

The image features a solid purple background. In the center is a bright yellow starburst shape with many sharp, pointed edges. Overlaid on this starburst is the text "Who are you essentially?" in a 3D, blocky font. The letters are a dark purple color and have a slight shadow, giving them a three-dimensional appearance as if they are floating or attached to the starburst.

Who are you essentially?



Interactive program

to become aware of

the conceptual framework

by which you live

and

if you want,

try to slowly

float away from it

What is it about?

I was walking in existence, within the boundaries
of the structure of daily life.

Without understanding the structure.

Without understanding the boundaries.

Until I became aware!



For me it is not about:

Knowledge

Rules

Conditions

For me it is about

understanding

compassion

Love

It is not my intention to make you see what I saw
Nor is it my intention to make you believe what I believe.

That would mean I would want you to replace your
belief system by another one.

It is my intention to make you aware of
using a belief system or framework.

And it is my intention to make you aware of the
fact that using a belief system is your free choice.

Probably you have not even realised that you are using a belief system or conceptual framework.

So what is a belief system or framework?

It is made up of the concepts about yourself, your world and humanity you perceive as reality.

What could be a concept within your belief system?

For me linear time is one of them.

Past

Present

Future

This concept is based on information
from my rational thinking process
and my sensory system.

So what do I mean when I refer to my rational thinking process and my sensory system? These are also concepts.

The concept of 'I', refers to, the one I perceive to be as distinct from others. With thinking process I mean the process of equation, judging, positioning and deciding I use on a daily basis to deal with what I perceive as reality.

With sensory system I mean those functions by which I perceive a world outside and inside.

So information from my rational thinking process and my sensory system is not objective, but coloured by the form of the rational thinking process and the sensory system and on top of that by what I perceive as me.

That is a belief system or framework: It is made up of the concepts of the structure by which you live.

Time



So for me, within the boundaries of my belief system, time is linear. Past , present, future.

Outside my belief system time is not linear!

I don't have the intention to tell you that time is not linear. I want you to consider the possibility that time might not be linear.

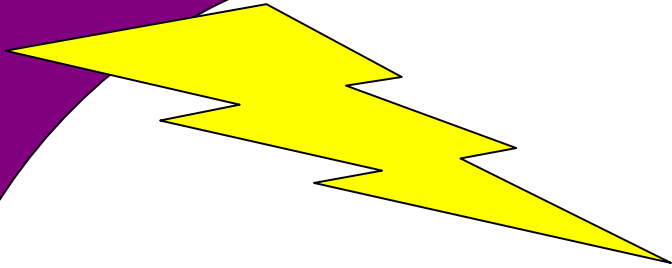
I want to challenge you to consider the implications of using a conceptual framework.

Linear time is a “concept” that structures, what “I”, within the boundaries of my belief system, perceive as “reality”.

For me a concept is a description of or idea about something. So “I” use the “idea” of linear time to structure “reality”.

I perceive light and dark during a certain period. This is my “perceived” reality. This “I” structure by stating that “time” has passed and there was a day and a night.



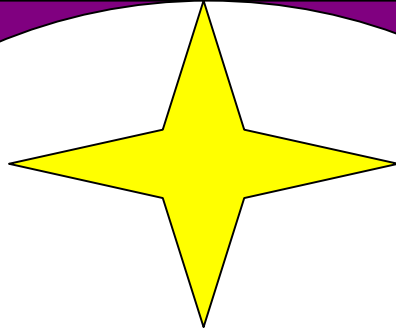


So my belief system is made up of concepts.

These concepts represent “things” that are perceived.

These things are represented in order to be able to deal with them. For instance we conceptualise a territory by making a map of it, so we can find our way when we are there.

But we all know that the map is not the territory. It is merely a two dimensional representation of the actual three dimensional area!



“I” use concepts to communicate about and deal with what “I” perceive.

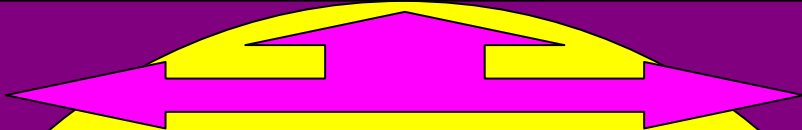


Perception is a function of the sensory system



Conceptualisation is a function of the rational thinking process.

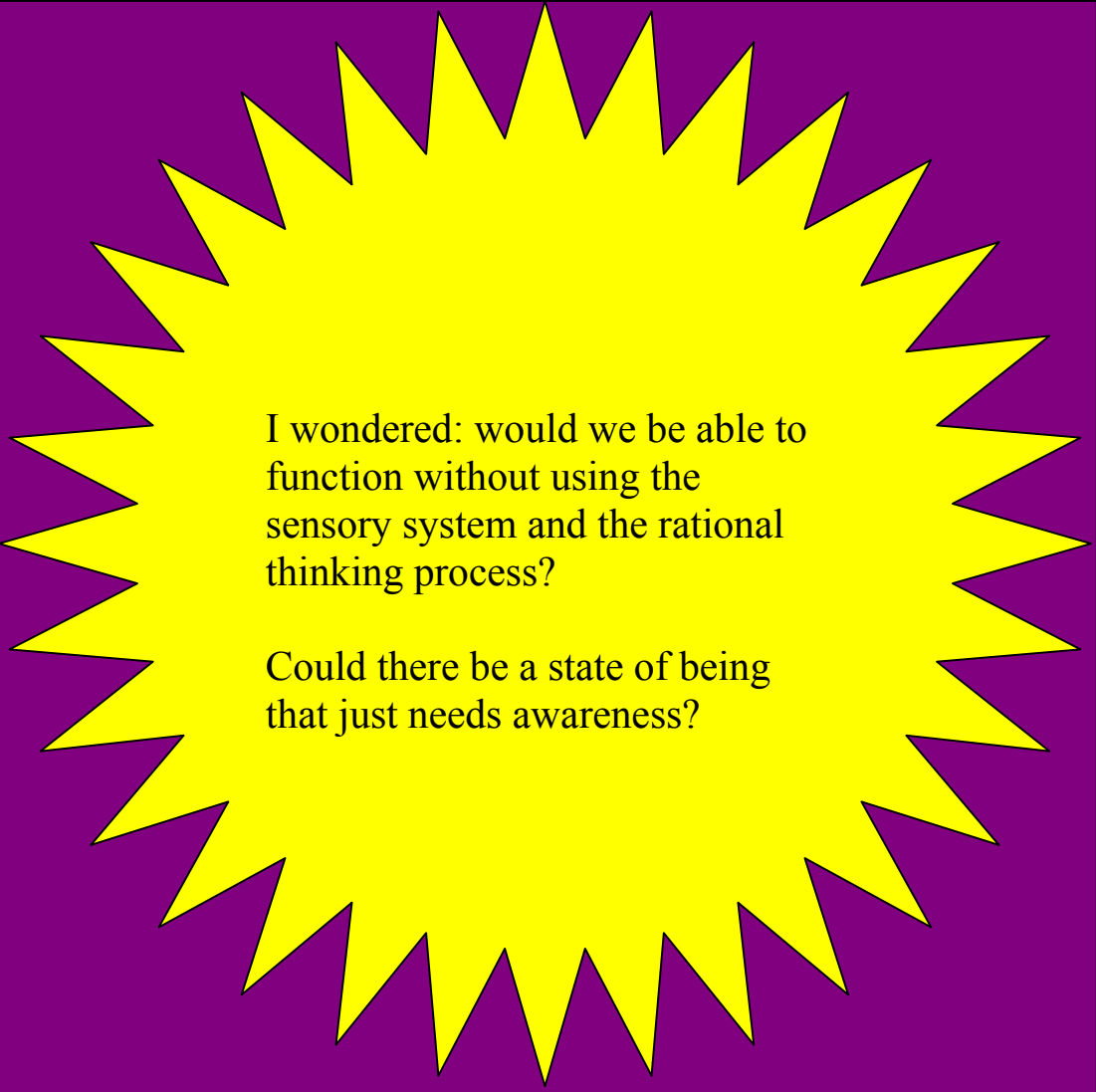
So creators of my belief system are my sensory system and my rational thinking process.



Boundaries

“Am I bound by my boundaries?”

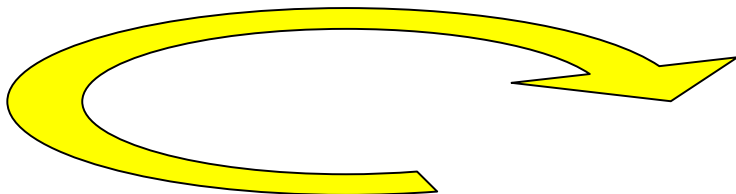
Am I bound by
the limitations
of my sensory system
and my
rational thinking process?

A large, bright yellow starburst shape with many sharp points, centered on a solid purple background. Inside the starburst, there are two lines of black text.

I wondered: would we be able to
function without using the
sensory system and the rational
thinking process?

Could there be a state of being
that just needs awareness?

Could I try to slowly float away from
sensory input and the rational thinking
process?



Could I use intuition?

Just imagine

not using ratio and perception!


How would that feel?

How would it feel to

go outside my belief system?

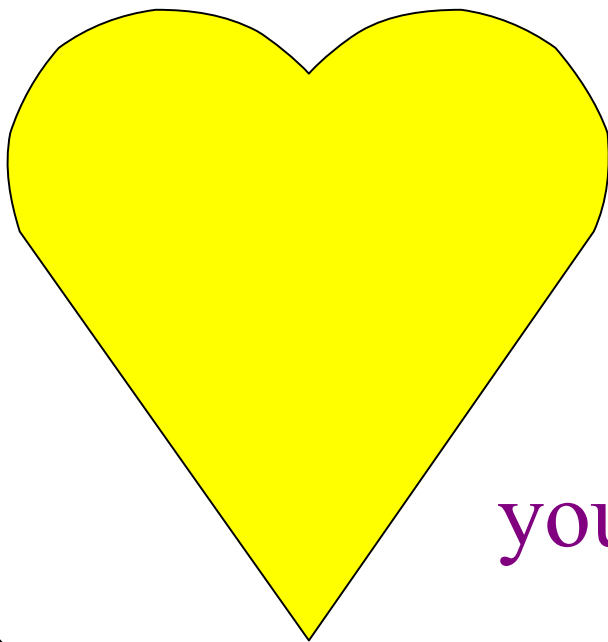


The
challenge



I want to challenge
you to reach beyond
your expectations about
yourself,
the world and
the universe.

I want to challenge you, because I



you



This is your process

***It is not my intention to
replace your belief
system by another one.***

What is beyond your expectations?

Willing to go there?

What are your expectations about yourself,
the world and the universe?

And what would be beyond that?

Who do you think you are? And what would
be beyond that?

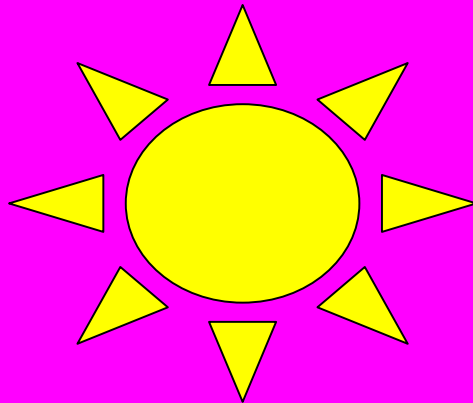
I am not asking you for an analytical
process.

Intuitively who do you think you are?
And what do you think you are?

I am not asking you to define yourself in terms of
personality traits or habits.

I am not asking you to define yourself in terms of
physical characteristics.

What I am asking you is:
Who are you essentially?



What would you
use to answer this
question?

Logic?

Perception?

Meditation?

Dreaming?

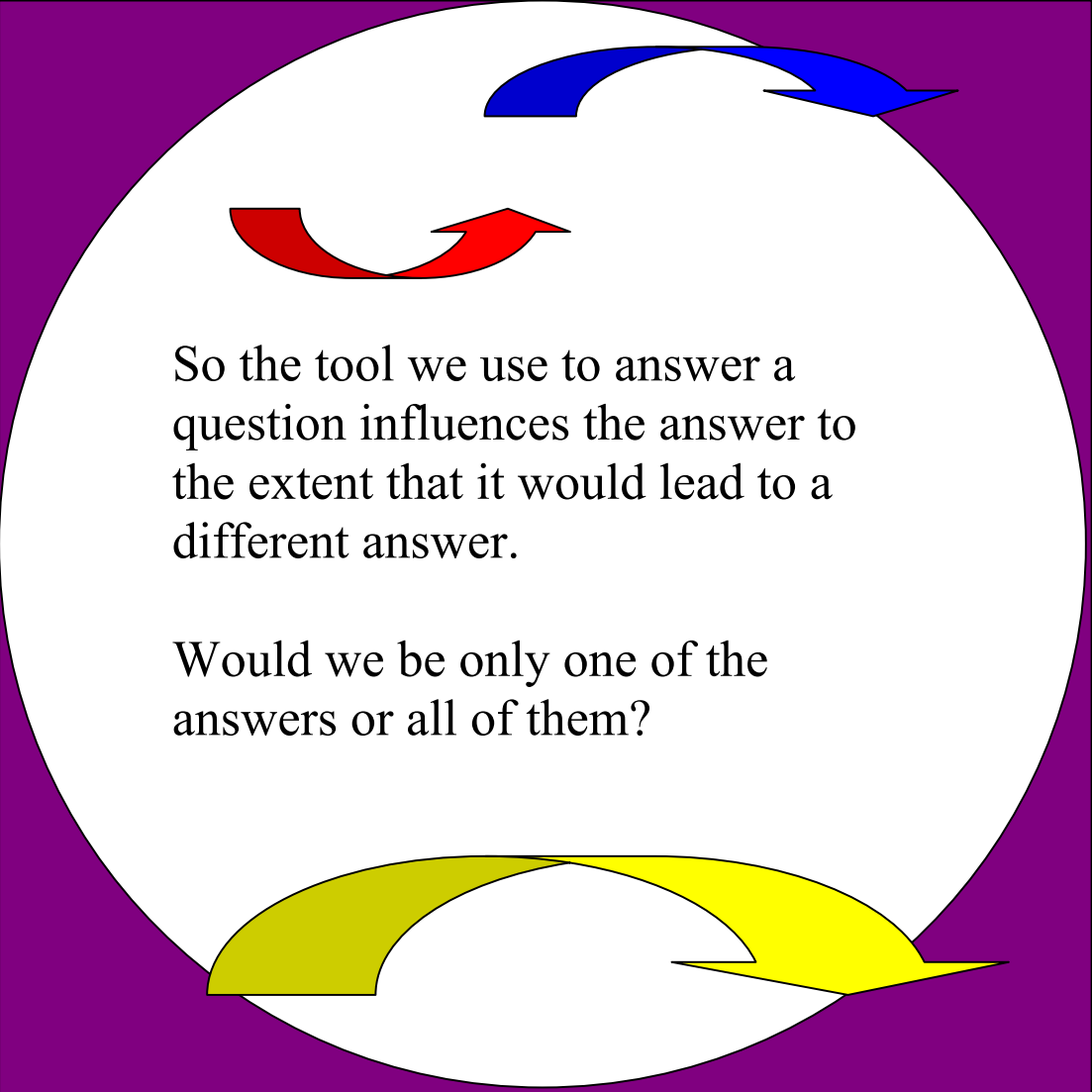
Rationality?

Intuition?

**No, there is no right answer,
there only is the right answer for**

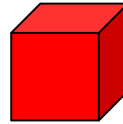
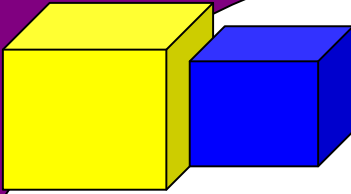
you

But can you imagine that each way of
answering that question would lead you to another answer?



So the tool we use to answer a question influences the answer to the extent that it would lead to a different answer.

Would we be only one of the answers or all of them?

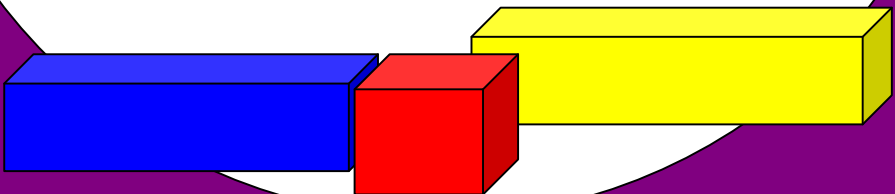


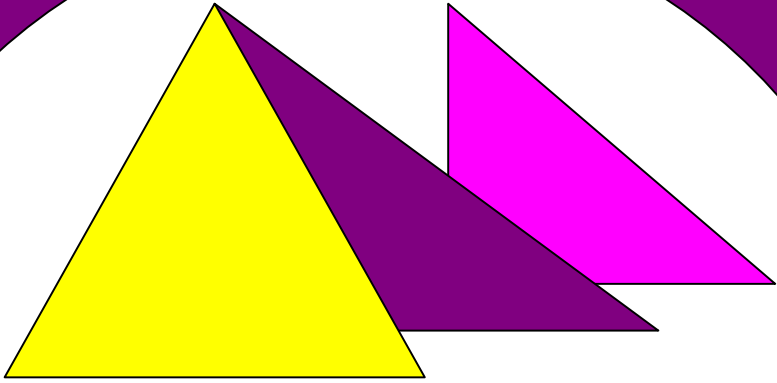
Imagine

Imagine defining yourself as a monopoly player. You are bound by the rules of the game and you value the fake money as if it were real. So these are your limitations.

So you decided to play monopoly. But does that mean you are now only defined as a monopoly player? What are you if you also exist outside the monopoly game?

Are you the player or are you the entity that decided to play a game?

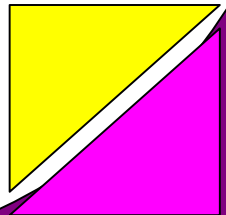




Maybe you love to play games. If you like it: Enjoy it!

If you are not looking for existence outside the game,
this information is not meant for you!

Only use this information
for your own benefit if
you want to.



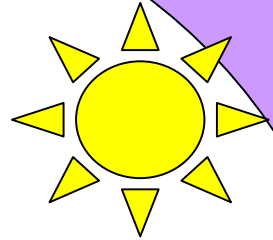
You are not the player.

So is the player a part of you or a role?
You know I am not going to give you the answer
and there is no right answer.
There is only the right answer for you.

Are you one of the ones who want to imagine he or
she might **not** be identical to the player?

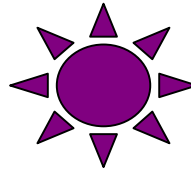
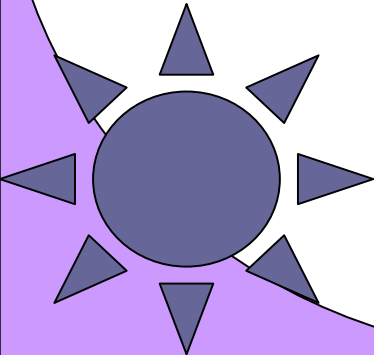
And if you are ready to imagine you are not
identical to the player, who would you be?

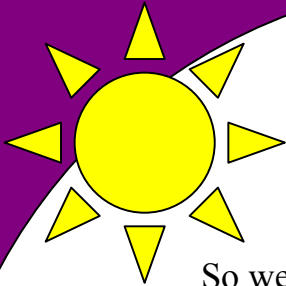
Is it possible to answer
the question: Who am I?



**To be able to answer this question,
not by attributes like profession,
there has to be a witness
to the existence of the “I”,
which means that is a not “I”.**

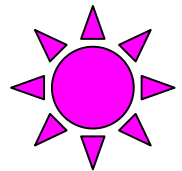
This is duality or polarity.



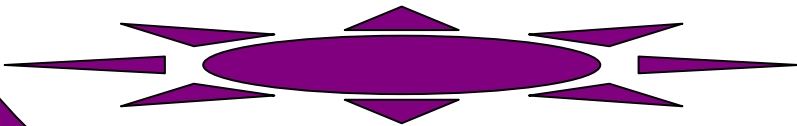


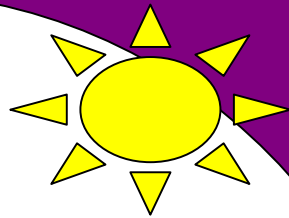
So we can not define for instance
“day” other than the absence of
or the complement to night and
dark as the absence of light.

**So how can we define ourselves
without the negation of what we are
not?**



Not using opposites or duality:
Who are you?

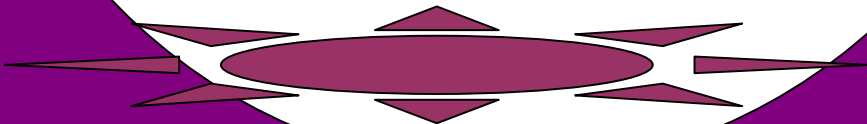
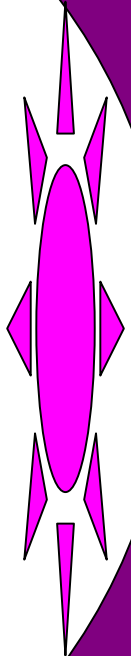


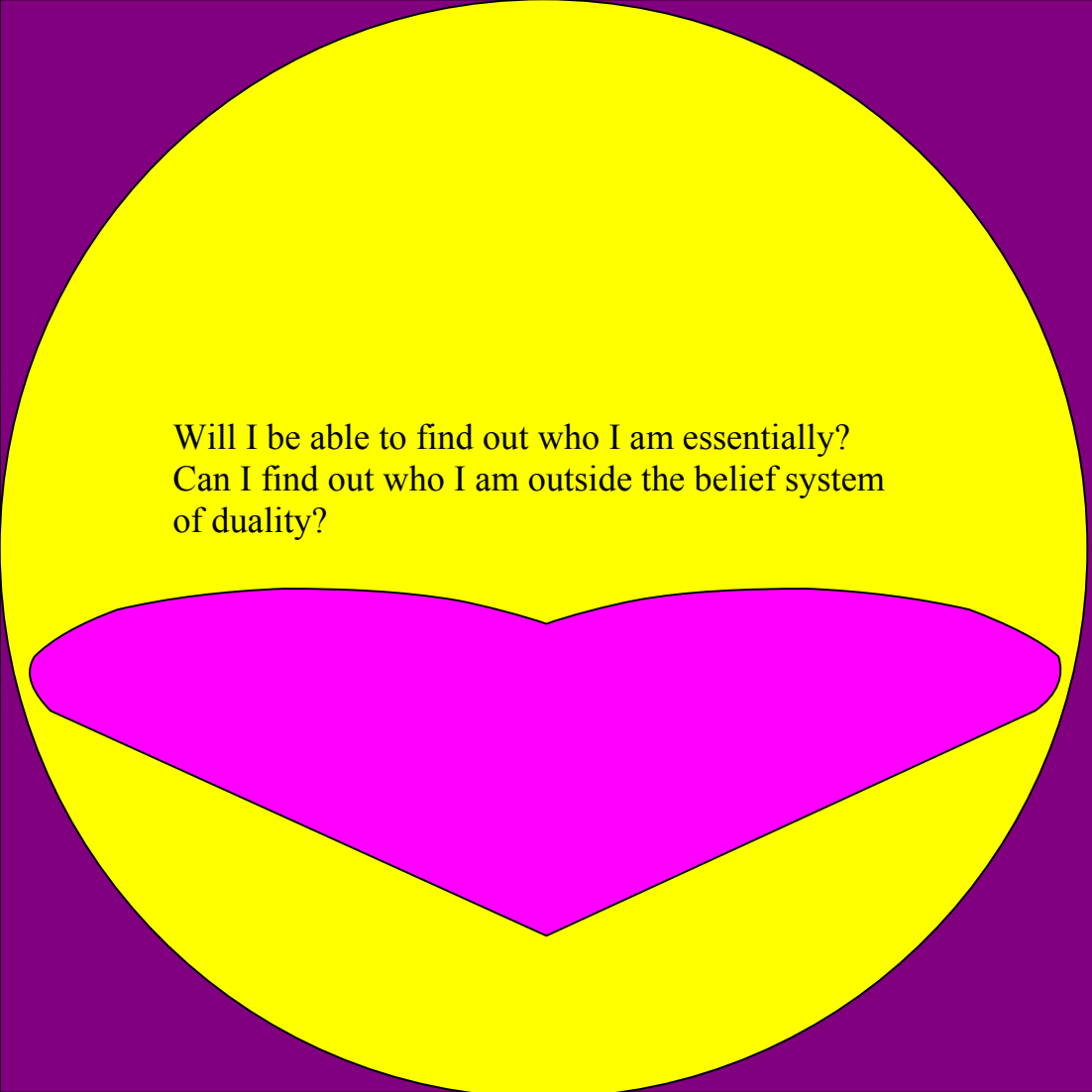


Within the game or belief system
of duality or polarity we define ourselves
in terms of personality traits or attributes
in order to also state what we are not:
If I am a woman, I am not a man.
If I am black, I am not white.

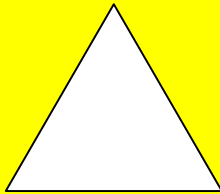
Within this belief system I am not able to
perceive the whole, I have no concept of the
whole and the whole has no counterpart,
because it is whole.

So who would I be outside this belief system?

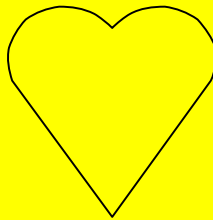
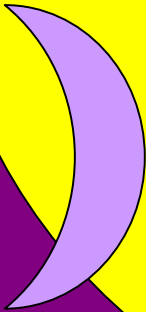




Will I be able to find out who I am essentially?
Can I find out who I am outside the belief system
of duality?

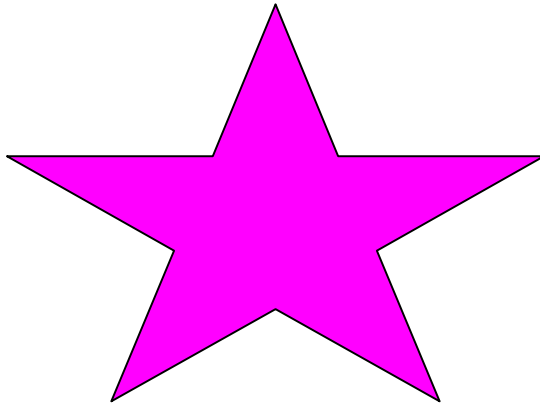


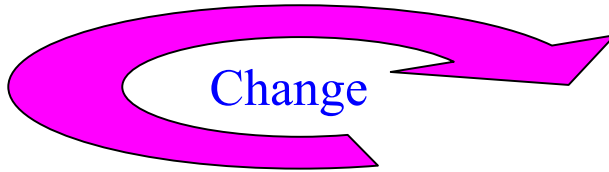
Am I bound by my boundaries? Am I only able to exist within the belief system of duality or would I be able to exist outside of this belief system.



Transcendence

Can we transcend?
the human condition?





So what if I could float away from my belief system?

What if life and dead would be one proces?

What if I could look for integration instead of for separation?

Would it be possible to be without using a conceptual framework or belief system?

No perception, no rational thinking, no duality.
Let life happen and see what happens.
But be there. Be ALIVE!

“Be here” instead of letting attention flow in
different directions: Past, present, future.
Be here and now.

Can you try this?
You don't have to do anything..
You don't have to think anything.

Just be!

Life

Could life be a process that needs nothing?
Might life not need you to structure it, give it
direction, plan and set goals?

Maybe you don't have to do anything.
Maybe you don't need to think anything.
Maybe you can just be!

Could you even begin to imagine this?
I would like to take you on a journey to
wonderland. Like the Buddhist munch said to
Marco Polo:" You travel with your body, but I
travel with my spirit".

"Let's travel!"

Let's travel

Imagine being a bird.
Waking up is part of a natural process.
Flying with the others birds is fun.
Floating on a stream of air whenever I get tired is relaxing.
Picking up a worm when I am hungry stills my appetite.
And then I go back to sleep.
Living is not an effort.

**And the best part:
The world looks very different
from the sky**

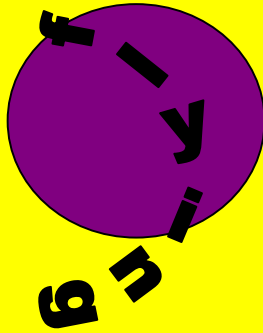


flying

So this is quit some trip.
This is travelling by air.

I am flying. Join me?

Now you will answer that you can't fly because of gravity. But we are not going to travel with our bodies. Let's go!



I know:" if we are not going to travel with our
bodies, with what are we travelling?
Mind, body, soul, spirit?

What do you think?
What do you feel?
There is no right answer.
There is only the right answer **for you!**

Taking off

Imagine.

Close your eyes. Imagine you draw a line inside your head from ear to ear and on that line you would find the spot just behind the space between your eyebrows. Keep your attention on this spot!

Imagine.

You start to feel light. Your body feels light. You are light.

Imagine.

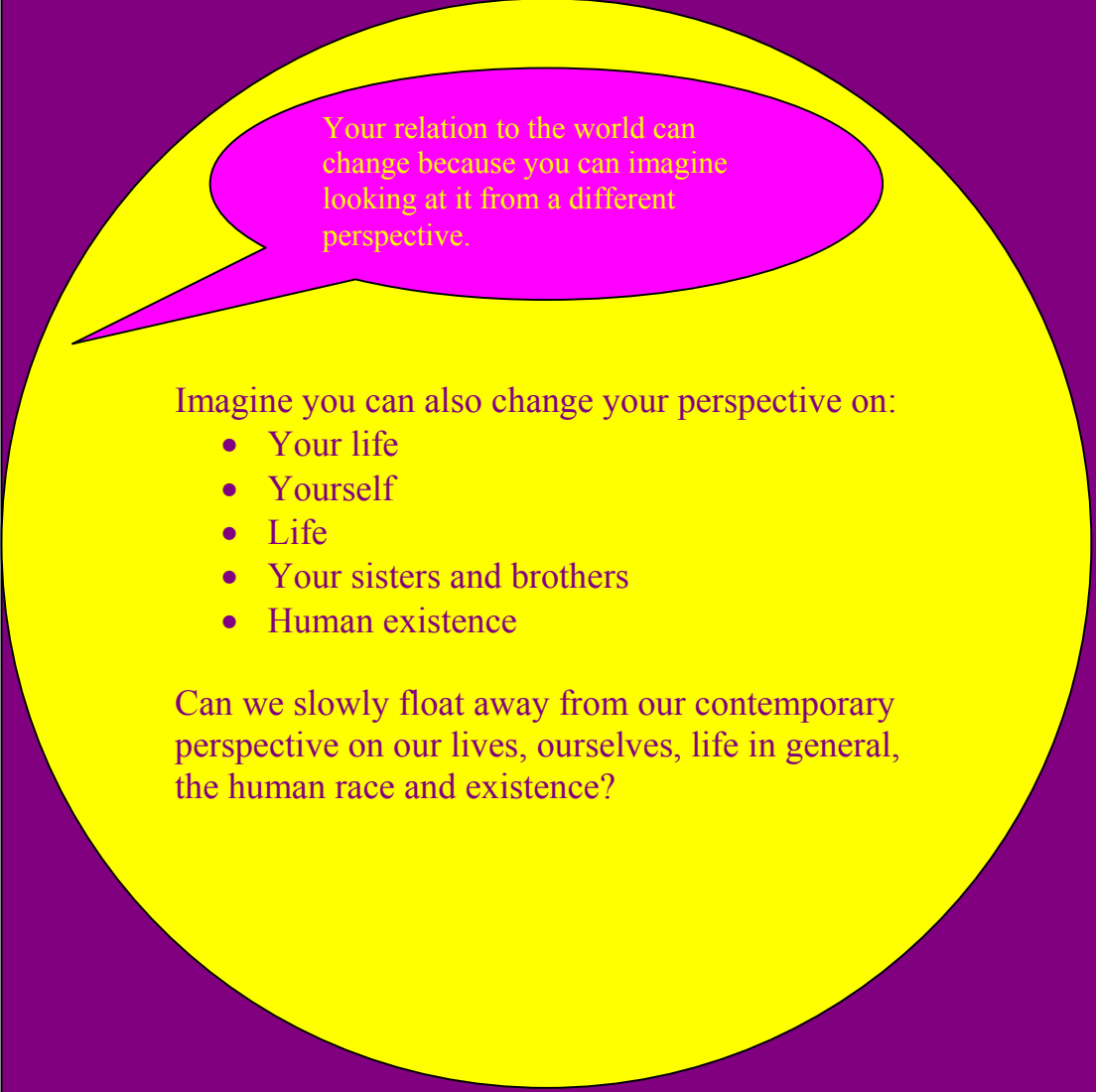
You are flying. Let's go. We are flying.

Imagine.

How does everything look from up here?

And how do we feel?

Can you **imagine** this? Imagine you can **imagine** this. This means you can already change your perspective. You can see the world from another angle. So your relation to the world has changed!



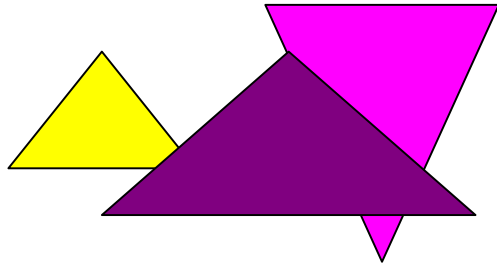
Your relation to the world can change because you can imagine looking at it from a different perspective.

Imagine you can also change your perspective on:

- Your life
- Yourself
- Life
- Your sisters and brothers
- Human existence

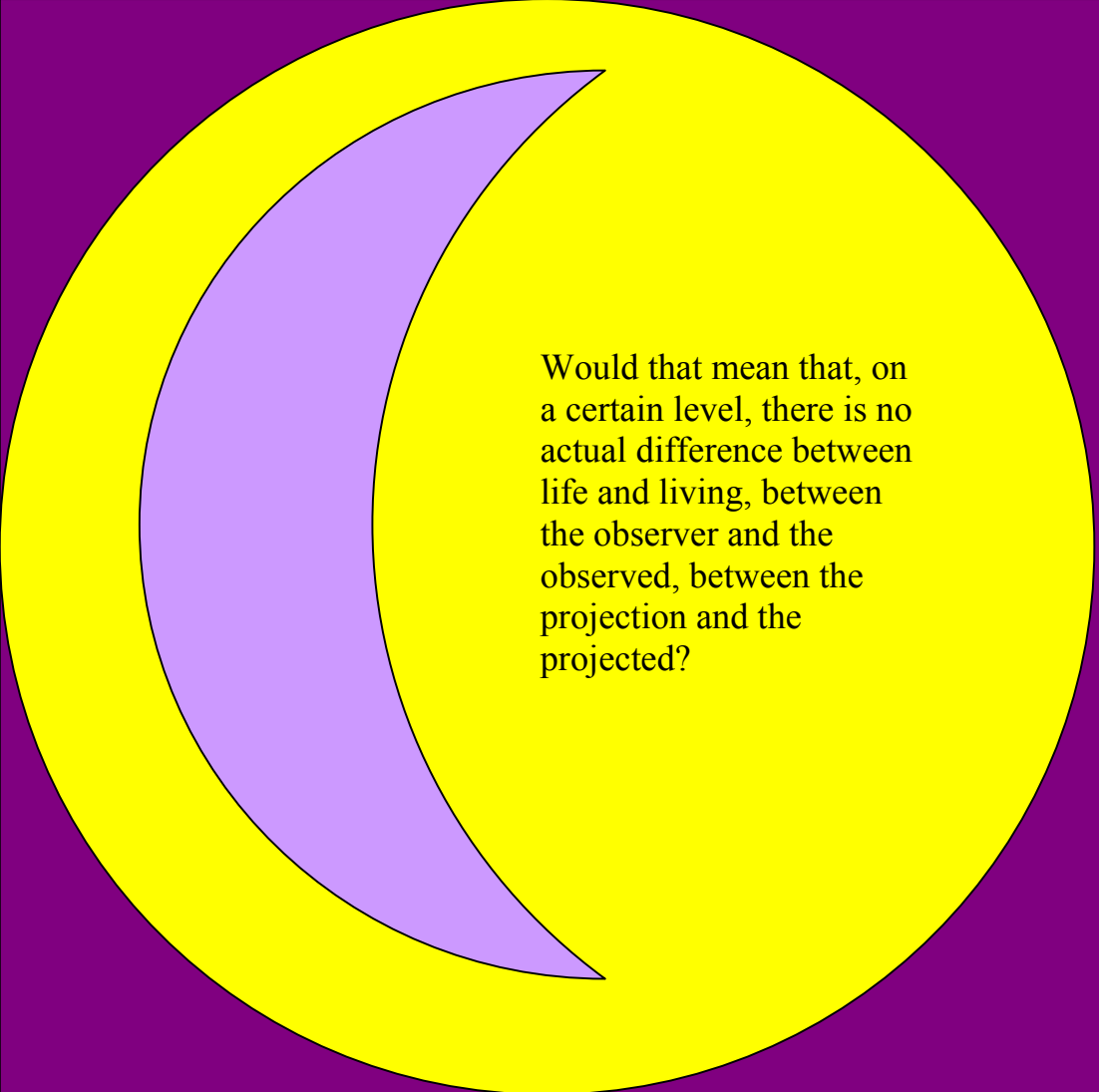
Can we slowly float away from our contemporary perspective on our lives, ourselves, life in general, the human race and existence?

What I discovered when I tried to slowly float away from my belief system was, that for me there is existence outside linear time, Newtonian space, the rational thinking process, the sensory system and the physical body.




So I exist,
but without using the tenants of my belief
system, I will not be able to be aware of my
existence:

I am existence.

A large yellow circle is centered on a purple background. Inside the yellow circle, there is a purple crescent shape on the left side. To the right of the purple crescent, within the yellow circle, is a block of text.

Would that mean that, on
a certain level, there is no
actual difference between
life and living, between
the observer and the
observed, between the
projection and the
projected?

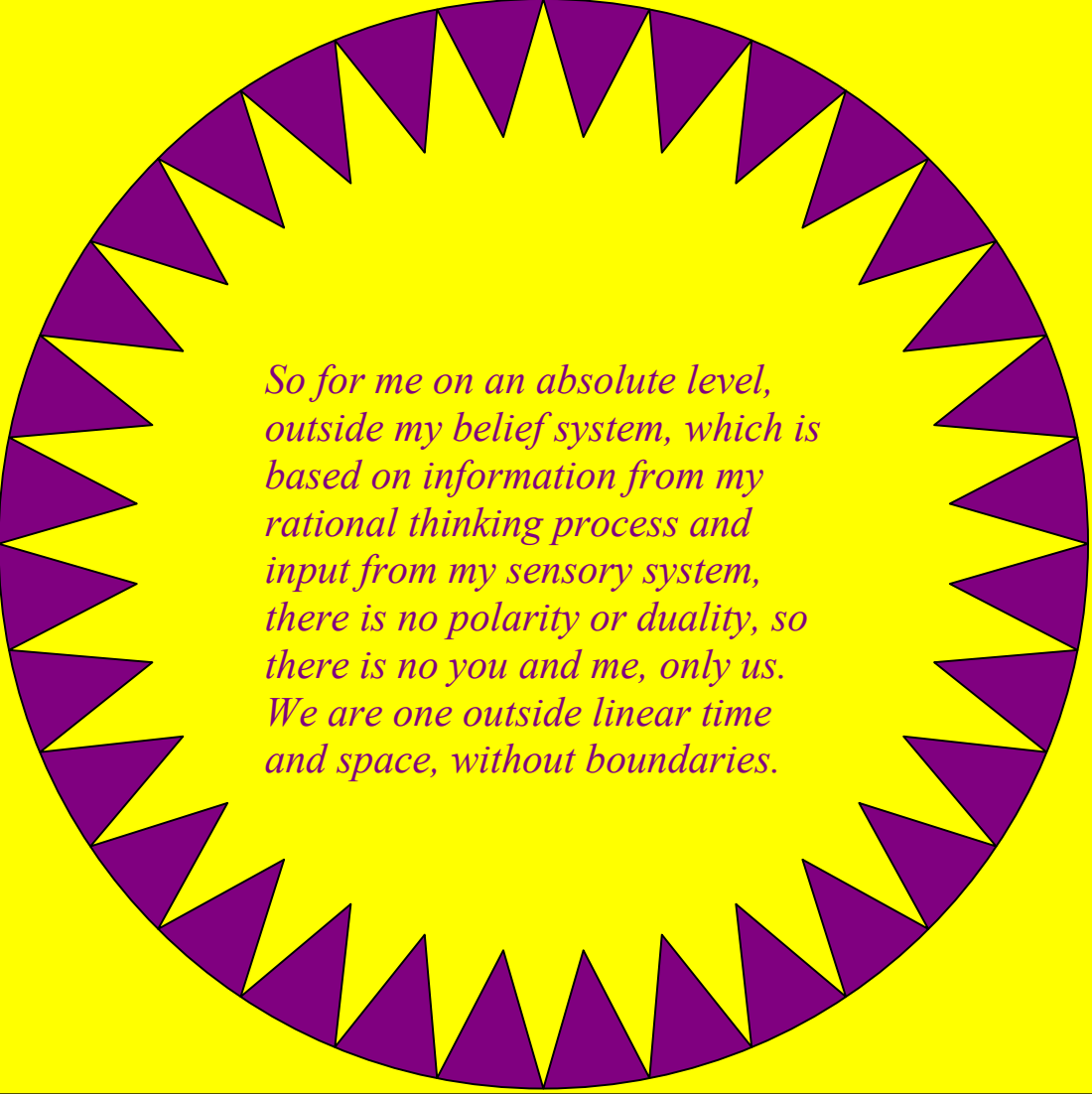
Relativity



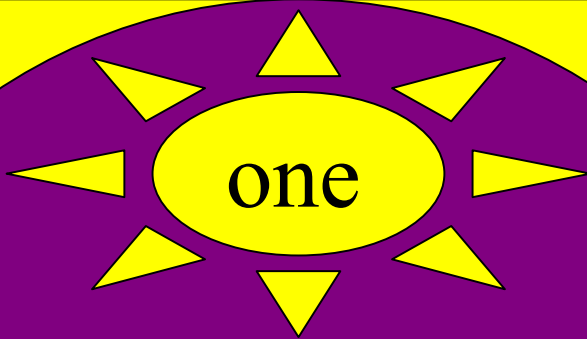
If life and living are one, we are not able to be aware of living. So for me polarity, linear time, space and all the other tenants of my belief system are tools which enable me to define myself within boundaries.

My belief system creates a relative level of existence.

And my sensory system and rational thinking process are the means that are necessary to create the tools.

A circular graphic with a yellow background and a purple border of triangles. The border consists of a ring of purple triangles pointing outwards, creating a serrated edge. In the center of the circle, there is a block of text in a purple, italicized serif font.

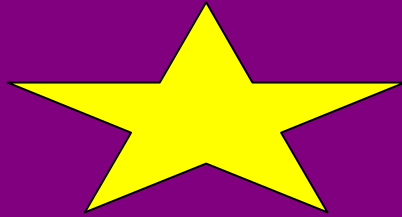
*So for me on an absolute level,
outside my belief system, which is
based on information from my
rational thinking process and
input from my sensory system,
there is no polarity or duality, so
there is no you and me, only us.
We are one outside linear time
and space, without boundaries.*



So we might all be one in what way?
Who is the we, the I, the self?
Where do we start and where do we end?

If we are all one, we do not end.
So maybe there is no beginning and no end.
Would that be possible outside your belief system?

Can you go outside your belief system?
What do you need? What does it take?



With love I share everything with you.
Maybe you are the universe and the universe
is in you.

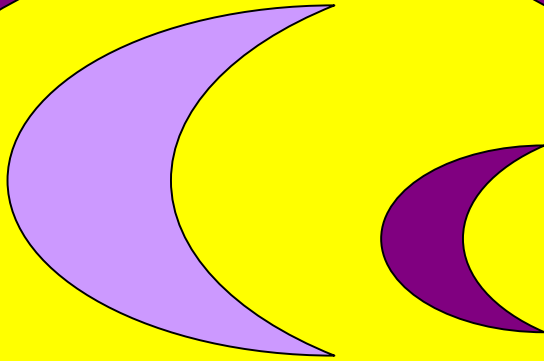
Don't try to comprehend this with your
rational mind.

Just register.
There is nothing you need to do.
There are no points to be given.

For me the boundaries of a physical body, the rational thinking process and the sensory system (perception) mean limitations which I cannot overthrow or change.

The only thing I can do is try to float away from these boundaries by no longer identifying with them.

Slowly float away from the system



So why try to float away from the system?

That is up to you! This is your free choice!

If you are happy with your life the way it is and you are not questioning the tenants of the structure by which you live, than this information is not meant for you.

Only use this information
for your own benefit
if you want to!

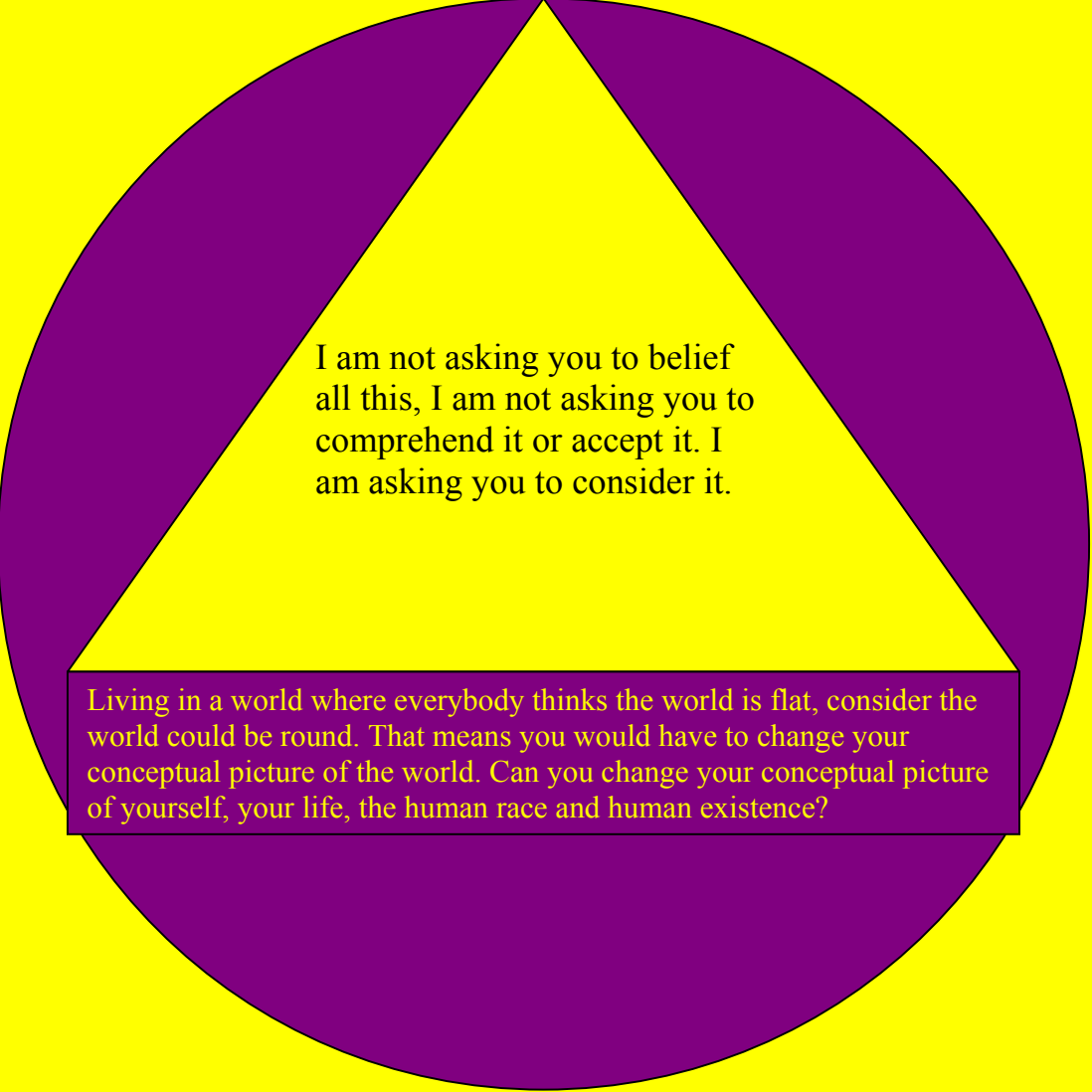


Free choice

What if it all is free choice and you choose to live the way you do?

That's not right or wrong. There is no right or wrong, because there is no judgement. There is no objective entity to judge what we do. The only entity that judges is the same entity that limits our scope. That's the entity you perceive being you. You would think: that's me. What if that is not who you are?

That's the same entity that divides. But what if we are one instead of separate individuals?



I am not asking you to believe
all this, I am not asking you to
comprehend it or accept it. I
am asking you to consider it.

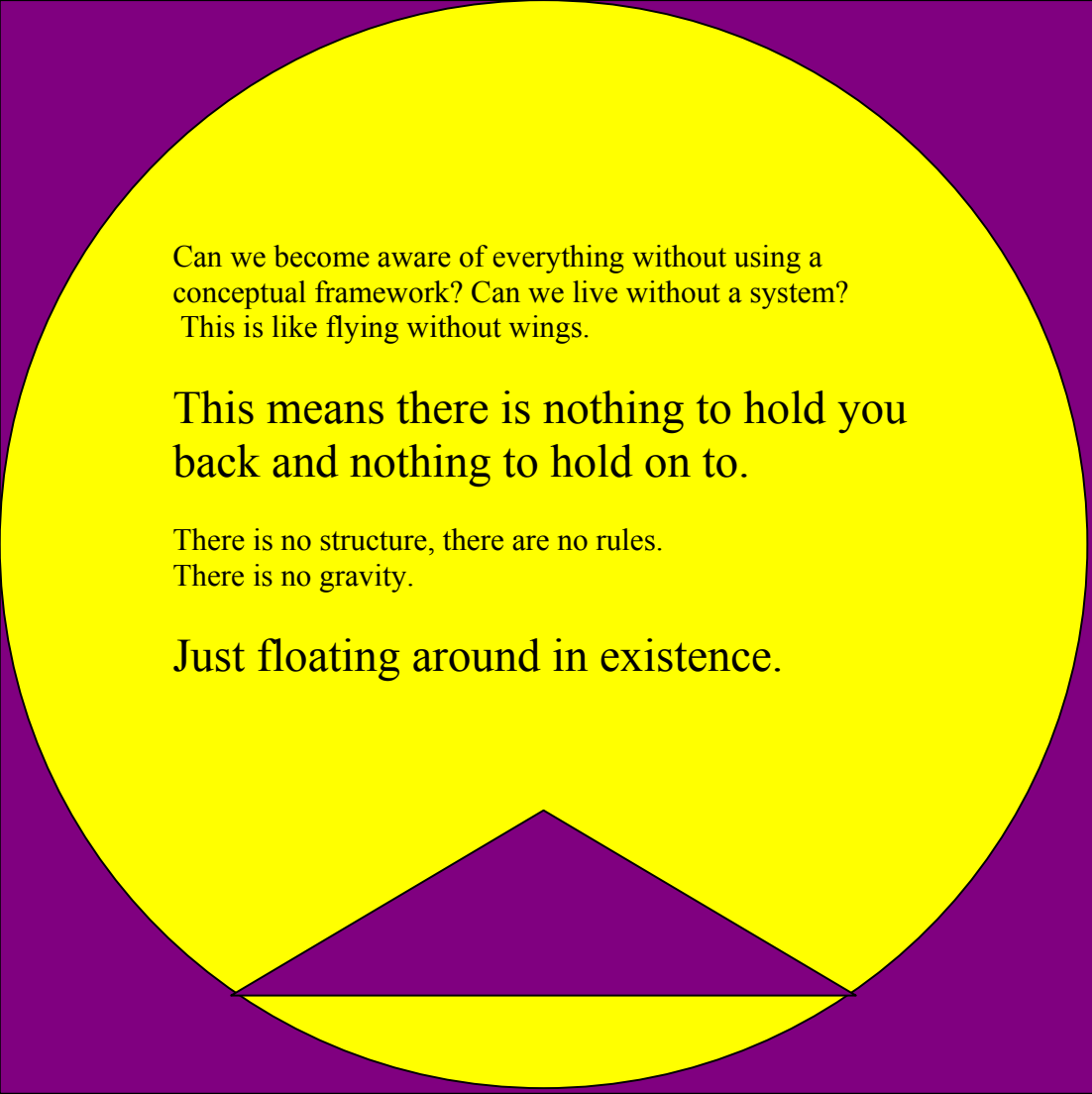
Living in a world where everybody thinks the world is flat, consider the world could be round. That means you would have to change your conceptual picture of the world. Can you change your conceptual picture of yourself, your life, the human race and human existence?

And what I am asking you goes beyond that.

I am not asking you to change your conceptual picture of yourself, your life, the human race and human existence.

I am not asking you to replace it.

I am asking you to try to become aware of everything without using a conceptual framework.



Can we become aware of everything without using a
conceptual framework? Can we live without a system?
This is like flying without wings.

This means there is nothing to hold you
back and nothing to hold on to.

There is no structure, there are no rules.
There is no gravity.

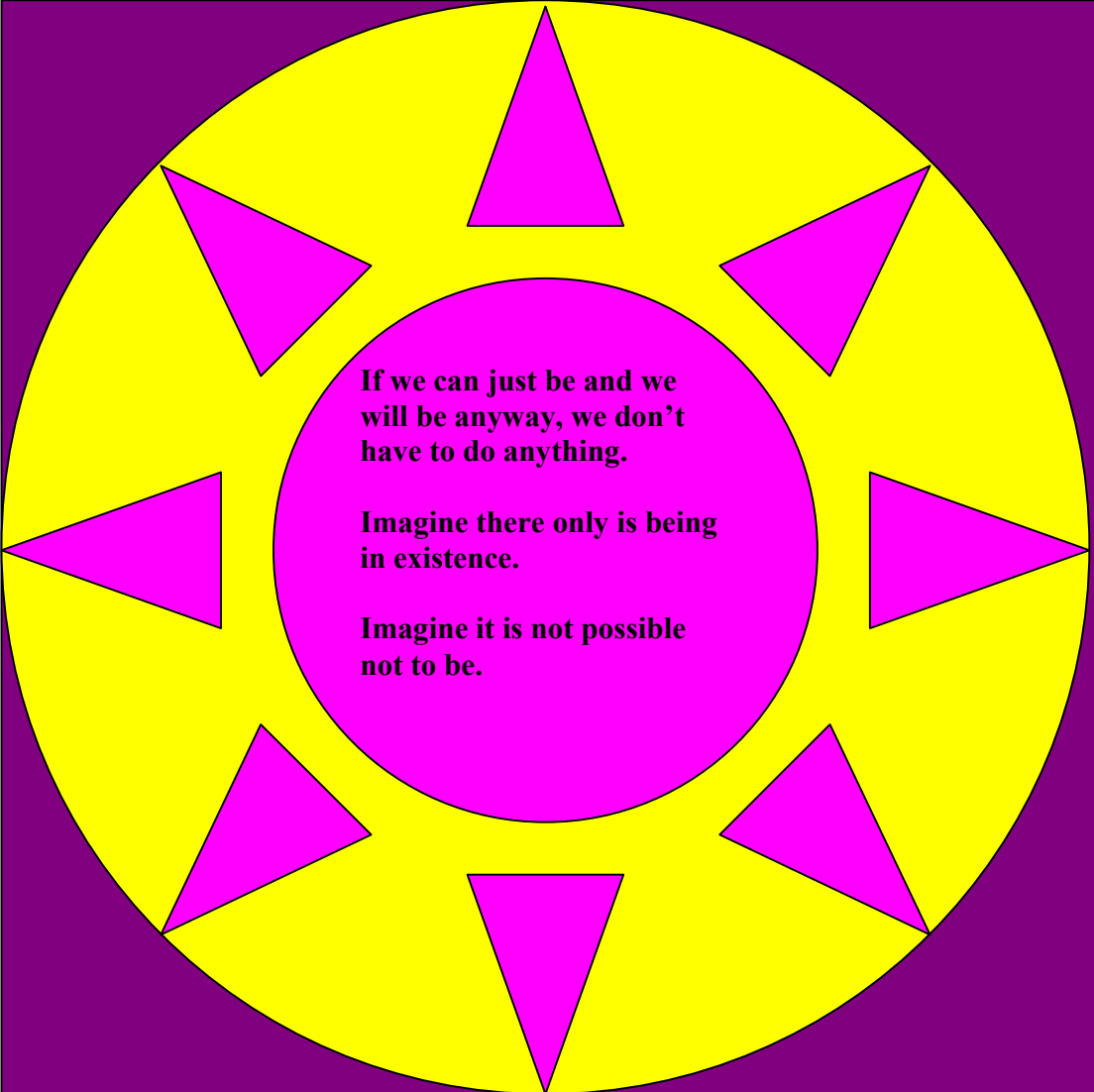
Just floating around in existence.



Can we learn to exist without belief system?

**And if we can, than what would that take?
What would it take to float away from rational
thinking, from the way we perceive things, from
defining ourselves within boundaries?**

**Might we be able to experience ourselves as an
ongoing process of life and death. Not death
ends life but life and death as a continual
process of being in whatever form?**



**If we can just be and we
will be anyway, we don't
have to do anything.**

**Imagine there only is being
in existence.**

**Imagine it is not possible
not to be.**




Being

If we float away
from sensory input and
the rational thinking process,
will we only be?



Just be!

A large yellow circle is centered on a black background. Inside the circle, the text "Personal note of", "thanks to", and "my sources of inspiration" is written in a serif font, arranged vertically and centered.

Personal note of
thanks to
my sources of inspiration

Quantum consciousness

Upanishads

Sri nisargadatta maharaj

Zen

Ken Wilber

Wolinsky

Mahayana

Advaita vedanta

Dalai Lama

Plato

Quantum psychology

This information is not new. Many sources have shared this information with us.

Thank you!

Einstein

Capra

Zukav

Jung

Quantum physics

Schroedinger

Bergson

William James

Mandela

Krishnamurti

Carlos Castaneda

Walsh

Maslow

Stephen Hawking

Rother


Faithless

Barbara Brennan

Lennon

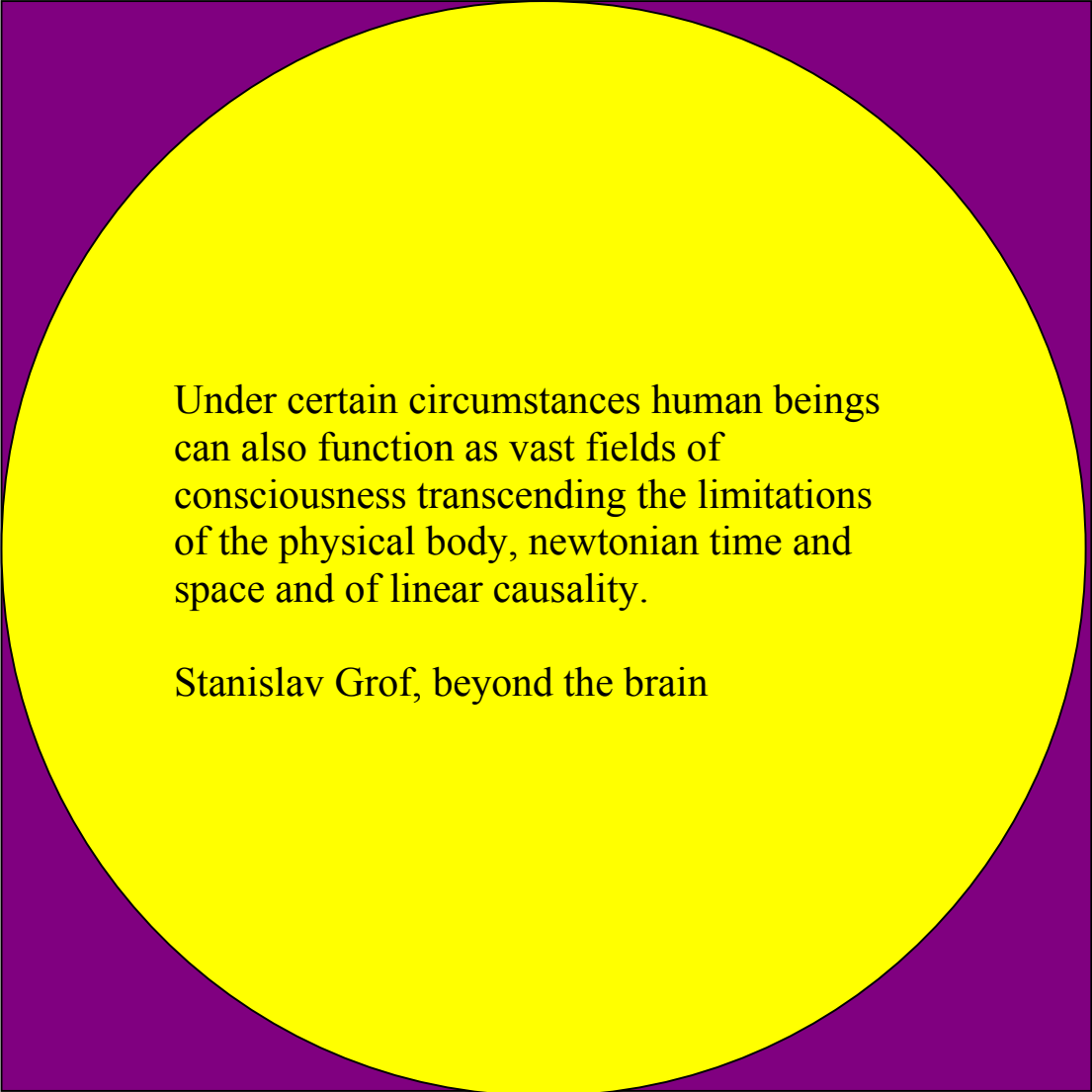
Janet jackson

Grof

A large yellow circle is centered on a purple background. The circle is filled with a solid yellow color and has a thin black outline. The text is centered within the circle.

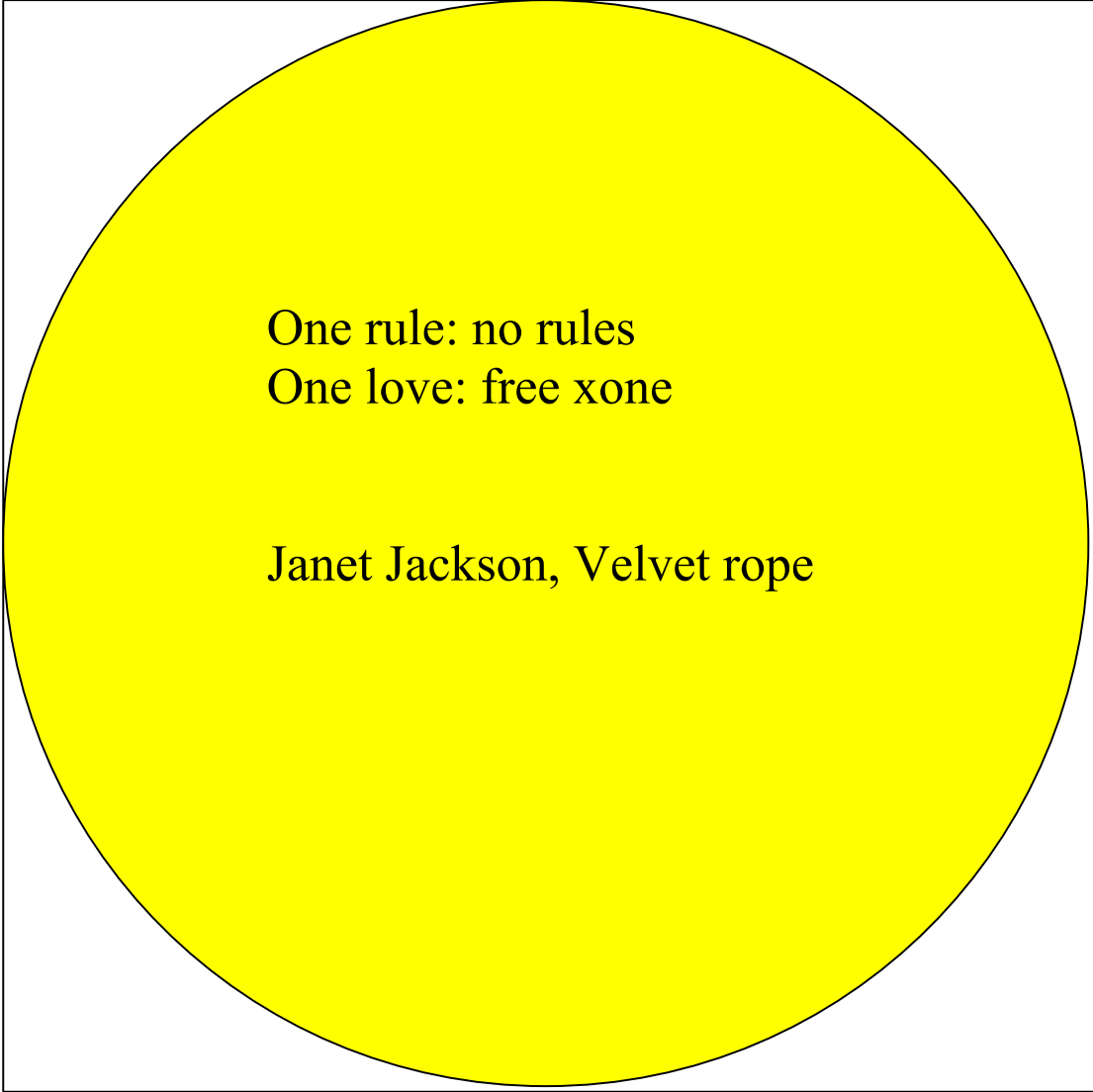
Meditation is ending time

Krishnamurti

A large yellow circle is centered on a purple background. Inside the circle, there is black text. The text is arranged in two paragraphs. The first paragraph is longer and is followed by a shorter second paragraph.

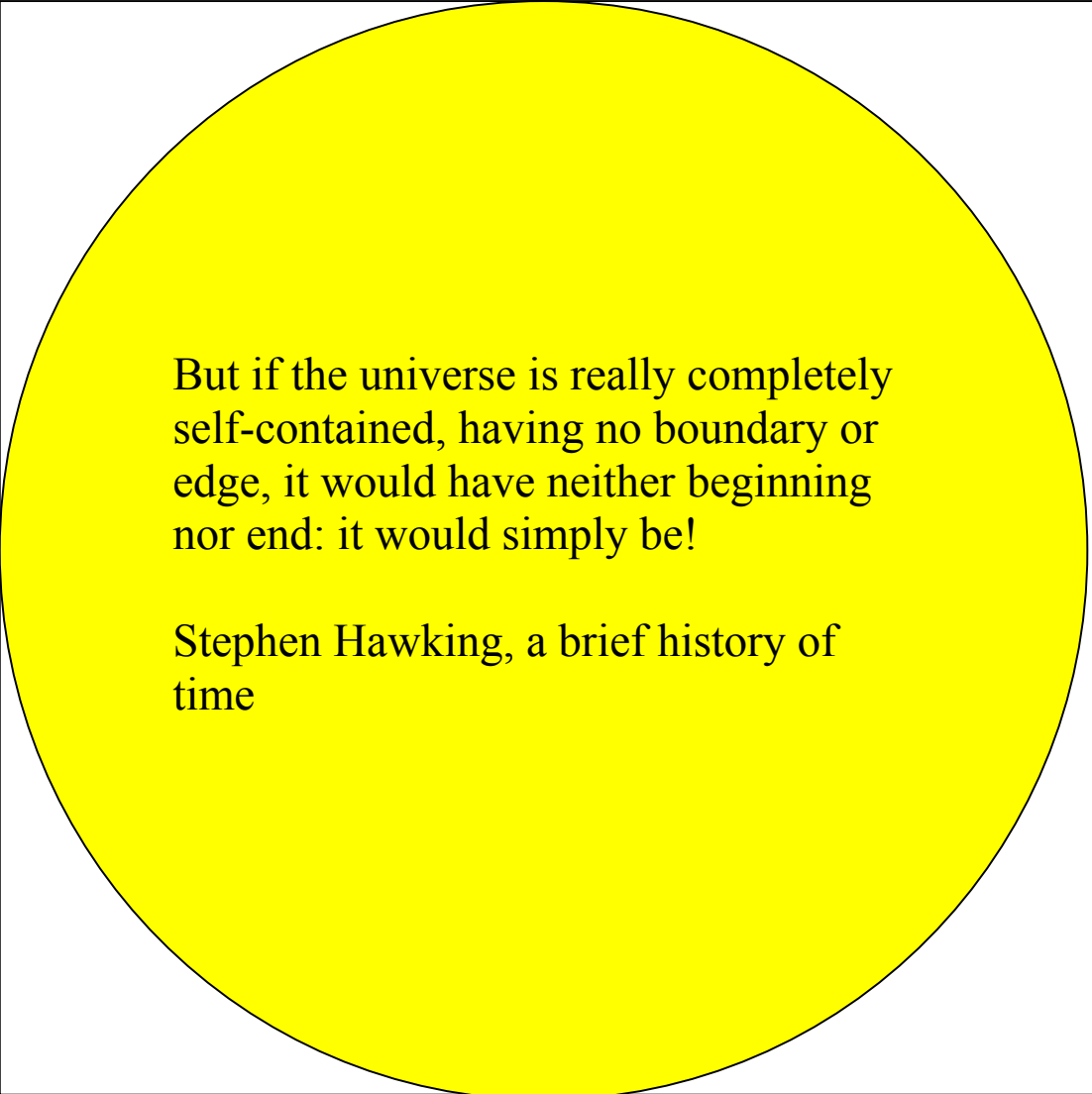
Under certain circumstances human beings
can also function as vast fields of
consciousness transcending the limitations
of the physical body, newtonian time and
space and of linear causality.

Stanislav Grof, beyond the brain



One rule: no rules
One love: free zone

Janet Jackson, Velvet rope

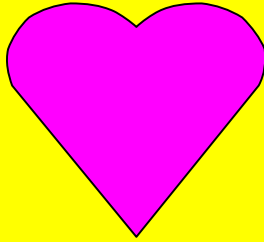


But if the universe is really completely self-contained, having no boundary or edge, it would have neither beginning nor end: it would simply be!

Stephen Hawking, a brief history of time

This man could come to the conclusion
that the universe is the vehicle of
intensity on which you can embark in
order to go through infinite changes.

Carlos Castaneda,
The Active Side of Infinity



One love



About the origin of this text

I had a dream.

In the dream I was told that I was busy with the root.

And while the root is also important in the growing process, the most important is the seed.

Because if you plant the seed you will be able to feed the world.

What was I supposed to do? What would be the seed? And how was I supposed to plant it?

For me it means I have to create awareness of the possibility to perceive everything without using a conceptual framework.

Because we identify ourselves, within our belief systems, with a very little part of who we are essentially. This prevents us from becoming aware of totality, unity, wholeness.

In the end everything is completely impersonal:

It is about us, not about you and me; we are one!