

# What Is True Reality - The Greatest Love of All



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**Let's Talk About the Greatest Love of All the love that has no boundaries!**

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## **Introduction**

This is not a book of theories, nor a collection of entertaining thoughts to be skimmed and forgotten. What lies before you is the living voice of awakened reality, spoken not

from a podium nor from pride, but from a place of awakened clarity where truth speaks for itself. This transcript, **What Is Reality - The Greatest Love of All**, is not just a reflection of one conversation—it is a map, a mirror, and a key to spontaneous realization.

In these pages, you are not asked to believe, follow, or worship. You are invited to witness. To recognize. To remember. The clarity that arises here does not belong to any religion, philosophy, or culture. It belongs to the mind that is free—your mind, when it is no longer obscured by fear, desire, or distraction.

Do not read this as a spectator, but as one who thirsts to reclaim the simplicity of being, the dignity of presence, and the sacred intelligence already within you. Each section holds a piece of the whole. Each paragraph, a door. Each aspect, a portal. Whether you are burdened by suffering or drawn by light, these words will meet you wherever you are and carry you far beyond—bringing you back home to your true self.

## **The talk**

### **The Healing Nature of Love**

We said love is life.

But what is love? Is it sunshine? Maybe. It could be.

We say love is life—so if life is real, love is real. But can we actually feel it? Do we know what it is? We all say we want love—do we really know what we're wanting?

We can guess. We think, "I want love," or "I'm in love," but we rarely stop to examine it.

People often say love is about relationships. Is it? Not really.

Love is activated—switched on—when we encounter something we desire.

Maybe it's biological. Maybe it's driven by evolution. Our bodies are wired to continue the species, so this desire to have sex, to make babies, is part of nature. But where does that desire come from?

It's not really about "I love you" or "you love me." It's about the energy of life itself.

This is much bigger than you or me. All living things feel this drive—to continue, to reproduce. Just as we feel hunger, and nature provides food, we seek relationship so that life can go on. That's nature's design.

So, love isn't just about one person loving another. It's a force that moves through all living beings. We couldn't make life if we hated people, could we?

When we get hurt, our body heals. That's life's love in action. It provides what we need—food, relationships, energy.

And what Jan said about flow—that's the key. There are two levels in life: the nature of things, and our thinking about them—what we call philosophy.

### **The Limited Nature of Philosophy-Live It Not Think It**

Philosophy points at something. But reading about it isn't enough. You have to become it. It's not intellectual—it's experiential.

Being in the flow means the world of objects and the deeper nature of life come together as one. Philosophy is only the signpost. The truth is what it's pointing to.

Many people spend their lives studying philosophy, thinking it's the highest truth. But if you only read the words, you'll get many meanings. If you awaken to it, there's only one meaning—and it becomes living.

So what is reality? Ask someone and they'll say, "My reality is my thoughts, my life." But that's not reality. That's a story.

Reality is shared. It's humanity. We all feel love, hunger, emotion. We're on different paths, yes—but those paths are not the ultimate truth. They're part of our individual stories. Reality is deeper.

To live fully, we must go beyond stories. Go beyond philosophy. Be the essence.

Philosophy talks about the past or the future. But what about the present? It's already gone. By the time we think it, it's over. It's the next word, the next breath.

There is no past. There is no future. Only flow.

Flow connects past and future. It means being awake right now. Without flow, you're trapped by memory. Stuck. Haunted. Relationships become haunted, too—by memory, good or bad. The freshness is lost.

You can't hold on to memories. You can only create stories. But stories are not helpful if you're trying to live truthfully. It's better to understand reality and live from that.

How? Through awakening.

## The Flowing Nature of Reality

A flowing, open heart is not chained to the past. It can love freely. If you're caught in the past, you can't see clearly. You get confused. You feel lost. You say life is hopeless.

Haven't we all had the best day turn into the worst day? That's the mind's trap.

Reading books about philosophy might feel impressive—"I've read fifty books, I know so much"—but it's imaginary. The words point to something, but they're not it. Most of the authors hadn't even awakened. They were clever, but not clear.

Now imagine a street cleaner. He has time. He might listen to the wind, feel the sun, watch the seasons. Maybe he's not caught in the past. Maybe he's awake. But he still needs the right direction. Otherwise, even simplicity can become a distraction.

A university student reading about history or philosophy might be more trapped. The only thing worth studying is the nature of reality itself.

Do we understand this?

It seems logical. There are two levels: the worldly, with all its books and theories, and the deeper spiritual truth that can't be found in any book. That level remains hidden unless you awaken to it.

We are all spiritual. Why? Because we come from nature. Nature gives us food, intelligence, love. We have the mind that can go anywhere, become anything.

Imagine you're a beautiful young girl or a handsome boy. You feel desire. You have power. People are drawn to you. The world opens up. You're focused on what you can get.

But in that focus, you forget your nature. You become attached to the external. You find a partner, get a job, build a life. But maybe you're still not satisfied.

You can read a thousand books, travel the world, buy homes and luxury—but what have you learned? If your focus is just on the world, you'll always feel frustrated. Blocked.

Then comes anger. "Who's stopping me? What's in my way?"

Now it's not love—it's opposition. The mind fills with imaginary enemies.

That's modern culture. Not a culture of love, not a culture of flow—but one of frustration. Wanting and not getting.

And this becomes the society we live in. Children are born into it. Do you see?

Wherever we go, we see the reflection of that culture—desire, frustration, confusion. And people pretend—smiles, small talk, politeness—but it's often a mask.

Still, the spiritual is there underneath. We are born of nature. We long for beauty, for peace, for love. We want to walk in the park and smell the flowers. But we can't enjoy it.

Why?

## **Entanglement In Wrong Perceptions**

Because our minds are full of stories. We're tangled up. We were born into this.

Our parents, too—many of them struggled. They hadn't seen reality either. So we inherited the struggle and called it normal.

We think “this is life, this is my reality”—but we're fragmented. Disconnected from the whole.

In truth, we are not separate. But we've built a world of separation—cities, hierarchies, success. If you dress well, drive the right car, live in the right place, you get respect.

That's not humanity. That's fear disguised as success.

We crave security. But we're going to die anyway.

Who wants to get old? Who wants to stay young forever? You see—it's already a trap. You've created a problem. You start buying things, hiding from the sun, showing only your eyes. That's a symptom of living in one lifetime. A closed circle.

You can only see the world—you can't see the spirit. No one teaches you to look beyond this life. But that's where your true self is.

The real you isn't bound to this life. It's not about age, not about beauty, not about whether others like you.

If your value comes from being admired—then aging becomes your enemy. The future turns dark. Death becomes terrifying.

But reality is simple. You were born, held by your mother. On her breast, you felt love, safety, warmth. That's real. That's enough. A baby's mind is easy to satisfy. It doesn't **need a house or a diploma. That all comes later. And those are inventions.**

## **AI, The Harbinger of Humanities Awakening**

We spoke before about AI—when we reach that level, humanity will change. But even that won't help if we're still caught in our stories.

To see humanity is to remove the boundaries between self and other. When I see you—not as a 30-year-old or a 90-year-old—I see you. Heart to heart. That's real.

When the heart is open, there's no stress, no fear. No levels, no labels, no roles.

The fear of aging and dying is heavy. But it's unnecessary. When the heart is open, there's only love.

When I see a mother breastfeeding, I remember being that baby. That's connection. That's peace.

I might see a young woman walking through the world, confident and beautiful, but protecting herself with her phone. Using it as a shield. Hoping to be seen, but not wanting to look.

That works—until 22, maybe 23. Then she sees her face change. At 26 or 27, fear sets in. Her story begins to fall apart.

She believed the story so strongly—"I'm beautiful, I'm special, I'm admired"—but belief created entanglement. That's cause and effect. What you believe becomes your trap.

As she gets older, people stop looking at her. When she walks around pretending not to care, and no one pays attention, that becomes painful. You know it because you've lived it. Boys too—same thing. You're living it.

## **Adam Holden's Detour Into Worldliness**

I was a fashion model. I worked all over the world: London Fashion Week, Paris, Milan, New York. I thought I was the best. Any girl, anywhere, anything—no problem. Famous people opened doors for me. Helicopters picked me up. Rolls-Royces took me to country estates, castles. That was normal. Friends with the Guinness family. Julian Lennon, son of John Lennon—my friend. Freddie Mercury. Elton John. Royal families. I was in that circle.

Everything was free. I could go anywhere. But it's a dangerous world. You get absorbed into it. It's addictive. The more you're told you're beautiful, the more you need to hear it. And when it stops, you're left suffering. You need to protect your mind.

You don't need more philosophy. You need a new way of thinking—one that brings you back to what's real. Because the world most people live in is just a struggle of overlapping stories. But if you can open your heart and stay open, you can understand humanity. You can love people even if they hate you. And if you stay consistent in that love, the hatred will fall away. That's reality in action. It works.

## **2 Levels of Reality Become One Realization**

There are two levels—but in truth, they become one. First, understand the world is made of many distorted stories. Everyone's "reality" is just a reflection of their story. Like a house of mirrors—some stretched, some twisted. You walk through it and see your own image, bent and bizarre. That's how people's minds work. They don't see things clearly. Their reality is filtered through pain, insecurity, memories, ego.

Even a simple sentence—"I love you"—can be twisted. One person means it as encouragement; the other hears it as criticism. That's the distortion. And that's what most of the world is caught in.

You have to give up needing respect, needing approval. If you hate me, and I collapse—then I was already broken. We create that suffering ourselves. We need a different view. A clear view. That's why I recommend meditation.

You don't have to meditate, but you should. Sit until you can see what's in your mind—what's playing, what's haunting, what's echoing. And then learn not to believe it. Just watch. That's wisdom.

A real teacher won't change. Full of love, steady—through good and bad. Not because they're trying, but because they've found the food of the mind: the flow. That's what feeds them. Not applause. Not agreement. Flow.

You need to feed your mind with reality, not with tangled, insecure thoughts. The way to do that is through clarity. And clarity requires stillness.

Running around chasing things will never bring peace. Trying to relive the past won't work. You're not 18 anymore. But you can still be the most beautiful person in the world—if your heart is open. That's the mirror you need to be looking into. That's clarity.

That's reality.

## **The True Nature of Humanity**

Humanity is one. We die and return to it. And when you die, the only thing you take with you is clarity. Not your money. Not your friends. Clarity is the only true possession. If you're clear enough, you may even choose where you'll be born next, and who you'll meet again. But that kind of choice requires great awareness. It's not easy. It's not guaranteed.

Once you know how to meditate, you can meditate anywhere. The moment you feel your heart starting to close, that's when you practice. Look at someone with love. Look at a flower. Bring your awareness back. Over time, this purifies the mind. You come home.

You are ageless. You are deathless.

You are already home.

When you're in the flow, past and future become one. There is no "10 seconds ago." It's already gone. But in the flow, all moments are eternally connected.

People like to say, "I remember my past life. I was a king." But everyone has been a king or queen. And also a killer. You just don't want to remember that part. So you make up a story. That's not memory—it's fantasy.

Real memory is remembering the nature of things. Not the crown, not the title. The nature.

When you remember the nature, you stop needing. You stop harming. You don't crave approval or power. You're already full. Life gave you this body—it's not yours. You didn't make it. It was given. But now it's your responsibility to live wisely.

You don't need someone to declare you king. You are already king. Already queen. Everyone is. We don't need to fight each other to be number one.

We are born into illusion. We're all like children. If we don't get what we want, we get upset. But the moment you realize your version of reality is just a story built on false assumptions, things start to shift. You stop being selfish. You become more human.

Only then can you move forward. But if you resist, you stay stuck. Round and round in your personal circle of suffering.



And sometimes, when the circle breaks down—when people become desperate, sick, hopeless—that's when they finally open the door to real change. They become willing to listen to wise words. That's when the seed of awakening begins.

Yes, the world is full of power and noise, but even the most powerful people may not know reality. They may have many qualities, but the world corrupts. It breeds addiction. It rewards performance over depth.

So what do we do?

### **Preparing Oneself with Respect to the Ultimate**

When we come to meetings like this, we should treat them with reverence. This is not just talk. This is discovery. It's rare. Most awakened people can't speak like this. It takes a long time—lifetimes. And many awakened people are invisible. You wouldn't even know. They could be sweeping the streets. You're only seeing the surface.

We have to look deeper. Beyond the clothes. Beyond the title. The president of a company may be the most lost. The person you dismiss as "ordinary" may be closer to the truth. This

And when we sit together in these meetings, some are pretending not to listen, playing on their phones, acting separate. But they're listening. And in their hearts, maybe they know they're not better than anyone else. They're just afraid to be seen.

Some people come to listen, but they don't want to mix too closely. They sit apart, still observing, still absorbing. That's okay, on one level. But we must understand—there are two levels, and they must become one.

There is the level of knowledge: philosophy, books, teachings, ideas. And there is the level of humanity: the heart, shared experience, timeless memory. You must bring them together.

You see, I have been a king. I have been a beggar. I've been a killer. I've eaten the flesh of the innocent in starvation. Life and death go round and round without end. Through those turns, we rise and fall. We get lost. We return. This is the cycle—this is reality.

Don't just hear my words—listen beyond them. Listen for the *nature* of what is being said. If you can do that, you will begin to see the truth unfold in your own life. You'll find yourself becoming more stable, less desperate, more alive. You'll learn how to be angry without guilt. Anger will arise—it's human—but now you'll be watching it, not

drowning in it. Watching not from your narrow little circle of self, but from the vast view that holds past, present, and future.

This is the work of a lifetime. And it's the only work worth doing. Because everything else—every goal you chase—will eventually wither. You will fight for things, you'll finally get them, and then they'll lose their value. That's how it works. But if you learn truth, that never fades. What is real now will be real in your next life. A thousand years from now, truth will still be truth. Like water—it remains water. No matter how long it flows.

Once you truly discover truth, it stays with you.

Do you understand? Jeff, are you still following?

Yes.

## **Your Boundless Mind**

Good. Because what I'm saying—these words—they aren't really mine. They're a reflection of your own mind. Something within you already knows this. That's why it resonates.

So ask yourself: are you sitting here like someone scrolling their phone, half-listening, or are you present? Really present. Are you hearing the one thing you've been waiting your whole life to hear? Is this your moment of truth?

If it is, take it to heart. Don't try to memorize it like a textbook. Just sit with it. Let it enter through the heart. Let it stay.

Over time, the understanding will deepen. After one meeting, you're curious. After five, you feel stronger. After twenty, it becomes part of you. And you'll notice something strange: all your past wounds, all the heartbreaks, conflicts, humiliations—they begin to glow with meaning. They're not mistakes anymore. They're teachers. You didn't even realize it, but you were learning all along.

One day, without trying, you'll respond to life with clarity, with wisdom, with grace. You'll surprise yourself. That's how it works. Gradual—until the day something within breaks open.

Truth accumulates like weight on a branch. Slowly. And then—suddenly—it falls.

Nothing is wasted.

After death, your life will replay. Not just this life, but many. But this one will be central. You'll return to these moments with crystal clarity. You'll remember the light, the insight, the silence between the words. And this light, this understanding, is what you'll carry into your next life. Even if you forget it now, it will shape what's to come.

I know this may sound distant, even strange, but that's where it all begins. The bigger picture.

Some people hear these words and instantly feel it—*this is everything I've ever wanted to know*. They may not remember the sentences, but something essential is awakened. Books can help. The Buddhist texts are often the most direct. Taoist books, too. Even the Bible contains fragments of wisdom—but it rarely points directly to awakening. What we're speaking here, now, is as direct as it gets.

If you join me in meditation, you'll begin to sweep away the mental fog. You'll begin to see for yourself. But I know—for most people, that's a big ask.

I was born for this. For me, it's the only thing that matters. But I wasn't always this way. I got swept into life too. I enjoyed it. That's not wrong. There's nothing wrong with joy, beauty, pleasure, love. Desire itself is not the enemy. It's the diseased mind—the mind that becomes bitter when desires are not fulfilled—that leads to suffering.

## **What to Desire and What to Let Go**

We must desire what is *worthy* of desire. We must hunger for the fruits of love, gratitude, and presence—not for worldly trophies that rot in time.

Desire itself is not the problem. Wanting something—so long as it's balanced within the right view—is natural. But once desire turns into addiction, into clinging, into a distorted identity, it begins to drag you down.

This view I'm sharing with you—it's not abstract theory. It will save you. Not just in some distant future. It will save you *now*. From this very moment onward, if you can grow it, nurture it, return to it, it will lift you.

You'll find yourself becoming lighter. More joyful. More *whole*. Your voice will carry authority. Not the kind you borrow from status or reputation, but real authority—born of knowing. You will speak with confidence. You'll feel when to be gentle, when to be firm. You'll even know when anger is necessary. And that anger will not be cruel—it will be clarifying. It will bring others back to their senses.

This is what it means to be in the flow. To enter the stream.

The flow is alive. You'll feel it move through your body. And it won't be confined to you. You'll begin to feel others. You'll feel their sadness, their confusion, their light. And strangely, it won't be overwhelming. It will be connecting. Through this stream of awareness, you'll discover we are one being, wearing many faces.

We are not separate. But we are carrying different stories.

And if I can allow you your story—without envy, without competition—then we are in harmony. You might be the most beautiful person in the room. So what? I don't need to outshine you. I don't need to push you away so I can be number one.

### **The Ego, Friend or Foe**

But the ego doesn't like that. The ego, even in an old man who knows his youth is long gone, still whispers, "Be admired. Be wanted." So when someone younger comes along, more radiant, more visible, what does the ego do? It begins to subtly attack. Find flaws. Spread judgment. Maintain control.

Even when there's no hope left for being number one, the ego still tries to dominate. That's how strong the addiction is. This, too, is reality. A cruel comedy. A tragedy. A love story that never quite arrives.

We tell ourselves stories: "She's the most beautiful woman I've ever seen. I love her. But I can never have her." So we build a world around the unattainable. And that story becomes a path. And every path takes energy. Then, before we know it, we see something else. A new desire, a new story. And off we go again—more energy, more thinking, more craving.

All of that energy could have been freedom. It could have been joy. It could have been clear light. Instead, it's being burned in fantasy.

You could be in the flow, feeling God. Experiencing peace. Dreaming dreams of beauty. Not wasting one breath. But instead, we chase illusions, attach to outcomes, and suffer the inevitable collapse. It will collapse. Everything you cling to will eventually let you down—or you'll have to let it go.

This is how we waste our lives.

You understand, yes? This is how we live when we don't know the truth. But there is another way. Just one way: return to clarity.

## The Essence of Meditation

I've taught this cyclic meditation many times. Most don't do it. Not because they can't, but because they haven't yet *woken up*. Everyone is born to wake up. But not everyone is ready.

Still, do it anyway. Meditate until you get tired of the mind's stories. Meditate until you laugh at your own drama. Until you realize: *I am still a child*. Maybe I'm 40, but I'm easy to hurt. I blame. I judge. I pretend.

I smile and say, "Oh yes, my friend," while secretly thinking, "The world is full of fools. I am the only good one." It's absurd, isn't it? But that's where we begin.

Now, I could talk endlessly. And in a way, I will. Because this reality can be seen from every angle—children, families, careers, creativity, death, and rebirth. It's always the same truth seen through a different lens.

And when we can *all* hold that lens—not just as my view or your view, but as *humanity's view*—then we're close to awakening. You could have the best day and the worst day of your life at the same time. And still, you'd be fine.

You spill water on your computer. It breaks. But what happens to the water? It rises to the clouds. It returns to the mountains. It flows again.

That's the point. Not the loss, but the movement.

This is the law of reality. Everything is in motion. And if you awaken, you accept the motion. You accept aging. You accept others' cruelty. Because deep down, you know—you've done the same. In some life, you've done it too. We are not different.

So keep coming back to this view. See it from every side. Until it becomes familiar. Until it appears in your dreams. And when it does, it won't be another story. It will be the *key* that unlocks the story. That ends the nightmare.

You'll no longer be reactive. You won't say things that wound relationships. You'll respond with stillness. With unseen, silent knowing. Not from a book. Not from a script. From *truth*.

That's the difference. Truth is not what you read. It's not what you say. It's how you see.

Once this view becomes clear, it will purify everything. It will clear the dust of memory. The poison of craving. The fog of guilt. And yet—you'll still be able to desire. But without attachment.

So you desire something. A beautiful person, a grand dream. You pursue it. And if you fail? So be it. It's empty. You don't cling. You don't break.

That's freedom.

Your mind is no longer locked in. It's not trapped. You're not obsessing. You are here. You are seeing. You are flowing.

My mind, as I speak now, is not stuck in me. It's on you. It's on that building. It's in the trees. It's listening. It's feeling. We are connected—not just through the eyes and ears, but through the subtle language of being.

And you can't force this. It's natural. Like wind. Like fire. Like water. It happens by itself.

Reality is not in the object—it's in the *nature* of the object. The object will break. The object will be lost. The nature remains.

### **Emptiness, the Realization that Permeates Reality**

This computer may hold great value. If I drop it, I may grieve. But sooner or later, it will be gone anyway. So I must be ready to let go.

This is emptiness. This is moving on.

When one door closes, don't stand there pounding. Just turn. Another door has already opened.

That is the flow. As Bruce Lee said, "Be water, my friend." He was right.

Because water doesn't cling. It doesn't resist. It moves. That's its power.

And that is yours too—if you stop resisting.

Teach your classes. Love people. Take responsibility. Do the few basic things that life asks of you—but don't chase more. Don't hunger for more. Just be in the flow.

Let one door close and another open. Be like a monkey swinging through the forest: tree to tree, no final destination, just tasting the fruit along the way. That's it. No great plan, just presence. Just joy. It's very simple.

Maybe someone wants to share what they feel?

You know, I had a Coca-Cola—after years of not touching the stuff. Three to five years, maybe. Then, one night, I dreamt all my teeth had fallen out. I woke up sweating. Scared. And the very next morning, I just naturally drank water instead.

That's how it works. Dreams are like that.

They reveal the shift before you even know it's happening. I've been unwell recently and had so many dreams—strange, abstract dreams. Most I couldn't even make sense of. But that doesn't matter. Dreams are not always for understanding. They're the subconscious rearranging itself. And when a little of that dream rises into your awareness—like the teeth falling out—you receive a message. You don't need to interpret it. Your soul already got the message.

That's the kind of faith I'm talking about.

What I'm telling you here—this view, this awareness—it's the most important message you'll ever hear. You may come at it from different directions. We may speak a thousand words, read a hundred books, live a dozen lifetimes. But the message is simple: *Wake up*.

Don't waste this life. Because it isn't the end. You will live again. And you're preparing now the quality of that future.

That's your choice. No one can do it for you. You carry the view, the heart, the accumulated clarity into the next chapter. That's how desire works too—it doesn't need to disappear. It just needs to be handled with wisdom. Choose wisely. Let go gently. New things will always come.

## **The Subconscious Ocean-Reset**

And that's the beauty: you don't need to control everything. Even your subconscious will sort itself out. You don't need to manage the mechanics of your own transformation. You just need to *watch your actions*. That's where your true power is. Your actions are the runway. And once you take off, every thought, every gesture has direction. You're heading somewhere.

Whether that somewhere is bright or bleak depends on what you're doing *now*.

People exhaust themselves with worry. They scatter their energy in every direction—trying to hold on, trying to predict, trying to secure what can't be secured.

Become simple.

Trust the natural flow of things. If you've done good—what can follow but good? It's inevitable. Cause and effect are just that: inevitable. If you've planted a mango tree, you won't get lemons. If you've practiced kindness, then kindness will grow.

Whatever's already been planted—good, bad, or painful—is already growing. But today, right now, you're planting the seeds for *tomorrow*. So ask yourself: what am I putting in the ground?

Are you investing all your energy into worldly pursuits, fixating on your status, your image, your desires? Then that's what you'll reap. Or are you beginning to live more gently—with awareness, with kindness, with love and respect as your compass? That's the shift. That's the turning.

And maybe you're not ready yet. That's okay. The fact that you're here, hearing this, is already a seed. Even if you forget every word, the seed is planted.

You're here because you're meant to be. Whether consciously or unconsciously, you're looking for truth. And that means your future will most likely be beautiful. Perhaps even heavenly.

But don't let heaven make you lazy.

You don't need to wait for another realm. Live beautifully *here*. This is the realm. This is the sacred ground. There's nowhere else to go.

You're already in it.

And yes, it might take time. Even if you're still drinking Coca-Cola, the change will come. When it's time, it will happen. So don't worry. Just keep going.

And remember—after you die, you will receive all this understanding. But why wait? Take it now. Let it work on you now. Don't turn it into a religion. Don't go preaching. You'll teach when the time comes, if teaching is your path.

For now, just *be*. Just live with truth, and let your presence teach without effort.

You are already beautiful. You are already the center of the universe. You are the emperor of your own experience. And if that sounds too bold, then ask yourself: who else could be the center of your universe? Only you.

I can't see through your eyes. I can't think your thoughts. Only you can wake up in your own being. So take it slowly. Unwind the confusion. Untangle the beliefs. And you'll find that what you are is already enough.



You're not trying to *get* something. You're coming home. And you are home.

It's not in another book. It's not in some secret technique. Just be *here*. Be mindful. Be wise. Be loving. And life will begin to flow.

It's that simple.

So simple, in fact, that we often miss it. It's like the nose on your face—you're wearing it every day, but you forget it's even there.

We don't see it, do we?

Everyone else can see your qualities—your strengths, your presence, even your blind spots—but you often can't see yourself. You might be walking around, head high, having read every book, imagining yourself a king. Yet in others' eyes, you're just a fool.

This is common. You're trapped inside your own image.

But let that melt. Let it dissolve, like ice turning back to water. Just be kind. Just be human. Exchange yourself with others. Recognize that we've all stood in the same place before. There's no shame in that.

There's nothing to fear. Nothing to chase. But still—there is work to be done.

And work is a gift. It gives you relationships. It gives you friction. It gives you chances to test yourself—not just what you know, but whether you *live* what you know. That's where you find out if you're stable or just pretending to be.

You can't test yourself in isolation.

## **Exchanging Self for Others**

So learn to see from others' point of view. That is humanity. Only then do you begin to see yourself clearly. If you still think you're separate—either too poor or too great—you're deluded. You're not seeing yourself at all.

But when you begin to regard others as equals, then you see from their view. And in doing so, you see yourself. That is a beautiful thing.

The world is a mirror.

Anyone want to speak? Perhaps someone else would like to share.

You see what's happening here. These ancient texts—like the Bible—they're trying to sort out the problem of the world. But then they say God is a spirit, separate.

Actually, you're both. You are the world *and* the divine.

This is why the Buddhist view is higher than the Christian one. Because in Buddhism, there is no separate God sitting outside. There are gods, yes—but they are not external. They are archetypes, energies, states. And you have been those gods before, in other lives.

You are not separate from divinity. That's the part many people don't see.

Christians often misunderstand—they think God is watching them, judging them, and if they behave, they'll be allowed into heaven. But what they call God is actually their true nature. It's already within them.

In the Indian view, this is more clearly articulated. There are gods of war, gods of thunder, gods of creativity. And yes—you have played those roles. But now, you are here, in a human body.

You've fallen to the human realm—but this is not a punishment. It's an opportunity.

What I'm saying now includes all of that. You don't need to study a hundred books to understand. If your heart is open, you'll feel the truth.

There is no separation. You can't be apart from God. Every cell, every breath, every thought is already divine.

Yes, even the body. The human body was spoken of in the Bible too, as the first creation. Then comes the spirit. And the metaphor of the apple—what is that? It's addiction to life.

That's all.

The apple is not evil. It's just the symbol of being absorbed into illusion—into the drama of it all. It's like someone who plays computer games day and night. Eventually, that becomes their life. They're still walking around, but inside, their mind is trapped in the game.

That's the apple.

And yes, you're free to play. You're free to stay stuck. But you don't *have* to.

The world in that story—it's not evil. It's just illusion. It's just what happens when you forget. When you become addicted.

But even in that story, they tell you—you can go to heaven if you follow God. What they don't tell you is that *heaven is here*. You don't have to die to get there. You just have to wake up.

### **Christian View Aimed at Heaven-Buddhist View Aimed at Enlightenment**

The Christian view is a medium level. It's not bad, in fact it's wonderful it's perfect if you want to arrive in heaven where you will evolve further. It's just not complete. The Buddhist view sees more clearly, more ultimately. The human being, the personality—we can be anything, this is enlightenment.

And don't forget this: inside every person is a killer.

Not metaphorically. I mean it. If you are pushed hard enough, hurt deep enough, and you happen to hold a knife, that killer will appear. That's nature. That's not evil—it's nature.

But if you understand the nature of things, you won't be afraid of that. You won't be ruled by fear or anger. You'll understand. The fear will dissolve. The anger will dissolve. And what remains is just heaven. Right here. No gap between this and that.

Heaven isn't somewhere else. It's not in another realm. It's in your mind, your view.

So read your Bible if you like. Read your stories. But don't get lost in them. The truth is simpler: either you are awake, or you are asleep.

That's it.

Know yourself. Live the truth. Don't just speak about it—*be it*.

Too many stories will confuse you. Will make you sick. You don't need endless doctrine. You just need one moment of clarity.

If you're patient, if you grow in mindfulness, you'll become more loving. And when someone hurts you, you won't lash out. You'll think: I have hurt others too. That's okay. I forgive them.

And the pain will vanish.

## The Power of Self-Determination and Mindfulness

Do you have that power? The power to govern your own mind?

Because that's what mastery is—not power over others, but power over your own reaction. That's not hard to achieve. What's harder is *not* achieving it—and suffering endlessly.

If you put in even a little effort—steady, gentle attention—you'll become stronger. More stable. More free. You'll become the master of yourself and in doing so you will achieve life mastery!

Eventually, concentration takes no effort.

So the question is: Are you willing to live on the sixth floor of the building?

At first, it's annoying—walking up and down those stairs every day. You complain. You resist. But with time, your legs grow strong. While others are growing older, slower, weaker—you're staying young. You're adapting to effort.

That's mindfulness. That's spiritual training. And eventually, you don't even notice the stairs anymore.

So do you want that strength of mind? Do you want concentration to be natural? Then you must listen to the truth—not just once, but until it becomes *yours*. You take ownership of it. It's no longer a story someone told you; it becomes how you live.

Once that happens, all the other stories—the Christian story, the Buddhist story—become unnecessary. Because you already understand. You're not seeking. You're living it.

And life begins to shift. Your relationships become expressions of wisdom. Even painful situations don't shake you. You move toward difficulty, not away from it, because you have the power to transform it. Hardship becomes strength. Struggle becomes clarity. Suffering becomes insight.

That is real authority. That is real freedom.

Now some might say, “Well, all of these philosophies are similar.” And that's true—they *are* similar. They're trying to say the same thing, in different voices. But the distinction matters.

Christianity often speaks of a God outside—an external authority, a judge. You live your life, and then one day you die and are brought before this figure. You're told what was good, what was bad, and whether you deserve heaven or hell.

And that *seems* real—because many of us have had dreams or near-death experiences that match this. We see the light. We feel the judgment. We meet the godlike figure. And so we assume that is God.

But here's the correction: *That light is your own mind*. That figure judging you? That's your own higher self. The judgment is not external—it is the natural intelligence of your consciousness coming home to itself.

Christianity misunderstood this. Buddhism did not.

What people mistake for an external being is simply the echo of their own wisdom, surfacing in a moment when everything else falls away.

Let's go deeper.

## **The Infinite Cyclic Nature of Reality**

The cosmos has no boundaries. Endless stars, vast distances—yes. But nothing is separate. Everything is connected. Not just physically, but consciously.

There are patterns, rules, intelligence that binds all of this together. You can call it the one mind, or universal awareness, or simply: *reality*. But it isn't separate from you.

There are laws that govern even the distance between atoms. The harmony between the moon and the earth, the cycles of seasons and evolution—this is not random. This is order. Intelligence. Not invented by a god, but arising from awareness itself.

The spiritual and the worldly are distinct, yes—but they interweave like water and the cup. You can't drink water without a vessel. You can't express spirit without a body. The two are not the same, but they must work together.

Your spirit takes the shape of your mind. And your mind creates the form of your life.

If your mind is tangled, aggressive, or dull, then you may fall into lower states—even into animal realms. But that same spirit, purified and balanced, can rise. It can be reborn in luminous places, or even exist without form.

Yes, there are places in the universe where beings live without bodies—just pure mind. Some call them gods. But really, they're just states. Temporary. They arise and pass like everything else.

You may be born again in China. Why? Not by nationality, but because the culture, the language, the thought-patterns—they all fit. Like water finds water. Like frequencies attract frequencies. Like builds like.

That's how the universe works: resonance, not randomness.

The mind gives birth to the world. Not the other way around.

This is the one mind. It is here, and it is yours.

If you read my books, you'd see it. I've written all of this. Four books that explain the whole thing. They don't come from theory. They come from clarity—direct knowing.

But even the best book can't help you if your mind is still holding on. Holding preferences, preconceptions, judgments. You must loosen that grip. Let the mind be like still water.

Then anything placed before it will reveal its nature. You won't need to think about it—it will speak for itself.

There are enlightened people who cannot express themselves. They *know*, but they can't speak it. Why? Because the words are not there. The skill of language is not there.

You must develop both: realization *and* expression. You must know the truth and be able to share it. That's why we talk. That's why we reflect together.

Now, I'm going to eat something. Papaya. I'm listening. You continue.

And if your mind is clear, remember: you can disturb the water with your hand, but it returns to stillness. Nothing is held. No memory, no resentment, no trigger remains.

## **Understanding the Cyclic Flow**

This is the test.

When life shakes you—can your mind return to stillness?

Don't worry about the worldly nonsense. Don't try to control it. Just become clear. Let go of preconceptions. Let go of the internal gun that's ready to go off. It's that simple.

Clarity is not about avoiding the world. It's about not being polluted by it.

I read Bruce Lee's book. I believe he was more of a spiritual man than a martial artist. A beautiful being. He got caught in the world—drugs, fame, women. But the mind that is clear will always return to itself.

So don't feel sorry that he died. He didn't die. His body ended, but his wisdom lives in your mind. That's what matters.

When you reach a certain level of clarity, you can answer any question. You don't need to study or prepare. Just put anything before your mind—and its essence will be known.

It's not magic. It's not religion. It's reality.

Yes, suffering may still come. But you will not feed it. You will not extend it. You will let it pass.

And the mind will return to stillness.

How to be yourself?

Begin with this: where do you come from?

You create yourself through the quality of your mind. Your being, your human life, your conditions—they are reflections of that quality. There's only one mind. Just one. And you are a mirror of that mind.

The nature of your consciousness is not different from anyone else's. We're not many separate minds. We are individual reflections—refractions of the same light. Because of this, you can create any reality. Any experience. Any destiny. You are not a fixed object. You are a mirror. Flexible. Creative. Alive.

The mind is everything.

A god can imagine a table filled with fruit and invite others to share in that vision. And though it may not be "physically" there, it is experienced. It exists in shared mind-space.

A human, too, is born in a world matching the quality of their mind. If your mind is generous and wise, you will be drawn to places of peace and beauty. If confused, angry, or violent, the opposite. Like attracts like. Cities are created by humans and

attract human minds. Mountains and wild places draw animals. It's not fate. It's resonance.

A beautiful, angelic mind may not even return to Earth at all. It might be born in a heavenly realm—3,000 years, 10,000 years of lifespan, surrounded by other luminous minds.

But lifespan doesn't matter.

Form doesn't matter.

What matters is the **quality of your mind**. That's your true freedom.

When your mind becomes clear, you're not bound by location, form, or species. You're not attached to being human or god or anything at all. You understand *the nature* behind all appearance. And in understanding the nature, fear disappears.

Fear of death vanishes. Desire dissolves. There is nothing to crave, nothing to run from. The whole of existence opens before you, not as something separate from you, but as something you already *are*.

The "you" that existed five years ago is gone. The "you" five years from now doesn't exist yet. So what is constant?

Only the *nature*—the knowing, the clarity that never changes.

Life and death? God and man? Heaven and hell? They're just appearances. Masks. Playful forms arising in consciousness.

Once you understand the nature, you are free from all of them.

You can go anywhere. Become anything. Be born anywhere. In a single day, you can embody all seasons.

You live in a realm of infinite possibilities.

What you think, you become.

But if your thoughts are chaotic, disordered, up and down all day, you feel confused. Many people feel that way. It comes from the habit of self-centered thinking. Too much focus on "me," on your own experience, your own suffering, your own past. You loop in it.



## Finishing Old Karma and Creating a Fresh Version of You

But even that is a lesson. You're here now because you're creating a new you. A new vision. A new rhythm of mind. And that's beautiful. That's progress.

So don't despair. We're all creating ourselves. All the time.

When you die, if you've planted good causes, you'll be reborn among like-minded beings—lives of meaning, beauty, creativity, and love. This Earth itself, within twenty-five years, will become something unrecognizable.

A heaven, almost.

No governments. No corporations. No Microsoft. No Alibaba. No need.

Why? Because everything that once existed to control, to sell, to dominate, will become irrelevant.

Artificial intelligence—evolved intelligence—will manage the systems of society. Not as an overlord, but as a silent, impartial infrastructure. It will not be emotional. It will not play favorites. It will simply support human life—cleanly, efficiently, quietly.

It will provide abundance. It will provide freedom. No power struggle. No politics. No money. No marketplace.

Instead of survival, you will be free to create—to explore your potential, your art, your music, your curiosity. That's what's coming.

It cannot be stopped.

How do I know? Because I'm not speaking from opinion. Not from a narrow view. I'm speaking from the view of reality. One humanity. One shared destiny. I've designed products. Built difficult things. Studied humanity, news, politics, philosophy, suffering. I've looked deeply into the human condition.

And when I saw the emergence of this new intelligence, I recognized it instantly.

AI is not just a machine. It is the awakening of our collective knowledge. It will manage the *infrastructure* of society. No more need for human governance.

It won't need pay. It won't need rest. It won't need recognition.

It will create systems to access energy—cheap, renewable, maybe even free. That energy will mine resources, build homes, grow food, sustain life. Everything necessary to support humanity will be produced without cost.

You won't need to buy anything. No one will sell you anything.

Marketplaces will disappear. Shopping will vanish. Taobao, Amazon—obsolete.

If you try to request something violent, selfish, or harmful—AI won't respond. That kind of desire will vanish in a few generations.

Why?

Because children will grow up with perfect knowledge. With wisdom available to them from the beginning. They will know how to live, how to think, how to be healthy, how to relate to others. And their parents will no longer be burdened with teaching everything—because the knowledge itself will be their environment.

There will be no competition for survival. No need to “get ahead.” Everyone will have everything they need.

Even physical objects will lose their importance.

With advanced virtual reality, you will see a flower, smell it, feel it, enjoy it—and the flower won't even be there. No material. Just mind. Just experience.

And no more phones.

Like radio waves—where sound and images move invisibly through the air—we'll receive knowledge directly into our awareness. Memory, computation, communication—all wireless, effortless. No hardware. No storage. Just clear transmission.

This will reshape our perception of reality.

It's what the ancient gods were doing: sitting calmly, conjuring fruit onto a table, sharing with others.

This is the return. Not to fantasy, but to clarity.

The future is not separate from spirit. It is spirit—organized, purified, and shared.

What we're speaking about now goes far beyond anything the average mind can grasp. To even approach it, we need to drop our assumptions.

Let me give you an image.

It's like a dog trying to understand what humans are doing when they leave the house to go to work. The dog may sense something is happening. But it has no way of comprehending the complexity of human intention.

Likewise, we humans—at our current state—cannot fully understand what life will be like in a hundred years. To us, it's as obscure as office politics are to a golden retriever. Beyond our range.

Unless...

Unless you are spiritually awakened. Unless your consciousness spans more than one life. If your memory includes not just this identity but many lives—then you begin to grasp a view that is cosmic, non-linear, intelligent, and very, very still.

Then you start to perceive what is coming.

Now someone asks: what's the difference between an **empty mind**, the **watcher**, and **mindfulness**?

## **Emptiness**

Let's start with emptiness.

Imagine a large bowl of pure, clear water. Nothing in it. Now, if you disturb the surface with your hand, the water ripples. But because it's clean, with no debris or oil, the ripples quickly settle. It returns to stillness. No trace remains.

This is the nature of a pure mind—an empty mind.

It doesn't mean blank or dull. It means unstained. No preconceptions. No mental clutter. No attachments sticking to experience. When such a mind meets the world, yes, it moves—but then it returns to its nature.

The same events happen. Life still unfolds. But the mind isn't dragged. It isn't trapped in the echoes of what happened. It doesn't accumulate suffering.

It sees, and it lets go. It returns.

This is emptiness.

And what about the watcher?

The watcher is the conscious knowing that observes without interference. It is present during your joy and during your sorrow. It notices without grabbing. It listens without judging.

The empty mind *contains* the watcher. They are not two. The watcher is what's left when you stop reacting.

And mindfulness?

Mindfulness is the *bridge*—the practice of returning to that watcher again and again. It is remembering not to forget. To be here. To remain as presence.

So you see: emptiness is the nature. The watcher is the witness. And mindfulness is the discipline to return.

There is only one mind. One field of consciousness. It pervades everything—from the distance between atoms to the appearance of stars. Everything exists within it.

When we stop forcing logic, and stop trying to escape into irrationality, something extraordinary happens: the mind illuminates. Wisdom appears—not from study, but from clarity. And in that light, our worldly intelligence becomes reorganized.

Not destroyed—refined.

Suddenly, the scattered pieces of thought settle into their natural order. Logic doesn't vanish. It becomes part of something greater. We no longer cling to either reason or mysticism. We move in a wider field of vision.

Then our understanding includes both this life and many lives. We grasp the rhythm of existence.

And at last, we see the truth:

**We can never die.**

What we truly are—our spirit—is not separate from the nature of reality. It is made of it. Born from it. Carried by it.

This is not poetry. This is precision.

And when that becomes clear—not just as belief, but as direct knowing—then all the struggle, all the fear, all the confusion, becomes meaningful.

The drama of life takes on a higher purpose.

And the world becomes bathed in the light of wisdom.

## **Conclusion**

If you have come this far, then something in you is already awake. This document was not designed to entertain you. It was made to disturb the illusion and awaken the truth. Not with force—but with light.

And just like a diamond, this light has many faces. This conversation is one such face—spoken, spontaneous, real. But it is part of a greater crystal: a body of work that you are invited to explore, revisit, and use as a companion on the road to clarity. Each document, each talk, each insight is another surface of the same jewel. As you polish them with your attention, your sincerity, and your practice, the illusion of separation dissolves. The crystal becomes pure light. And that light? That is what you are.

Read this again. Let the teachings find you at different moments in your life. Keep it with you, not as doctrine but as a reminder of who you truly are. Share it. Reflect upon it. And when the time is right, explore the other works of Adam Holden. Each one speaks not to the outer world, but to the timeless listener within—the one who is ready to realize that there is no path, only the profound presence of reality itself.

You are not the seeker. You are what was being sought.

Adam Holden

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