

# *My New Spiritual System*

## *Part III*

### *Revolution*

By Andreas Ingo August 2022



#### **Preface**

After the writing of My New Spiritual System (Part I) I concluded that I had laid out all my life experience on paper. Not that everything I learned was put down in a document for everyone to read, just that the *essence* was found on those pages.

I'm a spiritual person, a traveller, a social animal, a philosopher and an artist. I try to take care of my body and my mental state. I also try to assume the relaxed state of a hedonist sometimes finding great pleasure in "easy" joys.

Making money as best as I can to support my unique life-style.

The main conclusion was that one had to find the way to the individual self. To find the way to an unconditioned state and at the same time find a way to combine the unconditioned state with intellectual disciplines such as travelling for personal development, meeting people and writing just for the fun of it - and in the process learn something new.

In the second part of My New Spiritual System the main point was that one had to ease down more. As the hard years of travel and difficult art projects tore upon the body and the psyche.

It was a natural development for me as I had the life experience on the road and revelations coming from within. Now I tried to get more sleep, to eat better than before to raise energy and in general work against stressful situations, abandon over-thinking and adopt a mindful mind-set to only work at one task at a time and taking pleasure in the moment.

This process of “taking-it-easy” was a process that I enjoyed for several years. A lot of thoughtful reads of literature, philosophy, science, history and the study of chess, popular and classical music made me occupied while not resting among many other things.

*It has been revealed that the combination of affirming true self and the extension of true self for personal development have been a good combination - a delicate balance that gives inner peace but also great tools to use in difficult life situations.*

Now in this third part of My New Spiritual System a new period of my life has revealed many life lessons that I want to present to my readers.

I have become something like a revolutionary but not a man of typical political ideology but rather a man that like to push people along their own preferred way of living and at the same time support these people with different tools, possibilities and perspectives to make it on their own.

*After all - that is what I have done to myself!*

## **1 - Travel In A New Way**

It all has to do with the cost.

That is one way to start. Yes, it has been revealed to me that what makes travel really difficult is in some sense the need to bend the comfort zone physically and mentally but to much larger extent to find ways to *earn money* to support extended periods of travel.

To me this has been really difficult due to the *burnout* mentioned in the preface.

I will discuss money more in detail in Part 2 of this document but what you need to realize is that you have to cut down the costs if you want to succeed with longer periods of travel.

Cut down on the costs *by spending less and doing intensive planning.*

Spending less is using great self-discipline to avoid buying things you really don't need and instead travel for rich experiences. *You lose something in the short run but win more in the long run* - it's a trade-off.

Find ways to work-around the obvious travel plan by finding odd mind-prisons you have created for yourself and to *think-out additional travel plans that make it possible for you to travel great and also travel cheap at the same time!*

As an example abandon the idea of travelling to Western Europe and visit Eastern Europe instead. Eastern Europe presents many opportunities to learn from rich cultures still the cheap accommodations, transports, beverages and foods may make it possible to travel in a great region to the fraction of the cost of travelling in Western Europe - with exceptions of course.

Abandon the idea of sleeping in hotels and use hostels with dorms instead.

Cook your own meals in the hostels and don't visit restaurants too much.

Don't smoke and/or drink alcohol.

Talk with locals in their own language instead of paying for expensive visits to museums and the like (or visit a couple of museums that are *free!*). You often learn more from talking to locals than by visits to museums - still it's free!

Give time for hikes in nature (Mountain hikes are preferred by me) and walks in a citadel with great architecture that often can give more than visits in temples still these trips are entirely free!

Try to stay a couple of weeks at a place which makes transport costs almost unnecessary and every place usually takes a couple of weeks to explore anyway!

*Be attentive* - Read about a place on the net or otherwise which makes you put your experiences in perspective (something I will talk about later -), talk with locals about a place, learn to interpret and document your experience in your own way that has no cost at all. Combining found knowledge with free-thinking to make your own conclusions. This makes your experiences more meaningful, easier to remember and you are out there to learn anyway!

As examples...

Try to get away from simple-minded solutions though.

Visit *some* good restaurants for the enlightening experience and cook your own meals at hostels for most of the time *anyway* - so you combine the fun with travel with *eating cheap*!

*Smoke just a couple of cigarettes for fun and take a couple of beers too* - just don't do it all the time!

Don't go by train when travelling. Sometimes it's *funnier and cheaper* to go by bus (you often see more). Also going with a plane can get you somewhere really quick and can save money if you have to use a lot of trains anyway.

Think about it: Think out of the box, combine alternatives, don't limit yourself to what you have heard or read, find "*subtle*" solutions. Be open for new alternatives on the way.

And sometimes - *just sometimes* - you have to go the conventional way!

### A new mode of travel

I started travel by going by car in my home country Sweden. Exploring the southern parts of the country. Later I went down into continental Europe by train with a friend exploring Germany, France and Italy among other countries. Later I went to India, South East Asia and Africa.

Nowadays I'm back in Sweden and I have for a time now been using my bike to explore the countryside in Sweden. Talking to people, learning about the local culture. Immersing myself in forests and natural reserves. Climbing mountains and swimming in lakes. Using my compass to navigate deep into forests never explored by me.

What I have learned is that you have to have a inquisitive mind-set to find value in your trips. Also to bend one's comfort zone physically, socially and mentally to actually get the experiences one is after.

Being "inquisitive" is often harder than what one thinks.

It's easy to dream about a trip but when you're out there it's easy to think that "This doesn't matter!", "Why do it?", "This is hard!" You easily feel *ridiculous* doing the trip and especially when you shall follow up on a bold idea you have it's easy to fall out of line.

As a matter of speaking...

Being inquisitive is also about reading up on the things you see to find *context*: The history of a place, it's national importance, it's scientific value. It's anthropological significance, it's art value among other things.

As an example I studied the life in and around a large river in Sweden called "Dalälven" on some of my trips and was surprised to find that millions of trees had been pushed down the river by water currents in a single year a hundred of years ago.

In one point of time the river had formed a huge valley connected to the ocean forming a huge water tank not looking the same as in this time.

As I read up on the subject on the net I found out about many species of fish, birds and animals that could be seen up close if you had the inquisitive mind-set... Different species not seen at first hand...

In a rare battle between the northern Swedes and the Danes a commander from the north had fought an important battle in Swedish history at Dalälven. Which somehow led to Swedish independence.

I didn't know about this event.

*Then I stood at the place of the battle! Along the river "Dalälven" to seek impressions and to feel the Swedes conquering the Danes with crossbow from the other side of the river and to later that night surprise the same Danes with a surprise attack in the dark ...*

*It was overwhelming!*

The key to a deeper travel experience: You combine read knowledge with actual observations to build your own conclusions, to document and to ask more questions - which can lead to new explorations, ideas and conclusions.

*It's a really fun process and makes travelling more stimulating and meaningful!*

With all of this said I have also realized you have to ease down more. If you can't travel by bike use a car. Take a bus, walk a little in a close by town. Ask a local a question not several. Sleep in a noise-free room arrangement to raise energy. Calm down in a park.

*Visit a lecture hall nearby to combine free-thinking with new perspectives in essence don't travel too much to remote places!*

A concept that comes up again and again: The idea that you shall not search too hard to get satisfaction. Sometimes the simple is enough.

Don't overthink! "Feel" more.

I have realized that people are emotional.

Cut down on thinking much more than you think then it's easier to feel something.

Learn to appreciate the small things.

Realize that satisfaction is not always *something one can control* - it often comes with time as as you least expect it!

Ease down for greater enjoyment!

## **2 - Raise Money**

Money is a large interest I have as money many times is the key to freedom. Almost everything I like cost money.

For me this is having a beer at the right moment. Surfing YouTube-Channels for Film Shorts with an alternative vibe. Taking a couple of cigarettes on Friday night. Ordering a good dinner at a good restaurant and having some dessert to add to that.

Taking a bus to a remote location where the *feeling* is right.

Among many other things.

But when it comes down to it money is hard to get.

Learning how money works therefore is essential to anyone that wants to live a free life full of passion.

So where to start?

## **Don't Limit Yourself**

That is a key advice I actually found on the net doing research for art projects. To not limit oneself means that you know what you actually want to buy. You know how much money you actually want to make. Not just for the immediate moment but for years to come. Decide on an income and expenses - do the math!

The key to success is to narrow down your options. To clearly define what you actually want to earn and what you need. What is it about your passions that cost money and how much?

Do you really need that charter trip to the Bahamas?

Do you really need that hip clothing?

Can you actually avoid good nutrition on your trips?

As you start to narrow down your options and find *definition* in what it is about those options that are important to you you can save a lot of money!

### Getting Work

This is the hardest part.

Getting work to me is about good research. Good research means to check out many work-options in the place where you live. It means to not limit oneself to one kind of job.

It means to know that most jobs demand some kind of sacrifice.

What work-option can you find that means the least amount of sacrifice for yourself and gives the most amount of salary compared to other jobs on the market where you live?

*Do the research and do lots of research!* Don't just look up job opportunities on the net. Go out there physically and talk to people. Make phone-calls. Apply for some job you think could be right for you. Test the employment and quit that job if you think it's not right for you.

*Learn to trust gut instinct:* If something is not feeling right something is almost always not right. Think about the job anyway: Most of the time you can not make it without *doing some kind of sacrifice!*

As you have done the research it's time to start to evaluate your options. Use free-thinking to filter out the bad options and affirm the good options.

Think about the options that remains.

Think about all kinds of factors that are important to you regarding the remaining options.

### Examples:

“This is a decent job as a personal assistant but it's a lot of team work I'm bad at team work!”

“The pay is middle-wage still it seems like an inspirational work environment with the right people!”

“Can I really afford the two and a half mile bus ride to the work-place?”

Compare your different work options and think about the *different aspects that are important to you concerning those work options!*

Once again:

Filter out some remaining work options. Narrow down your choices until only *one* remain.

Test that option!

If that option doesn't work for you do more research.

Search for new alternatives beyond those alternatives you have thought about and/or tested for real!

Repeat the process!

*Important! This is a process that can take several years. Know about the competition! Know about the hard facts of the field!*

If you get a job you shall not limit yourself to one position in the company. Try to advance. Try to get another work opportunity in the company if you discover such kind of opportunity that would better suit yourself compared to the work opportunity that you now have.

Negotiate concerning pay.

Solve problems with people in the work-place.

Look after your interests.

Very many problems can be solved by an active-thinker-participant!

Work is now a big part of your life after all.

Work can also be seen as a kind of free-time:

Why only look upon work as some tedious task that has to be done?

Why not check out jobs that demand a little bit more intellectually but can be seen as a little bit more passionate in nature?



Jobs that demand a little bit more education and/or preparation for your part.

Research has shown that white-collar jobs often make people more happy than blue-collar jobs. White-collar jobs are more about leadership than following orders and people like to feel in control, to decide the work-flow and being creative.

Also white-collar jobs often have better pay.

Look upon your job in a more creative way: Think about what you can add to your work-environment not just being a follower and using work as a way to grow intellectually, socially, physically...

Becoming a leader of sorts.

Think about what your job will bring in the future when you get the money and can do something greater for yourself in the long run!

Adopt a positive mind-set concerning work in general: See the positive side of your work, look upon work as a chance to do something fun!

Take initiative to do something fun with the employees at the company as an example.

Meeting up at some funky bar and talking about passions.

You do not always have to follow convention.

Be an active participant!

### The Interview

Once again: Do the research!

Look at the home-site of the company in advance. Go to the work-place physically, talk to employees and ask the right questions. Make phone-calls with people in the same field.

Find out what it is about the company that you can do? That makes you indispensable to the company. What are your weaknesses? Never mention them at the interview.

Put forward what it is about you that can make you more attractive to the company compared to many others.

Get well dressed. Sit upright. Speak clearly.

Talk the language of the hiring manager at the interview. Make gestures. Look for clues as to what the hiring manager is searching for and adapt to circumstance.

Most importantly: *Look to it that you have simulated the interview many times in advance!*

That you have many options of things to say when the actual interview is taking place so that you can adapt to the actual demands from the hiring manager!

### **3 - Socializing Beyond Stereotype**

In prior parts of this Spiritual System I have described different ways to advance in the social hierarchy by adopting a healthy approach to individuality, ego and social power. I have described how to combine a healthy approach to ego (Being a creative power leading to unveil your true self and showing it to others in creative ways not being too anonymous which would lead to you being neglected) and combining a healthy dose of ego with a great dose of love so that you don't will be seen as too dark and threatening.

Finding your personal balance from the true knowledge of your self.

When it gets more interesting to me is when you start to think about conversation. Conversation is where you have a chance to lead, to get to know other people, to learn about the context where the social event is taking place.

Conversation should not always be the only factor in a social event.

Equally valid can be to exercise with others, to play video games, to cook food, to go to a concert and to talk about the concert after it's finished. The key is not to talk too little, not too much. Do things with others too. Find ways to make every moment fresh.

The realization is that too much talk can make you dry. Too much doing and you can be seen as shallow.

Start with more shallow topics and in time get deeper as the social event unfolds. As you have built report building *emotion* along the way.

People are emotional.

Conversation is the topic of a large part of this section.

What to say and what not to say

First thing I learned and it has to be repeated:

Don't overthink. Immerse yourself in the moment. Adapt your talk to the social situation you're actually in. This means to look for clues as to what to say.

Mention something about the environment you see around you. Comment upon someone's clothes. Catch up on topics discussed by others at the social event: "Be in the know."

It's really important to actually take interest in what other people has to say. People hate to be told things, they want to talk about themselves.

Validate others more than you think, be kind...

Therefore ask more questions than you think compared to doing personal statements. Never tell other people that you know something important about them and that you know what they shall do. Exceptions to this are if someone have told you a pretty long story and you know for a fact about important events in this person's life. And/or when you actually have solid information and not some vague idea some things can be said in some cases but most of the time it has been revealed it's best to remain silent and rather mention something shallow and widely talked about: Things people just talk about to keep conversations going.

Subjects that are easy to talk about and just *feel* good.

Use humour don't be too serious most of the time.

But now it gets more interesting...

Try to build a picture of what the topic of the social event is about as the conversation of the social event goes along.

Try to build upon previous ideas mentioned at the social event so that your ideas don't seem too out of place. Context is everything. Try to mention something new about the topic already discussed. Or mention *a connecting topic* pretty similar to the topic already discussed.

Look for *vague connections!*

Nothing can kill a social event more than someone just aborting something that is starting to become interesting!

Examples:

Someone mention that modern cars often have a shade of silvery blue.

You say: “Modern cars have a shade of silvery blue but can you not detect a hint of green there also! (Ironic smile)”

Someone says: “I don’t have a car.”

You say: “I had a car but it wasn’t silvery blue.”

Third person says: “Killer!”

So start a conversation by taking interest in others. Look for clues as what to say. Don’t be too deep. Support. Confirm. Validate.

Then look for ways to become more deep in time. This is all about enlightenment after all. You want to find out about the other person’s secrets - or at least get a *hint of their secrets!*

The key to get more deep in time is to plant a relatively shallow idea that somehow can lead to more depth in time.

Mention something more personal after a period of small talk but never mention something outrageous as being too personal means that you’re too intrusive and can be seen as threatening.

Then people shut up.

You have to understand emotion: Be physical, make kind gestures, learn to express things with body language.

*Learn that the **timing and delivery** of a line many times are more important than the actual things spoken!*

Don’t limit yourself too much to structure though.

Sometimes you have to mention something entirely new. A social event change. New people come in. New people change the nature of the conversation. Sometimes something entirely unexpected happens. Now you have to figure out a way to move forward.

Sometimes it’s best to walk away.

Talk with others than those you talked with before at the social event to not become too obvious: *A sense of mystery is sometimes key.*

Gossip is good as long as the things said just concerns people not at the party (Don't be too condemning!) and that the statements just are ironic and humorous in nature!

Don't get too cold!

#### A good tip to keep a night at a party going

Try to suggest to others that we shall watch a video on a YouTube-channel on the net. A music video, a stand-up-comedian doing something weird. A factual video presenting odd facts.

Try to mention something humorous about the video you have seen. Suggest another video. Use penetrating questions to make others mention something concerning the video you have seen.

Follow up by more questions and somewhat fun statements.

But never overdo it that way you sometimes will look like a fool.

Look at the situation you're actually in and *add value!*

Quite similar if you're at a beach and some people play some physical game on the beach you walk up to them and ask if you can join the game. Play ball. Have fun. Then mention something odd about the weather, the beach, the oddities of the game.

Say something interesting that you think those playing the game will enjoy.

Have a laugh!

#### ***Being inventive can get you far many times!***

#### **4 - Watching Films - Creating Films**

This is a new realization that has dawned upon me.

That is that you have very much to win by watching films (primarily on the internet) for the knowledge possible to overcome by being creative in the way you choose what short films to watch on the net.

The net is chock full of short films (I'm mainly talking about the short films you can watch on YouTube now) with varying quality. Sometimes the films are made by travelers, sometimes by documentary film-makers, sometimes by creators of computer animation, sometimes by music-video creators, sometimes makers of ordinary films with feature length and higher quality.

And some of the best: Instructional videos by good presenters!

It's not only about knowledge though.

It's also about the emotion invested as you watch some of the films. Sometimes it's better to watch something simple with an emotional angle (Music videos are a good example of that!) or just a pure visual experience so that one can enjoy the pure experience in those moments when the intellect easily can become a burden!

People are emotional after all!

Just sit back and enjoy the ride. There are many up and coming film-makers that make quality films for the net to showcase their talent.

To me it's much better to enjoy a short film on the net that has something *passionate* about them than enjoying a large Hollywood production that has paid actors, a prolific director and a huge budget. That in some ways can create an entertaining ride but *easily draining oneself of energy* as those productions in many cases just are about earning money for the film-makers in the end.

Of course there are exceptions to this rule.

The thing that chocked me as I moved away a bit from reading books and moved into watching films on the net instead:

Films are visual in nature. People's brains are adapted to work in physical surroundings. Pure text can easily drain oneself from energy. Also films are in many ways more entertaining than reading a book.

The intellect work much more easily when it works with something the eyes can see compared to watching texts.

When you see actual people and places and see *real actions play out on the screen when the ears hear actual sounds, music and spoken dialogue* human nature kicks in and can support you!

## Be a smart watcher

Don't just watch a couple of films. Choose to watch the films that align with your passions, with your lower and higher vibrations. Be an active searcher. Move beyond the mind-prisons that make you watch something simple that is just not so interesting in the end.

It's important to be *specific* when searching for films on YouTube or when browsing Google in search for hot films to watch. Don't write on the search engine: "World War 2 Documentary" instead write "World War 2 Documentary Depicting London Bombings" if that is what you want to see. Also make a couple of searches on Google for instance to learn from bloggers or others what interesting films there are to see on YouTube or on other film-sites such as Netflix regarding your favourite subject.

Search the blogs that point to content that align with your passions.

For me it has been very rewarding to watch documentary films.

Films about the Second World War primarily as those films have revealed to me important truths regarding human nature and war in general. About systems of power (Hitler and Stalin as examples), about the conduct of warfare. About heroes and foes. About the bad things people do in war. The meaning of war and lack of meaning thereof.

As an example: I watched a World War 2 documentary about the attack by Germany on England in World War 2 (The Famous London Bombings Mentioned Earlier) and the documentary revealed a city on fire. The odd thing was the *calmness* of the event. That people were sitting in cellars below the London streets. Drinking wine, talking as usual, even having fun.

War is a complex apparatus indeed!

Also I watched documentaries depicting space-flight such as the new Mars missions, astronomy in general such as documentaries about the odd occurrence of a huge meteor crashing in the Russian countryside years ago sending flashes of light into handheld video-cameras!

One of the weirdest videos I watched was a video depicting robotics in action created by new companies that showcased a robot doing flips and turns, another one climbing ladders, still another one delivering pizzas in front of suburban houses and a new one supporting real people with a verbal approach!

*How weird it is that the future predicted by prolific science-fiction writers such as Isaac Asimov decades ago now is here but is a little bit more fantastic than the future depicted in the classic science-fiction books!*

When you start to watch the films you sometimes think you know all about the things you want to watch in the beginning but as you start to watch the films you start to see *irregularities, strange occurrences, also confirmation regarding your own theories making you believe in your theories more making you smarter!*

### Good tips:

Try to watch videos connecting to the videos you already have watched as some things you earlier saw *raised questions you later wanted to be answered!* Also some videos give you a strong emotional reaction and you want to experience more of the emotion conveyed.

As examples.

Make a bit more digging, be curious, sometimes you can read a text on Wikipedia as an example that can give you more facts regarding the things you have seen which can lead to more digging and so on...

It has to be mentioned though: Don't believe in everything you see!

Films can easily make a point but a point is just a point. Something can be true to some percent, sometimes not at all, sometimes the films are made with some hidden agenda of sorts.

Some film-makers are just stupid creating films in a pure act of will!

Also - and this is a larger factor from my own point of view - you don't always know *how to interpret a film experience!* The facts are sometimes not there, you can not believe in what you see. You see *too little* of something to come to a sound conclusion!

Sometimes you don't know what the film-maker actually had in mind.

Rather do more research, be an intelligent interpreter, think beyond what you have seen *reading between the lines* (and images), ask yourself questions that can lead to more questions and additional research.

Film-watching is a process of unlearning to a large extent.

That is the hard truth!



But in the end you also can become more unconditioned.

### Making films

Watching films is not the only way to develop higher intellect though. And to feel emotion. It's even better to *create films*. It's something about the process of arranging sounds and images, to write a good script that almost always make the end result look ridiculous.

It was the same for me when I started to play chess.

One realized pretty early in the first games that one didn't understand chess at all.

It was something about looking after the *enemy's plans* rather than looking after one's own. It was something about finding structure, to think more about tactics than strategy. To calculate, to do the math, to overcome the psychological obstacles often becoming evident in longer games.

In 3D-animated films that I make I pretty much understood after some early attempts that you have to be the greater scientist the less of a creative.

To do the science to depict real life and real life situations. To write a good script depicting real people. To make the 3D-objects look *real*. It was something about the light that never felt right, it was something with the *proportions of the objects, of the life-less sensation one usually gets when a scene first is constructed!*

A good life-lesson to me: Life can look simple on the surface but as you dig deeper it's many times more complex than you think.

The complexity of life is many times so complex that the complexity can look simple.

An example: A tree can be seen as just a beautiful tree.

But the branches are there in varying shapes and sizes. The light falling on the tree can be complex due to the leaf structure obstructing light in varying ways. The bark of the tree sometimes extends in length from the trunk of the tree in different measures and so on. There are many times stains on the trunk of the tree (And the branches) in various colors.

Still all that chaos has *structure* to it!

In complexity you can feel!

## **5 - Revolution**

I was one of those that not really understood enlightenment.

The search started in middle-age. I started to meditate, I opened up the heart and went on a path of enlightenment in travel, in writing projects, in music and not much more.

I started to get more intellectual in time.

I understood that enlightenment was just the beginning.

One had to combine “being oneself” with some kind of common sense to not fall victim to ***“the illusion of enlightenment”*** that in many cases arises as the searcher is centered in the heart and has no discipline.

Discipline is a product of the intellect not the heart.

The heart is many times just about some kind of pleasure.

It’s a “spiritual pleasure” of just feeling good being at ease with oneself. Many times getting sleep, doing something that excites oneself such as playing an instrument late at night.

Taking a walk, meeting a girl, hating conformity - not much else!

There is a wisdom to it. A higher knowing. But the one just seeking a thrill ride sometimes can fall victim to neurosis and other psychological problems.

“Being love” doesn’t help either.

Because this love is coming from the heart not the intellect and is too much to handle.

Chaos is the result!

What one needs to escape the burden of falling victim to the illusion of enlightenment is to engage somewhat with people. To do something of lasting value that someone else actually can enjoy. This process of doing something

*external - beyond being oneself only* - also makes one confront external reality which makes it possible to gain some clarity.

To get the facts at disposal not only good will and grand intuitions from the heart.

### Engaging With People

What I have learned is that engaging with other people, such as conducting formal presentations as I have attempted, is that more important than being good at what you do is to attune to the *collective will!*

This means doing polls and conducting interviews with the people you actually want to engage with to get a good idea of what these people actually want to hear and what their actual needs are. Combining this knowledge with knowledge of people in general.

Reading up on the net as an example to get a hunch of what people actually talk about doing formal presentations of a spiritual nature.

It's not only about knowledge its about *preferences!*

It's about reading up on the history of spiritual matters to get some idea of what people actually talk about. All sorts of illusions can come in off course but then you have to *know* about these illusions, talking about them and then move beyond them!

### Formal Speech Techniques

It sounds a bit odd but "being formal" is too dry for most people.

You have to tone down the intellectual side of it.

Doing gestures, cracking a joke, being "down to earth" in general and talk about something simple anyone can enjoy.

What have helped to me is to memorize my ideas to the extent that I entirely can forget about them and talk freely like an everyday man.

Memory is everything to a formal speaker as good memory makes it possible for him/her to ease down and concentrate on the essential. Memorize your presentation around 3-7 times (or more for a beginner!) to let the material sink in *the deep subconscious!*

When the feeling is right and you can talk without strain the reward comes in and you will be seen as normal by most people in the audience *still you are better than what you were before!*

When you hold the presentation look down on a paper sometimes to not repeat yourself too much. Having a straight and dull face with a body that never moves are a sorrow to be seen! Wear hip clothes! Think about posture! About the pronunciation of words! Also sometimes show something on a white board or on a projector screen to not bore everyone out.

Play an instrument at some occasion...

Ask the audience a question. Answer that question. Ask another question. Walk around among the audience. Asking questions seem normal and never threatening.

Adapt to circumstance to not to be seen as anti-social and embarrassing.

But also try to find some kind of structure. To come back to the essential, giving examples to not get too abstract. Combing real life examples with more theoretical knowledge so that you don't come across as a dull philosopher and also being more practical.

Theory without practise can be interesting but it seldom leads anywhere.

Give step by step instructions at the end of the presentations so that the audience can translate theory into practise!

Repeat!

*Be open and receptive but know your thing at heart so that you can ease down and perform on stage!*

Don't always be a clown and find the delicate balance...

*Framing it - putting it into perspective!*

I have learned that spiritual revolution is not so much about what one says it's more about engaging with the audience. To make what you have to say seem *interesting*.

As I have written many times in this document people are emotional in nature.

They want someone fun to engage with.

Therefore some speakers sometimes abandon the idea of having formal presentations to have less formal meet-ups in some park or in other places. It's

more about discussion, probabilities, possibilities, exchanging perspectives, socializing, growing as an individual or as a whole, not the hard facts!

It's very much about the enlightenment of the speaker.

*There are sometimes more things to learn for the speaker than for the audience itself!*

### On the other side of it

It has to be a serious side to it.

I have already said it but I want to say it again:

Knowing about your spiritual nature (As an example) will lead you nowhere if you don't add value to some external context. Feeling excited, feeling aroused, feeling "in the moment" even at ease is actually many times about being someone that want to work hard for the benefit for others.

Get down and dirty sometimes.

Abandon the TV, quit porn, quit empty bus rides, give up on working at a place where you can add nothing, or being with people you never can connect to, feeling a victim of circumstance.

Rather be an active thinker/participant!

I was suicidal at some parts in my life. "Being suicidal" have been revealed was about going too deep into oneself: Into shallow sleep. Into intuition. Into "God-consciousness" to tell the truth!

Into laziness.

One had to escape that. To kill the inner child screaming for satisfaction and get real. Read "dry and serious" literature sometimes - the kind of literature you never wanted to read as a kid!

Watch films for entertainment maybe as I have suggested but life is more than films - get a real girl with a good look not a porn star!

Start with that!

### Endgame

Nobody has the ultimate answer.

What are we doing on earth after all?

Why are we doing spiritual exercises, writing films, having adventures as I use to have in nature or otherwise?

Why are we discussing all kind of spiritual matters?

Why the need to feel, to think, to do or *just* - to sleep!

I still don't have a definite answer.

**I have a vague idea of being born:** A fragment of something taking form in a human body.

Then stillness.

Then an empty premonition of things to come...

Perhaps we someday will leave this dimension for adventures on the other side. Perhaps we will someday repeat the earthly process.

Perhaps there are other dimensions to reality than the dimensions I have discussed in this work.

In "My New Spiritual System" Part I-III.

**But this is the path I have chosen:**

Being spiritual is a life choice for me in general. Doing films, travelling, meeting people. Looking to it that I actually physically, mentally, socially survive. Reading something fun from now or then.

Taking a walk just for the fresh side of it.

Cooking food...

And something more...

What I recommend for other people is not necessarily to live a life like me. Get more ***physical***, give up overthinking that drain energy and remove life force. Find the way to your *own* interests, choose the reality you actually prefer, not the reality others **present**.

Sleep a lot if that is what gives you energy.

But learn to think a little so that you can overcome the burden of a boring life - instead affirm your preferred life - many people are caught in the web of bad work, of bad relations, of bad education and just **nihilism** - the lack of emotion in life!

*You probably need to bend the comfort zone and to get a better life in the long run!*

I haven't talked much about love and the truth of that matter is that I previously never understood it at depth and also to add to that many people just want to bring too much to others in an environment (such as a dead working place!) that not rewards the individual in the long run!

Affirm love if you want to but then let it be a personal love - something you want to give from the depth of your heart - never doing it as a sacrificial thing that drain you of energy and emotion!

If I have to tell you the truth I have learned more from life by being with criminals, satanists and outcasts than being with ordinary people.

Ordinary people are shy and don't talk much.

There is a dark side to spirituality and you have to accept it.

Healing can never come over-night.

We have to make mistakes. We have to become rebels at some point. We have to get unhappy.

Caught in a bad marriage. In dull work and bad routine.

Being out of shape.

**The way out: Affirm your passions. Quit your job if it drags you down. Escape the burden of some aspects of a society sometimes built upon lies.**

**But get smart and do it in transition...**

**Then find love and absolution.**

***Those last words didn't entirely come from my conscious self!***