

WINDOWS INTO REALITY

64 Windows into the Human
Condition

By,

SACHIN J. KARNIK

WINDOWS INTO REALITY
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DEDICATION

This work is dedicated to the human mind. May the mind find wisdom and sanity to discover the spiritual dimension hidden within all of us.

SACHIN J. KARNIK

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ACKNOWLEDGMENTS

How does one acknowledge life? All of creation is a great teacher. Nonetheless, I want to acknowledge the world's great spiritual masters, philosophers, psychologists, and others who have inspired me to share my thoughts with all of you.

PREFACE

Dear Fellow Citizens of the Planet Earth,

Our life on this planet is filled with profound mysteries, great wonders, and a longing to understand the true nature of things, including ourselves. From ancient times, humanity has been on a quest to find answers to the questions of existence and I am one of those who have struggled hard to unlock the greatest mysteries of the human condition.

This book is comprised only of my thoughts in the form of independent and interlinked statements that could be considered glimpses of the truths of life. These statements are aimed at provoking wonder about the nature of the human condition and **Reality**. Each statement is a window into **Reality**. This word, **Reality**, has been chosen by me to mean any or all of the following:

- a) God or the Supreme Being
- b) The Ultimate Truth of existence
- c) The external world that we perceive through our five senses
- d) The inner world that exists within ourselves as thoughts, feelings, emotions, and memories
- e) The nature of desires that exist within ourselves
- f) The nature of our Original Nature, the soul, which can be considered as a spark of the Divine.
- g) The wonders of the natural world and all the diversity that is beautifully intertwined into a mosaic
- h) Metaphysical Reality – Reality that exists beyond what thought can grasp

It is my sincere hope that you will carefully read each statement, consider its meaning judiciously, analyze and critique it as you see fit, and see if the statements awaken a glimpse of truth within yourself or reinforce truths that are

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already alive within yourself. Agreement or disagreement is welcome feedback from all the readers. Nonetheless, I strongly feel that we as a human community on this planet must go beyond mere agreement and disagreement. It is time to see for ourselves the actual truths that exist in all dimensions of our being. My hope and prayer to all the readers is simply to consider with as much openness as possible what has been written. My intention is not to convince anyone of any particular belief, ideology, or philosophical approach. The intention is simply to have your mind explore with my mind the various “windows” through which we may look together. If any statement is truly not a “window” for you, then I would very much like to hear from you and learn from your thoughts and impressions. If what has been written resonates even a little in some part of your consciousness, then the resonance is important and certainly not the writer. In fact, I as the writer am totally unimportant in this endeavor. The 64 windows shown here have come from a synthesis resulting from years of contemplation.

Please also note that the last sentence of each “window” paragraph has hidden within it, in my opinion, immense truth that lives deeply within the core of our existence. It is with the intention of accessing this deeper dimension that the last sentence is written in a special way.

Finally, if you have suggestions about improving the language of the text, please e-mail them to me. If you have other comments, questions, or further areas that you would like to read about, please also let me know via e-mail at: **sachinkarnik@yahoo.com**

With auspiciousness in all directions,

Sachin Karnik

SACHIN J. KARNIK

1 – WHO CREATED WHO?

~~~~~

It is stated that “God has created man in His own image.” Many people have stated just the opposite, “Man has created God in his image.” Which statement is true? IF we can see the outside world without any hint of our limited ego, the true answer to this question will reveal itself as an explosion of pure love within every pore of our being.

~~~~~

2 – POWER OF WORDS

~~~~~

It is easy to quote what others have said about any subject and to conceptualize about another’s ideas. It is more important to see for oneself the reality that exists beyond words and then use words carefully in life. Before we speak, let us try to meet all the following three criteria at the same time:

- 1) *What we say, should be truthful*
- 2) *When we speak, it should be beneficial*
- 3) *What we say, should be pleasing*

**This formula for healthy communication has been given in many spiritual texts throughout the world. To experience the direct power of this requires only one thing: APPLY IT.**

### **3 – THE UNIVERSE & CHILDREN**

~~~~~  
When looking at the face of your own child, you are looking at a miracle of the universe right in front of you. When looking at the face of your grandchild, the universe is miraculously looking back at you!!!

4 – PLEASURE, JUST FOR US

~~~~~  
In music, we can experience great joy and pleasure. Pleasure and joy exist due to a great symphony of thousands of chemicals in the brain, functioning just right, in just the right sequence, at just the right time, in just the right quantity.....just for us.

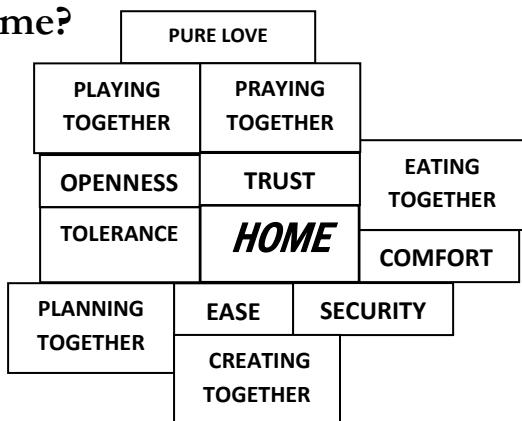
**WE TAKE FOR GRANTED  
SOMETHING AS SIMPLE AS  
LISTENING TO MUSIC...WHEN  
IT IS AN ABSOLUTE MIRACLE  
OF THE DIVINE EXPRESSING  
AND MANIFESTING AS  
SCIENCE**



## 5 – HOME, HEART, & THE SOUL

~~~~~

Home is that one place where we all return. Home is the one place where there is great security, comfort, and ease. In our heart lives our soul and our heart is its home. When we hurt another through words, thoughts, and deeds...how can our soul find peace at home?



BUILDING ONE BLOCK AT A TIME WILL BUILD A TRUE FOUNDATION FOR FAMILY UNITY....

IF.....(& it is a BIG IF)

WE CAN GO BEYOND ALL THIS AS "JUST A GOOD IDEA" & EXPERIMENT BY ACTUALLY BUILDING THESE BLOCKS, JUST AS CHILDREN EXPERIMENT WITH BUILDING BLOCKS

6 – THE INTERNET & MUD

~~~~~

The internet has brought the world closer and provides information with just a few mouse clicks. Although life has become faster due to technology, it doesn't mean that the human mind has become more stable and sane. Technology, if used with great care, can do wonders by providing comforts that allow the mind to contemplate on deeper truths such as the purpose of life, the nature of love, and discovering the reality of God within oneself. If one doesn't contemplate on the deeper truths and as old age approaches, one realizes that much time has been wasted in the pursuit of things transient, transitory, short-lived, and at times, utterly hollow. **EACH DAY IS A GIFT OF GOD GIVEN TO US TO DIVE INTO PURE CONSCIOUSNESS, YET, MOST OF HUMANITY IS CONTENT WITH WALLOWING IN THE MUD OF PSYCHOLOGICAL LIMITATION AND LIMITED IMITATION.**

## 7 – A LUCID BEACON OF LIGHT

~~~~~

To see one's own inner deficiencies is the first step towards true greatness in life. Anyone who has been a beacon of light for others has first become a beacon of light to himself/herself. **Once inner deficiencies are recognized and clearly perceived as deficiencies, it is an indication that one's own limited "I" is beginning to dissolve in the ocean of immense lucidity.**

8 – EXERCISE & BALANCE

~~~~~

We all know that exercise is good for us. However for many people, the great barrier to exercise is being irregular in exercise. This irregularity results from an imbalance in thought, emotion, and action. Making a firm decision to exercise regularly and then actually exercising habitually will go a long way in bringing physical, emotional, relational, financial, and sexual balance. It is through one's steadiness and balance that one can interact sanely in a world that is increasingly imbalanced. By consistent exercise, it may be realized that the body is a physical extension of the subtle mind.

## 9 – ADDICTION & RADIATION

~~~~~  
Successful recovery from any addiction is possible only when the recovering addict recognizes that recovery is a life-long process and not a finite goal. To “radiate recovery” is the real goal for the addict. With this “inner radiation” of recovery, one can become an instrument to stop the “cancer of addiction” from spreading in the lives of others and most importantly, within oneself.

*Radiating
Recovery can
Eradicate
Relapse*

10 – THE 10 MILLION DOLLAR DIAMOND

~~~~~  
David has a 10 million dollar diamond locked away in his apartment and has completely forgotten about it for some reason. David then goes to work for minimum wage at a local grocery store and works there for over 10 years and then eventually becomes a store manager. The day he became a store manager he was very happy and rejoiced that his hard work finally paid off. Just as the diamond remains hidden in David's apartment, the fountain of infinite bliss remains hidden within our own hearts. A genuine spiritual path leads to the realization of this fountain of absolute bliss, absolute truth, and pure consciousness. Millions of diamonds pale into insignificance when this inner fountain of infinite bliss flows from within and gushes out to bring pristine love to all of creation.

## 11- FIVE PREVENTION RULES

~~~~~  
There are five rules that children and adults should follow to prevent serious problems:

- 1) Safety First
- 2) Healthy Nutrition
- 3) Awesome Education
- 4) Safe Fun
- 5) Balance all 4 in the right way

~~~~~

## 12 – REASON, FAITH, & GOD

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Faith is said to be the furtherance of reason. Beyond faith is the direct fact-to-face experience of God. When one has a glimpse of the Original Reality beyond the mind, it is like a blind person getting vision and seeing the sun. When the sun is seen with one's own eyes, where is the issue of having faith that the sun exists? Reason ends in faith... faith ends in direct realization of God... direct realization of God results in a person becoming an ocean of compassion, mercy, & love towards all. So, why not start with compassion, mercy & love towards all right now? If we do this NOW, then God is with us RIGHT NOW.

13 – THE HUMAN BODY, SLAVERY, & TOOLS

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The human body is a rare gift from the universe. It is an opportunity for the soul to work through its attachment towards worldly life and enter the Kingdom of God. The soul is the “king” of the mind, senses, and the body. The “king” has become the slave of the senses due to forgetting that the mind and senses are mere tools to unlock the divinity hidden within. Enlightened beings throughout human history have again and again asked us to “know thyself.” We are all accustomed to looking at everything external to us and really don’t know how to look at ourselves. Even if we start some spiritual path, most of us get frustrated quickly and are looking for some “result” from a little spiritual practice. When we stop looking for a result or some type of a gain and continue our inner exploration, there will be a state of unending wonder as truths about ourselves are finally allowed to surface without any distortion by the self-sustaining ego.

## 14 – ORGASM WITHOUT EJACULATION

~~~~~

Orgasm and ejaculation are two different processes that just occur at the same time in men. Learning the techniques about how to separate them can allow men to expand sexual pleasure by having multiple whole body orgasms. How is this to be done? Here is the master technique that summarizes the entire practice: *“At the start of sexual union, keep attention to the fire in the beginning and avoid the embers towards the end.”* This was inscribed, thousands of years ago, on ancient stone tablets in India as one of 112 meditation techniques. This has come to be known as the *Vijñāna Bhairava Tantra (or Shiva Sutras)* scripture. Is love something different from orgasmic pleasure? Orgasmic pleasure, irrespective of how great it may be, is only possible due to the presence of undiluted, non-frictional, sustained love that abides in the depths of our being.

15 – THE DOG BITE

~~~~~

If a dog bites us we don't bite the dog back. In the same way, if someone uses painful words to hurt our feelings, should we "bite back" with painful words aimed at the person who hurt our feelings? Certainly we don't let the dog keep biting us, yet we also don't keep biting the dog. Let's be "God" centered and not "dog" centered.

## **16 – SALTY & SWEET**

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When wonderful tasty dishes are cooked with perfect ingredients and prepared with the right blend of spices, we can find greatest satisfaction in eating. Interestingly, the one ingredient that makes the meal appealing is salt. Too much salt will spoil the meal and too little will not give us satisfaction. Similarly, when we communicate with others, if we use our words in the same way that we use salt, our relationships with others can become naturally sweet.

17 – DESIRE & FREEDOM

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Consider the nature of desire. *To the extent that you get what you want, when you want it, the way you want it, ... is to the extent* desire is satisfied. Once desire is satisfied, there is a temporary phase of contentment and then, desire begins again with new twists, new turns, and new forces. So, why do old desires (that have been already satisfied – *perhaps many times over and over again*) appear new each time after a temporary period of satisfaction? **AWARENESS OF THE WAY DESIRE MOVES WITHIN ONESELF IS FREEDOM FROM DESIRE AND FREEDOM IN DESIRE.**

~~~~~

18 – DISSOLVING ANGER

~~~~~

If you have an anger control problem, you can analyze it by yourself or with the help of someone and understand it better. If you come up with a solution that resolves the problem, if you find ways to control your anger, if you find ways to manage your anger, if you cultivate ways not to be overpowered by your anger, does that not mean that anger still exists? So, ask yourself the following question: “What is the difference between resolution of an emotional problem (like anger) vs. dissolution of the problem?” Once anger dissolves and transforms into pure compassion, does it still exist?

## 19 – WAKING UP

~~~~~

When we wake up each morning, do we realize that another day is gone and the amount of time left in life is shrinking day-by-day? Although we know this intellectually, do we feel the hidden truths within this fact? Each moment is timeless, if we are aware. Let us open our eyes and see the hidden truths. Awareness of death leads to fully living one's life if that awareness is sustained by the clarity of vision. Society hides from death, fears death, covers up death, and many times considers it as a taboo subject. If we are to see our lives in all its totality, then death is not the end but clearly a new beginning. More important than the physical death, however, is dying to pettiness, dying to negativity, dying to violence, dying to hate and dying to limitation. It is in this day-to-day dying that we are truly alive and awake.

IF WE CAN LIVE WITH COMPLETE CLARITY, THEN OUR PHYSICAL DEATH WILL BE A TIME WHEN WE ARE MOST ALIVE.

20 – THE UNIVERSE & BEGINNINGS

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Have you looked up at the sky on a clear night and seen the millions of stars and perhaps even an arm of the Milky Way Galaxy? How amazing!! How mysterious!! How truly infinite!! We feel great awe at the night sky because, for some moments, our mind expands beyond the limited conditioned programming that is constantly running in our own heads. If this programming, due to pure awareness dawning upon oneself runs only functionally in life and does not take over our life, then each moment will be filled with the same childlike wonder as looking at the night sky. **IF WE CAN COME TO THIS POINT, WE ARE READY TO BEGIN SEEING THE WORLD AND ALL THAT IS IN IT WITH FRESH EYES.**

## 21 – FAMILY UNITY & FREEDOM

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Family unity is the result of acceptance of individual diversity. Loving each other, respecting each other, and tolerating each other is possible when we don't take any individual in the family for granted. Life is unpredictable...why waste energy on battling with each other? This same energy can be used to work internally on ending our inner battles. Inner battles and inner confusions result in conflicts that have external effects. To see the truth of this for oneself is freedom not to be controlled by one's own conflicted mind. What is the origin of conflicts in the mind? Before one can answer such a question, it becomes essential to understand the question first. **IF THE NATURE OF "CONFLICTS" AND NATURE OF THE "MIND" ARE TRULY SEEN, THEN CONFLICTS WILL DIE DOWN AND THE MIND WILL BECOME STABLE. IF THIS OCCURS, WHERE IS THE QUESTION OF "ORIGIN?"**

22 – SPEED OF THE MIND

~~~~~

There is nothing faster than the speed of one's own mind. With just a thought one can reach any place in the storehouse of conscious memories. With just a thought one can tap into pleasurable memories or painful memories. So, who is in charge...the mind with its constant movements in the storehouse of memory, or the soul, that exists beyond the mind? **IF THERE IS A SOUL BEYOND THE MIND, COMPLETE STILLNESS OF THE MIND IS NECESSARY TO SEE IF THERE REALLY IS A SPIRITUAL DIMENSION OF OUR BEING CALLED "THE SOUL."**

## 23 – FRICTIONLESS ACTION

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No one can remain in the world without performing actions. So, can action be performed without any internal disturbance? Internal disturbance while performing action is an opportunity to find the source of the disturbance, rather than remained fixated on the disturbance and acting through the fixation. If one's attention goes to the source of the disturbance, then one can act without friction within the outside world and act without friction inside the world of thoughts & emotions. **THIS IS BECAUSE "FRICTIONAL POWER" HAS BEEN TRANSFORMED INTO "UNDISTURBED POWER."**

24 - ALONENESS & LONELINESS

~~~~~

Aloneness is very different from loneliness. One who has tapped into the beauty of aloneness has tapped into the state of being connected with one's own self, without the fragmentation of thoughts caused by desires and ego. This is the awakened state where nothing is rejected from outside yet "no thing" is demanded by desire to "become" happy. There is no "becoming." There is only "Being." Then one can be ecstatic merely by looking at the clouds, at a tree, or a flower. There is an ever "newness" in "aloneness." Loneliness can be an emotional abyss whereas aloneness is an emotional ascension. Loneliness is the mind feeding on its own isolation. Aloneness is the mind freeing itself from its limitations. Loneliness is the "wanting to fill needs..." Aloneness is filling the needs of the universe. Loneliness is a result of deep emotional holes. Aloneness is the wholeness of emotions.

*To sit at a slot machine and gamble away the much needed money from a social security check is a sign of boredom, loneliness, and perhaps much emotional pain. The problem gambler eventually must come home and face the reality that life is a journey from "the alone towards one's real home."*



## 25 – PLEASURE & THE EXPERIENCER

~~~~~

Humanity is trapped in the endless pursuit of endless pleasure. There is nothing wrong with pleasure, yet the constant pursuit of it implies that pleasure is only a temporary experience that has a starting point and an end point. If we can see that this is the nature of pleasure, then the question becomes, “is there a constant state of pure bliss that has a beginning yet no end?” It could be stated that pleasure is a reflection of pure bliss that already exists within us as us. There cannot be the experience of pleasure without the experiencer. The experiencer is the watcher of pleasure, and hence, identifies with pleasure as “I feel great!!” **ONCE THIS IDENTIFICATION STOPS, THE EXPERIENCER REALIZES IMMEDIATELY, “I AM THE ORIGIN OF ALL PLEASURE AND I AM GREAT.”**

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## 26 – HAPPINESS & HEALTH

~~~~~

It has been said that “happiness is being thankful for what we have rather than being miserable about what we don’t have.” Just take a look at your body right now. You are looking at a miracle of nature. To be thankful for this miracle is to recognize its preciousness & rarity.

27 – THE BARBER & FAITH

~~~~~

When we go to the barber, we have immense faith that he will not harm us deliberately with his scissors. We place complete faith about our safety in the hands of a total stranger every time we get an haircut. If we can place so much faith in a barber, then why not have pure faith in God and allow Him to cut out all harmful thoughts, all harmful emotions, and all harmful acts from our lives? **FAITH CAN AWAKEN A DIMENSION OF OUR CONSCIOUSNESS THAT CLEANSSES ALL THE OTHER DIMENSIONS OF OUR LIFE.**

28 – DREAMS & A NEW VISION

~~~~~

When we dream at night there is a whole new world created by our brain. Within this dream world, different people, diverse places, and various objects appear while a story is continuing to be played out. Could it be said that we dream because we live with much internal disturbance and conflict during the daytime? Meditation is the attempt to live in the daytime without disturbances of thoughts and emotions. **IF SUCH A STATE IS REALIZED THEN THE QUALITY OF OUR DREAMS COULD CHANGE AND THE EXTENT OF DREAMING COULD BE SUBSTANTIALLY REDUCED. IF THIS OCCURS, AN OPPORTUNITY WILL BE THERE, AT NIGHT TIME, TO SEE INTO A DIMENSION OF OUR OWN BEING THAT HAS NEVER BEEN SEEN WHILE WE ARE AWAKE, WHILE DREAMING, OR WHILE IN DEEP DREAMLESS SLEEP. TO BE AWARE IN DREAMLESS SLEEP IS TO BE SPIRITUALLY AWAKE.**

29- BONDAGE & FREEDOM

~~~~~

Buddha saw suffering in life and immediately he awakened to start his spiritual journey. He saw aging, disease, and death as the ultimate destination for all beings. After his spiritual awakening, he taught thousands of people about the end of suffering.

The end of suffering is **NOW** if we realize that much of our suffering is due to binding ourselves in endless attachments over and over again, merely to become free. What a great irony....we seek freedom by throwing ourselves into countless bondages. Bondage and freedom are within ourselves that take external form and continue from generation to generation.

## **30 – COUPLES & FOUR DIMENSIONS**

~~~~~

A relationship between a couple has four dimensions: 1) physical-sexual; 2) emotional; 3) intellectual; 4) spiritual. An imbalance in the four is the root of instability in a marriage. Marriage is not just an adjustment between two people, it is a journey taken together to reach the destination of oneness and pure love.

31 – FIVE SENSE & THE MIND OF GOD

~~~~~  
Our five senses bring signals to our brain, our brain processes these signals and creates simplified experiences in the form of vision, hearing, touch, taste, and smell. There is so much more happening outside the realm of our senses and to get access to that is part of meditation. *Looking at a rose without the disturbances of the mind, is directly touching a fragment of the mind of God.*  
~~~~~

32 – ORGASMS & UNITY

~~~~~  
When a person has an orgasm, is there the thought of the “other” person at the moment of orgasm? Orgasm is a point of unity of male and female energies that exist within each person. If there is so much pleasure in orgasm that gives a non-dual experience for just a few moments, then what must it be like to be one with all of creation? We are actually, continually, in oneness with all of creation and our lack of perception of this fact causes us to feel we are uniquely separate. No doubt we are all like unique snowflakes because no two snowflakes are identical in structure. **IT IS OUR UNIQUENESS THAT DRIVES US TO FIND EVERLASTING UNITY VIA ORGASMS, YET ORGASMS ARE A FRICTIONAL REFLECTION OF THE ORIGINAL UNITY UNDERLYING ALL OF CREATION.**  
~~~~~

33- HUNGER, SEX, & FAMILIES

~~~~~

There are so many types of hunger in life: hunger for food, hunger for sex, hunger for money, hunger for position and power, etc. These forces are so powerful that most of them are neurologically programmed in our brains. For humanity to come out of its infancy, it needs to find ways of satisfying these biologically programmed demands without destroying itself. Although there will never be an end to these demands, we must prevent destructive actions in our lives. Divisions within our human community have grown as poisonous trees in the form of weapons that can destroy the world many times over. Is all our technological progress meant for destroying ourselves? As if destroying the world once was not enough, humanity has tried to find increasing security by increasing the number of weapons that can destroy the entire planet many times over. Deep change in human consciousness is required and for this to occur, each human being needs to see every other human being a reflection of himself/herself. To have an ill thought of another is the root of all violence. Thoughtful change and change in thoughts can bring great insight into the nature of thought. The beginning of wisdom is when a person is working *on* thoughts and not *with* thoughts that are functioning according to a programed divisive pattern.

### 34 – RELIGIONS & LADDERS

~~~~~  
The word's great religious traditions, in their purest sense, can be considered as different access points to enter the reality of God that exists within one's own heart. Religions are many, spirituality can only be one. Just as languages are many, the reality that words refer to is one. Consider the following:

What is the religion of water?

What is the race of air?

What is the nationality of wind?

Spirituality is realization of unity within immense diversity, whereas religions are diverse ladders to climb and reach the "mountain top" of enlightenment. Attachment to the ladder is essential to reach the mountain top. Those who have stopped climbing and are neither going up nor down and then trying to break another's ladder need the greatest blessing from God. Disagreements in life are healthy and necessary. **DISLIKE FOR ANOTHER DUE TO DISAGREEMENT HAS POISONED HUMAN RELATIONSHIPS AT ALL LEVELS OF "CIVILIZATION."**

35 – LISTENING

~~~~~

It is said that “listening is a great art of conversation.” Listening to one’s own biases, one’s own self-chattering, and one’s own likes/dislikes is the beginning of actually listening to another.

~~~~~

36 – MEMORIES & THE PRESENT MOMENT

~~~~~

Where does the past exist? Our personal past exists in the memories stored in our brain. The storehouse of memories constantly puts pressure on us in the present. Recognizing that this is occurring is the first step to becoming psychologically free of the ghost of memories. Whether memories are pleasant or painful, we need psychological freedom to recall them without forgetting that the present moment in our life is the only actual reality. We need memory to become an aide to living fully in the present and not a burden that we carry around till we die. **MEMORY WILL BECOME SUCH AN AIDE WHEN WE MASTER BEING FULLY PRESENT, MOMENT TO MOMENT, IN THE PRESENT.**



### 37- HUMAN DNA & THE UNKNOWN

~~~~~

Humans have 46 chromosomes. These chromosomes are coiled DNA and DNA is the blueprint for creating the entire human body. In one sense, human life is a very intricate bio-chemical process that follows the programming in the DNA strands. If there is such intricate programming, does it not imply a programmer? Who or what is the programmer? Is it “natural selection” as per Darwin’s theory of evolution? Is it an all-powerful unseen God sitting somewhere? To find an introspective answer, it becomes necessary to end all psychological, emotional, and intellectual disturbances and enter into a state of absolutely stillness where the activity of thought does not exist. *In this great stillness, windows can open into various **UNKNOWN DIMENSIONS OF YOURSELF** that can never be described because they are not part of the framework of conditioned thought or anything manufactured by thought. Even if one window opens, the **PROGRAMMER** will find **YOU**...*

38 – ALL “A’s” ALL THE TIME

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There is no progress in life without learning from good teachers. Respect for one’s teachers takes us one step closer to God. The source of all knowledge is God and disrespect for one’s teachers in school, college, or any other place is the first sign of self-degradation. The greatest gift one can give to one’s teacher, professor, or spiritual guru is to grasp their teachings and let the teachings shine from within. The darkness of human ignorance can be removed when “love of knowledge” sparks from within and creates a natural longing to learn more and more with greater and greater perfection. Starting with *this* perfection, students can remain in “A” consciousness and do not have to strive for an “A” because the student *is* the “A.” The “A” grade is a symbolic representation of lucid understanding & perfect learning. **PERFECT LEARNING CAN CREATE AN ACCESS POINT INTO THE “UNUSED” PARTS OF THE BRAIN.**

### 39 – THREE FACTORS FOR SUCCESS

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There are three factors for success in anything: ability, motivation, & opportunity. All three are absolutely required for success in any aspect of life. Constantly being aware of one's deficiencies will increase, expand, and enhance ability. Considering laziness as one's true enemy will increase, expand, and enhance motivation. A person will start taking advantage of meaningful opportunities that present themselves when motivation and ability combine together to make the most of opportunities. In life, there is very little that is certain, except one thing: *without placing efforts, one has already failed because such an individual started with psychological failure*. Placing one's best efforts in any situation is all that one can do. **IF ONE'S VISION IS TOWARDS GENUINE SELF-IMPROVEMENT, ACTIONS PERFORMED TO REACH ANY SET GOAL BECOMES INCREASINGLY FRICTIONLESS.**

40 – IMAGINATION & THE BRAIN

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What is the source of one's imagination? Is it possible to imagine something that is not based on what has been already programmed in our minds? A computer has been programmed by the programmer and can only function within the limits of the program. Is the brain of each human being similar to the hard drive of a computer where society, tradition, culture, religion, scientific knowledge, social norms, etc. are programmed in the brain? If the human brain is merely a glorified computer and it is constantly running all that which has been programmed in it, then where is the source of imagination? Is imagination a product of this deep programming?

Any significant development in human civilization has occurred due to individuals breaking out their own programming and giving the world a leap head. This is true, for example, with all human inventions and great discoveries in the sciences.

**NO DOUBT WE HAVE WITHIN OURSELVES INNUMERABLE BIO-CHEMICAL MECHANISMS, YET THE DISCOVERY OF THESE MECHANISMS AND ALSO KNOWLEDGE ABOUT OUR OWN PROGRAMMING BECOMES POSSIBLE WHEN WE ARE STEADY ENOUGH TO LOOK BEYOND OUR PROGRAMMING.**

## **41 – ALCOHOL, GAMBLING, & FREEDOM**

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When a person is of legal age to buy alcohol and to gamble, personal responsibility is critical. If a person abuses drinking or gambling to the point of harm, it becomes critical to recognize “harm” as “harm.” Unfortunately, many people minimize the harm and think that they have control. The fact that alcohol and gambling are legal is an indication that society has given its members freedom to be responsible.

42 – COMPASSION & PASSIONATE ACTION

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Let us consider the quality of compassion. Can compassion exist without attachment or does compassion necessarily demand emotional attachment? Mere compassion could just be emotionalism, while compassionate detachment could lead to rational action leading to the reduction of pain and suffering. Although there are many who possess compassion, how many are willing to take action? There are many people who are compassionate from the side lines, yet, there are few brave ones who have the courage to take passionate action and remain compassionately detached.

### 43 – INFORMATION & THE INNER JOURNEY



Information is different from wisdom. There is so much information available today that there seems to be little time to be mindful about what we really need to know. If a person knows about world events, politics, and many other countless things, yet has never mindfully inquired into his/her own inner reality, then what has such a person truly known? Regardless of how much knowledge one has about the outside world, it will only be minuscule. We are knowledgeable “more and more” about “less and less.” What would it require to take an inner journey of self-inquiry to discover the most precious truths about oneself? **TAKING A WONDERFUL WALK IN NATURE WITH AWARENESS OF ONE’S BREATH...IS A START. THE GREATER THE DISTURBANCE OF THE MIND, THE SHALLOWER ONE’S BREATH. SO, BEGIN BY TAKING FULL BREATHS WHILE WALKING. THE HINDRANCE IN BREATHING FULLY IS THE PSYCHOLOGICAL NOISE EMANATING FROM THE CONSCIOUS AND SUBCONSCIOUS MIND.**

**44 – FORGIVENESS & FRESH EYES**

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Forgiveness is an emotional unclutching that takes one to the depths of pure joy. To forgive one who asks for forgiveness is a human quality...to forgive one who doesn't ask for forgiveness is a more evolved quality...and, to look at an individual who has wronged us, *with fresh eyes*, is being open to a dimension beyond mere forgiveness.
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LOOKING AT ANYONE  
WITH A PURIFIED  
VISION IS GOD  
LOOKING THROUGH  
YOU

## 45 – LOSING HUMANITY

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To wish the progress and uplifting of all people, truly from one's heart, is a rare quality indeed. In today's world the disease of jealousy, harmful competition, and over-powering another to gain an advantage, has caused humanity to degrade below the animal kingdom. This is because, animals don't kill their own species...it is only the twisted intelligence of humans that causes us to kill each other. **HENCE, IN MANY WAYS, ANIMALS ARE MORE ETHICAL AND *MORE HUMAN* THAN THE SO-CALLED "CIVILIZED PEOPLE" DESTROYING EACH OTHER AND OUR BEAUTIFUL EARTH.**

46 – TOLERANCE & DISTURBANCE

Tolerance is one of the greatest qualities that one can imbibe in life. Tolerance requires two things:

- 1) Willingness to listen to another carefully without bias.
- 2) Willingness to tolerate another's ignorance without disturbance. When one is not disturbed, a compassionate and meaningful approach can then be taken to interact with another who is in a state of ignorance.
- 3) Before #1 and #2 can be done, the distinction between ignorance and true wisdom must be clear. How does one know this? It can be known by the level of disturbance one experiences in any situation.



47 – ONE HUNDRED QUALITIES

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To find faults with others is very easy. In fact, people find fault when there may not be any fault. If a person has 100 qualities and 99 of them are perceived as negative, there is at least 1 quality that is positive. If that 1 quality is emphasized and the other 99 are minimized by those who interact with this individual, then the 99 negative qualities will begin to reduce because *emphasis* on the 1 positive quality has great power to reduce the 99 negative qualities. This is a matter of experience and experimentation with positive energy. This positive energy exists in each of us and we have the choice of accepting it or rejecting it. **THE QUESTION IS: DO WE HAVE THE COURAGE TO EXPERIMENT WITH THIS POSITIVE ENERGY OR ARE WE CONTENT TO BE SLAVES OF NEGATIVITY?**

**48 – HARMONIZE WITH PEACE**

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What is peace, tranquility, and inner steadiness? Humanity has longed for this and every religious tradition has countless prayers for peace and harmony. Although it is wonderful to pray for peace and harmony, why not begin to harmonize ourselves with the peace that already exists within us?
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**49 – ENEMIES & PURE VISION**

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There are two types of enemies: outer enemies and inner enemies. Outer enemies are those who are intent on causing harm to us. Inner enemies are our own feelings and thoughts that cause suffering to increase within us. Once inner enemies stop hurting us, many outer enemies will also disappear. To consider someone as an enemy is a psychological frame of reference. **TO NEVER HAVE AN ILL THOUGHT TOWARDS ANYONE IS NOT A FUNCTION OF THOUGHT, IT IS A STATE OF PURE VISION.**

50 – SPEED LIMIT & MEDITATION

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In a 55 MPH zone, how many people actually drive 55 MPH? Usually people drive anywhere from 5 to 10 miles over the speed limit. Have you tried driving exactly at or very near the speed limit? If you haven't, please try to do so for at least 2 days. You will notice that there will be much pressure from within yourself to go faster. Also you will notice that most of the traffic is passing you and you will feel "out of place" as if you are doing something wrong. In actuality, you are doing exactly what should be done. Identifying the source of the internal pressure and finding out for yourself how not to be troubled by all the people passing you, is a great driving meditation. Although this may seem minor, it is not. If you can drive near the speed limit consistently and without internal disturbances, then the same stability and sanity can overflow into other parts of your life. **DRIVING DEFENSIVELY IS PREVENTION OF ACCIDENTS. DRIVING CALMLY AND STEADILY CAN PREVENT THE "PSYCHOLOGICAL FRACTURE" KNOWN AS "ROAD RAGE."**

## 51 – OUR PRECIOUS DAY

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The amount time left in life is shrinking moment by moment. Visualizing this fact is absolutely necessary to appreciate the most precious thing in life and that is: **TIME**. Time is the one thing that no one gets back. So, let us take a few moments each morning after waking up and remind ourselves that another day is gone and existence has given an additional day, today, to live meaningfully, compassionately, and fully, *as if it is our last day*. One day *will be* the last day and no one knows which day that will be. **TO LIVE WITH AS MUCH PERFECTION AS POSSIBLE, DAY-TO-DAY, IS OVERCOMING THE BONDAGES OF PSYCHOLOGICAL TIME, TODAY.**

52 – PRAYER & MEDITATION

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Prayer is when we are longing for God or wanting something from God. Meditation is when we are silent enough to listen to the music that God is playing in our own hearts and minds.

## 53 – BIRDS, FREEDOM, & HUMANITY

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It's 20 degrees outside and the birds are flying around looking for some food. When someone puts some food outside, about 50 small birds come flocking with such intensity as if they have never seen food before. Hunger has such force behind it that it is a manifestation of the survival instinct in all species including us. Although the birds appear to be free in the outside world, they suffer much as they try to find food and find some peace. A bird in a cage in your house does not have the apparent freedom as the birds outside, yet that bird in the cage is truly free of much suffering. Freedom is relative and a matter of perspective.

THE BONDS OF ETHICS AND MORALITY SEEM TO RESTRICT US, YET THEY ARE BOUNDARIES WITHIN WHICH OUR ANIMAL NATURE HAS THE RARE OPPORTUNITY OF BECOMING HUMAN.

54 – THE POLITICAL MAP & ALIENS

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When we look at the world from outer space, we see no political lines on the world as we do when looking at a political map. These boundaries are humanity's own creation. If these boundaries can promote greater appreciation of human diversity, then there is hope for the world. Great leaders have tried to unify the world and break down divisions and no one has been completely successful. The change must start at the root level of human civilization and to see the roots, all of us must embrace the fact that we live in one human family. In all our search for extra-terrestrial life, one of the truly shocking truths is that humans have yet to truly appreciate and be responsible for all life on Earth, not just human life. That which is in front of us, we take for granted...what is unknown to us, we seek.

**IF THE DAY COMES WHEN ALIENS FIND US AND LAND ON EARTH, WE MAY ALL AWAKEN TO THE FACT THAT WE ARE ONE HUMAN FAMILY. SO, DOES IT HAVE TO TAKE ALIENS LANDING ON EARTH FOR US TO REALIZE THIS?**

## 55 – BEAUTY, ATTRACTION, & ORGASM

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When a man look at a beautiful woman, what makes her look beautiful to the man? There is a well-known expression, “beauty is in the eye of the beholder.” Is it not true that the beauty of a woman perceived by a man is actually beauty that already exists within the man and the women on the outside has triggered the expression of dormant beauty that springs from an intrinsic dimension in the man? Is not the same true for women? Even in the word “woman” or “women” there is the word “man or men.” Albeit there are physical and other differences between men and women, there exists at some depth within our being....a great oneness that *appears* as duality. The duality within us constantly seeks oneness and it will stop seeking this oneness (through another) the moment it realizes that the other is already within oneself, all the time. Attraction between the sexes is just a glimpse of **ORIGINAL ONENESS** and it is due to the lack of realization of this **ORIGINAL ONENESS**, there exists the experience of frictional orgasm. **GOING BEYOND FRICTIONAL ORGASM IS TRANSCENDENTAL FLOW OF SEXUAL ENERGY.**

56 – INNER COMMANDMENTS

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Every religion has specific commands, such as the 10 commandments. Is there such a thing as an “inner commandment?” It is easy to read rules of morality from any religious tradition; it is easy to elaborate upon these rules and give lectures and even write books on these rules. When we awaken to *our own inner morality* with inner commandments, God’s will is shining through us in the form of a purified intellect and sensitive emotions. The power of true morality shines like the bright sun. When the sun rises it is daytime....When we have lit countless light bulbs at night, it is still night time. **SIMILARLY, PURE MORALITY SHINES LIKE THE SUN AND JUST AS THE SUN, IT DOES NOT DISCRIMINATE ON WHOM TO THROW ITS RADIANCE. EVEN THE POWER IN THE HUMAN EGO IS GIVEN BY GOD SO IT CAN FREELY TURN TOWARDS GOD. SADLY, THE EGO IS LIKE THE LIGHT BULB AT NIGHT, THINKING IT SHINES LIKE THE SUN.**

## 57 – ENDLESS PLEASURE

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The unfortunate thing about most pleasures is that they are not continuous and are usually peak experiences especially when it comes to alcohol, illegal drugs, and gambling. Although it is illegal to use drugs such as cocaine, heroin, ecstasy, etc., it is legal to use alcohol and to gamble in most parts of the world. With the freedom to gamble and use alcohol, comes great responsibility. Without responsibility and awareness about alcoholism and problem gambling, one can be lost in addiction without ever realizing that one is addicted. Pleasure is great...but, awareness of the endless pursuit of endless pleasure is greater. **THE DEMAND FOR PLEASURE WITH HARMFUL CONSEQUENCES HAS ITS OWN HYPER-FOCUSED AND TWISTED INTELLIGENCE AIMED AT CAUSING ANY AMOUNT OF DESTRUCTION TO FULFILL ITSELF.**

58 – WHERE IS BEAUTY?

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When we look at nature, generally there is a feeling of great beauty and serenity. When we examine closely what is actually happening in nature, we find that there is a race for survival of the fittest. The entire animal population is constantly searching for food, water, and shelter. So, where is great beauty in such a life? Nature appears very beautiful from a distance. For instance, mountains appear very beautiful when viewed from far away. Yet, when you actually go on a mountain, where is *that* beauty that was experienced from a distance? On the mountain, you find trees, rocks, snakes, spiders, insects, etc., and where is the beauty that you saw from far away? This is not to say that there isn't beauty in looking at trees, rocks, insects, etc., yet what was *the cause of the perception* of the far away beauty? **COULD IT BE THAT THE BEAUTY THAT WAS PERCEIVED FAR AWAY IS ACTUALLY ONE'S OWN ESSENTIAL NATURE?**

## 59 – AN ANT’S EGO

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Every small ant has great affection for its body. It tries with great effort to survive just as does all life. Where is the origin of the survival instinct? Obviously, this survival instinct is biologically programmed in the genetic code for the purpose of survival. However, is it enough just to survive? Consider also that when Jesus Christ was being crucified, he had tremendous compassion for those who were crucifying him and he prayed to God to forgive them. If we can awaken, via any genuine spiritual path, even a fragment of this transcendental state of Jesus Christ, then we shall begin our journey to move beyond the ant-like affection towards our own limited ego. This ego has assumed a false lordship over many things. **ALL THAT EXISTS IS MERELY A THOUGHT OF GOD.**

60 – FOOD, MIND, & POISON



If you are eating your favorite meal and truly enjoying it, you would feel that your enjoyment is coming from the meal. Of course, specific type of food is required to have specific enjoyment. Nevertheless, consider this: If you get a phone call from a family member about some tragedy or some difficulty, the enjoyment that you were getting from the meal will drastically decrease if not stop altogether. So, where is the source of the enjoyment?

The stability of the mind, the sanity of the mind, the purity of the mind, the security perceived by the mind, and the non-disturbance of the mind are all required just to enjoy a meal peacefully. Being thankful for one's food is to recognize all the blessings given to the mind while eating. **ANGER TOWARDS THE PREPARER OF THE FOOD, DUE TO LACK OF SOME DESIRED INGREDIENT, IS PLACING POISON IN ONESELF AND THEN WANTING NOURISHMENT FROM FOOD.**

61 – HOLY AIRPLANES

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If you are flying in an airplane at 20 thousand feet, you will not be able to see people or any other life-forms from such a height. You will not be able to see conflicts that are going on in countless homes; you will not be able to see a painted line dividing one nation from another; you will not be able to see racial difference or any other human differences. So, what are you seeing? You are seeing the whole with countless unholy parts. Although the “whole” seems serene from a distance, can there be original serenity without the illusory wholeness? **CAN WE LIVE ON THE GROUND WITH THE VISION OF FLYING IN THE SKY?**

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62 – TRANSITONS

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When you go to bed tonight try to identify exactly the point when you transition between waking and sleeping. As you know, when you lie down in your bed, you don't immediately fall asleep. You will notice that there is background inner-chattering that eventually takes over and transitions you into the sleep state (with dreams and without dreams). **IF YOU ARE AWARE AND FULLY CONSCIOUS DURING THIS TRANSITION, SEE FOR YOURSELF WHAT OCCURS...**

**63 – CULTIVATION VS. A NATURAL FLOW**

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Consider the following four qualities that are written in some form or another, in most spiritual traditions and paths:

- 1) Righteousness (morality, ethics, etc.)
- 2) State of being beyond attachment and detachment
- 3) Complete knowledge of the nature, structure, and function of one's own mind
- 4) Pure devotion towards God (as you have understood the Ultimate Reality).

Consider what occurs within oneself as one begins to experience these qualities. These qualities either can be cultivated or they can flow out from within oneself naturally (i.e. without cultivating these qualities by some psycho-spiritual methods, techniques, or practices). **SO, TO ASK THE QUESTION, "HOW IS THE NATURAL FLOWING OF THESE 4 QUALITIES TO BE DEVELOPED?" IS A WRONG QUESTION, BECAUSE THERE IS NO "HOW" WHEN ENLIGHTENMENT IS NATURALLY FLOWING WITHIN ONESELF.**

64 – WHAT IS BEYOND THE MIND?

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Our five senses give us a simplified and functional experience of external reality. Our mind functions in accordance with accumulated intermixed memories of countless experiences and the mind keeps churning them endlessly. This endless churning, processing, etc. continues and this fatigues the brain. To regain the energy to keep churning, the brain enters a state of deep sleep for the purpose of relaxation and revitalization so that the churning can begin again. Consider this question: what would happen if the brain stopped its endless self-chatter, its endless contradictory thought-emotion processing, and its constant attempt to gain control over itself? Meditation begins when the mind realizes that increasing the speed of thoughts or attempting to reduce the speed of thoughts produces only a limited result where this result is a creation of the mind itself. **THE FULL AWARENESS OF THIS TRUTH WILL ALLOW THE MIND TO CALM DOWN NATURALLY AND SEE WHAT IS BEYOND ITSELF.**

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Now, Let Us Begin.... With Newness

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## ABOUT THE AUTHOR

To write about oneself seems odd somehow. Nevertheless, the fact is that I have been a student of spirituality, psychology, and related areas for over 25 years. I have always been very inquisitive about the human condition and thus studied many subjects in college. Educationally, I have a BA degree in Liberal Studies (with concentrations in biology and philosophy), MSW (Master of Social Work) Degree, and a Ph.D. in Social Work. Despite this education, I can safely say that I am truly a life-long student. My quest to unfold the mysteries of life has led me to practice spirituality and as a consequence, to do as much as possible to end human suffering. At the end of the day, the reduction of suffering and the dawning of great joy in all our lives is all that really matters. It is my intention to keep writing books on other topics and to keep writing brief “windows in....” books that will continue to highlight some of my own reflections about the human condition.