source. We are fragmented, like fractals, from the Source/Creator/God all the same, resulting in this colossal diversity of sights, sounds, smells, tastes and textures. This fragmentation from the Source results in 'All is One and One is All', doesn't it?

Hence, the ultimate purpose of our life is to return to the Source, for which I like to use the phrase: 'back home to Mother Nature, and becoming that Oneness/Singularity with the Source/God/Creator'. A tiny dew drop can finally find its way back to mother ocean, so to speak. To achieve this Oneness is the meaning of Ascension, the same as reaching the ultimate enlightenment in Buddhist terms.

Connecting with the Four Noble Truths

Ultimately, all humans, ETs, plants, animals and everything in the natural environment, whether in this universe or multiverse, belong to one big family, which I call Mother Nature. As long as they are sentient beings, they must have consciousness/soul/spirit. All these individual parts of consciousness are merged into one unified collective consciousness just like a seamless sheet of space that holds everything else together as a Singularity/Oneness. The five constituents of our life form – body, mind (thoughts, memories and feelings) and consciousness - are only one small part of the whole existence; just like trees, oceans, mountains, sky, stars, animals, ETs and so on. All these diverse parts fragmented from the Source form the entirety of existence, or make up a big family – Mother Nature as a Singularity or Oneness! It is because of Jerry, who has the amazing ability to create the illusive world in our heads (the second Noble Truth), that we (our mental selves) become lost from home, wandering around in our mental jungles causing us mental pain. This is similar to a single dew drop that cannot find the ocean. Our goal in being here on earth is to liberate our consciousness/soul/spirit from the illusive Jerry so that we can merge with the collective consciousness and become a tiny part of that awesome Oneness – the dew drop that finally returns to mother ocean!



By following the fourth Noble Truth, your sense of self/ego, along with good and evil, will vanish along with deluded Jerry, allowing your pure consciousness to merge with the collective consciousness. The innocent perception is the precise moment when your pure consciousness reconnects with the collective consciousness (the sheet of space), and becomes a tiny teeny part of the whole. This is the same as returning home to Mother Nature, back to the Source/God/Oneness or experiencing the spiritual Ascension (the third Noble Truth)...when the dew drop finally finds the ocean, there's no place like home!

The Law of One

The Law of One, known as 'The Ra Material', was also mentioned in Corey Goode's series with David Wilcock. Although this was the first time I had heard this phrase, it strikes a profound chord with the ultimate concept that I have been trying to convey. The contents of the Law of One are apparently not easy to understand. I have read the synopsis and have listened to the interpretations of it by David Wilcock, Corey Goode and a few others on YouTube who are trying to understand this profound message. From what I can gather, the Ra Materials convey the grand reality of the law of the universe, with the basic principle being the Law of One. There are also details about some jaw-dropping historical events in our solar system in their five-book series. The law of the universe is meant for all sentient beings to learn from our mistakes and become better persons by observing the moral codes, serving others and purifying our consciousness by doing meditation. This is the way to earn the Ascension or the graduation, which in Buddhist terms is the same as reaching Nirvana.



Here, I merely want to focus on the phrase, 'The Law of One'. All throughout history the state of Oneness/Singularity has always been described by wise people and by truth knowers as the main feature of the ultimate truth. It is of the opposite nature to the 'law of change', which bears good and evil. That's why 'The Law of One' resonates perfectly with this ultimate concept, which I am happy to add into my list of big words.

The Ra Materials contain yet another confirmation of this universal ultimate truth, but this time coming from a sentient being called 'Ra' in another dimension, through channeling. Once again, whether you want to believe it or not is entirely up to you. According to Goode and Wilcock, the Blue Avians, with whom Corey Goode had direct contact, and Ra in The Ra Material are the same being. They have been sending these positive messages along with the knowledge of their advanced technology to earth people for many millennia, but according to Goode and Wilcock, this knowledge was twisted and turned into something with negative intent that has impacted humanity until now. This negative intent results in the culture of making money with a stressful 9-to-5-job way of life. The communication with Corey Goode in 2016 was yet another attempt to pass on these most positive messages by the Blue Avians, delivering the same narratives as given by Ra in The Law of One, channeled and recorded from 1981 to 1984. The message of 'service to others' was mentioned repeatedly by both sources: Ra and the Blue Avians.

Hidden in plain sight!

Although the notion of attaining Oneness or Singularity is often mentioned, it remains a great mystery as to how exactly we can reach that grand unity. The answer lies within the fourth Noble Truth, especially the Vipassana practice or ‘bring your mental self back home’. With our individual belief systems we often allow our illusive Jerry to build a grandiose image that over-glorifies the experience of the ultimate enlightenment or Ascension. Such a grand image is actually the same experience as reaching the ultimate simplicity and ordinariness of right here and right now, wherever you are. This is reflected in the wise saying: ‘leaping like a tiger while sitting’!

This Ascension is a spiritual journey, not a physical one. You can reach it while you are doing mundane tasks at home, provided you have been practising your mindfulness meditation regularly. Where else could we reach that realization otherwise? The messages from the Blue Avians telling us to be kind, forgiving and of service to others, which we can perform with the people around us on a daily basis, are simply the means to this final end.

These images depict the view from a close range, with which we can easily identify, all the way to a distant cosmic perspective. The left-hand images depict the mind-consciousness being engulfed by deluded Jerry, which can be positive, negative or neutral, whereas the right-hand column depicts the opposite: being free from Jerry. Please don't let Jerry scare and con you into thinking of yourself floating in a vast empty space. We are actually floating in space right now while we are grounded comfortably on our sofa at home. I am merely trying to give you the idea of how minute we are compared to the size of the cosmos. It really doesn't matter if the earth is flat or spherical. Our perception is limited and we cannot possibly know everything. What really matters is making sure you know how to bring forward your mental space and the subsequent innocent perception to produce that Oneness, returning home to your big family: Mother Nature/Source/Creator – the tiny dew drop finds the ocean. Looking at the illustration, you can also see that we never left the Garden of Eden in God's Kingdom in the first place! Yet the ignorance of our mental space keeps us trapped in the tiny world/time warp created by illusive Jerry. Simply getting rid of Jerry immediately brings you back home to Mother Nature/God. That's all there is to it.



This is the farthest and closest (the Final Frontier) we can be to the Creator/ God/Source. There is absolutely nothing that can go beyond this point. This final certainty is already here, right under our noses. This guided wisdom will aid you to be more observant and notice the innocent experience that most people completely overlook. The mystery of unity is very much like trying to find the answer to this riddle:

What is it that has 2 in a week and 1 in a year?

Thinking too deeply will never reveal the answer as it is already there in plain sight.

The Creator and the Ant Factor

I have decided to add the term 'Creator' into my list of big words, too, as it is one of the most commonly used words among God believers and causes mystery and confusion. Once again, I see it as my duty to maintain coherence and avoid scattering the mind. To me, the Creator, the Secret of Heaven and Mother Nature all have the same meaning. The Buddha didn't touch this area of knowledge and refused to answer questions about the origin of the universe.³¹ The Buddha said that such questions wouldn't help us to end suffering any quicker. Besides, there is no way we can truly understand the mind of the Creator, or understand God.

I heard someone talking about the 'ant factor', which is ideal for explaining this matter: An ant is walking on a tarmac when suddenly a landing jumbo jet flies over the ant's head. Would that ant understand what's happening above his head? Definitely not!

The Buddha accepted everything as it is and touched only on the most important matter: dealing with Jerry, the cause of our mental pain, by observing the moral precepts, giving service to others as well as practicing mindfulness meditation to break the cycle of karma. The Four Noble Truths are truly universal, applying to all sentient beings in every realm, including ETs.

Once we focus on losing our ego, being humble, loving, forgiving and practicing meditation until experiencing innocent perception, we'll begin to understand the Creator in the most profound way that language cannot penetrate. Not only can we find ever-lasting inner peace, we'll also manage to unite with the

³¹ Having listened to Goode and Wilcock, some details about the history of the universe, our solar system and ET civilizations are apparently in The Ra Material. I have also come across another ET experiencer, Scott Lemriel, the author of the book titled: The Seres Agenda. Scott also revealed the history of earth and human civilisation similar to Corey Goode's - very interesting!

Creator, returning to the Source/God/Ascension. This is the final frontier; the farthest we can go as far as this epic spiritual journey is concerned. Nothing else can go beyond this point.

Everyone can verify this ultimate experience for themselves by engaging in the mindfulness practice. This is what I emphasize in my life teaching – helping my students to achieve and recognize innocent perception. Even though that ultimate experience may last for only a fleeting moment, it is priceless! Once you have gained experience through the guidance of your teacher, you will have a solid ground to work on and learn from, and a very firm scientific platform to begin your spiritual journey. You will gradually gain your own intuitive knowledge, and finally answer all the questions for yourself, maybe even without using words! Without this solid foundation, it is very easy to slide down a slippery slope of over-philosophizing on these profound subjects, turning into white and clear Jerry with very little impact on your soul. This way of learning not only brings very little change to one's life, but may feed one's ego too – something we must be careful of!

A joke to one, wisdom to another!

Everyone has their own belief system. The information shared by Corey Goode and David Wilcock on Cosmic Disclosure can be a joke to someone but wisdom to another. This goes for the contents of this book, too. It entirely depends on what you want to believe. Once a belief sets into a person's soul it is very difficult to change that point of view unless one is ready to open their mind. All I know is that, initially, it is necessary to believe in something or someone, because we all start with 'we don't know what we don't know'. We need a mentor to ignite the first light by asking the right question. Luckily, I have chosen to believe in the Buddha's teaching about the Four Noble Truths. Through his teachings, I am able to find a blissful state of mind, which goes beyond the confusion and conflict (yin & yang), very much like finding a spiritual sanctuary!

I choose to believe in the Blue Avians' positive messages because it resonates with my own Buddhist belief system. Tapping in to the concept of rebirth, we may see that our consciousness (soul, spirit) has been recycled for eons in different realms and dimensions. Once you know the ultimate truth, even though you have passed on to another dimension, your charitable intents are still there (in Jerry). Of course, knowing this, you would want to share the 'good news' however you can. Some beings are assigned to do such a duty. According to the Buddhist belief system, we can make a wish to return to earth so we can carry on propagating the good news about the jail breaking to reach Nirvana. My gut feeling and the way my life has mapped out for me also tells me that I might be one of those types of people, who are called the 'wanderers'. I could be an alien myself, as I feel so isolated in my own thinking. So, it is not so much of a surprise to hear such Buddhist messages from the Blue Avians, who could be the Buddhist version of 'celestial beings' in a higher realm.

My role here is to join the dots between the Four Noble Truths, the five elements that constitute our life form and mindfulness meditation. I only hope I have succeeded in this.

Chapter seventeen

Coherence

In this penultimate chapter, I will talk about the subjects that didn't fit into any of the previous chapters but need to be addressed. So as I gather those different headings in here, please notice that no matter what subject I have brought up in this book, there is always a coherence in the boundary of The Four Noble Truths.

The goal of life

Once you understand the Four Noble Truths, you can easily put everything into perspective. We can now use the third Noble Truth as a universal absolute rule. It is very much like a straight ruler, which can produce a real standard of measurement, especially for social and spiritual issues.



Originally we all belong to One Big Family. Each of us is part of that big, loving family with the same mother; Mother Nature / the Creator, which is the original Pure Consciousness the Buddha called 'the host mind'. But our individual mind-consciousness has been corrupted by our Jerry, causing us to become 'lost souls'. The illustration above on the left tells us that the purpose of life on earth is nothing more than finding our way back home to Mother Nature/God's kingdom/ Nirvana, where we can find our long-lasting inner peace and harmony within the environment of a loving family. This is the guided wisdom that wise people have passed down for millennia. The process to achieve that ultimate goal is by observing the classic golden rules of moral precepts. We can speed up the journey by practicing mindfulness meditation/Vipassana. This structure of life will enable people to live and die in peace, and while living contribute to a peaceful and harmonious society to finally reunite with Mother Nature, ending the rebirth.

Unfortunately, such guided wisdom hasn't been successfully propagated due to the lack of enough wise people around, plus the grand deception created by the top 1% of society's elite. As a result, wealth, power and status have replaced God's peaceful kingdom. Such unwholesome aspirations are distortions of the Law of One. The result is we have to pay the price, living in an increasingly chaotic world filled with immense suffering in all shapes and forms. Unwholesome actions also have karmic properties, which will certainly need to be adjusted later, according to the law of karma.

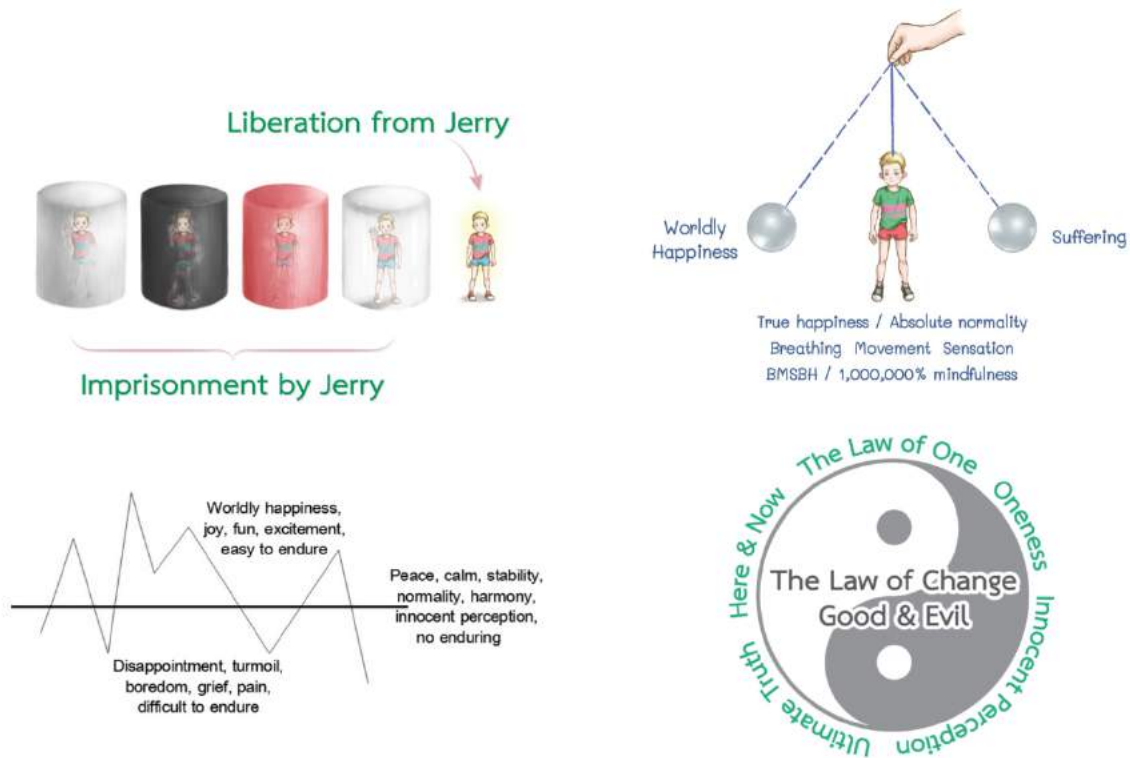
So, this book is trying to give you a perspective on the definite purpose of life, and to guide you back home to our original Big Family with our Mother Nature, where you belong.

Normality

Normality is a very important subject that needs to be addressed. Normality and sanity ultimately have the same meaning. What exactly is normality and a normal way of life? Children born in war-torn countries witnessing brutality and destruction on a daily basis may think their life is a normal one. In contrast, children with wealthy parents who are granted with every wish, may also think their lives are normal. Some people may view everything said in the poster below as normality. Are they really normal?



Once again, we must come back to the absolute ruling point or true normality, to know what exactly normality is. I have gathered images to show you the state of true normality as opposed to the state of abnormality or insanity. You can clearly see that normality is the state when consciousness is free from Jerry, which occurs in the moments when one is focusing on one's breath, movements, sensations or here and now. This in turn produces peace, stillness and harmony. But as soon as you engage with Jerry, a boundary of time-space and a state of duality is formed. The mental pendulum (consciousness) is swinging back and forth on either side of



the state of normality, which is subjected to the law of change, bearing good and evil to cause both positivity and negativity.

Once you can attain and experience mental normality through Vipassana practice, your thoughts, speech and actions will then become more normal. As a result of the practice, our behaviour and character generally becomes more morally sound – peaceful, calm, simple, down to earth, kind, giving – and usually wiser.

If there were more and more people practicing Vipassana, peace and harmony would gradually increase and become the signature of our global society. Individuals would behave more normally and have a more positive outlook on life, hence a more normal society will surely come about as a result. The members of such a society would develop a more 'normal' culture that is rooted in a normal state of mind-consciousness. Such a culture would not suffer so much from greed, jealousy and aggression, and could be completely void of violence and wars. Money might not be needed for such a normal society in which there is little or no greed. The social structure for making a living and physically surviving would be totally different from what we have now. People could work in the areas they are good at and love doing, so then everyone would be doing their jobs with passion and fulfillment with full awareness while technology tackles work that humans cannot do. I know such a utopian society sounds far-fetched but it is important to address here for the sake of younger generations. If we don't know what normality or sanity is, how can we recognize abnormality or insanity?

Only a normal way of life founded on these peaceful and positive behaviours can truly be called a 'civilization', which can only happen when more people engage

in the mindfulness meditation (the fourth Noble Truth). From this perspective, you can see that our current way of life is far from normal.

Our entire education, to say the least, is defective from the start, because it isn't based on the state of true normality as I talked about in chapter nine. Although the scientific facts are correct, the lack of directions towards the supreme goal of life can cause havoc to humanity. Many of us feel forced to work for the sake of earning money to pay the bills despite hating the job. Such unhappiness in the work place causes stress, depression and mental breakdown which can manifest itself in physical illness making our life seem like a living torture. On the contrary, if we love the jobs we do, our passion obscures any sacrifice within our work. Many of the famous people of the past who worked with passion in the field of science, medicine, art, literature, society and politics, didn't even know that the outcome of their passionate work was for the greater good, serving humanity for centuries, even millennia. It is a shame that passionate work cannot happen as long as money plays a big part in our lives.

Without the real standard used as an absolute ruling point, everything is shifted, forcing us to measure things in a relative manner, including our morals. I guess this is the run-up concept to Einstein's theory of relativity. He couldn't find the state of the absolute or true normality and therefore reduced his goal to measure or view things in a relative manner, producing a relative truth. This is about slipping into the state of duality of yin & yang. What I try to convey to you in this book is that the true normality does exist, and we can reach it by way of the fourth Noble Truth.³²

The misconception of void

In chapter 15, I talked about the void of self. Many people, especially in Western cultures, tend to project an image of a 'depressive void' or picture a lone person floating in a vast empty space. This is purely the artistic work of the master chef Jerry (Sankhara). The void of self is merely the result of innocent perception, where the sense of self disappears with the absence of Jerry. However, we won't be floating in a vast space alone; all the perceptions (sights, sounds etc.) still exist as usual but we just innocently perceive them as they truly are. That's all there is to it. The void strictly refers to the absence of the sense of self, which disappears with our thoughts/Jerry, although the physical body still very much exists. The void of self is far from depressing and lonely. In fact it is the opposite. With the sense of self gone, we then have more time and freedom to think of others, instead. This produces positive energy: loving, caring, forgiving, kindness and patience; making it easier to give service to others. We cannot do all this altruistic work when our ego is always distracting us and getting in the way of these positive behaviours.

³² I have elaborated this subject in the book titled: Einstein Questions, Buddha Answers. For more info regarding this book, please email: supawanpg@gmail.com

Nevertheless, all these constructive qualities are not easily attained without some sort of spiritual guidance and practice. The Buddha was one among a few spiritual teachers who emphasized the precise method as to how to reduce our ego until experiencing the void of self. All these positive qualities will happen to everyone who commits to Vipassana practice. So it is definitely not a 'depressing and lonely void' as most people tend to think.

Think, we must!



Having talked about not engaging in Jerry, I am often accused of telling people not to use their thoughts. Their Jerry rapidly created the image of their brain being in a vegetative state – unable to think! Surely this is not the case at all! Please do not take the view that thinking is wrong. It isn't wrong and neither did I tell you not to use your thoughts. We all need to use our thoughts. Thinking is one of the main functions of this life form; just like eating, breathing, sleeping, excreting and so forth. Among the five elements that constitute our life form, two of them are thoughts. Think, we must, as we need to plan and get things done! The whole point here is not about completely stopping using our thoughts – that is obviously silly – but it is about trying to understand how our mind-consciousness works so that we can switch off any unwanted, unwholesome and painful thoughts on demand. Furthermore, we can find our way to experience the ultimate truth, end our mental pain and attain long lasting inner peace.

To achieve that, we must know how to temporarily switch off our mental monologue. This is the very stage where thoughts (Jerry) become a major stumbling block preventing us from reaching the ultimate element – hence, prolonging our mental pain. What is even more serious is that we usually don't know how to switch off our rushing thoughts, very much like a runaway train, which is the root cause of all the havoc in the world and widespread mental problems (the second Noble Truth).

Getting rid of Jerry is an important step that must be done during structured meditation. This is why I have to emphasize to my students to decisively let go of

Jerry while practising the 1st and 2nd foundation of mindfulness (observing your breath, movements and sensations). I also need this whole book to help you to understand how our mind-consciousness (Tom & Jerry) work, so that you can use your thinking faculty in a much more controlled and effective manner both for your own benefit and for the common good; that is, helping mankind achieve the ultimate purpose of life, as the Buddha and all his enlightened followers have been doing. All these wholesome tasks are possible by employing positive thoughts, which I depicted as pink, white and clear Jerry.

So, I hope this rectifies any misunderstanding regarding the use of our thoughts.

Innocent perception is temporary

Many of my students have misunderstood the temporary nature of innocent perception, assuming that we should always be in that unique moment of innocent perception, and that one cannot use Jerry at all. That is not the case. Innocent perception is in the realm of wisdom and realization. Once you know it, you won't forget, and you will have it for life. Nevertheless, it does need some explaining.

What I am sharing with you in this book is called 'guided wisdom', which was the result of my 'Eureka experience' on a Monday afternoon in the autumn of 1997, while I was teaching Tai chi qui gong in the Dojo at Birmingham University. The immediate knowledge I had at that particular moment was knowing that 'innocent perception' (the phrase I created some 2 years prior) is the focus point of the fourth foundation of mindfulness. Such a crucial connection has gradually become the 32 Big Words on my list regarding the ultimate nature. That 'Eureka experience' created the source field for my own intuitive knowledge and allowed me to share all these thoughts with you. You may well ask, 'how did you know it was the right knowledge?' True, this is not the kind of knowledge that one can run to 'a teacher' to verify and endorse. No one in the universe can give us a certificate upon this final graduation. Anyone who hits upon such ultimate knowledge must be able to verify and endorse that knowledge by themselves, so this is ultimately a challenge we must take on, alone! This makes a lot of sense, as it is fair. Such ultimate knowledge is an essential endorsement for credibility, like a green light for qualifying as a spiritual teacher. This real knowledge must come from within our hearts, not from any holy texts, which are merely maps to Shangri-La, rather than being an actual physical place, so to speak. The entire of the Buddhist canon (84,000 topics) are merely guided maps to Nirvana; they are not the actual experience of Nirvana.

I didn't immediately want to be a spiritual guide following my Eureka moment. All I knew then was that I must verify for myself my intuitive knowledge, and since then, I have worked on trying to make sure that innocent perception is indeed the ultimate truth. I spent the entire summer of 1998 in the garden, trying to verify the innocent perception experience with the Buddha's key discourses in relation to

Nirvana. There were astronomical doubts and challenges in the process. My Jerry was trying to convince me that I was deluding myself, but I managed to defeat Jerry and escaped the yin-yang predicament to the outer circle, every time. The ultimate knowledge itself is complete and wholesome, hence having the quality of self-verification. This gives me the courage to announce and propagate with conviction that innocent perception is indeed the ultimate truth along with those 32 terminologies I have been sharing with you.

Once you have a taste of innocent perception, plus the guided wisdom that allows you to know that this is the ultimate truth, you won't forget it. Your daily mindfulness practice is like a test drive, allowing you to reach the state of innocent perception so that you can confirm the experience until you intuitively know for yourself that it is true. So in actual practice, when you do your structured meditation, it is advisable to meditate until you can experience innocent perception. Everything I said in this book is aimed to help you reach this final point so that you can see for yourself whether it is true. Although I have described for you the scenery of a place called Shangri-La, you can only imagine what the place is like until you have a chance to see it with your own eyes. Engaging in Vipassana practice is the spiritual journey that leads you to Shangri-La, so to speak.



You must train yourself until your consciousness is totally pure and free from Jerry during that particular moment so that you can have access to innocent perception (the ultimate truth). Once you come out from meditation you will use your thoughts as normal to plan and get things done. Fully enlightened people (Arahats) use their thinking faculty as normal, just like everyone else. The difference is that they have the ability to discard Jerry at will and produce innocent perception on demand, because there is no attachment left between their mind-consciousness or Tom and Jerry - the egg yolk has been separated from the egg white, so to speak.

In practice, you don't need to maintain innocent perception all the time but work towards the direction of having the ability to produce it on demand, becoming a mental and spiritual refuge as well as the main source for your intuitive knowledge. You will be able to answer a lot of questions yourself. The rest of the time you use

your thoughts as normal to plan and get things done, such as helping others to know this area of knowledge for the betterment of humankind.

What if the perceptions are holograms?

We are living in a world of grand deception, very much as is depicted in the movies, *The Truman Show* and *The Matrix*. It may sound cynical but the advent of television and computer was meant for this purpose: controlling the masses! The device in the corner of our living rooms has been managing our perceptions of reality for decades – making our way of life as it is now! Even with the alternative media from the Internet, the majority of people still take whatever they feed us in the mainstream media as the ‘truth’... “UFOs and ETs cannot be real until the US president officially announces it on TV!; Genetically Modified Organisms (GMO’s) are good for human consumption, because they say so on TV...” Some people cannot even talk about ‘chemtrails’ in their families without being called a conspiracy theorist!

There is so much conflicting information causing endless confusion for people. We don’t even know for sure if the earth is flat or spherical. The worst scenario could well be that this entirety is merely a holographic image projected by some highly advanced technological device. Who knows? Everything is possible, which means the perceptions of reality in front of us are likely already manipulated and controlled, so they can be false from the start. So, what is the point in making them innocent? How can we make something so positive (the ultimate truth) out of something so negative (illusion)? Would all these innocent perceptions become invalid and a total waste?



I must reassure you that it doesn’t matter if we live in a holographic universe and the entire perceptions are totally false, controlled, a simulation, or pure illusion. We can still definitely gain positive results from it. There is no way we can know the real truth in our daily perception of reality, because they are in the realm of duality (yin & yang) and notoriously changeable, which are wisely depicted as a curved line in the yin-yang symbol.



I heard that there are 32 levels of the 'no-need to know basis' classified information above the US president. This means that even America's official leaders don't even have sufficient security clearance to know all the classified information, which indicates a considerable amount of secrecy going on in the world. It would be fascinating to know who has more power than the US president. Well, whoever they are, they are the real power that controls the world, causing us to chase after money to survive while heading for some kind of mental problem one way or another, not to mention the atrocities of the proxy wars they have created so far.



Let's be truthful with ourselves; there is no way the average person on the street like you and me would know the honest truth of our daily perceptions of reality. They are just too much to discern. In fact, all these deceptions confirm further the nature of illusive Jerry and how untrustworthy they are. Hence, confirm how spot-on the Buddha was regarding the second Noble Truth: Jerry as the cause of all suffering! Some things never change!

That's why we have even more reasons to search for the ultimate truth, where Jerry plays no role whatsoever. It makes sense that we must neutralize those illusive perceptions by viewing them innocently, thus breaking free from the yin & yang predicament. Talking from my personal experience of some 40 years of Vipassana practice, I can confidently share with you that despite the grand illusions we see on the world stage, innocent perception always gives the same impact – leading us to inner peace and intuitive knowledge. Our long-lasting inner peace is the most urgent matter. Please don't forget this supreme goal. We are trying to bypass all the complexities of the endless rabbit holes and delving right into the ultimate truth for the purpose of our sanity and true knowledge. In other words, we leave behind the problematic realm of yin & yang and aim for the outer circle. This is the only way we can maintain our sanity while living in this increasingly chaotic and troublesome world – most of the time being totally lost! That's why I phrase 'Vipassana' as bringing our mental self back home so that our lost souls can truly rest in the warmth, love and safety of the big Family Home with our Mother Nature!

No Self: the best safety net!

Many people share the notion that religions, including Buddhism, have been used by the elites as a tool for mass mind control. I will let you be the judge of that, but the point I want to make is somehow relevant to this accusation.

By now, you must be familiar with the concept of no self (anatta) in Buddhism, which is very important. Apart from making sure you maintain your sanity, it also acts as a safeguard preventing anyone who may delude themselves into believing they are a 'god-like' figure. There have always been individuals who are revered by their followers for their spiritual teaching. Some are treated as if they are divine beings. Such phenomenon shouldn't have happened in the Buddhist establishment due to the no-self experience upon innocent perception.³³ For one thing, the Buddha basically destroyed the whole family of God in the Bhraman/Hindu society during his time, which was the root cause of the cruel and vindictive caste system. The Buddha, despite being of the higher caste himself, steered away from the blind faith in the God family and came up with a new set of teaching, the Four Noble Truths, which offered a lucid path to a clear end – eradicating mental suffering for everyone no matter what caste one belong to. Due to the very specific means such as Vipassana (the fourth Noble Truth), everyone can follow, engage in the practice, and verify for themselves whether the third Noble Truth (ending mental pain) is true or false. This kind of teaching was totally new and unheard of during the Buddha's time.

Only through Vipassana practice did we know that the most ideal type of sentient being in the universe is a fully enlightened one, called 'arahat'. They are the best because they no longer have mental suffering and their egoistic self has been completely destroyed, thus making them truly special. This is the very basic fact about any enlightened person – not an iota of ego left! I am sure that this is also the same as reaching the Ascension in the Christian concept, or uniting with the ultimate Oneness according to the Law of One. If those people don't have the ability to teach, you will never know, even if you sit next to one in a public place. They don't walk around with a halo above their heads for people to single them out as being holy. Neither will they boast about their spiritual achievement and claim the right to be above everyone else. All they have is a strong sense of simplicity and ordinariness. They are down-to-earth, totally devoid of thinking they are special and have no sense of self-importance whatsoever. With such immense mental and spiritual freedom, they have the incredible ability to love, care, forgive, empathize and serve others, yet remain humble and simple.

Such a simplistic character is the safety net Mother Nature has designed for highly spiritually evolved people, making sure that they don't go insane, which actually makes a lot of sense. The Law of Nature is always thorough in this crucial matter. That's why Mother Nature/God must protect those people who have developed their spirit to the top by completely stripping away their sense of ego and use this as a safety net to protect them mentally and spiritually. Hence, the Buddha's concept of no-self (anatta) and the simplistic character of arahat (fully

³³ To get to this pinnacle, one must have the right practice though; this stage can be tricky as there are so many different techniques going around by different spiritual teachers.

enlightened one), which confirms this very sensible fact. Without this safety net, we would have people claiming to be enlightened gurus that have reached the Ascension, making a living out of it by demanding to be worshipped. No-self is a characteristic to look for when it comes to judging any spiritual leaders. One should react with great discernment when encountering leading individuals who present themselves as divine beings while happily accepting overwhelming wealth and worship given to them. It isn't difficult to employ that discernment if you practice Vipassana. Everyone can do it by engaging in mindfulness meditation until you gain your own intuitive knowledge. You will then find out for yourself that the higher you go up this spiritual ladder, the smaller your ego becomes. Being completely void of self/ego is the goal of this practice.

I must admit that I have never agreed with the hierarchical structure within the Buddhist Sangha (officers), where there are different levels of status and rank, which is no different from that of lay people. Such hierarchy is the very thing the Buddha destroyed during his time as it weakens the Sangha institution.

I am Nothing!



With the intention of combating our egoistic nature brought about by Jerry, as well as trying to enhance the concept of no self, I use a very challenging phrase: 'I

am Nothing!'. This is not an insult by any means. It's simply stating the fact of our actual status in this gigantic cosmos.

Size wise, we are just a tiny speck of dust compared to the colossal universe: we are absolutely nothing! But it is Jerry who creates the time warp and tricks us to form a mental construct called 'self'. We then plaster that mental self with different labels and live by those labels, playing out those roles: mom, dad, husband, wife, child, teacher, student, doctor, electrician, engineer, judge, footballer, lecturer, black, white, British, Chinese, Buddhist, Christian, Jew and so forth. We interact with others using these labels, which leads to expectations and the inevitable disappointment and conflict. Add to this is the huge propaganda machine of the media. People are constantly motivated to want to be a 'somebody' in order to gain more wealth, power and status. Consequently, humans become like hamsters running on a wheel, sending us deeper into the Matrix world, not knowing if we are coming or going – utterly lost and exhausted!

My intuitive knowledge often comes forward whenever I sit in the waiting room in hospital before having an X-ray. Each patient arrives at the waiting room in different clothes. Some are in expensive suits, some are in plain tracksuits, but by the time they put on the green or blue gown for their X-ray, the veil is stripped and the truth revealed! Ultimately we are intrinsically all the same; sentient human beings with body and mind-consciousness. This is the very state of being that I call 'I am nothing!'. In not knowing the intrinsic state of our true self, people don't know how to act or live their lives when they lose their jobs or come to retirement, especially from high-status jobs. When they lose their job as a director, a president, a doctor, a judge, an accountant and so forth, they also lose the sense of what or how to place themselves without the title. Many mothers feel redundant and depressed once children grow up and leave home. Sadly, most people don't know how to truly live their lives when their social labels are obsolete. To live with ourselves is about bringing our mental selves back home, being with our breath, movements and sensations and then absorbing and enjoying the on-going moment of here and now. That's all there is to it.

'I am nothing' can also make an incredible impact whenever your ego is dented for whatever reason. All we need to do is remind ourselves of our real status in this vast universe. This is the reason why the practice of humility, simplicity, humbleness, forgiveness and loving kindness are essential tools to spiritual jail breaking in order to reach Ascension. Lots of people will stop at nothing for money and a false perception of power, bringing mayhem to the world we have now! So, 'I am nothing!' is not about seeing ourselves as worthless creatures or useless eaters but rather an emphasis on reducing the size of our egos. As a matter of fact, humans are very powerful creatures, because we have mind-consciousness that grants us the ability to make peace or war, or to create heaven or hell on earth. With a bit of guided wisdom via the Four Noble Truths I offer you in this book, together we can co-create a positive and harmonious world society. Only those who have small or no egos can truly have loving kindness, compassion, empathy, forgiveness and generosity towards others for the betterment of humankind.

Most importantly, the practice of mindfulness meditation allows us to be content and at peace with ourselves without having to rely on any social labels. To be void of 'self' is real mental and spiritual freedom – I am nothing!

Diversity....The True Beauty of Creation

Racial discrimination is a problem that has always been with humanity since recorded history. Such prejudice causes a great deal of suffering both to individuals and society as a whole. It can make people's lives a real misery, from the bullies in the school playground to the wars among mankind. All this unnecessary pain can be made obsolete by simply adjusting our way of thinking. The story I am about to tell you gives us the exact answer we need to solve this on-going racial problem.

I grew up with the very first series of Star Trek with Captain James T. Kirk, Mr. Spock and their crew on the *Starship Enterprise*. I never forgot a particular episode when the *Enterprise* arrived at a planet where the people wore different kinds of masks. This intrigued the crew of the Enterprise and prompted them to find out the reason behind the mask wearing. Of course as usual, there were confrontations and fights as the story moved on, until reaching the climax when the truth was revealed. Once the masks were removed, every single person had an identical face. The leader explained that their society was burdened with immense boredom from everyone seeing the same face and it had become a massive problem, so one of their wise elders suggested having the masks to create a diversity of faces among their people.

I love that story line. Although I watched it a long time ago, I have never forgotten it. Diversity in the natural environment is the true beauty of nature, as it is with humans. The different colours of skin, eyes and hair and the different looks we all have are the true beauty, the gift that the Creator gives us humans. Such differentiation and diversity are a blessing that takes away the mundane – certainly not a curse or a problem. Imagine we get up one morning to see every person with the same look; with blonde hair and blue eyes or black hair and brown eyes, all the same across the planet. Or how about every tree having the same look and height and every flower has the same shape and same red colour? No matter how beautiful a red rose is, we certainly don't want to see just red roses everywhere, do we? That would be a perfect theme for a real horror film, wouldn't it? Why is it that we can embrace the differences and diversities in the natural environment and regard them as beauty – a precious gift from Mother Nature – but why can't we embrace the same positive attitude with humans? Why do we have to be selective and create schisms? It is very sad that people are so blind towards such God-given beauty and turn it into an unnecessary problem instead.

It isn't difficult to guess who is responsible for such destructive thoughts regarding racial discrimination. Once you know about the second Noble Truth, you can always point the finger at Jerry, who is responsible for the cause of all mental

suffering among humankind. Our egoistic Jerry deludes us to think that our race, skin color, our culture and our country are more superior than others and gives us the right to look down upon others. Such a biased attitude is nothing more than our mental self being trapped in the small prison of Jerry, causing our mental blindness. This is the root cause of division among humankind.

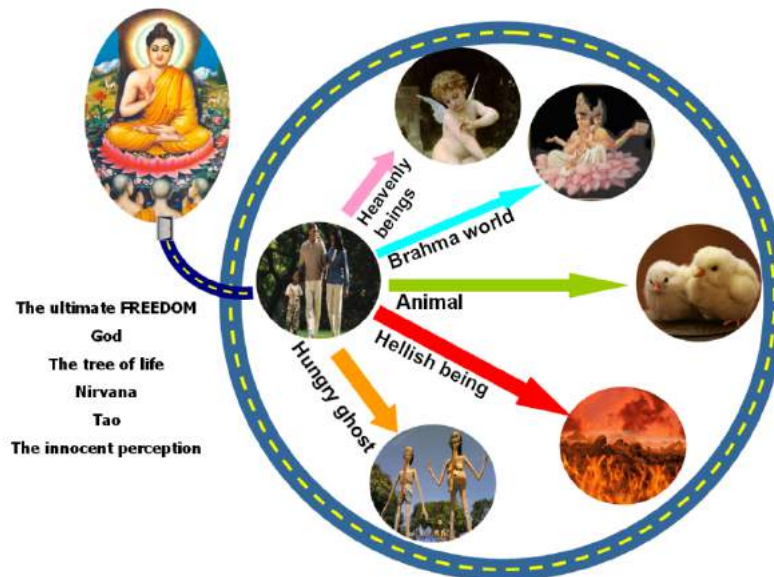
The solution is simple. Once we know the root cause, we can start fighting Jerry in the right battlefield by lifting the veil of Jerry and returning home to Mother Nature. On top of this guided wisdom, one needs to also engage in mindfulness meditation or Vipassana practice so that the veil of delusional Jerry can be lifted. Only then, can we see the true beauty of everything. We can truly appreciate and have gratitude towards the differentiation and diversity among the natural environment and humankind. All the racial conflict and wars will become obsolete. Global society will be totally different from what it is now. Altogether we can co-create a much more loving, harmonious and positive society for us, humankind, to live and to die in peace.

Chapter eighteen

Samsara and Jail Breaking

Without the cycle of rebirth or samsara, the ultimate enlightenment of the Buddha along with those Big Words on the list, would not make any sense at all. The illustration below can tell you why. According to the Buddha, samsara is a prison of life, trapping all sentient beings in there. With the enlightenment of the Buddha on a full moon night some 2605 years ago, the young prince succeeded in his 'jail breaking' from samsara. This awesome event transformed a man into a Buddha, meaning the knower, the awakened and the joyful person.

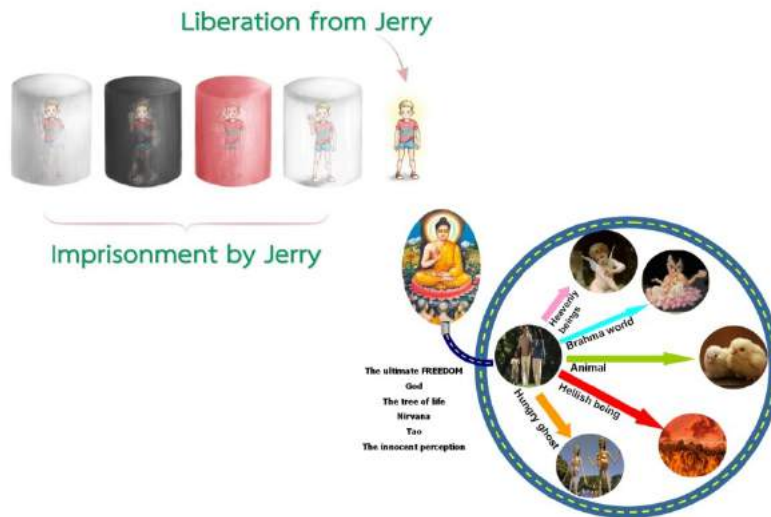
His awakening made him realize that before becoming enlightened, he had been in



the same predicament as all sentient beings in the entire universe – a prisoner in this colossal prison of life! The Four Noble Truths format of teaching basically aims to assist humanity in its own jail breaking from samsara so people can claim their ultimate freedom. This “final destination” of life has the same meaning as those terminologies in my list of 32 Big Words. This is the sole reason we are being placed here on earth: to learn, evolve and develop ourselves until we can successfully claim our ultimate freedom and end the tedious rebirths. If we haven't yet reached that final goal, we have to come back again and again until our mission is accomplished. The rebirth cycle is nothing more than giving us a chance to learn from our mistakes and make new choices. Whatever choices we make will bear karmic results, either causing more rebirth in different realms or ending rebirth altogether.

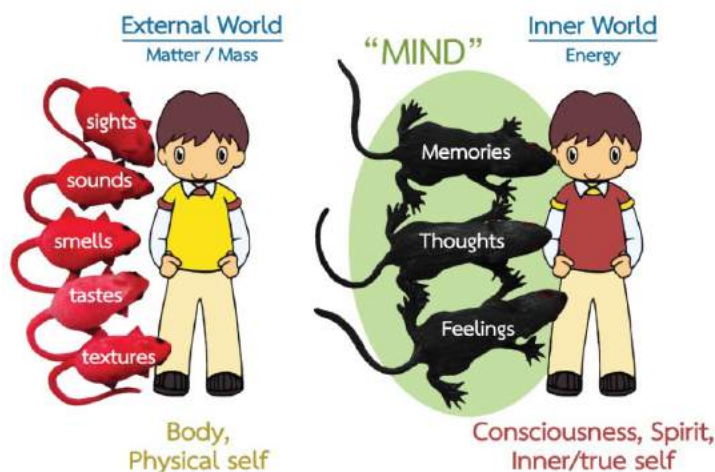
We create our own destiny

Karma means action with intent in the form of thinking, speaking and physical actions. Jerry is the main cause of all the karma we make. As long as the actions



are done with intention, they will bear karmic consequences. The different coloured Jerry shown in the illustration are small cells trapping our mental self/ consciousness, which will send us to the big prison of samsara after we die. According to the law of karma, there is no one above sitting on a throne judging our actions; it is purely done by the natural law of action existing in the universe.

Please have a look at the five constituents. We all have a memory element/Jerry as part of the construct of our mind-consciousness. It is this element that collects every intentional thought, speech and action we have done in our life. So, there is no bias and no one can corrupt the record, not even ourselves. What has been done is done. There is no going back to change the record. The most you can do is to learn from your mistakes, forgive yourself and others, and commit to more wholesome deeds. This can be compared to adding more water to salt to dilute the repercussions of karma, so to speak. I would not surprised if all these individual



karmic records in our personal 'notebook of life' (memory Jerry) are naturally connected to the main collective database, called the Akashic Records, which is said to contain the entire history of every soul in the universe since the dawn of creation. This is like a network of the law of karma on the cosmic level!

When the moment of death finally arrives, the physical body ceases to function and subsequently decays, turning into earth, water, fire and wind – remaining on earth, whereas the non-physical mind-consciousness (Tom & Jerry) will move on to the next realm. You can see that when passing to the other side, we all take our own non-material notebook of life with us – Jerry! It is this notebook of life that keeps all the records of our deeds in our entire life time, which will justify which realm in samsara we will be placed. Of course, there must be further details at that stage, which I have no knowledge of, not until I reach the other side myself. This is just a general idea. All I know is that we alone, certainly not a divine being, create our own destiny. In my opinion, the natural law of karma is the fairest system of judgement.

Three options

According to the Buddha, there are three choices we can make regarding karma.

1. Positive deeds (being a good prisoner) send us to a wholesome realm: humans, celestial or Brahma world.³⁴
2. Negative deeds (being a bad prisoner) send us to an unwholesome realm: animals, hungry ghost or hellish world.
3. Non-action deeds: (done by people who practice Vipassana) set us free from samsara.³⁵



³⁴ After listening to Corey Goode and Scott Lemriel, who are the ET experiencers, I begin to think that the Buddhist concept of celestial beings could be sentient-beings or ET in higher dimension and may live in other planets and star system.

³⁵ Non-action deeds may sound unfamiliar and contradictory. This third choice of action specifically aims at the Vipassana practitioners who know innocent perception and detachment from Jerry rather well. Hence, their thoughts, speech and physical actions have little or no karmic consequences - rather paving the way for 'jail breaking'.

Everyone has the free will to choose whatever activity they want to engage in during life but we have to bear in mind that they all have karmic consequences. Whether you believe in the law of karma or not, it doesn't matter. This natural law of action won't stop working just because you don't believe in it. It is, however, much safer if you do have a belief in karma because you don't want to find yourself in deep water when you reach the other side – being placed in a realm that you don't want to be in! It will be too late then because you have already made your choice. There is no return. You have to face the consequences, and put up with whatever is your predicament, until you finish your sentence – meaning finishing the life span in that realm. Once your jail sentence has ended, the law of karma will again send you back to earth or another realm, for yet another rebirth with your past memory wiped clean. You will repeat the cycle with those three options to choose again, over and over, until you manage to find someone who can direct you to your 'jail break'!

Since the Buddha's enlightenment, the good news about 'jail breaking' has been widely propagated by the Buddha's followers so that people can make the right choice. There are always wise people on earth and celestial beings guiding and assisting us on this epic journey but your free will (Jerry) might place a veil in front of your mental eye and deter you from understanding this crucial message. So, if you don't grasp what this book tries to tell you, please don't give up! Try reading it over and over until you understand.

Misconception

Countless rebirths in samsara are tedious – truly exhausting – even though our past memories are wiped clean. The danger of rebirth is that apart from facing the predicament of ageing, illness and death, we also have to put up with the mental pains, big and small, of daily life. This is why you don't even want to be a 'good prisoner'. The end game of the law of karma is for you to do the 'jail breaking' and claim your ultimate freedom by means of practicing mindfulness meditation or Vipassana. This is the most important message that the Buddha wanted to deliver since his enlightenment and I cannot emphasise it enough. Yet, some 90% of Thai Buddhists cannot grasp this concept and want to have a 'good rebirth'; the most popular desire is to be born rich with great looks, which is a widespread misconception, even in Buddhist countries. A good birth, being rich and famous, doesn't help you to end the rebirth cycle. You may be lured into temptations by Jerry and perform unwholesome deeds, which will throw you back into the prison and send you to a negative or unwholesome realm to be reborn again, over and over. As a matter of fact, the Buddha said that we have already been through literally every realm in samsara for eons with the hope that during one of our lives on earth we'll stumble upon a spiritual guide who can point the way for us to break free from this prison of life for good. This is what I am doing now through this book.

Prove it!

Many people refuse to believe in the law of karma due to a lack of evidence. Skeptics like to say: 'prove it and I will believe it'. It's funny that we have no way to physically prove a dream but we have no problem in believing that we actually have dreams. Dr. Ian Stevenson (1918-2007), a psychiatrist who worked for the University of Virginia School of Medicine for 50 years, spent 40 years of his life doing extensive research on past-life experiences, near death experiences (NDE) and out of body experiences (OBE). He recorded about 3,000 cases of people who claimed to either have memories from their previous lives or of having a near death experience (NDE) or out-of-body experience (OBE). He became internationally recognized for his research into reincarnation. His successors, Dr. Bruce Greyson and Dr. Jim Tucker, both work at The University of Virginia, have carried on with the research of reincarnation and near death experiences and has compiled lots of evidence in this field. They tried to tell people that our mind-consciousness works independently from the brain and survives physical death, which strongly backs up the rebirth concept. This is the same message that the Buddha told us some 2,600 years prior. The brain's activities are in fact the result of the mind-consciousness' activities and not the other way round. However, the brain (body) and mind-consciousness have to work together in tandem to form a complete network for this life form. I have elaborated on this subject in chapter nine: The Sixth Sense. In one of his speeches, Dr. Bruce Greyson said that despite the overwhelming evidence of reincarnation, it didn't mean that mainstream science would accept the rebirth concept.³⁶ This is an unfortunate fact that believers in karma have to learn to live with, I am afraid.

Here are some good examples to support the rebirth concept. Someone sent me a clip of Tiana, age 3, giving advice to her mom, who obviously was having a tough time with Tiana's dad.³⁷ It is crystal clear to me that Tiana has an old soul in a new body. Her advice to her mom was extremely profound and wise and her heart was filled with great compassion, not just to herself, her mom, dad, nana, but to humanity too, which you can easily see from her serious eyes and mature facial expression while dishing out advice. I don't have an iota of doubt that all these exceptional qualities are the collective properties and wisdom she carried through from her previous life. Without the rebirth concept, how can we explain Tiana's unique ability to be an 'agony aunt' at the age of three?! Also, whenever the subject of a child prodigy is brought up, science can only attempt to connect such a unique ability with the functions of the brain, which to me, doesn't really explain anything. However, if this phenomenon is connected to the rebirth concept, it makes much more sense that those child geniuses carry with them their past life skills. Although they don't particularly remember who they were in their previous lives, their extraordinary skills, whatever they are, were saved in their memory boxes (Jerry) so they carry them through into this life. Those exceptional talents certainly do not

³⁶ <https://www.youtube.com/watch?v=2aWM95RuMqU>

³⁷ <https://youtu.be/sW07EHjzG4M>

come from this present life. This can cause a young child of say 5 years old to do something truly incredible and astounding such as having the extraordinary ability to play the piano or to paint. It makes much more sense than being skeptical, don't you think?

David Wilcock made some very challenging comments in his Wisdom Teaching on Gaia TV, saying that Jesus actually taught the concept of reincarnation, which he picked up from Buddhist monks in India during his lost years from Judea. This is the reason why we are born with sin according to the Christian belief. Without the rebirth concept, how can a new born infant have sin? Unfortunately, Christ's teachings were distorted to suit the purpose of the elites, so Wilcock said. I love to agree with David Wilcock on this issue. Jesus was born 543 years after the Buddha passed away so the Buddha's teaching was still very fresh and crisp then with lots of enlightened followers to spread the words of the Four Noble Truths and leaving samsara. So, it is very much possible that Christ had been influenced by the Buddha's teaching. 'The Law of One', the series of five books by Ra, also talked about reincarnation as 'a matter of fact'. Despite having so many proofs, people who are deeply set in their own belief system still don't want to believe in the law of karma and rebirth. They carry on with what they want to believe – always have and always will. This is the veil I was talking about!

I skimmed through the references above just for you to do your own research and leave it to you to make up your mind if you want to believe in the law of karma or not. All I want to do in this chapter is to give you a perspective of the rebirth concept. There are many more intricate details on this subject. Should you like to know more, please read 'The User Guide To Life: The Law Of Karma'.

Final words

I have finally brought you to the end of this spiritual journey in writing. The theory part in this book is very much like a map for you to study before you literally take your first step of the journey. Reading the map and taking the first step are two totally different stages. When you actually engage in the journey, as in Vipassana practice, you will have to put the map down or basically lay off Jerry. However, the contents in this book, in my view, are necessary for you to know prior to the voyage. You won't have a clear direction otherwise and may get lost. The instruction during the mindfulness meditation or Vipassana practice will be of a different approach with the emphasis more on the mind-consciousness. That's why I need to sort out the theory part, letting you know the difference between mental self/consciousness being the subject, with Jerry the object. This may enhance your understanding when you actually do the practice.

I hope very much that you are inspired to take part in this crucial spiritual journey and I will carry on guiding you in the practical part via my YouTube videos.³⁸

I wish you all the best with your Vipassana practice and hope your spiritual mission will be accomplished, preferably in this life time.

May all sentient beings live in peace and die in peace.

May your mission of 'jail breaking' be accomplished in this life time!

³⁸ <https://www.youtube.com/user/SupawanGreen/videos>

Glossary

Aggregates or five aggregates: The five parts or groups or constituents that comprise human beings; the physical self (material or mass), and the four formless or mental parts: feelings, memories, thoughts and the consciousness (mental self).

Anatta: The state of no-self due to the disappearing of one's thoughts.

Arahat or Arahant: A fully enlightened person or the one who has left the prison of life (samsara) following the practice of the four foundations of mindfulness.

Ayatana: Senses, traditionally referring to external ayatana (sight, sound, smell, taste, texture and mental objects) and internal ayatana (eyes, ears, nose, tongue, skin and consciousness/mental eye). 'That sense' refers to the state of combining all sensory perceptions into one sole perception without the presence of thought/Jerry (chapter 15, practice volume).

Balloon popping: A description or analogy of how thought disappears when it is observed by the sixth sense.

Big book: Referring to a well-trained mind following a lengthy practice of the four foundations of mindfulness or vipassana until reaching a point of gaining one's own intuitive wisdom particularly the knowledge about the existence of the ultimate truth.

BMSBH - Bringing the mental self back home: Supawan's invented terminology, which has exactly the same meaning as the four foundations of mindfulness or vipassana.

Defilements: Unwholesome thoughts or mental qualities that harm the mind and cause harmful thoughts and consequences. (kilesa).

A dome/living under a dome: Referring to the state of spiritual ignorance when the majority of people do not know the ultimate purpose of life (jail breaking) and the means to it. Having the same meaning as the Matrix world.

Dukkha: The first noble truth – pain, suffering and referring to the unsatisfactory and the insecure nature of life.

Five constituents or groups or aggregates or elements: According to the Buddha, the human life form consists of five different groupings (five aggregates or khandhas)– one group is mass and the other four parts are of a formless nature (energy).

1. Body = physical self = mass = rupa
2. Memories = Jerry = energy = nama
3. Thoughts = Jerry = energy = nama
4. Feelings = Jerry = energy = nama
5. Consciousness = mental self = true self = Tom = energy = nama

Four foundations of mindfulness: Four bases of self-awarenesses (satipatthana): contemplation of the body, contemplation of physical sensations, contemplation of mental objects (thoughts and feelings) and

contemplation of everything with innocent perception (that sense). The direct route to jail-breaking from samsara.

Four homes: Supawan's terminology referring to the four foundations of mindfulness.

Host mind: Referring to the original state of mind which the consciousness element is working naturally without the interference of thoughts/Jerry. Every single human has the state of the host mind all the same.

Innocent perception: Supawan's coinage referring to the fourth foundation of mindfulness, the ultimate truth, God, Nirvana, Tao and the rest of the 29 terminologies in this book.

Jail-breaking: Referring to the ultimate mental freedom following the escape from the prison of life/samsara/the cycle of rebirth by means of BMSBH.

Jerry: Use in both singular and plural. Referring to every mental event caused by thoughts, memories, imaginations, feelings and emotions. Supawan's guidance is to round every mental object, event and experience into just one word, 'Jerry' so that practitioners can easily reach the solution by evicting Jerry from the mind – a digestible concept!

Jit-jai: A Thai word for mind, which Supawan defines her own definition for the sake of clarity paving way to clearer practice. Jit means thoughts, memories, feelings and all mental activities or Jerry; and Jai means consciousness, mental self, Tom. Chapter one of the theory volume.

Khandhas: The five parts of human existence, translated as aggregates, groups or entities. See also the five constituents.

Law of action: See Law of karma.

Law of karma: A universal law of action, which has cause and effect as in wholesome actions (physical, verbal or mental) have a corresponding wholesome effect and unwholesome actions have a corresponding unwholesome effect.

Lood-pon: A Thai combination word, lood means to disconnect and pon means to go beyond – referring to the state of the ultimate enlightenment when the mental magnetic field between Tom/consciousness and Jerry/thoughts and feelings snap off from each other.

Matrix world: Referring to the illusive world caused by Jerry, from the movie "The Matrix" where the characters could not escape from a holographic world. See chapter 18 for a full description.

Mental eye: Referring to the consciousness element (the 5th element in the five aggregates), the same meaning as the mental self, the sixth sense and Tom.

Mental guests: Referring to Jerry (thoughts, memories, feelings and all their trimmings)

Mental hologram: An illusory state of mind created by illusive Jerry (thoughts, memories and feelings).

Mental self: Referring to the consciousness element (the 5th element in the five aggregates), the same meaning as the mental eye, the sixth sense and Tom.

Mental space: Referring to the silence and the stillness of the mind, the nature of the 3rd home and closely connect to the 4th home or the innocent perception.

Mental skill: Referring to the practice of the four foundations of mindfulness or BMSBH.

Rupa: The external/material world of sights, sounds, smells, tastes and textures. The Buddha represents all external sense objects into just one word – rupa! See Chapter two of the Theory Book.

Samsara: The cycle of rebirth or the prison of life, the place where sentient beings are trapped. The continuous round of existences, perpetual wandering.

Sixth sense: The consciousness/mental eye, the observer part of the mind that observes the object parts of the mind or Jerry.

Soul: Referring to the consciousness element/mental self/true self at the stage of shifting from the earth realm to the next sphere/habitat. Also called: spirit or ghost.

Structured meditation: Referring to the BMSBH practice when practitioners make time to sit down with closed eyes and commit to the practice for a length of time.

Tom and Jerry: A characterization of a cat and rats used as analogies to illustrate the four mental components of the mind and the activities of the mind.

Tom: The mental self, the sixth sense, consciousness.

Tube of intellect: Supawan's invented phrase to describe mental activity caused by Jerry, having a nature similar to digging endless rabbit holes.

32 terminologies: Referring to chapter 2, words or phrases representing the same ultimate experience in nature to accommodate people of all beliefs – pious and scientific.

Ultimate truth: Referring to the ONE and ONLY ultimate experience, that is beyond all thoughts and languages.

Unstructured meditation: Referring to the on-going BMSBH practice while doing the daily activities.

Vipassana: The practice of insight meditation, the same meaning as the four foundations of mindfulness and bringing the mental self back home. Making direct observation of the inner-sights: breathing, movements, physical sensations, thoughts and mental feelings.

Help & Contact

If you enjoyed this book and agree with the contents, here are some things you could do to help spread the message:

1. Please share this book with your family and friends through social media by posting the links below.
2. Please subscribe to my Youtube channel and learn how to bring your mental self back home (Vipassana). This is the part that is better done in talking than writing. It's time to put the map down and start taking the first step of your epic journey towards breaking free from Jerry. The more people practice mindfulness meditation (Vipassana), the more peace and harmony there will be in the world. Daily meditation practice is our personal contribution towards World Peace.
3. Please like, share and comment on my live teaching videos on my Youtube channel and let people know about their spiritual Tom and Jerry so that we can all fight our problems in the right battlefield.
4. Spreading the 'good news' of The Four Noble Truths has been my passion and full time job without pay for over three decades. If you would like to make a contribution for this book and my work so that I can keep on working for humanity, your generosity would be most appreciated. You can donate at:
paypal.me/MrsSupawanGreen

Thank you very much for your support. Here are the links to my social network.

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