

I should look at what I am

I should look at how I am bound up

I should discover that it is possible to 'let go'

I should accept the consequences of what it means to 'let go'

I should let go

Letting go is a nice idea for a Sunday afternoon

And then Monday morning everything is back to normal

O<sub>r</sub>

Let's study it first and see it from another angle: another tradition

Procrastination

And yet it is so simple

**Letting go is letting go**

**Letting go of thinking that I am what I am**

It means allowing for that I may be something entirely different

I am experience

In me experience becomes experience

In me experience is shaped

I do not know what experience is

What I do know is that I can detect

Different layers of experience

Or should I say

Different fields

Different frequencies

Different dimensions

Different waves

All and none

But for the argument

Let's call it

Dimensions

For instance:

Dreaming is a different kind of experience

Than walking outside in a cold wind

It has, as experience, different characteristics

There is nothing 'spiritual'

About the distinction of dimensions of experience

I developed it mainly because long ago

I wanted to understand different cultures

In the sense of how do cultures develop

And how do people in different areas develop different cultures

And thereby become different human beings

As a tool it is invaluable

When you want to discover something about yourself

That is the starting point of all spiritual endeavour

**M**e thinking about myself is very complex

Because my thinking is me as well

I cannot say that the world exists other than that I experience it

I cannot say that you exist only that I experience

Something as somebody

I cannot know whether this somebody experiences me

It only appears that this somebody communicates with me

But that is only my experience

I also cannot say that the dimensions of experience exist

But I can tell that it is a very good way

To come to understand certain things about myself

When I understand these things  
It is more easy to do what is necessary  
To transform slavery into mastery

I cannot know whether the world is real or not  
I can only say for me it appears to have a certain reality

When somebody hits me that is a certain reality

When I have a dream that is a certain reality

When there are social movements that shape

a country that is a certain reality

When there is a war that is a certain reality

When scientists claim to have discovered the secret of life

That is a certain reality

**A**ll these realities are only my experience

I make connections and conclusions

When I would not know about certain things

These things do not exist in experience

And there is no way for me to find out  
Whether things exist when they are not my experience

*R*ecorded things become real only in the  
experience of them being shown!!

I suspend the question whether there is a world  
outside me and independent of me  
For the simple reason that I cannot answer it  
I cannot objectively affirm it or deny it  
Every answer is me

It requires courage  
To admit that there are things  
That we cannot understand

Not understanding does not mean a blank  
Not understanding is not a failure  
Who says that you have to understand?

*N*ot understanding means not understanding

Or are you bothered by

“I want to know”

Maybe it is something else than understanding

## IMAGINE

A vortex

A turning circle in which by turning colours

Are combined into one colour

Like a circling tornado the centre protrudes

Eventually the centre of the vortex disappears

Like matter disappears in a black whole

There are four channels that feed the vortex

I give to these channels four colours

There is a channel with the colour black

There is a channel with the colour white

There is a channel with the colour red

There is a channel with the colour orange

These colours are arbitrary

Of course the channels have no colours

It is just useful for imagination

The vortex represents 'I'

Wind shapes the cone of the tornado

In the same way colours shape the 'I' of experience

The colours are the different dimensions

That make up an experience

'I' mixes the colours into an experience

Attention:

You cannot see the different colours

In experience they are already mixed

You cannot even distinguish the different colours in experience

There is however a way in which you can reason

And discover the different nature

Of each flow of impulses

That lead to experience

*L*et's consider the dimensions

Dimension one: the colour black

I experience a dimension by means of my body

This means everything that the body experiences

Directly, or indirectly by means of instruments

Such as recording devices, scientific equipment etc

This dimension is the experience of phenomena

Before it becomes a recognized experience

*You* cannot say:

This is the experience of Body dimension

Because when I would say that

The dimensions have already been ‘mixed’

And shaped into dimension about which I can say something

Important to grasp!!!

In body dimensions I experience more than

What I recognize in consciousness

Therefore experiencing of body is

Not the same as becoming conscious

Some people have a more refined body experience than others

Which means it covers a wider range

Some people are more conscious

Of what their body experiences than others

This means that link between the body experience and consciousness

Is more developed, more intense or more attuned

See the difference?

Speaking about Body experience is the mechanical moment  
In which and through which I belong  
And in which and through which I am nothing else than matter.

This matter is not as I see it.

It is a dimension of which in experience I participate in glimpses

**I am not living in a world**

**I am the world itself**

Human beings are not doing something to the world

They are the world

Merely moving particles of earth

I cannot know the nature of the material world

I can only know how it appears to me in experience

The next colour: White

White is the dimension of Mind

In this dimension I become and am I conscious

Being conscious is a different experience

Than the participation in matter by means of body

I can be conscious of a thought irrespective

Of what my body is doing

Imagine the dimension of Mind

As a field of ‘mind matter’

This consists in thoughts

And in the manipulation of thoughts

Otherwise known as ‘thinking’

**All ratiocination is of Mind dimension**

Ratiocination is weighing and deciding

Body sees a tree

Mind asks itself the question:

“Is this a tree or a cow”

Hopefully for you,

Mind will reflect and come up with the decision: “it is a tree”.

Consequently you are conscious of seeing a tree

Without the ratiocination of mind,  
In body dimension you might have received  
The impulses of something green with leaves

But you would not have noticed it

In the same way you do not notice many things  
That body dimension registers  
You are only conscious of a fraction

Now the question is:

**How can mind think**

**How can mind discover what something is**

**Without a pool of thought matter to measure new impulses against**

**F**amous story of Captain Cook:

The natives of the islands in the Pacific Ocean

Were unable to actually see his ships

They had nothing to compare it with

Therefore they could not become conscious

Of what their eyes were seeing

The pool of thoughts does not exist  
Thought is fleeting it has no substance  
It is the flow of thoughts  
That bothers you during meditation

It is the nature of thought to flow  
Like it is the nature of the body to breathe

**T**hought does not linger  
It cannot become a pool

Question:

What in human experience

And what of human experience

*Is more durable than the thoughts of reason?*

Answer: Memory

Memory lingers

Thoughts flow

Memory sticks

Sometimes you cannot get rid of it

Memory is a different kind of experience

Different both from the dimension of Body

And different from the dimension of Mind

Memory has no place like in body

Memory has no time like in mind

Memory does not fit to logic

**T**his is the channel of a different colour

It is the red colour

It is rooted in emotion

This is the dimension of Soul

I use the word Body, Mind, Soul and later Spirit in a particular way

Do not compare it to other philosophies

Because you will get mixed up

The 'stuff' of the dimension of Soul is:

## **Emotion**

*I*n body dimension you share in a field of matter: body stuff

In mind dimension you share in a field of thought: mind stuff

In soul dimension you share in a field of emotion: soul stuff

Do not say I have a body

Do not say I have a mind

Do not say I have a soul

Say I share in matter

Say I share in thoughts

Say I share in emotion

If you would not share how would it be  
possible to feel somebody's emotion?

Imagine every instant of living is accompanied by emotion  
You always feel emotion in the same way  
As in body you always get impressions  
Sometimes you are conscious of what you feel or how you feel

This becoming conscious of your feeling is an aspect  
*O*f the dimensions of Mind

For this to happen the emotion has been translated  
From soul 'stuff' into mind 'stuff'

A translation is never perfect

You need to be a poet  
To express emotion as correctly as possible  
Into the words of the language of mind