

The Adventure of



a Lifetime

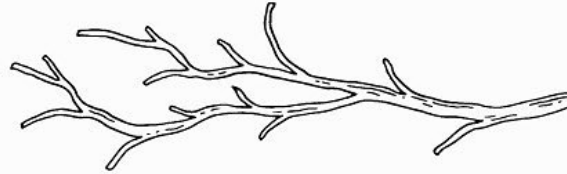
At first I asked, why am I following the crowd?

I lived and did according to what my mind said was right or wrong, missing on bounties captured by the "wrongdoers" I judged so.



My mind, a collection of past events called itself the self. The self suppressed the desire for new opportunities if it had no past record.

I took the leap of faith into the pit of my desires. I crawled out with new abilities and knowledge after unveiling my "hidden" self. These were candles to navigate down the pit.



To grow, I wanted more for myself. Down the pit was a dark, endless chasm. No light would be enough to illuminate it. All my desires were this unfillable void inside me.

But I went on.

always against the anxiety my mind induced to protect me from drowning in darkness.

Better there be some light than no light at all.

To live is to desire.

**To desire is to endure the suffering of the
anxiety defense mechanism.**

**Once a desire is fulfilled, we immediately
seek the next candle.**

For beyond lies darkness.

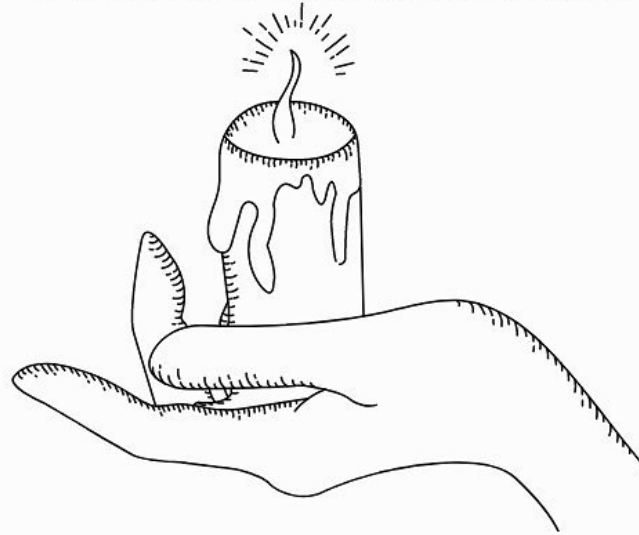
**As I light more candles, I realise that I am
less of myself and less of the past records
which constituted my mind.**

**I think, if this goes on forever, I will be
something existing beyond my mind.**

The self cannot be the mind.



**For to live is to desire
To live fully is to desire fully.
To desire fully makes the encounter with the
eternal void inevitable.**

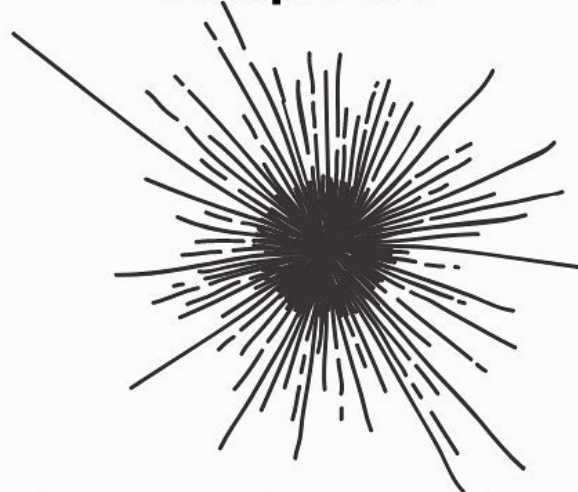


**What of the soul?
A fully lived life would contribute to a more
fulfilled soul.**

**The mind which I now see as a mere tool of
evolution used by the soul through the body
to gather experiences from this world.**

Now, the experiences gathered by the soul is limited by space and time. Each life throughout history in different society and environment is a unique experience.

Do the cycles of rebirth aim to make a soul complete?

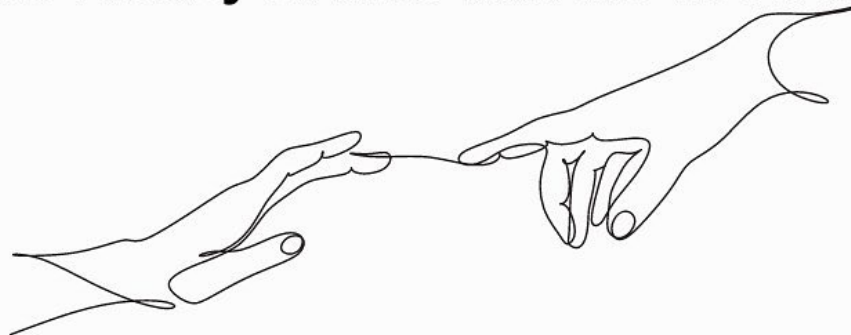


Except for experiences, the soul will conclude that it is not so different from others. Completed souls are indiscernible.

The self must be something higher.

**What remains is the spirit, the force and drive
to experience life. But it cannot be the self.
All drives are similar with a united purpose;
to live.**

**They all form part of one God. From there, I
see the futility of hate and the need to love.**



**I return back and pay my respects to the holy
scriptures for they all represent this journey
by others before me.**

**I now know that only God exists and the self
does not. I am only part of him. As I praise
God, I praise me and all of life**

**In knowing I am nothing, I
lack nothing and I am free
to become everything**



Some Theory

The mind tries to mimic the self, forming the ego.

The ego, self-esteem is always broken upon exposure to the void.

In the void, life is in its most hostile condition, in uncertainty, its
diametric opposite.

To maintain life and resolve uncertainty, the ego must be maintained.

But upon each exposure to uncertainty the ego is broken in a painful
process.

Life requires all living things to experience it.

Life is suffering First Noble Truth - Gautama Buddha

The anxiety related to death is the realisation of the void. The mind
forms anxiety as a defense mechanism to prevent more exposure to life
and mitigate the encounter with the void.

Once rejection of the self is achieved and association with the spirit of
life and God is achieved through enough life experience, the fear of
death departs.