

PREFACE

VIDEO GAMES ARE BECOMING INCREASINGLY POPULAR. THIS IS LARGELY DUE TO THE FACT THAT THEY OFFER MENTAL CHALLENGES TO THE PLAYER. "EVERY LIVING THING," IN ORDER TO BE CONSIDERED LIVING, MUST BE GROWING. THIS INCLUDES MAN OR HUMAN BEINGS. THE WAY THAT A HUMAN BEING GROWS IS BY CONFRONTING AND OVERCOMING CHALLENGES. AS HUMAN BEINGS, WE ALL KNOW THIS INNATELY, IF NOT CONSCIOUSLY.

AND SO, YOU HAVE CREATED...

THE ULTIMATE VIDEO GAME

The game is played... you against the machine. The machine projects a three dimensional, holographic playing field around you, with you always as the center. The hologram moves around you constantly, giving the illusion that you are moving through it. The object of the game is to... REMEMBER WHO YOU ARE!!

The purpose of the machine is to trick you so that you forget. It does this by making up games within the game to attract your attention and keep your interest.

You have absolutely "NO CONTROL OVER THE MACHINE!! It does however, give you the illusion of control by randomly awarding and taking away reward points, called survival points. Then with a voice centered within your holographic head it says, "I DID THAT."

There are four different kinds of reward points; Love, Health, Happiness, and Control. It also randomly removes holographic characters from the playing field, creating the ILLUSION OF POSSIBLE DEATH. This makes gaining of survival points appear important.

It constantly explains and justifies everything to you from the context of the survival game, using the voice centered in "YOU HEAD." This voice, you believe, is you... thinking.

Here is the trick. When you LOSE survival points, you become frightened, and your involvement in the survival game becomes stronger. But, when you WIN survival points, you become excited, and your involvement in the survival game becomes stronger. Whether you win or lose doesn't matter. Winning AND losing of the survival game BOTH strengthen the illusion that is it real, and attract your attention and awareness away from the Big Game, the Real Game, until you have totally forgotten who you are, and what's going on.

And so the game begins. Read on...

The following dialog represents a compilation of questions asked by readers, and the answers given by the author. It is our purpose here to anticipate questions that you may have yourself.

*Q: The first thing that comes up for me is the movie "War Games," where the computer decides at the end, "The only way to win at this game is not to play."*

A: You are very close to the heart of the matter. However, you cannot simply choose not to play. You are playing. And you will continue to play until you win.

*Q: Then, how can we ever win?*

A: The way to win at this game is to do nothing.

*Q: Do nothing? How can a person do nothing?*

A: Actually, doing nothing is the easiest thing in the world. Since, it is what you are already doing, anyway.

*Q: Do you mean to sit in one place and do nothing? Not go to work, and starve to death?*

A: No. You see, the mind, the machine, will continue to do what it does, what it has always done. It will continue to take you to work and to feed you. It will continue to award and subtract survival points, etc. That's what the mind does and what it will continue to do. What I'm talking about is exposing the illusion, the sensation that YOU are doing it.

*Q: I'm really trying to understand. I wish I could believe you, but it is all so unreasonable.*

A: Exactly! Your entire reality is based on what is reasonable. And the source of your reasoning is THE MACHINE! It will explain and justify anything that validates the survival game. However, when you hear something that threatens to expose the illusion, it simply says, "Now, that's just not reasonable." And you believe that is it you. .. thinking. That is the process you call understanding.

And please don't anyone believe me. Look, your question was perfect. Everything you know is based only on reasonableness, believing, whining, and trying. And as far as I can see, there is no certainty in any of that, no experience.

*Q: If we can't trust what we believe, or what we think we understand, then where is certainty to come from?*

A: From experience! When you have the experience that you are POWERLESS OVER LIFE, then you have begun to win. Believe it only means that the mind has found a way to justify it within the context of the survival game.

*Q: What do you mean, "Powerless over life?"*

A: What is.. .IS. Everything is just the way that is it, and all of the believing, or wishing, or trying in the world won't change that. Nothing is any different that it is. In fact, nothing could possibly be any different than the way it is.

Your whole life, so far, has been directed toward trying to change the way things are. It simply can't be done. No matter what you believe, no matter what you wish, no matter what you try, everything is always going to be just the way that it is.

*Q: You are blowing my mind.*

A: I hope so. Your mind is the only thing that has ever kept you from being, doing, and having everything you want.

*Q: SO, how do I have that as an experience?*

A: By having "experiences" as your goal. When you give up your fascination with trying to change the way things are, you can then begin to observe the way things actually, already are. Observation is an experience.

*Q: How did you come up with this?*

A: Just lucky, I guess, that I had list nearly all of my survival points early in life. It was painfully obvious that I had no power over life. I wanted to change that. I read and studies and tried everything I could get my hands on that promised to make me better at life. Nothing worked. I tried every kind of psycho-babble, promising cult I could find. I was practicing several different brands of medication, and one day something happened. For an instant, just an instant, that voice that I thought was me, stopped.

In the clarity of that instant, it became obvious. I saw, observed, the reason it seems that I was powerless over life was because... I REALLY WAS POWERLESS OVER LIFE. In fact, the more effort I made to try to control it, the less power I had. That was the beginning of enlightenment.

*Q: What is enlightenment?*

A: Enlightenment is nothing more than the ability to see life as it actually is, without assigning any meaning to it. You see, life, in itself, doesn't mean anything. Meaning is always assigned by the mind to justify the context. Meaning is derived from context. Unless you intentionally create a different context, then the mind's "survival game" context is automatic.

*Q: Create a context?*

A: The context you live from is made up of everything you believe. RIGHT OR WRONG. The function of the mind is to interpret life for you, so that your experience of life is consistent with the context, based upon the reasoning that EVERYTHING YOU BELIEVE IS ALWAYS RIGHT.

When you know who you are, you have the ability to decide what to believe, so that you cause the mind to interpret life the way YOU want it. That's called "Creating a Context. "

*Q: So you are saying that by changing what we believe, we can change reality?*

A: I'm saying that your experience of life is not reality. It is only an interpretation of reality, a consideration, an opinion, based on your context. For example, when you are "coming from" the belief that you don't have what you want, it doesn't really matter what you have. Your experience is ALWAYS going to be, "I don't have what I want."

*Q: But I don't have what I want!*

A: Exactly! The voice in your head says, "I don't have what I want," and you believe it is you... thinking. It is the job of the mind to interpret life so that you don't have what you want. This validates your belief and your certainty that you are RIGHT.

The most basic, and most important of all your beliefs is, "who you consider yourself to be." That one belief is the context for everything else you believe. The mind will ALWAYS explain EVERYTHING else in such a way that it validates and justifies that one - basic belief.

When you consider yourself to be the mind, it develops an elaborate system of opinions, beliefs, and explanations to prove that you are right. That belief system is what you call reality, and what I call "The Ultimate Video Game."

So you are saying that by changing what we believe, we can change

**MEDITATION**  
**THE ART OF DOING NOTHING**

There is a voice, a speaking, that seems to be centered in your head, which gives you a running commentary ABOUT what you are experiencing. It speaks as if it were you. Giving the illusion that it is you... thinking. It judges and evaluates context. In fact, that is all it does. It serves no useful purpose whatsoever. It's only function is to validate, and perpetuate your belief that "IT" is... who you are.

The voice is the source of all suffering. It is the source all sorrow and unhappiness. Without this voice and the belief that it is you, none of these things would exist. When the mind is silent, the experience of Peace arises naturally.

There are three natural states of consciousness which occur spontaneously in life. In the waking state, one has awareness and thinking. In the dream state, one has thinking, without awareness. In the deep-sleep state, one has no awareness and no thinking. Meditation is also any process or technique which can bring about that state. Finally, Meditation is a life-style, a context to live one's life out of, which is committed to the experience of Peace.

Meditation is technique which exposes the illusion, the belief that the voice is who you are. It breaks the connection, the attachment that you have with the voice. In this way, ONLY in this way, can you ever remember who you REALLY are.

Meditation is the only way out of the "survival game." "Peace is the ONLY alternative to suffering. I call it Wonderful.

If you want Peace, I can give you Peace. That's it. That's the whole deal.

"Life works best when you leave it alone. The less you do, the better it works."