

CHAPTER ONE

Who are we? Really

"The Matrix" is one movie that got many a viewer pondering on the nature of reality. I, for one, am a great fan of The Matrix. In many ways, although not exactly true or that diabolical, the movie is symbolic of the nature of reality.

Many a times, meditation allows one to catch glimpses beyond the ordinary.

There are some meditation sessions that literally redefined my identity and altered my perception of the world.

I must emphasize that meditation is the major modality that helped me to understand myself better.

The Eternal Watcher- The True Identity

In one 'awakening' meditation, I came to a state of **no thoughts**. Such experiences are very hard to describe. This is because the explanation process itself, is within the medium of thoughts and concepts. It is impossible to describe a state of no thoughts using thoughts! Anyway, in the void of no thoughts, one naturally assume that everything must be an unconscious blank. However, that was not the case! What came next was quite a revelation to me. In the void of no thought, I perceived myself to be a Presence... Here's how I will describe myself.

"The Presence is all pervasive, yet un-intrusive. He seems to be in all things and observes with utter passiveness. He exists beyond concepts, beliefs and do not need any form. Therefore, I understand him as eternal.

*He also seems to be the subtler state of myself. I also got the feeling that he existed in all my lifetimes or even more. If I were to name him, I will describe him as **The Eternal Watcher.**"*

You can say that I was completely blown away by the experience. The 'discovery' of the Eternal Watcher was a very important event that completely changed the way I understood consciousness. It also made me contemplated very deeply and seriously about the possible existence of the Divine. These spurred me on an ardent search to understand and make sense of it all. I corresponded with whoever I think can help me unlock the mystery. These people included clairvoyants, other meditators, people on spiritual paths and new-agers.

From these investigations, it was discovered that others have had similar experiences as well. Based on the consistency and plurality of the descriptions by others, something becomes very certain to me. That is, a human being is much more than a body that can talk and think. The Human Personality, which is our character, is only an outer consciousness of the human. With regard to our identity, our personality is merely the tip of the iceberg. Within the human being's psyche lie much subtler and often-obscured levels of consciousness. I believe these inner consciousnesses could be the different depths of the Soul or levels of being-ness even more profound than that.

About the Eternal Watcher, he is ever present. You didn't see him doesn't means he is not there. Because the Presence is so close to the mind, it is not easily perceived.

Perceiving the Eternal Watcher was achieved through the relaxed observation of my own breath. The ultra-relaxed observation eventually becomes a purely passive allowance for thoughts to pass through my consciousness. This, in turn, led to a gradual shutting down of the mental processes of my physical brain cumulating into a state of 'no-thoughts'. Beyond the transitional phase of 'no-thoughts', I became the Eternal Watcher. Experiencing the Eternal Watcher is not an exercise that I can easily brush off as inconsequential. It is not possible for me to assume that my perception of existence and life can be the same as before. Doing so will be blatantly self-deceiving.

To me, the most profound experiences where not from doing something. They came from doing nothing.

I believed the Eternal Watcher is the individualized God/Source Presence within oneself. I also believe this Presence is Rigpa as described in

Tibetan Buddhism. Some people suggest that the Presence is the same as the Oversoul. However, I am not too sure about this.

I hope I am not confusing you. In any case, the only way to validate all these is to personally experience the Presence (Eternal Watcher) and these states for oneself.

That 'no-thought experience' was not the only mystical meditative experience. I have also experienced being a vast *ocean of bliss*. Ironically, the meditations that were attempted with an agenda of wanting to experience something mystical are the ones that are the least successful. Expectation puts a limit on how far one's consciousness can go. For me, it was better to keep an open mind before sitting down to meditate.

From these meditative experiences, I have come to an important conclusion. That is:

We, on our deeper level are not even the emotions and thoughts.
All the while the person who we think we are, are really only a fraction of who we really are!

If you are not excited by this revelation, then I am.

Is the personality all of me?

In the past, I have always believed that my personality is all of me. However, transcendental meditative states have simply proven again and again that the average personality is not even close to being expressive of the entire consciousness within. An average personality is way too "noisy" and "chatty". Human Consciousness under most circumstances believes and identifies itself with the thoughts, emotions and sensations which are in turn influenced by external 'happenings'. This inclination is so strong that rarely will the Consciousness detach and see itself as separate and distinct from these thoughts, emotions and sensations.

The confusion is also compounded by the inconsistent usage of descriptions like Higher self, Overself, Spirit by many people. I am not suggesting that they are wrong; I am only saying that many people use such descriptions to mean different things. Regardless of confusions in terms of terminology, deeper states of Self (that are stripped of

identification with the physical body and its mental processes) are definitely different from the Personality, at least for the average human.

From my speculation, the personality appears to be the expression of non-physical 'soul/spirit' channeled through the Physical Body. The physical body/brain can be likened to a biological 'radio' for the non-physical to express through. However, the resultant behavioral output (or personality) is almost always 'filtered' through a set of very limiting factors.

Factors such as:

- Astrological influences
Birth chart and transit influences.
- Culture
Beliefs molded by the environment
- Genetic inheritances
Behavior inclinations passed down from ancestors

According to psychologist, not only does intelligence showed high heritability*, personality characteristics such as introversion, neuroticism and psychoticism are also inherited (Peter Lloyd, Andrew Mayes, 1999, p77). If that's the case, our ancestors appear to contribute in a major way to the composition of our personality.

In addition, according to Jungian Psychology, the persona (which is related to the ego) is the part of the consciousness that negotiates with the outer world and is conditioned by social class, culture and nationality (Maggie Hyde, Michael McGuinness, 1997, p91). If that's the case, our personality appears to be heavily depended on external environmental influences.

From the above findings, I suspect a Human Personality will rarely be expressing the Whole Soul. Many sources suggest that only a very tiny portion of soul qualities passes unhindered through these limiting factors. A human being therefore is a composite entity.

**Heritability is the proportion of variability in a given characteristic caused by genetic differences between individuals.*

The human body is like a car with an in-built artificial intelligence (AI). The AI wholeheartedly believes it is driving the car. It is totally unaware of the driver, who is really the one in charge. In this analogy, the AI is the personality and the driver is the deeper soul level.

Think about this, my friend: Who is reading this now?

Devising a frame work for understanding the bigger picture

Now that I have got sneak previews of what lies behind the veil of normalcy, the next natural step is to devise a framework of putting things in perspectives. In another word, I want to know how the world is being structured.

I reckoned that I should approach my research using the following strategies:

1. By analyzing current models of realities as described by religious and metaphysical sources.
2. By relying on my personal unfolding through meditative experiences.
3. By seeking the opinions of knowledgeable individuals that include new-agers and advanced meditators.

I can never be too sure, but the model (Figure 1-page 13) best described my perspective of reality.

The proposed structure of the multi-dimensional cosmos

In this proposed model, the cosmos is staked in layers of dimensions. We, of this physical universe reside in the 3rd Dimension. A single volume of space is *interpenetrated* with layers upon layers of dimensions.

Each dimension is separated from the others by a frequency or vibratory range. Each dimension can be described as a reality with its own set of laws. Within a defined dimension, there can be sub-planes or realms of varying vibratory rates. Consciousness corresponds to vibrational rates. The higher the vibrational rate, the more 'expanded' consciousness becomes.

Within each major dimension, an aspect of self resides upon. The various dimensions can be accessed via meditation, out-of-body, consciousness projections or trances states. Under most circumstances, people are not aware of the higher dimensional consciousness.

When we meditate, we sometimes access a void of pure presence. What we thought of as this spacious void of pure awareness may not be a void

but, in fact, is filled with information, intelligence and knowledge. This is depicted as the light source in the diagram below.



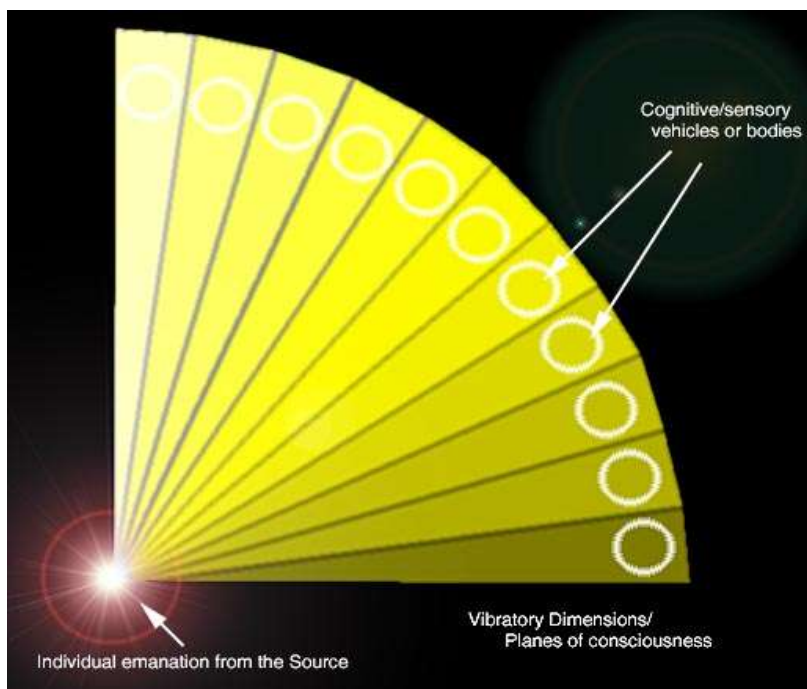
It is the Source which holds within itself all the collected experiences and wisdom. It emits rays of light. The ray depicts informations emanating from the source.

The oval object in the diagram signifies our brain/subtle bodies/cognitive vehicles. In order for the information/wisdom (as depicted by the rays) to be useful and understandable, the oval object ***must contain within itself a similar conceptual understanding***. Otherwise, all the wisdoms

around will not be registered and will be perceived as space/emptiness/void. The personality/ego/brain receives only what it can understand and let all others pass through it as if nothing happens. The light rays that got reflected and created an impact on the oval object are the thoughts, emotions generated.

In order for the wisdom of the light source to be made understandable, the cognitive vehicles have to upgrade themselves aka ascension.

According to many spiritual teachings, the cosmos is made up of about 12 vibratory dimensions.



As described earlier, each dimension corresponds to a specific bandwidth. Each dimension and the vehicles/bodies within can interpret certain 'qualities' emanated from the Source. No dimension is therefore considered higher or lower, each merely picking up informations according to their respective conceptual understanding/programming.

Humans normally identify themselves as physical, mental and emotional vibrations and are not aware of other mode of consciousness. However, the other planes/dimensions are nevertheless there.

Being more aware, is being able to interpret the finer vibrations, thus becoming more multi-dimensionally conscious. However, regardless of planes, all qualities emanates from the Source.

My opinion, is that each Being and sense of identity is an individual viewpoint/perception from the Source. But because we are looking onto a mindscreen and oscillating to and fro Source and vehicles, we are paradoxically both the mind and the viewpoint simultaneously. Our mind can be liken to a complex sensory hologram that is generated by the various vehicles/bodies of different energy vibrations. The individual viewpoint from the Source(or sense of identity) is the experienter of the mind/hologram experience.

Source is how I describe the 'place of residence' of the consciousness of the original Being, the first Reality that gave rise to all things. Note, I said 'place of residence'. I believe that everything in the cosmos, on all dimensions is God itself. By Source, I am referring to the primary intelligence of God. Frankly speaking, whether perception can be considered a consciousness or not, at Source's level, I am not too sure. For the lack of a better word, I assume it is. I *assume again* that the Supreme Tao described in Taoism is the same Being or state of reality as Source. This realm is simply and absolutely beyond my ability to say in any concrete manner.

***The Tao that can be expressed is not the eternal Tao.
The name that can be defined is not the unchanging name.***

Lao Tze (Chu Ta Kao, 1982, Pg17)

Seem from this perspective; our humanly identified Personality is at the bottom of the rug. However, we should not see this from a superiority-inferiority point of view. Seem as a whole, each part is important and perfect in itself. A beautiful tapestry of creation! The universe is teeming with life, physical and non-physical.

The purpose of life: my point of view

The purpose of life (to me) became clear when I was in the meditative state best described as 'the ocean of bliss'. As seen from that

perspective, life is simply meant to be experienced! Everything that has happened, will happen are all for the joy of experiences.

The great Tao pervades everything, both on the left and on the right.

By it all things came into being, and it does not reject them.

Merits accomplished, it does not possess them.

It loves and nourishes all things but does not dominate over them.

Lao Tze (Chu Ta Kao, 1982, Pg56)

Perhaps, Source lives his existences through us (as the personality). The dimensions and realms are like playgrounds for the unfolding of drama (and sadly, trauma as well). At all moments, He is unconditionally loving and grateful to the parts of himself projected as creations and souls.

Source is the ultimate gatherer of all experiences. Through souls, He experiences his creations. The gradual melding and merger of souls into oversouls forms a rich pot of experiences. He learns through us, we (a part of him) learn through Him. With him, we establish a lovingly beautiful symbiotic relationship.

Source's dramas cannot unfold without differentiation, because there simply isn't anything or any experience to talk about if he is the only Being in existence. Picture this:

How does a drop of water experience itself as distinct in the ocean?

It can't.

As such, Source needed separators. These separators will act as mediums of differentiation designed for identification, localization, expression and articulation. These are the masks that assume transient identities for cosmic game play. Different manifestations of energies fulfill these requirements by forming the myriad things and realms that allow for the impression of separation. These separations created the 'you', the 'me', everything and every concept in the world.

About the ocean of bliss, it was the most awesome, magnificent and beautiful experience I had ever had. It made all other forms of mundane happiness appear like poor imitations. It is simply pure, brilliant, unadulterated bliss. It felt as if my entire awareness and consciousness

have been spread and stretch to encompass a very large volume of space.

For two days after the meditation, I was basking in the blissful after-effects. I was also walking around with this expanded consciousness that stretched way beyond my physical body. Because of that, I was unable to focus and felt disorientated. When the effects finally subsided, my body was aching. The experience although wrapped me in emotional ecstasy, physically stressed my feeble human body. My physical body was simply not ready for this kind of high-powered consciousness. I also became addicted to the bliss. This addiction is not a good thing, though. Regardless, I was adamant about returning to that state.

After the incident, I set an intention to eventually return to the Source of Bliss. That was in 1986. I have been prodding along an un-relentless spiritual quest ever since. In time to come, this constant yearning led me to the discovery of other aspects of myself (beyond) the conscious psyche. Some of these aspects are not as 'pretty', 'sweet' and blissful though. Nevertheless, the journey has been very enriching and transformational.

Conclusion

The followings are from my understanding only.

What I have described are simplifications for explanatory purposes. Please do not take them literally but rather see them as frameworks for conceptualization.

I hope this chapter has been an inspirational impetus, intriguing the Reader towards self-exploration.

Truth seekers, may I urge you to explore the inner world within (if you haven't done so). The experiences may literally change your view of life, existence and who you really are.