

MY PHILOSOPHY ABOUT LIFE

There is only knowing. Knowing is beyond and behind consciousness. When you know you are not conscious of something. You just know. You cannot know something, you can only know. Consciousness implies being aware. Being aware implies “being” and something to be “aware” of. Being is existing whereas knowing is not.

The above paragraph is an utter and complete mystery the human mind cannot solve. It contains a contradiction that cannot be understood. When only knowing exists, existence cannot. So, please don't just accept this as fact. Maybe when you read on you get what I am trying to convey to you.

Knowing is often seen as synonymous to understanding. When you understand it you know it. As you can deduct from the first paragraph, I tend to believe there is a huge difference between knowing and understanding.

When you understand something you have an array of concepts that have formed a logical or recognizable structure in your mind. In other words understanding is a mental construct whereas knowing is not.

Knowing is sometimes being used as if it is synonymous to knowledge. Knowledge is simply a body of organized data you can get an understanding of. Knowing is not.

Knowing translates into doing without thinking. Although doing without thinking is done through mental programs it is knowing that is the real source of these programs, not understanding or knowledge. Knowledge and understanding can only facilitate mental programming. They in themselves cannot cause knowing. Nothing can be considered the cause of knowing. There is no cause for knowing. Knowing is just knowing.

An animal that knows what to eat runs on a mental program that finds its source in knowing. We all run for 95% or more on mental programs that have their origin in knowing.

As knowing is beyond existence it cannot be understood. Beyond existence means no existence which is to say there is nothing there to exist. The mind cannot conceptualize, let alone understand, what we call nothing. Nothing, meaning no thing, can only be understood in comparison with something.

Nothing in comparison with something can already be quite mysterious. Nothing in comparison with nothing is an utter and complete mental mystery. It is literally non-sense.

All spiritual leaders I know of refer to consciousness as the ultimate source of existence. I believe there is a source behind consciousness that is your true essence.

I call this source "Total Knowing". It is only a potential and therefore does not exist as we view existence. However all of existence has come into existence from this potential. A potential in itself does not exist it can only be used to bring about existence.

The question then is: "How did existence come about?" We cannot answer this question with absolute certainty. Can we ever answer any question with absolute certainty?

In my philosophy of life I assume there must have been an unwillingness to know all there is to know. At the very moment this happened awareness must have kicked in.

The unknown becomes conscious. It most probably becomes a unit of consciousness separate from "Total Knowing". It creates something it pretends to not know in order to know it. The unknown becomes conscious through a wish or desire to know itself.

This is what I believe to be the real purpose of life, to know the unknown. When all unknowns are known consciousness, that is to say all of creation, will evaporate. End of story.

I believe your core essence to be "knowing". "Total Knowing" to be more precise. There is no existence unless we pretend to not know. And precisely at that instant we create existence.

What then is the field from which all of creation is formed? The field has "not knowing" as its main fabric.

It is just a field of some chaotic type of basic energy that appears to exist separate from "Total Knowing". Because it is some form of energy it must be separate from "Total Knowing". The field is separate but still connected to "Total Knowing". I guess it exists within "Total Knowing". The field has come into existence from "Total Knowing" as an attempt to oppose "Total Knowing". The chaotic structure of the field resembles the unknown.

Within this chaotic structure there is a presence that I consider a desire to know. This is what I like to call First Origin or The Original Soul. You can call it God, love, the creator, the higher self, universal consciousness, the holy spirit, source energy, the original substance, the force or whatever you want. All religions have a name for it. Most religions call it God. I believe First Origin to be the cause of the field.

First Origin is the starting point of each and every form of existence. First Origin, by forming and using symbols and shapes out of chaos, created existence within the field. First Origin, being a desire to know, must have become the first awareness unit in the field. Through imagination awareness units different from First Origin came into existence. Thus we have the foundation for the spirit world.

Spirits, imagined by First Origin, are 'desires to know' separate from, though connected with, First Origin and do create things they want to become aware of in order to eventually know them. And thus there is life. All forms of life have a spirit or soul at its core.

All spirits exist within the field. First Origin too exists within the field and the field exists within "Total Knowing" though separated from it.

And life will last until consciousness has fulfilled all of its desires to know. At that point life ceases to exist. A new life cycle could begin in much the same way endlessly adding to "Total Knowing".

As you should understand by now, contradicting yourself is unavoidable when you set out to clarify existence or the lack there of.

Can you add to "Total Knowing"? "Total Knowing" doesn't mean incomplete knowing. You cannot add things from past, present or future as nothing is unknown in "Total Knowing". Do you see how big a mystery this is. You cannot explain "Total knowing". Therefore it will remain the biggest mystery in the entirety of existence. Yet I believe it to be our true and deepest essence.

I hope you forgive me if I tell you that your true and deepest essence cannot be realized or understood. It can only be known.

But you do know who you really are when you escape from existence in its entirety. Not by dying, not by visiting other dimensions or densities. That is still existence as existence can take on many shapes or forms. Within the realm of existence knowingness cannot be found. That means there is no I, you, he, she or they within knowing. There is only knowing.

Knowing has no opposite. Not knowing appears to be the opposite of knowing but is in fact just a deviation from it. Not knowing is a lie. It is the most fundamental lie of all lies. Without this lie existence could not exist.

The lie is a pretending to not know to a point where there is a belief that one doesn't know. When we believe we don't know, consciousness (a wish or desire to know) comes into play.

Consciousness has as its main characteristics intention, attention and emotion. Those three elements are responsible for the apparent persistence of existence and bring about a gradient scale in consciousness. It is the element of emotion that is responsible for the upward or downward curve in consciousness.

Emotion also has three characteristics. In other words there are three types of emotion. There are emotions that make you reach, withdraw or remain static.

You find these three characteristics throughout all of existence. In fact they are the three main building blocks for what we call the field. They also are the makeup of all the different types of energy that exist, from the highest to the lowest frequency. All forms of energy consist of waves that form vortices or torus fields and have their own specific vibration and frequency. Each wave has its own reach curve, static point and withdraw curve. Since all is energy so is emotion.

Here a few examples of emotions that make you reach: strong interest; enthusiasm; exhilaration; antagonism.

Examples of emotions that make you withdraw: fear; anxiety; disinterested; reluctance.

Examples of emotions that make you remain static: apathy; anger; hate; boredom; serenity; bliss; tranquility; peace.

In essence there is only one emotion and that is the emotion of fear. All other emotions negative, positive or neutral are different expressions of fear. Pure love or unconditional love is the only exception. All other types of love are based in fear and belong in the category of emotion.

Unconditional love is pure consciousness. Pure consciousness is just a wish to know the unknown without a desire to experience it. Pure consciousness is beyond energy.

When serenity, bliss, tranquility or peace are unconditional they are pure consciousness not emotion.

First Origin is pure consciousness and thus unconditional love. And so are we without our baggage. First Origin is the first wish to know the unknown without the desire to experience it. Its love for its creations is unfathomable. First Origin exists within the field but is not a part of the field. First Origin has as a wish for its spirits to fulfill their desires to know through experience. That is why First Origin loves all spirits unconditionally.

Everything in existence has an opposite. That is because all universes are dual in nature. There are no exceptions. Without duality the appearance of existence cannot sustain itself. There, however, can be different degrees of severeness in opposing energies.

Between two opposites there always is a gradient scale. There is a plus and a minus part in each and every gradient scale. In the middle we have zero. (not plus, nor minus) Zero on the scale resembles the beginning and the end. All starts of on zero and ends on zero. Zero is our way in and out of creation or from one creation to another creation.

I called the gradient scale in consciousness an awareness scale. The word consciousness is a somewhat confusing term as each spiritual leader or guru seems to have his own ideas about it. That is why I like the word awareness better. We all know what that means.

I discovered more than 100 different levels of awareness and wrote a book about it many years back. The title of this book is: 'Awareness the Road to Knowing'.

The book was never published. Soon after the book was completed I realized that most people are not interested in yet another philosophy of life. Especially when it deals with the true nature of reality. They don't want to know that they are just "knowing" and all of existence is agreed upon illusion. Therefore I refrained from publication.

I hope the time will come that more people have a genuine desire to learn about their true essence. I am not saying that what you read here is the truth. The truth cannot be found within existence. Truth and knowing are the same. Within existence nothing is true. Reality, that which we are aware of, is mutual agreement. We think things are the way they are because that is what we believe and therefore it appears to be that way.

The main reason philosophies about our true nature are met with such resistance is the ego. A lot has already been published about the ego by spiritual leaders, psychologists, philosophers and many others. What I would like to point out is that the ego is at the core of all thinking. The ego is at the core of the main products of thought. The main products of thought are "Being", "Doing" and "Having".

The ego is a mental construct that is build with these three products of thought in order to sustain and protect itself. We think we are the first product of thought (being) and thus we are.

Thinking can be useful when you want to know but also when you don't want to know. You can think away from knowing or closer to knowing.

However, you cannot think yourself to become knowing. You cannot become what is your true essence as that is what you already are. You can, in fact, not even say that you are "Total Knowing" as that would imply being something.

The basic drive of the ego is to experience in order to know. The ego wants to know but doesn't want to know all there is to know. In fact the ego is terrified to know all there is to know as it would bring an end to all its experiences including the first product of thought that is the essence of the ego.

Therefore the ego will protect itself from "Total Knowing" in order to remain in existence as it wants to know through experience. However, knowing through experience is impossible as knowing is beyond all experience.

You can "be", "do" and "have" whatever you like or dislike. It will not bring you into the state of knowing. It can only aid you toward it or away from it.

You can only be "Total Knowing" by knowing that you are "Total Knowing". There is no other way. In fact there is no road that leads into knowing. No matter what road you travel, at the end of the road you haven't found your true nature as your true nature cannot be found. There is no "you" within "Total Knowing" so even being it is impossible. This makes the title of my book somewhat clumsy.

When you know that knowing is your true essence your ego has ceased to exist. As soon as you think you know or you think there are things you don't know your ego is back again, as if it had never left you. Your ego cannot really leave you as "you" and your "ego" are basically the same.

There is also such a thing as an inflated ego but that is beyond the scope of this topic.

The ego is, in fact, a unit of awareness that wants to know and not know through experience. When it doesn't want to know it becomes less aware. When it does want to know it becomes more aware. Wanting to know results in the plus emotions that make you reach. Not wanting to know results in the minus emotions that make you withdraw. The zero (static) emotions are your portal in or out of experience.

The difference between the ego and the soul is that the soul needs its ego to experience reality whereas its ego doesn't always consider the need for the soul to experience reality.

It is advisable to read this philosophy about life many times. You will notice that it will steer up things in you when your understanding of this philosophy deepens. It touches the very core of your existence.

The more you read it the more you wake up from the dream world that is creation. There is nothing wrong with dreaming but it might help when you realize that you are dreaming. Things become less serious and much more fun.

Enlightenment, spiritual awakening and bliss are all part of consciousness. They are not your true essence but can be great fun. Enjoy it as it lasts.

You might find things in my philosophy that you utterly disagree with. That is fine with me. It is my philosophy; it doesn't have to be yours. Feel free to think whatever you want to think about this.

Don't think for a minute that the label "Total Knowing" explains your true essence. It is just a label that seems to fit best in my philosophy. Some call it the void, others call it emptiness, stillness or nothingness.

No label will fit. You can only label a mystery with the word mystery.

I humbly offer you these insights in the hope they might aid you in your spiritual quest to experience the unknown until the time comes you know all there is to know. At that moment you have become "Total Knowing".